

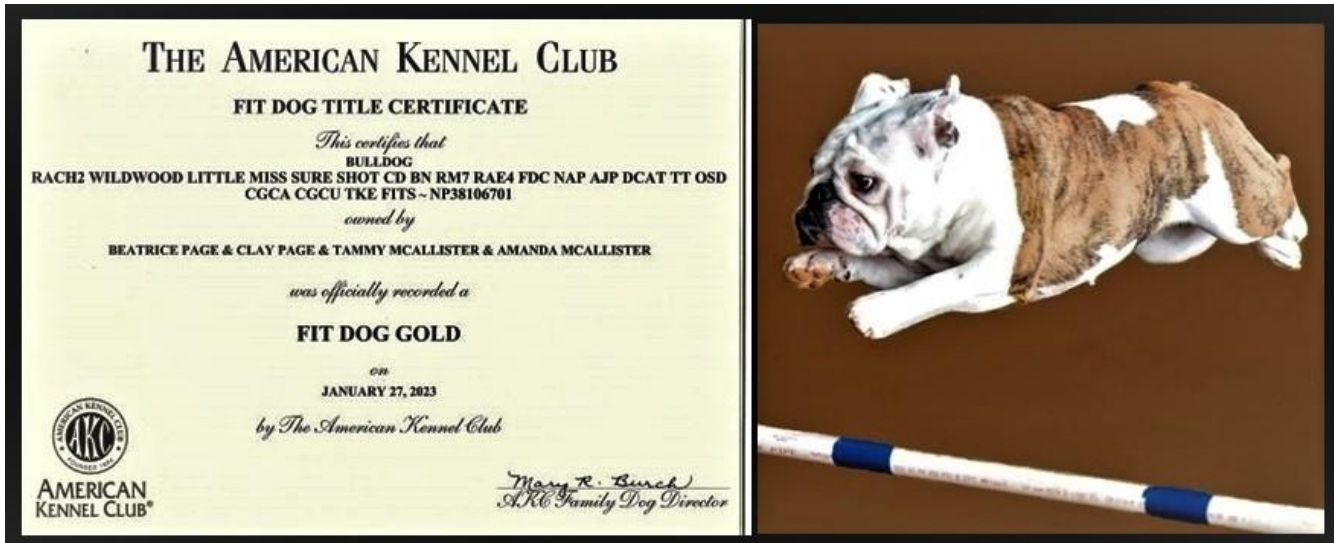
FITNESS ACHIEVEMENTS

AKC titles, DMWYD titles & Fitness Events - Compiled by Bea Page

AKC

In August of 2018, AKC announced a Fitness incentive program that awarded a magnet to those who walked a designated number of minutes per week for three months and kept a log. Walking is considered a safe activity that can improve muscular strength, circulation, memory, weight loss, increase energy, help with sleep, and reduce stress (for both people & dogs).

In May of 2022 AKC announced it would launch a new Fitness titling program and start issuing 3 levels of titles (Bronze, Silver & Gold) in January of 2023. Go here for info: <https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/akc-fit-dog-titles/>



AKC TITLED DOGS

Chester's It's Not Easy Being Cheesy RN FCAT SWN SIA THD RATN CGCU TKI FITB
FIT Dog Bronze: 27-Oct-23
Elizabeth Burke/Brooke Adams

GCH CH Colorado's Pretty Fly For A White Guy CGCA CGCU FITS
FIT Dog Bronze: 5-May-23 FIT Dog Silver: 11-Jul-23
Sara French/Landon Richards/Stacie Richards/Dave French

CH Dinel's Clyde BN RA THDN CGCA TKA ATT FITB
FIT Dog Bronze: 14-Sep-23
Mrs. Jody Lynn Grunfeld

GCH CH Emac's Jolly Little Gem Of The Sea TKI FITB
FIT Dog Bronze: 6-Nov-23
Elizabeth MacArthur

Georgia Grace II BN RN FCAT THDN CGCU TKI FITG
FIT Dog Bronze: 30-Jan-23 FIT Dog Silver: 30-Jan-23 FIT Dog Gold: 30-Jan-23
Kelly Rosson

Guinns Visconti Twisted Sister FITB
FIT Dog Bronze: 22-Jan-24
Mrs. Maria D Visconti/Mrs. Jennifer Guinn

Iroc Hit Girl RA FDC AX OAJ OF CA FCAT2 SWEE SWM SCME SHDEE SHDM CGCA TKE FITG
FIT Dog Bronze: 9-Jan-23 FIT Dog Silver: 12-Jan-23 FIT Dog Gold: 12-Jan-23
April Paulman

Rocky Mountains Sir Knuckles Mcgerk RI CGCA CGCU TKA VSWE FITG
FIT Dog Bronze: 11-Jul-23 FIT Dog Silver: 20-Sep-23 FIT Dog Gold: 20-Oct-23
Mark & Cyndie Loseke

Rosie The English Bulldog RN CGC TKE VHMA VSWE FITG
FIT Dog Bronze: 5-Jan-23 FIT Dog Silver: 2-Oct-23 FIT Dog Gold: 2-Oct-23
Katy Sternberger

Siam Phantom Of The Opera CGCA TKI FITS
FIT Dog Bronze: 8-Feb-23 FIT Dog Silver: 20-Mar-23
Tiew & Ronald Honig

Sir Brigante Beach BCAT DNA CGCA TKI ATT FITB
FIT Dog Bronze: 22-Dec-23
Dr. Crystal Beach

Sittingbullies Castellana Dreamin' Of The Beach CGC TKI ATT FITB
FIT Dog Bronze: 29-Dec-23
Dr. Crystal Beach/Cheryl A Knapp

