

IESDA

SLEDTRACKS



Newsletter of the Inland Empire Sled Dog Association

September 2009

Free to a Good Home

Next Meeting:

What: Fall Highway Cleanup, Potluck and Meeting

Date: October 10, 2009

Meet: Meet at 10:00 AM for cleanup at the corner of Highway 2 and Sacheen Road. Don't forget to bring gloves! Potluck and meeting to follow at Vince and Brenda Heintzelman's place at 6831 Deer Valley Rd. Pizza provided, please bring a side dish to go with.

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President's Message:

Greetings everyone. I hope you have all had a productive summer. The calendar says it's time to start training, but Mother Nature and the weather gremlins say otherwise. Hopefully this latest cool front will usher in more appropriate temperatures, so that we can all hit the trails.

There are several events we have coming up. The second annual Scooter Workshop will be held September 26 at Farragut State Park. Thanks to Bob and Jill Wilson for making this happen. I'm confident that it will be as successful as last year. If you want to help, contact Bob or Jill. Jim and Susie Malcolm will be having their annual fun run at their place in Blanchard, Idaho on October 3. Come and enjoy a day of running the great trails and catching up with all your fellow mushers. The club meeting and road cleanup will be on October 10. As usual, meet at the Sacheen Lake cutoff to pick up trash, then on to Vince and Brenda's for a potluck and meeting. This all starts at 10AM. The Spokane Dirt Rony will also be held the weekend of November 6 & 7 at Riverside State Park. We will be going over the details at the meeting and taking care of

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Canine “Tune-Ups” About Canine Chiropractic Care for Athletic Dogs

By Jill Wilson

Last month I attended a seminar concerning animal pain management put on by two veterinarians from North Spokane. Both were trained in traditional veterinary practice; however both chose to broaden their skill set to include alternative therapies as they encountered patients that did not respond to traditional methods. They now run a clinic specializing in animal pain management using a variety of modalities including chiropractic, acupuncture and Chinese herbal therapies. Their patients include elderly dogs seeking relief from arthritis to canine athletes who are brought in to receive treatments to help them perform to their very best. In fact they noted that many people who participate in athletic endeavors with their canine companions utilize alternative therapies to treat a variety of canine sports injuries. I thought it might be interesting to research and share information concerning the use of chiropractic care for treating canine athletes.

Chiropractic medicine deals with the relationship between the spinal column and the nervous system and in turn the relationship of these to the maintenance of overall health. The canine spine is made up of moveable bones called vertebrae, 7 in the neck, thirteen in the upper and mid back, 7 lumbar, 3 fused sacral and 6 to 23 in the tail. Cartilaginous discs are found in the intervertebral spaces and provide cushioning between adjacent vertebrae when the animal moves. Each pair of vertebrae articulates though one or more pairs of facet joints, which play a major role in spinal flexibility. The vertebral column is associ-

ated with movement and also serves to protect the spinal cord.

Each of the joints in the canine spine has a normal range of motion and maintenance of that range of motion is essential for balanced biomechanical functioning of the body. When flexibility is impaired, spinal flexibility and mobility are adversely affected. Chiropractic philosophy emphasizes that spinal health plays a key role in overall health because all of the body's functions are interrelated through the nervous system. Thus when the spine is affected by what chiropractors refer to as subluxations or malarticulations symptoms can develop not just in the spine but in other areas of the body. For example long-standing issues in the spine may cause the animal to shift its weight and balance to compensate for the original area of decreased mobility and flexibility. This may in turn cause joints in the limbs to be secondarily affected.

When a sled dog changes from a hard and willing worker to a dog with a slack tug line, one of the first things the musher should check is the physical condition of the dog, joints, feet etc. If you or your veterinarian is unable to find the cause, or traditional methods to relieve symptoms don't work such as use of non-steroidal anti-inflammatories or steroids, then a canine chiropractor may be the next step. Many signs of spinal inflexibility may be subtle, including crabbing, lack of rear drive and inadequate reach. The dog may suddenly be reluctant to jump into a box or dog house.

Chiropractic examination usually includes a posture and gait analysis. The chiropractor will also examine the dog to see if

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there are any obvious asymmetries (differences in musculature between the right and left side). Feeling the muscles along the spine can reveal soreness, muscle spasms or swelling, areas that are hot or cold. This is followed by a thorough evaluation of the vertebrae for alignment and mobility. Chiropractic manipulations are referred to as adjustments and involve a high velocity controlled thrust by hand or instrument that is directed at specific articulations to correct or reduce misalignments.

After the spine is adjusted, the limbs are assessed in the same manner as the spine, checking for muscle tone, swelling, hot/cold spots, and joint mobility. Further adjustments may be made as needed. Physical therapy, such as ice packs and massage may be recommended to reduce pain and swelling and facilitate healing. Finally an exercise program may

be designed to improve conditioning and minimize the likelihood of recurrence.

