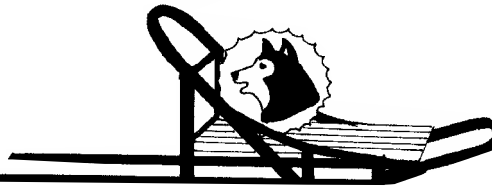


IESDA

SLEDTRACKS



Newsletter of the Inland Empire Sled Dog Association

June 2008

Free to a Good Home

Upcoming Events:

What: Yard Sale and June Meeting

Date: June 11 and 12th, Meeting
June 11 at 12:00

Bring: Your treasures to donate

Where: Pleasantview School,
18724 W Riverview Dr. Post Falls.
If you need directions call Jeanne at
208-773-7707.

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President's Message:

Is it really summer yet? I'm not holding my breath—I've seen it snow in Coeur d'Alene on the 4th of July (granted, that was a while ago) and just the other day as I headed out at 7AM to feed dogs it was trying to snow. Now don't get me wrong, I love winter; in fact my favorite sport is mostly done in the winter; but I'm ready to put on some shorts and go work in the garden and just take a break from everything for a little bit.

Speaking of summer break, we've got some club functions to think about in the next couple of months. July 11 and 12 is the yard sale at the Rathdrum Grange. Time to go through your stuff and bring us all those unwanted items so we can make this a big-time fundraiser. There will be a club meeting on Saturday, July 12 at the yard sale. Come join us and bring your ideas for a float theme, since we are planning to be in the Priest River Timber Days parade later in the month.

In the meantime, enjoy the change of seasons, have great Fourth of July (with or without snow) and I hope to see everyone at the Grange.

Jeanne



Feeding the Canine Athlete for Optimal Performance

By Robert L. Gillette, DVM, MSE
Reprinted from the Athletic and Working
Dogs Website. www.SportsVet.com

The veterinary profession is currently witnessing an increased demand from our clientele for information concerning performance of the canine athlete. The expectations come as a result of the scientific advancements in human sports medicine. If a pet owner is only interested in companionship, minimal stress will be placed upon the pet's body. A certain level of energy is needed to maintain homeostasis, and additional energy is utilized during physical activity. Designing the proper nutritional program begins by defining the type of activity and then the level of activity the dog will be asked to perform. Once the activity requirements are determined, the components of the daily feeding regimen can be formulated. In addition, supplementation can be utilized to address additional energy requirement needed by the different activities. A professional and informed approach to feeding can enhance performance and minimize problems that can result in poor performance.

Activity Type and Level

The body needs energy to maintain homeostasis and additional energy during physical activity. The maintenance energy requirement (MER) is definite as the energy used by a moderately active dog in a thermo neutral environment (MER=30 kcal/# for a 50+ pound dog). When the body performs at a level greater than its normal daily routine there is greater need for energy. Physical activities can be divided into two categories: strength/power events are of short duration (<

2 minutes) and are performed at intensities that are maximal or supramaximal. Some events are intermediate, they are performed at varying intensities for a duration of 2 to 4 minutes. Endurance events usually last longer than 4 minutes and are performed at intensities < 90 % x MER, a full day of hunting utilizes 1.4 to 1.5 x MER, and a sled dog pulling for one day uses 2-4 x MER.

The body utilizes three systems to provide energy for the body. The type of activity defines which of the systems will be used. The immediate energy source is from the one enzyme system. It provides energy for the first five to twenty seconds. This system uses intracellular ATP, Creatine Phosphate (CP), and the ADP/myokinase reaction to provide energy for increased body activity. The glycolytic energy pathway provides energy from five to twenty seconds up to two minutes. Energy comes from the anaerobic breakdown of glucose. This is a more complicated form of energy production involving multiple steps and enzymes. The third energy source is from oxidative metabolism. It starts approximately two minutes after the start of the physical exercise. It is the most complicated energy system. It can use various substrates and is the most efficient energy system. Strength/power activities rely heavily upon the on enzyme and the glycolytic energy systems, and endurance activities rely upon the oxidative energy systems.

Nutritional Components

The three energy sources used by the body are carbohydrates, proteins, and fats. Digestible carbohydrates are the sugars and the starches. Cellulose, pectin, and gums are the carbohydrates that are termed fibers and are minimally digestible. The simple sugars,

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called monosaccharide's, are glucose, fructose, and galactose. These carbohydrates are in the smallest form and do not need to be broken down to be absorbed by the intestine. The disaccharides are sucrose, maltose, and lactose and are the compounds composed of two of the simple sugars. The starches are complex carbohydrates, polysaccharides, that are long chains composed of the simple sugars. The starches are complex carbohydrates, polysaccharides, that are long chains composed of the simple sugars. Disaccharides and polysaccharides need to be broken down enzymatically to be absorbed by the intestine. Carbohydrates have an energy yield of 3.5 kcal per gram.

