

PREPARING YOUR DOG FOR AN ENDURANCE TEST

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What is an Endurance Test (ET)?

An Endurance Test (ET) is an official Australian National Kennel Council (ANKC) event which earns your dog the initials ET after its name on completion.

The test is run over a distance of 20 km and handlers can either jog with their dog or ride a pushbike with the dog running beside them. Most handlers choose to run their dog beside a pushbike! The test is run in 3 stages with vet checks before starting, at each of the two rest breaks and at the finish. The test is run at an average speed of 10 kph with the dogs running in single file on the handler's left side.

Tests are usually only held in winter and are run early in the morning to avoid the risk of heat stress to the dogs.



Competitors at a Grafton Dog Obedience Club Endurance Test

The ET rules

A copy of the *Rules for the Conduct of an Endurance Test* can be downloaded from the ANKC website.

Read the rules so you are familiar with the requirements of the test.

Can any dog take part in an Endurance Test?

Dogs of all shapes, sizes and breeds have completed the test, from tiny Chihuahua and Fox Terrier crosses to Great Danes and everything else in between.

The only restrictions are that dogs must be over 2 years of age and under 8 years of age and females must not be in season or pregnant.

Your dog will also need to be either a registered purebred or Associate Register dog and you must be a member of your state's controlling body. In NSW this is the Royal New South Wales Canine Council (RNSWCC).

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The test is not overly demanding for a fit, healthy, medium to large dog. However, small dogs, very heavy breeds and brachycephalic breeds (breeds with shortened noses) may find the test more demanding.

Your dog will also need to be fit, healthy, and of correct weight for its breed or type.

Getting started

If your dog is overweight or very unfit, I would suggest getting it down to the correct weight and start a gradual exercise program 6 months before the test. If your dog is the correct weight and has reasonable fitness, I would start conditioning at least 3 months before the test (the more gradual your conditioning program, the less chance of injury to your dog – either in the short or long term).

The ET preparation demands a fairly high level of soundness in your dog. I think it is a good idea for your dog to have a thorough vet check before commencing training to ensure he/she has no hidden health problems. In an ideal world, dogs would also be hip and elbow scored before starting training to be sure they are physically capable of the work required.

I know some people enter their dogs in an ET with very little preparation (or even none) and while they might get away with it, I would be very concerned about the long term effect on the dog's health. Personally, I want my dogs to stay as healthy as possible for as long as possible and I'm not prepared to risk their health for the sake of an ET title that is, after all, my idea not theirs.

Training equipment

During the test your dog must wear either a fixed collar or harness. Most judges will allow a correctly adjusted martingale collar (good for those dogs that are likely to slip their collar). Your dog must be on a lead approximately 2 metres long (although the lead must be 2 m long, most handlers shorten the lead up to prevent the dog running across in front of the bike). However, the judge can ask you to lengthen your lead if he/she feels you are using the lead to force the dog to keep up with you.

A wide collar will distribute the weight more evenly and be more comfortable for your dog than a narrow one. For a fine-necked dog a hound collar (the type made for Greyhounds) is ideal.

If you decide to run your dog in a harness I recommend a well designed nylon tracking harness. A well designed harness will be lightweight and will fit your dog so that it doesn't rub behind the elbows, stays in position and is cut low enough on the chest to avoid restricting your dog's airway when gaiting. There should also be no metal fittings on top of the harness that could create pressure on the top of the shoulder blades or spine.

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A lead made of soft cotton webbing will be easier on your hands than a nylon lead. Make sure the lead is an appropriate width and has an appropriate sized clip for the size of your dog (i.e. choose a narrow lead with a small clip if your dog is small, or a wide lead with a heavy clip for a big, strong dog). An unnecessarily heavy clip will bang uncomfortably against your dog's neck when he is gaiting. On the other hand you need a clip heavy enough to hold your dog. I had a cotton webbing lead specially made with a short (200 mm) elastic insert which I use in the test. If my dog were to lunge suddenly the elastic prevents me getting jolted off my bike. However, you may not like the feel of a stretchy lead.

Choosing a bike

Dog people are generally not particularly interested in push bikes. However, an appropriate bike can make a huge difference to your comfort and safety, not to mention ease of riding.