Results vary depending upon the extent of the subluxations, the length of time between the initial injury and treatment, the age of the dog etc. Most animals which are going to respond favorably will do so within the first three days after treatment. Animals used for working purposes are ideal candidates for chiropractic treatment. By regularly assessing and maintaining maximum flexibility in these animals, injuries may be avoided. In fact there are now veterinary chiropractors who regularly attend flyball, agility, dock dog and retriever trials. Handlers find these treatments give their animals a competitive edge. The important message I took away from this presentation and reading that alternative therapies such as chiropractic care can play a very important role in keeping an athletic dog performing at its best throughout their careers.

**Ididarod and Quest Musher
Hugh Neff at Farwell Elementary
September 25th
9:30-10:30 AM**

**Sharing his experiences on the trail
In Alaska and the Yukon
An Interesting and Inspirational presentation!**

Directions:

**Turn west at the intersection of Farwell Rd. and Hwy 2
And make an immediate right on Crestline.
The address is 13005 North Crestline St.
Visitors need to check in at the office
Questions? Call Bruce Hagstrom at 509-710-9610**

Classified Ads

Dog Truck: 1990 Ford Crewcab Dog Truck—10 dog box, Powerstroke, 189,000 miles, 4x4, XLT, towing package. \$8500. Contact 208-448-1737.

Dog Truck: 1990 Ford XLT with 10 hole dog Box, plus storage on flatbed. Six large boxes on bottom, 4 on top. Could convert storage to two more dog boxes, Approximately 150,000 miles. Standard Transmission, 4WD. Asking \$1500 OBO. Contact Bob or Jill 208-683-2387.

IESDA 2009 Schedule of Events:

Fall Pull Training Clinic? -----	Sept. 26
Fun Run at Malcolms -----	Oct. 3
Fall HWY Clean up and Meeting -----	Oct. 10
Roslyn Rig Rendezvous -----	Oct 31/Nov 1
Spokane Dirt Rendezvous -----	11/7-8
Frog Lake 1 PNC -----	Jan 9-10
January Race Planning Meeting -----	TBA
Priest Lake Race PNC -----	Feb. 6-7
Chester Sled Dog Races PNC -----	Feb. 20-21
Frog Lake II -----	Feb. 27-28

FUN RUN AT THE MALCOLM'S

Come Run the nice trails next to Jim and Susie Malcolm's property on Saturday, October 3 from 7:00 AM to whenever

Directions:

**Take Highway 41 from either Oldtown or Blanchard to Tweedie Rd (between mileposts 31 and 32)
Turn west (the only way to turn) on Tweedie and go 3/4 mile and turn Left on a dirt road (will be signed). Follow this dirt road to parking at Jim and Susie's place**

Spokane Dirt Rndy

Sled Dog Cart and Scooter Race

Sponsored by the Inland Empire Sled Dog Association

November 7 and 8, 2009

Riverside State Park, Spokane, WA

Medal Events	Entry Fee
2-dog scooter	\$20
4-dog sprint	\$20
6-dog sprint	\$20
8-dog sprint	\$20

2- and 4-dog teams will run a 2 mile, loop trail. The 6 and 8 dog teams will run a 4 mile loop trail. The trail will be 12 feet wide, mostly flat and dirt. Spare carts will be available for those that do not have them. No motorized vehicles are allowed on the trails.

Directions (From S, E, and W of Spokane): From I90 take Division St. north to Francis St. and turn left onto Francis St. At the end of Francis, bear right onto Route 291 North. Turn left onto Seven Mile Road. Immediately after crossing bridge, turn left onto Riverside Dr. Follow signs to parking area.

Directions (From N of Spokane): Take the Dennison-Chatteroy exit off of Route 2 (turn at Chatteroy Hills diner). Follow this road and cross Rt. 395 and Monroe St. Turn left onto Swenson Road. Swenson intersects with Rt. 291. Turn left onto Rt. 291 and follow this south. Turn right onto Seven Mile Road. Immediately after crossing bridge, turn left onto Riverside Dr. Follow signs to parking area.

Drivers meeting at 8:00 AM both days. Required for all drivers.

On Saturday the Inland Empire Sled Dog Association invites all participants to a Chili dog Feast following the completion of all heats.

