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## Skijoring. Huh?

For those who've wondered quizzically at the word 'skijoring', this article's for you!

While we could have some fun with this and take your guesses as to what skijoring actually is - and we're sure that would be some fun - instead, we'll just go with the simple truth.

Skijoring is cross-country skiing with a dog, a horse, or a motorized vehicle in the lead. For the purposes of this article and explanation, we'll keep it to the dog version. It is similar to working with sled dogs, but the skier is directly attached through harnesses and lead to the dog(s).

As a sport, skijoring originally popped up in Scandinavia, but since the concept of a dog pulling a lead has been around since leads were introduced to dogs, it is difficult to know just when and where the idea came about. These days, there are recreational skijorers and those involved in competitions all around the world.

Getting started in skijoring involves training for the human and the animal. It is best to start with the properly-fitted harness gear and lead (see SpindriftDog.com for info). Simple dog sledding commands will keep dog and human both safe: to start running (hike), turn (gee - right & haw - left), to stop (whoa) and to pass distractions ('on by' or 'leave it'). As you might imagine, it'd be wise to practice with all of this while on foot. An eager dog will have you moving mighty fast on waxed skis!



When you and your dog(s) have the hang of it, skijoring will be one of your favorite wintertime activities. Any medium to larger sized dog with a propensity to pull at a lead has potential to be a great skijoring buddy. If your dog is smaller and enjoys running, you can still cross-country ski with her, but you shouldn't expect her to contribute much to your forward progress.

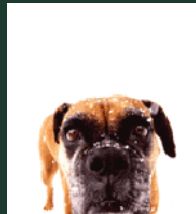
Locally, you can enjoy skijoring with your dog at Wanoga Park, thanks to the folks at DogPAC (see info below).

Now you know! On page two of this newsletter, there is more information on skijoring gear offered through Spindrift.

## An Actor's Life...



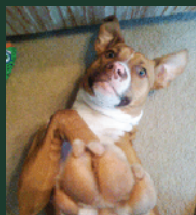
"Logo side up... I know"



"Once a character actor, always a character actor."



"I smile for you like thees, yes?"



"No more paparazzi"

Submit a photo of favorite animal friend we'll feature them on our website for the week! Enter at BendPetExpress.com.

### Fast Facts

from DogPAC, a non-profit organization dedicated to promoting the health and enjoyment of dogs and their guardians through the provision of off-leash recreation opportunities in Central Oregon. www.DogPAC.org Since 2007:

- Bend Parks and Rec has opened a system of 7 off-leash areas (OLAs).
- The Forest Service relaxed the 2003 restrictions on off-leash access along the Deschutes River Trail and in the Three Sisters Wilderness.
- Dog guardians worked with the Forest Service to create Oregon's first dog-friendly groomed ski/snowshoe trail at Wanoga Sno-park.

DogPAC is the current recipient of the Bend Pet Express bag credit funds. To become a member, sign up at the registers at either store.

*Our dedicated staff really know their stuff.  
Have a question? Please ask!*

## Featured Products



### RuffWear Climate Changer

Give your dog an extra layer of fur with this cozy fleece. Reflective tape, recycled content, easy on/off zipper, Polartec® material. Ideal for cold and clear conditions. Available in Lichen and Black, X-Sm, Sm, Med, Lg, X-Lg \$60



### Skijoring Package

Harness, Waist Belt, Line - all made by Spindrift, a local Bend manufacturer of quality products for dogs. Separately priced at \$130, order together and save! Only \$120. All skijoring sets are custom made for you and your dog. Call 541-306-8507 for more info.

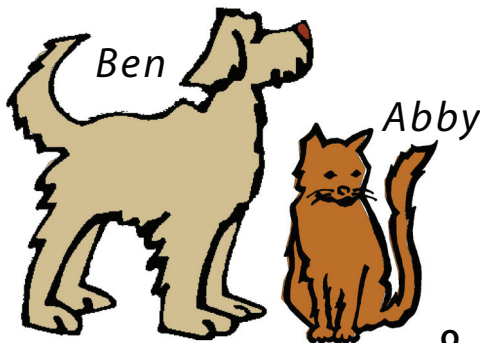
### Heated Pet Bowls

Keeps water ice-free Six foot power cord with protector Round shape for easy cleaning Waterproof wiring box Tip-proof design. Plastic: \$29 Stainless Steel: \$50



### RuffWear K9 Overcoat

Sometimes nature's coat isn't enough. This coat reduces the loss of core body heat by protecting your dog from wind, rain, snow, brush and burrs. Adjustable side release buckles help provide a custom fit that remains securely in place. Available in Lichen and Red, X-Sm, Sm, Med, Lg, X-Lg \$60



## Dear Ben & Abby:

### an advice column for your pets

There's nothing like getting your advice straight from the dog or cat's mouth! If you have a question for Ben or Abby, please e-mail them at [BenAbby@marketingdept.net](mailto:BenAbby@marketingdept.net), they'd be happy to respond here in the Bend Pet Express newsletter.

#### Our questions for this month:

- Q.** The beard on my sweet Princess (Terrier-mix dog) has recently turned rust-colored. Any idea why? What can I do? -B.J., Bend
- A. Abby** Ewww. First, it is just not o.k. for a girl named Princess to have a beard in the first place, much less for it to be stained. Ewww. Ewww. Ewww. Pluck it, shave it, do whatever you have to do, but get rid of it!
- A. Ben** Uh, Abby... Terriers and many other dog breeds naturally have very distinguished beards and are (and should be) quite proud of them. B.J., there could be a couple of causes, but they come down to the pH level in Princess's saliva. In some cases, it is caused by minerals in the water, in some cases from poor dental health. Diet could be a cause, too. Best to check with your veterinarian and ignore Abby.
- Q.** My cat just won't stop getting underfoot! I'm worried that either I'll get hurt tripping on him, or he'll get hurt by my stepping on him. Help! -Mack the Cat's Dad
- A. Ben** Sounds like your typical arrogant cat acting like he's the only living being on the planet.
- A. Abby** Mack must be allowed to have his space. It is a popular misconception that cats are arrogant. We are not arrogant; we are simply aware of our importance and have a high level self esteem as a result. Perhaps you should take to walking only in the cooler pathways, allowing Mack the warmer spots to sun himself or absorb heat. Usually, walking closer to walls and doors is a good way to stay out of your cat's way. That should clear up the problem!
- Q.** Is it painful for dogs when the snow gets packed between their toes? -Curious, Tumalo
- Ben:** You betcha. And, a lot of exposure to ice and snow is really tough on the pads, too. If you're going to be out on walks, rides or skijoring with your dog in the winter, you should really get him a good pair of shoes - o.k. booties. Also, Musher's Secret is a great choice, too. Check 'em both out at [www.BendPetExpress.com](http://www.BendPetExpress.com).