Protein is both an energy source and a source of amino acids. High-quality animal source proteins provide superior digestibility, amino acid balances, and palatability. Exercise increases an athlete's protein requirement. Exercise places excess demands upon the body which result in tissue disruption and occasionally tissue damage. These tissues must be remodeled and repaired which can result in an increased protein demand. This demand can be met by increased protein ingestion. Protein can also be used for an energy source with an energy yield of 3.5 kcal per gram.

Fat is used by the body for energy and can be used as a metabolic water source. Fats are highly digestible, very palatable, and are an energy dense nutritional ingredient. It has an energy yield of 8.5 kcal per gram. They are also essential for the absorption of the fat soluble vitamins, A,D, E, and K. Fat provides a source of metabolic water. Fat metabolism produces 107 g of water for every 100 grams of fat. Protein produces 40 g water/100g protein, and carbohydrate produces 55g water/100g carbohydrate. Fatty acid ratio can also help to reduce the production of inflammatory mediators in canine skin, plasma, and

neutrophils. Dietary omega-6:omega-3 fatty acid rations between 5:1 and 10:1 are optimum.

Vitamins and minerals are also very important in the canine athlete. Some important vitamins are A,D,E, K and the B-complex vitamins, especially thiamin, nicacin, and Cyanocobolamine (B1, B3, and B12). Vitamin A plays a role in ligament and tendon health. Vitamin D is important in maintaining the calcium and phosphorus balance. Vitamin E is a very important anti-oxidant. It acts to maintain cell membrane stability, which is very important in dogs that use their olfactory senses, ie pointing breeds, detector dogs, and search and rescue dogs. Vitamin K is important to maintain proper blood conditions in the canine athlete. Thiamin helps to minimize the effects of stress related to competition and performance. Niacin aids in carbohydrate metabolism, and is required for red blood cell production. Cyanocobolamine is essential for synthesis of protein and formation of red blood cells and hemoglobin. Most vitamin needs are met with normal high quality diet but in certain situations supplementation can be beneficial to performance.

Endurance athletes are much more dependent upon the oxidative energy systems. These athletes would benefit from a higher percentage of fat in their diet. Some manufactured diets are balanced in this way or a fat based supplement can be added to their normal diet. When the body is burning fat for its energy source it delays muscle glycogen depletion. This action then delays the deleterious effects of fatigue. It has also been shown that burning fat is metabolically cooler than burning protein. Minimizing the increase in body

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temperature would be beneficial to dogs working in endurance events. This is especially true for dogs working in warmer environments.

An important note is that it takes four to six weeks for the body to condition itself to benefit from any diet alterations. This is especially true when increasing the fat content. For example, the hunting dog must begin adding the fat supplement at least four to six weeks prior to the beginning of the hunting season. Also, to benefit from the diet change at the beginning of the hunting season, a condition or training program must begin at this same time the diet change is initiated to train the body systems to utilize the supplement.

Supplementing with vitamins and minerals can enhance performance. Supplement timing is the key factor when influencing performance. Simple sugar carbohydrates, proper protein, combined with the applicable vitamins and minerals can be given at key times around the event to benefit performance.

For more information about feeding , conditioning, structure, sports medicine (for dogs) browse Robert Gillette's Athletic and working Dog Website at www.sportsvet.com

August 23 2008-Pull Training Clinic 9-4 Tenino, WA Sponsored by K9scootersNW

K9scootersNW is offering a pull training clinic in Tenino, WA. This clinic is geared towards the person with one or two dogs, but the skills apply to those who wish to drive a larger team. Learn the basics of teaching your pet dog to pull a bike or scooter. This workshop will provide all equipment needed and will give you the necessary skills to take your canine friend out for a run on the nearest bicycle trail or forest path. For \$100 you will receive morning skill training; lunch; membership in K9scootersNW, which includes a subscription to LineOut, a cap and a patch with club logo; afternoon talks on equipment for dog and driver; first aid; how to begin: keeping a log; food and diet; and information on the new Dog Powered Urban Titling Program. An afternoon run on the Yelm-Tenino Trail will follow, if not too hot. The park is shady, and also offers the Tenino Sandstone Quarry swimming area (humans only).

