

GRF



NEWS

Designed by Sally E Calder

July 2012

***Changing the world
one greyhound at a time!***

Hello again!

I have to say a **BIG** thank you for all the kind comments following the last newsletter, my first, they were all very much appreciated ☺

I am starting this month's newsletter with a poem, which Ann posted on the Forum - it really got to me, and I am **sure** a lot of you will be able to relate to it ...

*I didn't really want you, I wasn't really sure
And I'll admit I had my doubts, when you came through that door.
Not small or cute or fluffy with big soft puppy eyes,
But tall and thin and bony with bald pink bulging thighs.*

*You weren't the kind I had in mind, not in any way,
Perhaps it would be better if I took you back today,
Before we know each other, it really won't be kind
To keep you here for one more day and then to change my mind.*

*But against my better judgement I decided you could stay,
And quickly I discovered you were kind in every way.
Your gentleness and patience really stole the show.
"Why these dogs are wonderful, I must let others know!"*

*You're my gentle giant, who just needed the chance,
To show us all what you could be, to wipe away that history,
Dispel our preconceptions, that put us all to shame,
And so we come to know and love what lies beneath that frame.*

*And now I've come to understand,
What I missed at the start,
That Greyhounds need that great deep chest,
To house their great big hearts.*

Planning Application ...

We still have no news on our Planning Application for a Manager's house at our Baltree kennels. This is obviously very frustrating, as it is looking increasingly likely that Jimmy & Celia will have another winter of travelling.

Thank Yous ...

Recently, we had a visit from a group of lovely volunteers from the **Royal Bank of Scotland**. They made life easy for us for a day by giving us tremendous assistance. It was indeed a pleasure to have them all at our kennels, and we thank them for all their kind help. We also thank the Royal Bank of Scotland for allowing them the day off to help us! You are all welcome back any time.

The photo, below, shows (from the left) Donald, Arkaitz, Holly, Kelly, Margaret and Anna.



Special thanks also to **Jason & Jayne**, who travelled from Swindon to visit us. It was great to meet such genuine greyhound lovers. We thoroughly enjoyed your visit, the only fault being that it simply wasn't long enough!

Please remember that you have promised to come and visit us again 😊

July Walk at Tentsmuir ...

This was a new walk for GRF, and we very much enjoyed it - thank you to **Roy & Jill Elder** for organising this.

From the Dog House ...

Dogs in since June Newsletter:

Joe, Holly, Susie, Megan, Vader, Missy, Pancho, Tiger & Tiny.

Dogs out since June Newsletter:

Freddie, Ace, Ned, Jessie & Ronan.

Can YOU help one of these dogs ...

PLEASE can you find it in your heart to give them the forever home they so richly deserve?

Buster (June's 'Dog of the Month')



Buster is a very friendly, colourful character. He is desperate to be cuddled, and to cuddle in return! He is fine with the other greyhounds, travels well in a car and is a good walker on a lead. He misses his Daddy, so a loving home for him would be wonderful. Please come and see him.

Boaty



Boaty is a gorgeous fawn boy. He loves when people make a fuss of him. He is extremely friendly with people, and there is no problem walking him on a lead. Boaty is fine with other greyhounds, and he would travel all day in your car! A nice pet.

Vet's Corner ...

This month, with the Olympic Games having just begun, it seemed an apt time to look at some of the statistics of the canine athlete (aka couch potato) lying on your sofa ...

This article was written by **John Konkhe**, and is reprinted courtesy of the Greyhound Star - thanks Michele!

“Some people are fascinated by the horsepower, cornering dynamics and top speed of a fast car, the climb speed and manoeuvrability of a fighter plane, or endless records broken at last year's Olympic Games.

But is there a limit to athletic performance?

Having been a greyhound vet and admirer for 20 or more years, I am awed by the specialised running machine and athlete we call a racing greyhound. So, in this article, I thought I would gather a few statistics on the greyhound as an athletic and physiological marvel for those who are equally fascinated by this lovable, elite breed of dog.

Over the past 20 years, starting with Dr Ross Staaden in Perth who ran greyhounds on a high speed treadmill to measure their energy and oxygen use, heart rates and other physiological parameters, until today with Dr Robert Gillette of Alabama University in the USA, measuring stride lengths, galloping patterns and weight forces, we have gained an insight into how a greyhound functions as a finely tuned and well adapted canine athlete.