As the ET is run over a variety of surfaces (bitumen, gravel/dirt and grass) a mountain bike or off-road bike is ideal for the task. In choosing a bike it is important to get a bike with the correct sized frame for your height. I would recommend you buy your bike from a specialist bike shop rather than buying a supermarket "cheapie". That way you have experienced sales people on hand to help you choose the most appropriate bike for your needs. The bike need not be a top of the range model but like most things you get what you pay for.

When I entered my first ET I rode a very old road bike with 3 gears, an uncomfortable seat and handlebars that were out of alignment with the front wheel. I thought it was fine – because I didn't know any better. Now I have a bike with a bigger range of gears, a comfortable seat and wider tyres (not to mention straight handlebars!). It is so much easier to ride, I don't know how I managed with the old one.

Get a comfortable seat for your bike. You should choose the seat that is most comfortable for you as everyone is different. There are many different seats available including gel seats for extra comfort. Gel or fleecy seat covers for existing seats are also available.



A selection of comfortable bike seats and a gel pad seat cover.

Adjust the height of your seat so that you can just touch the ground with your toes when seated. This means that you will be almost able to straighten your leg when peddling. If your seat is too low your legs will be bent too much which means you will have less strength when peddling and you will tire more easily. You will also risk injuring your knees.

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This bike is too small and the seat is too low for this rider

A reflective vest is also good life insurance if you ride in the dark (you can also get reflective vests for dogs)!

A speedometer is a useful piece of equipment. With a speedo fitted to your bike you will be able to vary your speed and know for sure what speed you are riding at. You can then practice riding at the various speeds you may need to ride during the test. Most speedos for bikes measure speed, total distance travelled, and trip distance.



This bike is the right size and the seat is the correct height for the rider

A small pouch strapped to the handlebars or beneath the seat is also useful for carrying a supply of the inevitable poo bags that us dog people carry wherever we go.

Have your bike serviced regularly and lubricate the chain regularly (special chain lubricant is available from bike shops) to ensure trouble free cycling.

You must always wear an approved helmet when riding a bike on a public road, and for your own safety you should get into the habit of never riding without a helmet at any time.

Transporting your bike

Easy to use push bike racks are available for safely transporting your bike on the back of your car. Most bike racks fit onto the tow ball of your car. If you don't have a tow bar on your vehicle, there is a bike rack available that straps to your car. If your bike and bike rack obscure the number plate on your vehicle, you will need to buy a special push bike rack

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number plate from the Roads & Traffic Authority to legally transport your bike as the law requires that your number plate must be clearly visible at all times.

If that all sounds too hard, another alternative is to buy a folding bike that you can easily pack in your car.

Training your dog to run safely beside your bike

If your dog has never run beside a bike before, start at the very beginning to avoid frightening your dog. First walk beside your bike with the bike on your right side and your dog on your left. When your dog is completely comfortable with this, walk your dog with the bike between you and your dog. Use treats if necessary to reassure your dog and teach him to associate good things with the pushbike. Don't get on and ride with your dog until you are sure he/she is completely comfortable with the bike.

Anxiety can be one reason dogs pull when beside the bike. Condition your dog so that he/she is completely comfortable and relaxed running beside the bike.

I do almost all of my bike preparation using a Springer™ and only ride with the lead in my hand once or twice before the day of the test. The Springer™ is a device especially made for running your dog from a pushbike. It attaches to the post of your bike and is designed to position your dog a safe distance away from the bike and well back from the front wheel. Your dog's lead attaches to the spring-loaded arm (hence the name Springer™!) and no matter how hard your dog pulls, or how abruptly they lunge sideways or screech to a halt you can't be pulled off your bike. With your dog safely attached to the springer, you can then ride with both hands on the handlebars.

Springer™ bike attachment



The Springer™ comes with a lead attachment that is designed to break free if there is a hard pull or jolt on the lead. As most of my bike work must be done on the highway, I'm not happy with the idea of my dogs getting loose for any reason. My solution has been to have my dogs wear martingale collars that they can't pull out of and attach them to the springer with an elastic lead. The stretch in the elastic lead combined with the flexibility of the Springer™ ensures my dogs stay safely on lead at all times but without the risk of getting a severe jerk on their neck if they stop suddenly. Using a Springer™, during one ET preparation I regularly ran three German Shepherds together from my bike without ever feeling unsafe. I love my Springer™!!

You may have difficulty tracking down a Springer™ in Australia but you should be able to track one down overseas via the internet.

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Another device for running your dog safely from a pushbike is the Walky Dog™ bike attachment which is available in Australia.