Contact Susan Scofield barnstormer@fairpoint.net 360-446-0255

Classified Ads:
 Dog Truck: 1990 FORD XLT, Manual Transmission, 4WD, Custom Dog Box with 10 holes, storage. 150,000 miles. Good condition. \$1900 OBO. Jill and Bob Wilson. Write dashinsam@earthlink.net or call (208) 683-2387.
 Trail Groomer: Sierra Kennels has an excellent trail groomer for sale. This is a pull behind groomer that can be attached to a snowmobile or Cushman. Asking \$1750.00 OBO. Call or email for details. Snowman@electronictransfer.com or 208-683-6252.
 A few good Dogs: Sierra Kennels has a few good dogs for sale, some 2-4 year olds. Call for details 208-623-6242.
 Female Seppala Puppy: 4 months old. Really nice lines and Continental Kennel Club Registration. Parents on competitive 6 dog mid distance team. For more information contact Josi Thyr at jill.mthyr@farmersagent.com or call at 208-964-3863

Inland Empire Sled Dog Association

INLAND EMPIRE SLED DOG ASSOCIATION OFFICERS: 2007-2008

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SECRETARY/TREASURER	BRENDIA HEINTZELMAN	509-447-5744
NEWSLETTER EDITORS	JILL and BOB WILSON	208-683-2387
TRAIL CHAIR	WENDY BOOTH	208-443-2938

The purpose of the INLAND EMPIRE SLED DOG ASSOCIATION Newsletter is to provide an open forum for communication and information about sled dog related sports in the Northwest and neighboring areas. Advertising of up to one inch of space is free to members, with an additional cost of \$2.00 per inch over the first inch. Articles published in this newsletter do not necessarily reflect the opinion of the INLAND EMPIRE SLED DOG ASSOCIATION. Permission to reprint or use articles from this newsletter must be given by the editors of the INLAND EMPIRE SLED DOG ASSOCIATION (208-683-2387).

Website: <http://www.inlandempiresleddogassociation.itgo.com/>

Below is a list of Sponsors for the Priest Lake Sled Dog Race. Please be sure to make an effort to let them know that we appreciate their sponsorship either by dropping by or sending a letter with your thanks. This could mean a difference between having a race next year or not. Thank you from the **Inland Empire Sled dog Association**

ALPINE OUTFITTERS
PO Box 1728
Marysville WA 98270
Phone/fax (360) 659-3800
www.alpineoutfitters.net

ARCTURA KENNEL
Tom Palmer
42604 N. Hatch Rd
Deer Park WA 99006

BLUE MIST KENNEL
6931 Deer Valley Road
Newport WA 99156

CHEVELIER KENNELS
Jim and Susie Malcolm
735 Shadow Green Road
Blanchard ID 83804

DASHING SAMS
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Athol ID 83854

DYNAMIC SPECIALTIES
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And Promotional Items
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ELKINS ON THE BAY
Reeder Bay
Priest Lake Idaho 83848

GLEN AND MICHELLE FRANCHISEUR
Priest River ID

HILL'S RESORT INC
4777 West Lakeshore Road
Priest Lake ID 83848

INLAND NORTHWEST ALASKAN MALAMUTE ASSOCIATION
Donna Daymude
6497 Stone Lodge Rd.
Nine Mile Falls, WA 99026

JACKPINE FARMS
Wendy and Steve Booth
PO 444
Nordman ID 83848

MOSS ENGRAVING
509-685-0299

OLA J ENGLUND, DDS
6817 N. Cedar, Suite 200
Spokane WA 99208

PANHANDLE STATE BANK
P.O. Box 1847
Priest River, ID 83856

PEND OREILLE VETERINARY CLINIC
PO BOX 503
Oldtown ID 83848

PET STOP
10464 N. Government Way
Hayden ID 83835

PRIEST LAKE CHAMBER OF COMMERCE
PO BOX 174
COOLIN ID 83821-0174

REAL ESTATE MARKETPLACE NW
Jim Palmer, Sr
PO Box 1252
Deer Park WA 99006

SEEBER'S PHARMACY
336 S. Washington Ave
Box 609
Newport WA 99156

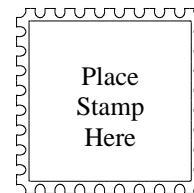
SPIRIT OF THE WIND SIBERIANS
Jeanne Arnold and Judy Cowan
4668 Carpenter Loop
Post Falls ID 83854

TRI-STATE OUTFITTERS
6275 Sunshine Street
Coeur d' Alene ID 83814

IESDA SCRAPBOOK



IESDA
Bob & Jill Wilson
7875 E. Hwy 54
Athol, ID 83801



Inland Empire Sled Dog Assn.
Membership Form

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Membership Categories:

(Make checks payable to IESDA)

General—\$20/year

Associate—\$10/year

(Newsletter Only)

New _____ Renewal _____

Mail Memberships to:

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6831 Deer Valley Rd.
Newport, WA 99156