Lodging Available, closest to race site:

Apple Tree Inn 9508 N Division St (509) 466-3020

Comfort Inn 7111 N. Division St (509) 467-7111

Howard Johnson Inn North 3033 N Division St (509) 326-5500

Spokane Dirt Ronly

November 1 and 2, 2008 Riverside State Park, Spokane, WA *Race Entry Form*

Make checks payable to the Inland Empire Sled Dog Association. Mail Entries to: Brendia Heintzelman, 6831 Deer Valley Rd, Newport WA 99156.
vinda@povn.com

CLASSES ENTERED:

2-dog Scooter _____ @\$20 \$ _____
4-dog Sprint _____ @\$20 \$ _____
6-dog Sprint _____ @\$20 \$ _____
8-dog Sprint _____ @\$20\$ _____

TOTAL \$ _____

I hereby absolve the Inland Empire Sled Dog Association, all sponsors, landowners and all race officials of any responsibility for any accident, incident or injury while participating in the sled dog races. I further agree to be responsible for the conduct of all persons in my party and all dogs in my possession while in the Riverside Park area.

Name of Driver _____ Team _____

Driver's signature _____

Address _____ Phone _____

City _____ State _____ Zip _____

Owners Signature _____

**IESDA
Meeting Minutes
August 15, 2009**

Members present: Jeanne Arnold, Jim & Susie Malcolm, Brendia Heintzelman, Vicky Massey, Steve Duran, Judy Cowan, Bruce & Holly Hagstrom, Ann Yanacek, Jill & Bob Wilson

I. Election of officers - New officers were elected to take office immediately

- President: Jeanne Arnold
- Vice-president: Vicky Massey
- Treasurer: Brendia Heintzelman
- Secretary: Bob Wilson
- Race Marshall: Vince Heintzelman

II. Spokane Dirt Rondy

- IESDA will hold the race on the weekend of Nov. 7 & 8.
- Classes will include 8-dog, 6-dog & 4-dog cart, and a 2-dog scooter/bike class. All bikes must have the chain disabled.
- Entry fee is \$20/team for all classes
- Responsibilities:
 - Park Permit - Ann
 - Port-a-potties - Ann
 - Flyers - Jill, could use a new picture
 - Sleddog Central posting - Jill
 - Media calendars, The Exchange - Steve & Vicky
 - Trail - Bob Yanacek & Tom Palmer
 - Timer - Brendia, requested a new stopwatch
 - ◆ Motion for club to buy 2 new stopwatches (Jeanne/Ann) passed
 - Saturday food - Steve & Vicki
 - Trophies - Brendia will ask Alpine Outfitters for a donation

III. Pull Training Class

- Bob agreed to organize another pull training class at Farragut State Park and will look into available dates.

IV. T-Shirts - Brendia will have short sleeve and long-sleeve t-shirts printed for the Priest Lake Race. She expects to have them done to have available at the Dirt Rondy.

V. PNC - the PNC scoring has been changed to include the total points of all races.

VI. Priest Lake Race Feb 6-7

- Tentative purse \$3,000 + trophies
- Need to put notice on Sleddog Central
- 4-dog purebred and 6-dog purebred will not be run as a separate class, but will be included in the 4-dog and 6-dog open classes.

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- Entry form needs to be updated to reflect change

VII. Bruce announced that Hugh Neff, Iditarod and Yukon Quest racer, will be giving a presentation for the students at Farewell Elementary on Sept. 25. Musers are welcome to attend.

VIII. **Cushman**

- Vince is working on the engine.
- The treasury has \$1500 dedicated to getting the Cushman in working order.

IX. Brenda presented the Treasurer's report.

X. Jim & Susie will host a fun run at their place on Oct. 3

XI. Next meeting will be after the roadside cleanup on Oct. 10

XII. Meeting adjourned

Respectfully submitted by:
Bob Wilson,

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all the last minute stuff. Thanks to Ann Yanacek for setting it all up.

I would also like to take a moment to remind all of us that train in Idaho that the state of Idaho is having a wolf hunt for the first time in many, many years. So far the state has sold around 14,000 permits for a harvest of about 200 wolves. The hunt is statewide and the season in North Idaho is October 1 through December 31. The elk season has been drastically cut as well. That means there will be a lot of people out there itchy to shoot a wolf and unfortunately many of them don't know the difference between a wolf and a sled dog. I spoke with the Fish and Game office in Coeur d'Alene and they offered a few suggestions to stay safe out there. 1. Stick to well traveled trails. 2. Use safety orange, yellow, and blue vests on your dogs--preferably several different colors on a team--and one on you, too. 3. Make noise. As you all know I've used bear bells on my ganglines during hunting season for many years and will be investing in some more this year.

That's all I have to say for now. Hope to see you at the many events we've planned this fall and out on the trails as well.

Jeanne

Below is a list of Sponsors for the Priest Lake Sled Dog Race. Please let them know that we appreciate their sponsorship either by dropping by or sending a letter with your thanks.

