



Event Info Pack



We're excited to be able to welcome you back to a fantastic venue for all the usual fun and challenge of Ruff Dugger.

This pack includes vital information on the day as well as some general rules that apply to our events. Please read the full pack before the event.



Saturday 20th May



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The Site

Traquair House, Inneithen



Getting there:

Traquair House, Innerleithen, Peeblesshire EH44 6PW



When you enter the estate, let admission office staff know you are coming for Ruff Dugger event, if you wish to visit the house or other estate features then please pay the admission fee. If you are coming just for the event then notify staff and make your way to the camping field on the right hand side.

Please use allocated camping site for Ruff Dugger (on right) do not park in the avenue.

On Site Facilities

Camping is available on site, open from 3pm Saturday
The cost of this is £10 per vehicle which is payable at registration, **CASH ONLY. Camping must be paid BEFORE the event starts.** If you arrive earlier, event staff may not be on site to help you so you'll need to be self sufficient

Although there are no showers on site, there is access to water (tap in parking field near the trough) and toilets

Please respect on site parking rules – the space needs to be carefully used but there will be people there to keep you right on arrival. Please use allocated camping site for Ruff Dugger (on right) do not park in the avenue.

Dogs should be kept on lead at all times while on the estate – there is livestock on the estate.

You must pick up after your dog at all times.

The land owners have asked that all rubbish is cleared away and nothing is left on the estate or trails, there will be no bins provided – please take your rubbish away with you.

As per previous page, if you wish to visit the house, you must pay to do so at the admissions office.

Rubbish left behind results in event organisers spending additional hours cleaning up which we wish to avoid. To allow these events to continue to run in beautiful private estates/public parks, please treat them with respect by cleaning up after yourself and of course, your dog. Always double check you have left nothing behind but your footprint!



There will be official event photographers on site. These will be shared on Facebook pages after the event – please note these processes take some time and we will share images once they are ready. We love seeing your pictures too – please feel free to share any you have of the weekend on our social media pages.

There will be a local vendor on site during the event with hot and cold drinks and snacks available for sale.

Finishers medals will be waiting for you at the finish line. Please note that these are only available to those with an event wristband. Adults who are accompanying kids taking part in the kids events do not get a medal.



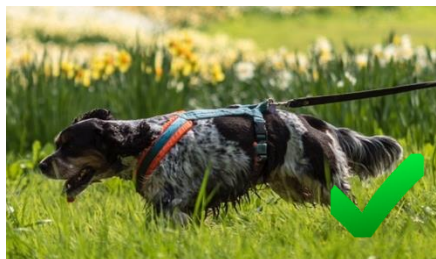
Kit

Animal welfare is our number one priority at Ruff Dugger and for this reason, we have some strict rules about your dog's kit. Comfort and freedom of movement are key and we want you and your dog both have a safe run. If you turn up on event day intending to take part with any disallowed kit, you won't be able to start. Make sure you know what you're running in to avoid disappointment! Here are some do's and don'ts on kit.



Anti pull harnesses, flexi leads, harnesses that restrict shoulder movement or any choke type collars will not be allowed on event day.

Canicross harnesses that allow good free movement and lung expansion will provide the best comfort for your dog. We can also allow a good fitting FLAT collar and normal lead.



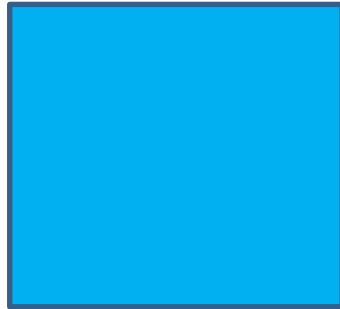
General Rules

- Should you be unable to attend the event then please contact the organiser by email as an official waiting list may be in place. To claim a refund should competitor(s) be unable to attend please send a self addressed stamped envelope to the organiser. As per the entry form, any requests for refunds must have been made **30 days** prior to the event date, this will be entry fee minus costs the organiser has incurred. Should the event need to be cancelled for reasons out with the organiser's control a refund will be available again minus costs the organiser has incurred. If the event is postponed then the entry can be transferred to the rearranged event. NOTE the organiser is unable to transfer entries to other runners.
- There can be no changes to entries on the day
- Weather – Please ensure you regularly check your email in the run up to the event. The organisers may need to alter start/briefing times depending on weather conditions. You will be advised in advance by email of any changes like this.
- All dogs to be a minimum of 12 months old in order to compete
- Kids under 11 must be accompanied by an adult while taking part
- Dogs who wear a muzzle whilst running, must have an open basket, or grey hound racing type muzzle, one that allows opening of mouth fully. Please be aware of dogs wearing a yellow ribbon or bib, this can mean please allow extra space. All dogs should be kept on a lead before, during and after the event at all time, unless far away from busy area where it is safe for off lead walking.
- You **MUST** pick up after your dog at all times, before, during and after the event, and bin. Anyone seeing leaving rubbish or not picking up after their dog **WILL** be banned from future events.