CH Vaughan's Cruz VHMA FITB
FIT Dog Bronze: 11-Jan-24
Polly Welch/Jackie Vaughan

RACH2 Wildwood Little Miss Sure Shot CD BN RM7 RAE4 FDC NAP AJP DCAT TT RATN OSD CGCA CGCU TKE FITG
FIT Dog Bronze: 19-Jan-23 FIT Dog Silver: 20-Jan-23 FIT Dog Gold: 27-Jan-23
Beatrice & Clay Page/Tammy & Amanda McAllister

CH Winehaus One too Many Billyo FDC BCAT SWA SEAE SHDN CGCU TKI ATT FITS
FIT Dog Bronze: 10-Aug-23 FIT Dog Silver: 10-Aug-23
Audrey Muhlenkamp

CH Winehaus's How Merlot Can You Go? FDC FCAT SWA SCM SEM SBM SHDM CGCA CGCU TKI ATT FITG
FIT Dog Bronze: 1-Mar-23 FIT Dog Silver: 3-Mar-23 FIT Dog Gold: 9-Mar-23
Audrey Muhlenkamp

DO MORE WITH YOUR DOG

Regular Titles - Canine Conditioning Fitness (CCF) titles: There are 4 levels, which must be earned consecutively. To be awarded these titles, you & your dog must complete the exercises on the CCF Fitness checklist for each level, and have them witnessed by a Canine Conditioning Fitness Coach (CCFC), either in person or via video submission. After a CCFC evaluates you & your dog as having met the requirements, apply to DMWTD for the title.

Specialty Titles - 2K-9: To earn this title, run or speed-walk 2 kilometers (1.24 miles) with your dog. That is 5 laps around a track. Show proof to a certified Canine Conditioning Fitness Coach (CCFC) in a Facebook Spark Team. Proof can be a fitness tracker, video, stopwatch, GPS, written statement from a spectator, etc. After a CCFC evaluates you & your dog as having met the requirements, apply to DMWTD for the title.

Go Here for info: [https://domorewithyourdog.com/DogTricks/list-of-all-titles/?wdt_column_filter\[sport\]=Fitness](https://domorewithyourdog.com/DogTricks/list-of-all-titles/?wdt_column_filter[sport]=Fitness)



TDCH Fleur: 2K9 Titleist

Knuckles: 2K9 Titleist

DMWYD TITLED DOGS

Canine Conditioning Fitness (CCF) Titleholders

Samson (Samson NTD CCF2) owned by Lisa A Meadows CCF1 – 12/1/22 CCF2 – 1/6/23

Po (Po Panda NTD CCF2) owned by Lisa Pellerito CCF1 – 2/11/21 CCF2 – 2/15/21


2-K9 Ruff Run (2K9) Titleholders

Louie (HpnotiQ's Cant Keep Me Down NTD 2K9), SK – 1/15/23 owned by Meaghen Bobryk

Socrate (Mr. Socrate NTD 2K9), QC – 1/4/22 owned by Catherine Jasmin

Remmi (Lady Remington of the Snorts SOR NTD 2K9), FL – 8/18/21 owned by Suzy Frigo ATDI

Knuckles (Rocky Mountains Sir Knuckles McGerk RI CGCA CGCU ATD AtoZ 2K9), ID – 5/24/21 owned by Mark & Cyndie Loseke

 Fleur (TDCH Bulldacious Lady Paradox 2K9), QC – 5/7/21 owned by Patricia Roy

FITNESS EVENTS

Compiled by Bea Page based on info posted to FB by participants & published info from organizers of the events.

These events involve multiple challenges that may include any or all of the following: traversing rough terrain, plunging into water and/or mud and swimming or wading across, climbing and descending hills and other high obstacles, crawling under low obstacles, balancing while walking across long, narrow obstacles, careful footwork through a series of tires, and the handler carrying the dog.

Cheeto: **Chester's It's Not Easy Being Cheesy RN FCAT SWN SIA THDN RATN CGCU TKI FITB** & Elizabeth Burke
2022 Muddy Buddies Run - A 5K (3.1 miles) Cross Country Obstacle Course Run held in Choctaw, OK on 5/14/2022.



Mindy: **Iroc Hit Girl RA FDC AX OAJ OF CA FCAT2 SWEE SWM SCME SHDEE SHDM CGCA TKE FITG** & April Paulman
1) 2022 U.S. Canine Biathlon

A 5K (3.1 miles) Cross Country Obstacle Course Run held in Gadsden, AL on 5/21/2022.

They finished 88th out of 342 with a time of 1 hr, 1 min, 35 secs even after being delayed while waiting for a team in front of them who got stuck to clear the path.



2) 2022 Alpha Team Challenge K-9 Adventure Race

A 1.5 mile Cross Country Obstacle Course Run held in Richmond, MI on 6/18/2022. They finished 4th out of 10 in the Women's Triassic.



3) 2022 Midwest Canine Obstacle Run

A 5K (3.1 miles) Cross Country Obstacle Course Run with over 40 obstacles held in Benton Harbor, MI on 10/21/2022. Completed not just once, but **three** times, earning them **The Beast** award!



4) 2023 One World Canine Obstacle Run

A grueling physical challenge - 4 miles of negotiating streams, mud, huge hills & 40 obstacles on 5/20/2023 in Anniston, AL.



5) 2023 Midwest Canine Obstacle Run

A 5k (3.1 miles) run thru wooded trails with creek beds, dirt, water, mud & over 40 obstacles held on 10/7/2023 in Benton Harbor, MI.