Unfortunately the Springer™ or Walky Dog™ isn't allowed in the actual test, although anyone who uses one will tell you it is by far the safest way to run a dog from a pushbike. However, using a Springer™ or Walky Dog™ in training keeps you safe during all those kilometres of training and teaches your dog to maintain a safe position beside the bike.

In the test your dog must be on your left side and you must hold the lead in your hand.

Pushbike brakes are normally set up so that the rear wheel brake is on the left handlebar and the front wheel brake is on the right handlebar. If you are riding with the lead in your left hand and apply just the right hand (front wheel) brake you are likely to get thrown off over the handlebars of your bike! This won't happen if you apply just the rear wheel brake.

I have the brakes switched around on my bike so that when I am riding one handed in the test (dog and lead in my left hand, right hand on the handlebars) the right hand brake operates the back wheel. Your friendly bike shop person can do this for you in a couple of minutes. I think having my brakes switched around and riding with just my right hand on the handlebars (which now operates the rear brake) is safer than holding on to the handlebars with both hands – if your dog lunges when you are holding on to both handlebars, you are likely to crash the bike. I'm big on avoiding crashes!!

Getting your dog fit

My German Shepherds are kept fit all year round (3-5 km walking/biking daily plus free running and other activities). For an ET I build them up (gradually increasing exercise) starting about 3 months before the test until they are doing a combination of walking/trotting/running 10-12 km/day for the last month or so, with a slightly longer walk/run (14 – 16 km) once/week.

My dogs do most of their exercise on the soft, sandy tracks in the bush behind my place, but I include some road work (hard surface). I do the bare minimum of road work to be sure their pads are tough enough to handle bitumen and gravel during the test. I don't like to do more hard surface work than I have to as I am concerned about the long term effects on joints, etc of lots of hard surface work. Continual work on hard surfaces also reduces your dog's length of stride (to compensate for the jarring) which is detrimental if your dog is a show dog.

I try to give my dogs some variety in their training – different locations, some swimming etc.

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The test is run at an average speed of 10 kph – this is a very slow trot for a big dog like a German Shepherd Dog, but is too fast for a small dog to trot (most dogs about the size of a Shetland Sheepdog or smaller will be unable to trot 10 kph). Therefore small dogs will need to be very fit as they will need to run the whole test. If you start by trotting your dog slowly, then gradually increase the speed while your dog maintains the trot, you will teach your dog to lengthen his stride so that he/she can trot at a faster speed. Maximum stride length at the trot is referred to as the “extended trot”. Trotting is the least tiring gait, so teaching your dog to extend his/her trot (unless you have a small dog that must run) and to trot calmly beside the bike will save energy. However, in a test the speed may vary a little according to terrain, surface (grass or hard surface), disruptions in the line of dogs etc. If your dog stops to go to the toilet, you will need to catch up and get back into your place in the line so you will need to condition your dog to stay beside the bike at a variety of speeds (from 8-9 kph to 15-18 kph).

Once my ET preparation is well under way, most days my training consists of 5 km beside the bike, followed by another 5 km or so walking. For the biking part of the exercise, I first walk my dogs 350 m (down my rough driveway) to the road then trot them very slowly (9 – 10 kph) beside the bike for about 500 m as a warm up, then increase the speed to about 12 kph for another 500 m. This is followed by about 200 m flat out gallop, then back to 12 – 15 kph for about 2 km, then back to 9-10 kph for about 1 km, finishing with the final 350 m walk up my driveway.

When using the road to bike my dogs, I try to organise it so that I ride right on the edge of the road most of the time, while my dogs run on the grass. They usually do about 1 – 1 ½ km on hard surfaces. You will need to do some riding on grass to condition yourself for the actual test. **For the handler, riding on grass is the most difficult part of the test.**

My dogs have one exercise-free day each week.

Jogging with your dog

If you plan to jog with your dog, you will find that 10 kph is quite slow. As with bike riders, you will still need to train for variety of speeds (from 8-9 kph to 15-18 kph) to allow for toilet stops for your dog, hold ups in the line, etc.

It will be helpful for you to learn to calculate your speed from the distance you travel and the time it takes you when training. Alternatively get someone to follow you on a pushbike or in a car to measure your speed from time to time.

Your dog's diet

I feed my dogs a natural raw food diet – a combination of meat, vegetables, [Berigora Farm Everyday Supplement mix](#) and bones. When preparing them for an ET I slightly increase the quantity of their food as needed to maintain their weight.