ALPINE ANIMAL HOSPITAL
655 E Best Ave
Coeur d' Alene ID

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

ASLIN FINCH FEED & PET SUPPLY
5605 E. Sparague Avenue
Spokane Valley, WA 99212-0879

BLUE MIST KENNEL
6931 Deer Valley Road
Newport WA 99156

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

COEUR D' ALENE DOG FANCIERS
Coeur d' Alene, Idaho

DASHING SAMS
Jill and Bob Wilson
7875 E Highway 54
Athol ID 83854

DEER PARK VETERINARY CLINIC
2915 E. Crawford
Deer Park, WA 99006

DYNAMIC SPECIALTIES
Signs, Silk Screening Clothing
And Promotional Items
1-509-447-9278
Newport, WA99156

ELKINS ON THE BAY
Reeder Bay
Priest Lake Idaho 83848

OLA J ENGLUND, DDS
6817 N. Cedar, Suite 200
Box 609
NEWPORT, WA 99156

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
Nordman ID 83848

MOSS ENGRAVING
509-685-0299

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

PEND OREILLE VETERINARY CLINIC
PO BOX 503
Old town 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

SIERRA KENNELS
Steve Duren, Vicky Massey
Spirit Lake, Idaho
www.sierrakennel.com

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

STONERIDGE LODGE

IESDA MEMBERSHIP SEPTEMBER 2009

JEANNE ARNOLD
4668 CARPENTER LOOP
POST FALLS, ID 83854
208-773-7707
spiritsibe@povn.com

WENDY BOOTH
BOX 444
NORDMAN, ID 83848
208-443-2938

FRANK CACCAVO
5553 ROCKY TOP WAY
DEER PARK, WA 99006
509-262-9722
fcaccavo@whitworth.edu

BARBARA CAMPBELL
4360 E. BURCHELL DR.
HAYDEN LAKE, ID 83835
hssamoyeds@hotmail.com

IVAN CALHOUN
1984 TUMBLEWEED CIR
HAYDEN ID 83835
208—762-7212
icalhoun@yahoo.com

DONNA & BOB DAYMUDE
6497 STONE LODGE RD.
NINE MILE FALLS, WA 99026
509-276-2964
tundrabou@aol.com

STEVE DUREN & VICKY MASSEY
28790 NORTH MOOSE ROAD
SPIRIT LAKE ID 83869
208-623-6242
snowman@electronictransfer.com

HEIDI FELDVISCH
1216 E. 29th AVE
SPOKANE WA 99203-3326
Phone 303-941-4830
Email: plaiddogs@yahoo.com

JOANNE FILCE
432 MUSKRAT LAKE RD
SAGLE, ID 83860
JLFilce@yahoo.com

BRUCE AND HOLLY HAGSTROM
2019 E. CENTER RD.
SPOKANE, WA 99208
509-466-6077
cbhagstrom@comcast.net

VINCE & BRENDA HEINTZELMAN
6831 DEER VALLEY RD
NEWPORT, WA 99156
509-447-5744
vindia@povn.com

DON HERR
7115 BEAR PAW RD
PRIEST RIVER ID 83856
(208) 448-1737
atlastar@juno.com

BILL AND MARY JORDEN
E 4720 WOODGLEN
MEAD; WA 99021
509-468-7599
Jordan@prodigy.net

KIM JORDAN
42428 N. HATCH RD
DEER PARK, WA 99006
509-276-4477

JIM & SUSIE MALCOLM
735 SHADOW GREEN ROAD
BLANCHARD, ID 83804
208-437-0350

DEBBIE McGRATH
5817 OLD VALDEZ TRAIL
SALCHA, AK 99714
907-488-9880

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10555 E. PARKS ROAD
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1-208-683-0641
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509-276-2179

JUDY ROGERS
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PRIEST RIVER ID 83856
(208) 448-1737
noataksibs@aol.com

DENNIS STITT
P.O. Box 641
FAIRFIELD, ID 83327
208-764-2688

BOB & JILL WILSON
7875 E HWY 54
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208-683-2387

ANN, BOB YANECEK
5056 B. SWENSON RD.
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absworld@cet.com
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OTIS ORCHARDS, WA 99027

EXCHANGES

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jilllance@hotmail.com

SLEDLINES
PACIFIC STATES SLED DOG ASSOCIATION
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chinookdogs@msn.com

THE INFORMER
SIERRA NEVADA DOG DRIVERS
EDITOR: Jane Smith
snowdoghouse@yahoo.com

THE STAKEOUT
NORTHWEST SLED DOG ASSOCIATION
EDITOR: SUE SCOFIELD
Barnstormer@fairpoint.net

Inland Empire Sled Dog Association

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VICE-PRESIDENT	VICKY MASSEY	208-623-6242
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NEWSLETTER EDITORS	JILL and BOB WILSON	208-683-2387
TRAIL CHAIR	WENDY BOOTH	208-443-2938
WEBMASTER	ANN YANECEK	509-276-8193

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.iesda.org/>

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:

Brendia Heintzelman
6831 Deer Valley Rd.
Newport, WA 99156