



## Aramex Kiwi Walk & Run Series Walk N Wag



### Rules and Advice

We all love our pooches, which is why we have set up some basic guidelines for your loveable pup to keep both you and them happy and safe! We request all dogs to be on leash at all times, and 1 adult owner per dog on race day. There will be a lot of other dogs around the event village and on course, so please ensure the person with your dog is confident enough to enjoy it.

Specific rules are detailed below, for questions please feel free to contact us!

#### Guidelines:

- Only 1 dog per adult human (16 and over)
- Dogs must be on leash the whole time, no retractable leashes and no leashes longer than 2 meters
- Dogs must be registered with your local council, have a name tag with contact details on it
- All dogs must be up to date with their vaccinations
- Please no female dogs on heat
- Dogs must be well socialized and friendly with others, and under control at all times.
- Please clean up after your pooch! Please bring enough poop bags for your dog! No one likes stepping in doggie doo doo.

#### Advice for walking or running with your dog

- Water is available at Pit Stops for your dogs, but please ensure you have some extra with you for your pooch in case they need it!
- You are able to walk or run with your dog, we advise that you have a few practice runs with your pooch if they do not usually run with you and others.
- Terrain is a mixture of grass, concrete, gravel paths and dirt. If your dog has tender paws, bring dog shoes along with you
- Just like you, they need to warm up! Start off slowly and build up your pace.
- Your pooch will go and go and go! They can't tell you if they are tired or have had enough. Allow them to lap up the water at aid stations and sniff that bush, they need a rest too! A good sign if they are tired is heavy panting or laying down.
- If your dog is younger than 9 months we don't recommend running with your dog as they may not have finished growing yet! For specifics, chat with your local vet about your pups needs.
- If you don't usually take your dog on a run or walk with you, do a few training sessions with them beforehand, make sure they are happy to run or walk long distances on the lead.