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The diet you feed your dog needs to provide adequate protein, fat, vitamins and minerals to maintain muscle tone, energy levels and body stores of nutrients.

For most dogs their normal diet will be adequate providing it is good quality. However, small dogs that must expend more energy to complete an ET and which have a generally faster metabolic rate may require increased levels of nutrients in their diet in preparation for the test.

Equally as important as food is ensuring that your dog has an adequate fluid intake. Encourage your dog to drink regularly – before, during and after exercise. Your dog can lose between 3% and 5% of its bodyweight due to dehydration during strenuous exercise. Aquadog™ is a flavoured drink containing electrolytes and vitamins especially for dogs which, because of the flavour, also encourages them to drink more. Ensuring that your dog is well hydrated before, during and after exercise reduces fatigue and aids recovery.

Monitoring your dog's health and fitness

I check my dogs' pads **every day** after exercise and massage in a little [Berigora Farm Pad Wax](#) to keep the pads supple and in good condition. If you see a minor injury to your dog's pad, stick to exercise on soft surfaces until the injury has healed and apply pad wax several times/day. A small nick, cut or worn area on a pad can quickly become a major problem that may prevent your dog entering or completing the test if it goes unnoticed or untreated.

Nicks, cuts and severe wear may require your dog to avoid all running/walking until the pad has healed. If your dog injures a pad, swimming can be an appropriate way to maintain your dog's fitness until he/she is able to resume normal exercise.

My dogs get TTouch, muscle therapy and/or massage at least once/week – more often closer to the time of the test when they are doing more exercise. This helps to maintain them in optimum condition and allows me to notice any tendency to stiffness/soreness and deal with it before it becomes a major problem.

If you aren't able to do this yourself, I think it is a good idea to get your dog checked by a professional dog bodywork therapist (masseur, muscle therapist, TTouch practitioner, Bowen therapist, chiropractor or acupuncturist etc) before starting your preparation; a couple of times during the preparation; and again just before the test.

Regularly taking your dog's resting heart rate (pulse) measured in beats per minute (bpm) and temperature measured in degrees Celsius (°C), then taking the heart rate and temperature again after an exercise session helps you gauge your dog's fitness levels.

There is no hard and fast ideal heart rate and temperature as this varies depending on the size of the dog, the breed, fitness, temperament and metabolism. In general smaller dogs have a faster heart rate than larger dogs. As a guide, resting temperature for a healthy dog will vary between 36 - 38°C and resting heart rate between 60 and 100 bpm (90 – 120 bpm for small dogs). After strenuous exercise temperature may increase to 38 - 40°C and heart rate increase

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to 100 - 120 bpm (more for small dogs). However, heart rate may also go higher if the dog is anxious or excited.

If your dog's temperature exceeds 40°C during training you would be wise to have him/her checked by your veterinarian.

Other preparation for your dog

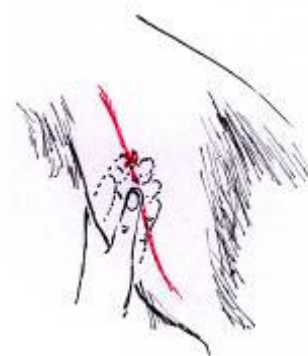
As well as having your dog fit and comfortable running beside the bike, other ways you can prepare your dog and which will help your dog on the day of the test are:

- ***Accustom your dog to having his/her temperature taken rectally.*** Having a thermometer stuck up their bottom is a major stress to many dogs at each of the 4 vet checks during the test and can raise the heart rate significantly.

This can be avoided by conditioning your dog so that it is no big deal. Have an assistant at the dog's head continuously feeding especially tasty treats as you take its temperature (insert the thermometer slowly and gently into the rectum, with the tip angled slightly upwards). Stop the treats when you remove the thermometer. Repeat this process however many times necessary for your dog to develop a pleasant association with having its temperature taken. Doing tiny TTouch circles around the anus before inserting the thermometer can also help your dog become more comfortable about having its temperature taken.

Digital thermometers are inexpensive and available from most chemists.

- ***Accustom your dog to having his/her heart rate taken.*** This is normally taken by feeling the femoral artery inside the thigh. Count the number of beats over a 15 second period, then multiply it by 4 to give you the number of beats per minute. Again, if your dog is concerned about this have an assistant feeding special treats until your dog is no longer stressed by having his/her pulse taken.



