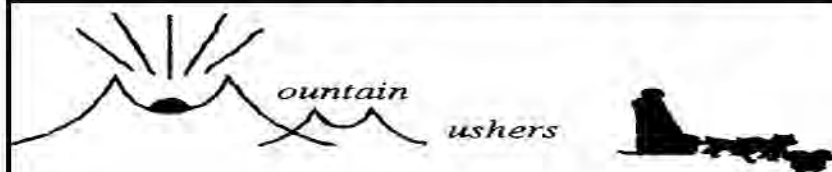


Arizona Mountain Musers News



Vol. II No. 2

January 2004

Officers for 2003-2004.....

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Activities (Phoenix): Frank Brown
602-943-9525
Activities (Tucson) Don & Mary Uhlir (pending)
520-670-1546

WHITE MOUNTAIN WINTER GAMES SCHEDULE

Friday January 30th

- Musher/Dogsled educational tour to area schools
- Celebrity Dogsled Race at Cutters Supply in Pinetop - 4pm
- Chili Cook-off and Musher Registration at Woodland Park - 5 - 8pm
(BBQ compliments of CellularONE - \$1 donation)

Saturday January 31st

- Professional dogsled racing at Sunrise Park Resort - 9am - 12noon
(free admission)
- Dogsled events, pulls and demonstrations at Sunrise Park Resort
(Weight Pullers from all over the state...contact Cheri for info)
- Lunch at Sunrise Hotel - 12noon - 2pm - cost is \$5.95
- "Round the Mountain" fun and games tour (area retail locations)
- Ice carving and snow sculpture contest w/music and refreshments - Burly Bear/Diamond West - 2 - 4pm
- White Mountain Winter Games Dinner w/guest speaker - Hon-Dah Resort and Conference Center - 6pm - children 12 and under \$7.50, adults \$15.00
(tickets available at Hon-Dah, the Pinetop/Lakeside Chamber of Commerce, Sunrise Park Resort, the Show Low Chamber of Commerce or email your ticket request and RSVP to mneel@hon-dah.com)

Sunday February 1st

- Dogsled racing finals at Sunrise Park Resort - 9am - 12noon
- Awards presentation directly following races



For up-to-the-minute information about lodging, events, directions etc. please go to: <http://>

Cheri Says.....

We have so many new people this year that I was lucky enough to get to know, Every one of them is from a different place, different background and all have great dogs!

This fall has been one of the best for me with training people to train dogs to do something. It amazes me the love of this sport, in this state with these conditions, and the dedication people have to run dogs. I guess, like any addiction, once it takes you over it's hard to be sensible about it! I look forward to our new folks getting on snow, after all, that is what it's all about isn't it? We have so little snow time in Arizona, I encourage everyone to get their dogs on a snow trail this winter so that they can gain the experience. It's like nothing else to see all the work you've put in, the time you've spent to be on that packed trail with your dogs loving winter. As our winter rolls in I hope Mother Nature blesses us with snow for trails to maintain so we can get together and play. I thank everyone for their participation and the will to keep it going. Have a safe and happy New Year.

By Popular demand long sleeve tee-shirts and sweat shirts have been ordered and will be for sale at the Show Low race save your money! They will have an old design we had years ago which was an out line of Arizona with a dog team in the middle, outlined in black with a small logo on the front and a big one on the back. We've up-dated the shirt and sweatshirt colors. A great shirt for any musher.

Mushers going to the Sunrise Games might consider staying at Camp Grace. The camp has offered to let us stay in their cabins for \$30.00 a night. The smallest cabin holds 8 people. They will WELCOME lots of dogs and Mushers! For more info contact David or Desha Bradley (928) 537-1252.

Cheri Engelhardt

Treasurer's Report:

Balance as of Dec. 31, 2003 \$3093.25

Charlie Odegaard

Have you visited our AMM website? <http://hometown.aol.com/azntmushers/AMMhomepage.htm>

SAFE TRAINING by Lynn Whipple

Hydration, nutrition and endurance are critical elements for success in safely training your dog team. The more we can educate ourselves on these elements, the better for our dogs. With the right combination of good nutrition, hydration, and training with lots of TLC, adds up to be extremely rewarding in the performance of your team.

In our climate, hydration is extremely important as our temperatures can rise very quickly. Even in the snow, a dog can overheat, especially if they are not well hydrated or out of shape causing lactic acid build-up in their muscles. This is recognized by "tightening up" in the hind legs, to the point of collapsing which is extremely dangerous for the dog. If a dog stumbles or loses coordination looking "drunk" get them cooled down immediately, by both water intake and dousing externally. We must be able to recognize any danger signs so we don't accidentally overdo it. Good hydration is critical to avoid this. Dogs may not drink as much water as they need in cold weather. Baiting water with meat treats or adding extra water to their meals is a good trick to increase their fluid intake. Supplement with additional water to ensure good hydration throughout the training season, not just an hour or two prior to the activity. Obviously, over watering or feeding prior to exercise can be harmful also. Exercise supplements are available to aid in supplementing valuable nutrients needed for the active dog. A couple of good name brands like National's Energy Pak is a pre-exercise drink or Glycocharge, a post-exercise drink are available to order off the internet. www.sleddogcentral is an excellent website that has information on most everything for the musher.

Good nutrition is just as critical and excellent information is available through many resources either through the internet, your local feed store or pet shop. Higher protein, fats and caloric intake are needed depending on the level of training, metabolism and weight of your dog. Maintaining a good weight for pulling is essential for the health of your dog. Your local feed store can provide helpful information on ingredients needed for the level of activity. Also, most high quality dog foods offer nutritionists you can contact if your dogs have special needs.

Endurance comes from training, training and more training. Again, a delicate balance of building endurance without overdoing it. Work your dog up slowly on their miles, train in cool temperatures, and have a training schedule that you meet regularly so your dogs are ready for the level of activity that you require of them. These elements must be combined together over a period of time so your dogs are ready. Set your goals early in the fall; commit your schedule as best as you can to be ready when the snow flies. Your dogs will give you an amazing amount of devotion, and they deserve whatever we can do to give some back.

For the latest updates on ISDRA Racing: www.isdra.org.

The purpose of the Arizona Mountain Musers is to promote dog sled sports by sponsoring cart races, sled races, weight-pulling contest, backpacking trips, behavior classes, obedience classes, and nutritional development classes. And to engage in any other activity relevant to those listed above intended to promote the welfare of dogs and persons associated with dogs.

President	Lynn Whipple
Vice President	Jaime Ballesteros
Secretary	Ed Anderson
Treasurer	Charlie Odegaard
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ARIZONA MOUNTAIN MUSHERS NEWS is published as needed and is free to all members. Advertising for charitable causes or purposes, and for certain not-for-profit activities is free.

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	Quarter page	\$ 5.00
	Business Card	\$ 2.00

Mail non-newsletter correspondence to: Arizona Mountain Musers, P.O. Box 30983, Flagstaff, AZ 86003-0983.



Spay/Neuter Certificates

Spay/Neuter certificates are available in the Flagstaff area from:

- Coconino county Animal Control, \$30.00 certificate, dogs only, must have county dog license, 774-4518.
- Flag PALS, 25% of cost of s/n, 526-3415.

In the Phoenix area:

- Az. Animal Welfare League, \$50.00 for spaying, \$40.00 for neutering. They will mail you a discount card and give you a list of participating vets, 273-6850.

ARIZONA MOUNTAIN MUSHERS

**6099 N, Panorama Ridge Pl.
Tucson, AZ 85704**