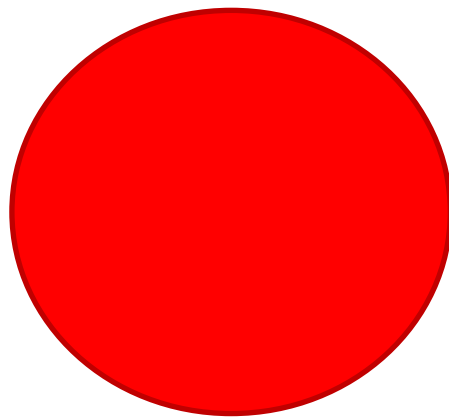
- Over taking - when passing please let the runner in front know what side you will pass, slow down when doing so and be courteous. If you are being caught up on please slow, pull in to one side and allow faster runner to pass and get away safely. Do not allow your dog to chase down and get close to other runners' feet. No barging past or blocking the trail will be tolerated. Smile, say thanks and support each other – it's fun after all!
- Please check that all your equipment is in full working order before running.

Course Markings

The course will be clearly marked with these signs:



Blue square means 'Straight On' – you will also sometimes see this on the course to confirm you are going the right way



Red circle means a turn. If the circle is on the right hand side, you turn right. If it's on the left hand side, you turn left. You will always be turning **AFTER** the circle marker.

As always, there will be various sections of hazard tape and ski netting to keep you right and marshals along the route. If this is your first time or you are at all unsure of the course markings, you must attend the briefing.

On The Day



Registration open from 3pm.

PLEASE REGISTER 30 MINS BEFORE YOUR START TIME

Briefing: 4pm for kids, 5:30pm for teams & adults

Waves start : 4:30pm kids, 6:00pm teams & adults

Old hands need not attend briefing, if you are a first timer or at all unsure of how the course may be marked then you should attend

This event is muddy! Make sure you have a change of shoes & clothes, towels for you and your dog, baby wipes etc. If you have trail shoes then all the better, but you will survive with ordinary trainers, just be prepared for it to be muddy and slippy (this is what it's all about!) It might be an idea to tape your shoes on! Please ensure you pick up after your dog, there is a bin at the maze so either hang on to it till then or the end of the race.

Ruff Dugger 'Teams' must cross the finish line together!

Ruff Dugger is a challenge, not a race and therefore you will not be timed. If you want a time, bring your own device.

Starting Waves

In order to ease congestion on the trails and make sure you and your dog enjoy your Ruff Dugger experience as much as possible, we will be starting everyone in waves.

The beauty of this is that you get to slot yourself into the wave that suits you best!

After the kids, there will be four adult waves. Simply be at the start line in time for your wave and you will be sent off in intervals within your wave. Don't be at the start too early, we want to minimise the number of excited dogs near the start.

Have a think – choose your wave – get to the start line – enjoy!

- **6:00pm Wave 1 Speedy Gonzales**

This wave is for fast runners and experienced canicrossers who can run 5k in around 20mins

- **6.10pm Wave 2 Dies Hards**

For the tough at heart who are going to give it their best and are likely to get round in about 25 mins

- **6.20pm Wave 3 Happy Trotters**

For those who enjoy trotting round in around 30 to 35 mins

- **6.25pm Hikers**

If you prefer to walk or have a nervous dog who'd like to start at the back then this wave is for you



Ruff Dugger is very technical - uneven under foot in some areas, with some short steep descents. Take care in these areas, this is not a course for PBs! There are mud ditches to negotiate and even some **water crossings**. There is one low fence crossing – humans can easily step over lifting a small dog. For larger dogs there will be a ramp. The fence will not bear any weight – do NOT step on it. There will be marshals on course and it will definitely be great fun!



Mucky Pups. It is compulsory for kids under 11 to be accompanied on the course but we advise adults accompany smaller and less experienced kids too, these adults don't have to enter just help them round. Please do not allow kids to be in control of large, strong or anti social dogs without supervision. The kids course is same as adults shorter in distance.



Organiser Details

Event Organisers: Lindsay Johnson at Cani-Fit

info@cani-fit.com

07709394667

www.cani-fit.com

facebook.com/cani-fit

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