Locating the femoral pulse for measuring heart rate

- ***Accustom your dog to having his/her feet picked up and pads examined.*** If your dog isn't happy about this, follow the same process you used to condition your dog to temperature and pulse checks.
- The vet may need to use a stethoscope to check your dog during the vet checks. Again accustom your dog to this by rewarding him/her while using a stethoscope all over the chest and ribcage area. You can make a "pretend" stethoscope from a length of narrow plastic hose pushed onto the spout of a small funnel.

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- Also get your dog used to riding in a line of dogs (in a test the dogs are in single file about 2 metres apart). Your dog needs to be comfortable with other dogs in front of and behind him/her in a line. Get friends with their dogs to help with this. Better still do a practice session where you take the temperature, pulse and check the pads before riding 6 – 8 km then taking temperature, pulse and checking pads again after the ride.

In the two weeks prior to the test

Within the 14 days immediately before the test you must obtain a certificate from your vet to be presented to the secretary or vetting team on the day of the test. The certificate must provide information on your dog's general fitness, temperature, standing heart rate, condition of pads and muscle tone. For entire bitches it must also state that she is not pregnant.

The few days before the test

Give your dog a day or two off from their normal training routine just before the test, with just gentle exercise or play to keep them supple. That way they will be fresh and ready to go on the day of the test.

The night before, pack up everything you will need on the test day, remembering to include your dog's collar/harness and lead.

Feed your dog a light to normal meal the night before the test – don't overfeed!

The day of the test

What to wear

You will probably find it easiest to dress in layers. It is usually very cold at the start of the test but you will warm up fairly quickly once you start riding/jogging. Being able to shed layers easily in the rest breaks will keep you comfortable.

Wear whatever you feel comfortable in. This could be simply track pants, a T-shirt and jumper and/or vest. If it is very cold you might also wear gloves (fingerless gloves allow you to still adjust your gears easily, while horse riding gloves give good grip) and perhaps a thin beanie under your helmet. Or you may decide to wear purpose made cycling pants (which are designed to prevent chafing) and special cycling gloves etc.

Before the test

On the day of the test, arrive early to allow your dog to settle in and go to the toilet. Don't feed your dog the morning of the test but do encourage your dog to drink as much water as you can. Being well hydrated will help to prevent fatigue and improve your dog's recovery rate.

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Check that your bike's tyres are inflated correctly and that the seat and handlebars are adjusted correctly.

Report to the test secretary on time (usually an hour before the start of the actual test). You will need to hand in a copy of your vet certificate and collect your catalogue and vest/number.

Each dog taking part in the test will be allocated a numbered start peg. You must assemble at the start peg before the test and your dog must remain in the vicinity of your allocated peg during the rest breaks and at the finish until given permission to leave the area.

Take anything you may need during the test to your start peg:

- Bike
- Helmet
- Bike pump
- Jacket or other extra/spare clothing
- Gloves
- Water bottle
- Thermos
- Snacks
- Water, soup and/or electrolyte drink for your dog
- Water bowl for your dog
- Towel for your dog if needed
- Rug/blanket for your dog if needed
- Coat for your dog if needed

Before the test, the Judge and Veterinarian will talk to competitors, explaining the format of the test and the judging and vetting procedure. Remember any decision of the judge and/or vet is final.

The test

The test comprises:

- initial vet check (heart rate, temperature, condition of pads)
- short (very basic) obedience test
- 8 km of gaiting
- 15 minute rest break and vet check
- 6 km of gaiting
- 20 minute rest break and vet check
- 6 km of gaiting
- final vet check
- final obedience test

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The obedience test

The obedience test is primarily to test the dog's willingness to go with and obey the handler. You do not need a highly trained obedience dog to pass this test. Your dog will be required to have only very basic obedience training and many show dogs have earned their ET title.

The gaiting

The test is normally run by riding a number of laps of a circuit (e.g. 10 laps of a 2 km circuit). At the start your dog may be very excited and want to gallop off at top speed. Shorten your lead and talk to your dog to settle him/her down in the early stages and keep an eye on the bike in front of you to prevent accidents. After a lap or two most dogs settle down to trot/run happily beside the bike and you will be able to relax a little and enjoy the ride (although some dogs have been known to pull for the whole 20 km!).

