

**Canicross** (aka Dryland Mushing)

The term “mushing” usually calls up sled dogs and snow, but to many dog lovers, it’s all about the dryland variations of the pull sport. Canicross (running on a line behind your dog) and bikejor (cycling ditto) both provide great exercise and fun together time for humans and dogs. The sport is light on equipment; all you need is a padded harness for your dog, a padded belt for you, and a gangline. Any healthy, full-grown dog (or dogs) can enjoy it and changeable weather is no obstacle. The trick, especially if your dog is new to pull sport, is to be patient during the learning process.

First step is to teach your dog to pull—and if you have carefully taught your dog *not* to pull on leash, fear not! You can teach him it’s only OK to pull when wearing the padded harness. Initially, your dog should pull small things like a log or jug of water on his usual walks with you, then graduate to heavier things while learning cues like “let’s go,” “whoa,” and “on by.” When he knows the cues well, it’s time to connect the gangline to you and start working as a team.