If your dog stops to go to the toilet you must regain your place in the line as soon as you are able. You must stay on course (you can't cut corners to get back into position) and take extra care as you overtake other handlers and dogs to avoid any accidents.

As it is the dog, not the handler, that is being tested, you may change handlers as often as needed. The only rule is that any relief riders must also be Canine Control members. If you have any doubts about your ability to complete the 20 km (or if you are sick or injured) it is a good idea to have a back up rider ready to take over if needed. If you know you will need a relief rider, accustom your dog to being handled by that person or by strangers before the test. A dog that has never been handled by another person previously may become very stressed if you need to change handlers during the test.

It is compulsory for all riders to wear helmets when riding the test.

The rest breaks & vet checks

Encourage your dog to drink plenty of fresh drinking water in the rest break. Your dog may be tempted by a little meat broth or watered down soup if he/she is too stressed to drink water (if this is likely you will need to bring a supply with you) or use a flavoured electrolyte drink especially designed for the purpose.

Very thin-skinned dogs may need rugging if it is very cold plus have a blanket to stand on. At least have a nice warm blanket for them to snuggle up in.

If your dog is hot, allow him/her to walk around on the damp grass. Artificial cooling isn't permitted during the test, but cooling your dog's pads is the quickest way to reduce temperature so allowing him/her to walk on the cold, damp grass can help cool your dog and lower temperature.

Doing TTouch ear slides can help your dog to relax and assist in reducing heart rate and temperature. You could also do some massage, TTouch circular touches such as Clouded Leopard and Lying Leopard (which can help muscle relaxation and reduce stress) and TTouch

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Python Lifts (which can help improve circulation) on the body and limbs to keep your dog feeling good all over.

Personally I prefer my dogs to stay up and moving during the breaks (especially if it is very cold) to reduce the risk of stiffness/cold muscles.

After the test

Allow your dog to have a run and go to the toilet if he/she needs to. Offer fresh water, meat broth, soup or electrolytes to assist hydration. Don't feed a big meal immediately after the test – allow your dog to recover fully before feeding.

As you head home with your qualifying certificate safely tucked away, give yourself and your dog a pat on the back for great teamwork and a job well done!

Many competitors continue to bike their dogs after they have completed their test as they find their dogs enjoy it so much. Other competitors have noticed that the improved fitness levels and increased stride length benefits their dog in the show ring.

Tips from successful competitors

Competitors who have successfully completed the ET with their own dogs share their tips with prospective ET competitors. **Almost all competitors commented on the need to do some training on grass as although grass is the easiest surface for the dog to work on it is the most demanding and tiring surface to cycle on:**

“When preparing small dogs be sure to use a speedometer on your bike and get them working up to 12 kms per hour. After the suggestion of an old Scotsman who has worked Border Terriers, at each break, we gave our dogs a teaspoon of honey to lick along with water to drink.”

Ron & Mary Williams
(Willbeauette Border Terriers)
Gr Ch Druidslodge Coraki Lass ET
Aust Ch Willbeauette Altair Lad ET
Aust Ch Willbeauette Annike Lass TD ET

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“An average fit, well exercised dog will find the 20km easy, but take the time to teach your dog to run calmly beside your bike, and to be perfectly happy about having their temperature and pulse taken by strangers – those things are harder for some dogs than the gaiting.”

Mandy Sansom
(Callicoma Australian Kelpies)
Aust Ch Callicoma Leica ET HIT
Callicoma The Tempest ADX JDM ET HIT
Aust Ch Oatland Chieftan ET

“If you are either unfit or incapable, your dog does not have to miss out on an ET title. You can always find someone willing to help you out with the training and who will take the dog on the 20km run for its title”.

Judy Attwater
(German Shepherd Dogs)
Aust Ch Tristania Dernière-Née CDX TDX AD JD HT ET “A””Z” BSCI I
Aust Ch Tristania Emelyne TD AD PT ET “A””Z”

“Get the handler fit. The sections of the ET on the grass could have been very tough going if you didn't have some fitness.”

Lisa Carter
(Dobermans)
Troisseur Packsa Punch CD ET
Wyninebah Virtual Voodoo ET

“Practice having other dogs and riders overtake you when riding with your dog. Your dog can get very stressed by this in the test if they aren't used to it.”

Gunilla Haydon
Smokey CD AD JD ET (Stumpy Tail Cattle Dog)
Korscote Keepm Spelbound TD ED (German Wirehaired Pointer)

“I think working 2 dogs together made the training sessions entertaining for the dogs. I feel a big plus in their training was everyday I gave them electrolytes. Training your dogs to empty themselves out before training sessions is very important too.”

Mandy Choice
OC Cherabah Illusive ET (Staffordshire Bull Terrier)
Mountainside Jake UD JD ET (Australian Cattle Dog)

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“Train on different surfaces including grass and dirt. Seek out some hills if you live in a flat area. Teach them a command such as "on by" to assist in passing or being passed. (This is a sled dog command but works efficiently when practising passing)”.

Nicole Hammond
(Alaskan Malamute)
Katmai Cupik Lady Chermuk WPD ET

Contacts/resources

ANKC

Website: www.ankc.aust.com

- to download a copy of the ET rules

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- skin care products
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- TTouch workshops
- Cert IV Behavioural Dog Trainer (Delta Society CGC Instructor)

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Email: info@dogplus.com.au
Website: www.dogplus.com.au

- Aqua Dog™ nutrient enhanced flavoured electrolyte drink & powder concentrate

Goodies Bike & Tri Centre

121 Pound Street
Grafton. 2460
Ph: 02 66427271; Fax: 02 66427285
Email: goodies@ceinternet.com.au

- a large range of bicycles
- bike racks
- helmets, seats and other bike accessories

Natures Creatures Downunder

Shop 15a
Boronia Village Shopping Centre
Boronia Road
Boronia. 3155
Ph: 03 97611355, Fax: 03 97611377
Email: nature@bigpond.net.au
Website: www.naturescreatures.com.au

- “Getting in TTouch With Your Dog” by Linda Tellington-Jones is an excellent

Carole Bryant, PO Box 513, Grafton. 2460. Phone: 02 66449326
Email: carole@berigorafarm.com.au Website: www.berigorafarm.com.au

PREPARING YOUR DOG FOR AN ENDURANCE TEST

- Book and includes clear descriptions and illustrations of the various TTouches
- a large range of animal books, including hard to get titles

PolaPaws Specialised Dog Products

PO Box 882
Broadbeach. 4218
Ph: 07 55752546, Fax: 07 55751723
Email: polapaws@polapaws.com.au
Website: www.polapaws.com.au

- suppliers of the Walky Dog™ bike attachment
- specialising in sled dog gear
- on line pet supplies

RNSWCC

PO Box 632, St Marys. 1790
Ph: 02 98343022 or 1300 728022, Fax: 02 98343872
Email: k9council@rnsfcc.org.au
Website: www.rnsfcc.org.au

- to become a member
- to register your dog
- to find out dates of upcoming ET events

Andy Robertson

28 Calderwood Road, Galston. 2159
Ph: 02 96533506, Fax: 02 96533507
Email: ttouch@cia.com.au

- TTouche Practitioner III (Companion Animals)
- TTouche workshops
- Feldenkrais practitioner
- TTouche flashcards which clearly describe and illustrate the various TTouches and their uses
- Other TTouche equipment

PREPARING YOUR DOG FOR AN ENDURANCE TEST

Finally

I hope you find this information useful and that it encourages you to enter your dog in an Endurance Test. Above all enjoy the extra time you spend with your dog preparing him/her for the test.

Happy training!

Carole Bryant

(Tristania German Shepherd Dogs)
 Tristania Celle CDX TD AD ET "A""Z" BS CI II
 Tristania Dubhain CD TD AD JD ET "A""Z" BS CI II
 Aust Ch Tristania Dorchaidhe ET "A""Z" BS CI I (decd)
 Tristania Eideann TD ET "A""Z" BS CI I

About the author



Carole Bryant is a member of the Holistic Animal Therapy Association of Australia Inc. (HATAA) and is an Australian Traditional Medicine Society (ATMS) accredited Naturopath who works with people, pets and livestock. Carole is also an accredited TTouch practitioner; has been a RNSWCC qualified dog obedience instructor since 1968; and is a Certificate IV Behavioural Dog Trainer (Delta Society CGC Instructor). She occasionally breeds German Shepherd Dogs under her Tristania prefix and competes with her dogs in Obedience, Tracking, Agility, Jumpers, Herding and Endurance competitions, and occasionally shows her dogs.

Carole has a special interest in using natural therapies to improve behaviour and performance in animals.

Carole Bryant with Tristania
 Dubhain CD TD AD JD ET "A""Z"
 BSCI II