The statistics below illustrate the adaptation of the greyhound to the high speed chase.

The figures are based on the average 30kg greyhound, at the peak of fitness and obviously injury free.

Energy Use

In the first 7.5 seconds of a 30-second race, a greyhound metabolises high energy creatine and glycogen stores in its muscles without the need for oxygen.

It uses the creatine energy base during the first 3.5 seconds acceleration phase to the first bend of a standard circle track.

In fact, a greyhound expends half of its total energy used in a race for this acceleration stage.

However, surprisingly greyhounds and even racing sprint horses performing for less than one minute expend in a race only about 6% of their total energy intake required each day to meet the exercise needs in training.

Acceleration Speed

At maximum acceleration, a greyhound reaches a full speed of 70 kmh within 30 metres or six strides from the boxes, traveling at almost 20 metres per second for the first 250 metres of a race.

The only other animal that can accelerate faster over a short distance is a cheetah that can reach speeds of 109 kmh over 3-4 strides from a standing start. The greyhound can maintain an average speed of 16.45 metres per second over a 500 metre race, decreasing to around 14.6 metres per second as it crosses the finish line.

A thoroughbred racehorse can achieve a maximum speed of around 49 kmh or 13.6 metres per second. An elite human sprinter can reach 40kmh in a 10 second sprint race at an all out speed of 11 metres per second. The muscles of a greyhound generate 75-80% of their power from anaerobic metabolic pathways during a 30 second race. In distance races, or coursing trials in excess of 40 seconds duration, 80% of the total energy in the final half of the race or gallop is metabolised using oxygen.

The Heart

In a racing greyhound, the heart output increases from about 200mL per kg body weight per minute at rest to over 1000mL per kg at the full gallop. A greyhound circulates up to 15 litres of blood around its body, or half its own body weight in a 30 second-race. A racing greyhound circulates its entire blood volume between 4-5 times during a 30 second gallop. These figures equate to a greyhound pumping its entire blood volume of around 3.4 litres up to 4-5 times around its body during a 30 second gallop. A greyhound's heart weight ranges from 1.18 to 1.73% of body weight, or 270 grams to 519 grams for a 30kg greyhound, which is higher than an elite racehorse at 1.0-1.3% of its body weight.

Other breeds of dogs have a heart weight equal to 0.77% of their body weight, compared to 0.5% for humans. An average 70kg human athlete has a heart size similar to a 30kg greyhound, but the greyhound's heart delivers blood at almost twice the rate, beating at 310-340 beats/minute at the gallop, compared to humans at 170.210 beats/minute.

Blood Volume

A fit greyhound has the highest blood volume of any athlete, relative to its body size, with blood contributing 11.4%, compared to 10.5% for a racehorse, 9.5% for a human sprint athlete and 7.2% for a normal pet dog. A greyhound has around 35×10^{12} red blood cells in its body, producing around 5 million replacement red cells per second in its bone marrow and spleen.

A fit greyhound has about 3 litres of blood consisting of around 2 litres red cells, or about 6.6% of its body weight or a PCV of 60% of blood volume. A racehorse has a blood volume of around 55 litres, but a PCV of around 40% when fit, or 4.4% of its body weight.

Track Contact

At a gallop, a racing greyhound is only touching the track surface for 25% of its stride distance, and during the remainder of the stride, it is suspended above the ground until the next limb hits the ground.

Up the straight, a greyhound carries 2.26 times its body weight on the weight bearing front limb at each stride, increasing to 5 times (or roughly 150kg) in downward weight force on its left inside front limb when leaning over around a sharp bend on the track.

A greyhound has a stride length of around 5 metres making 4 strides per second as it accelerates from the traps, decreasing to 3.25 strides per second up the home straight, with each limb touching the ground for about 0.11 seconds. The forelimbs have a flight distance (off the ground) of 1.23 metres, and the rear legs 2.45 metres or double the distance.

Wrist/Bone Joints

The wrist joint bones on the front limbs sustain pressure of 500psi or 20,000 newtons per square cm when cornering at the gallop. The wrist and lower limb structures withstand up to 150kg of downward pressure when galloping around a corner, which is created by the centrifugal force in proportion to the speed of the greyhound and the radius of the track circle.

This sideways force is imposed on the greyhound's front limb on the second stride into the corner and if the track surface is unstable or shears, the outward flinging force causes increased sideways pressure on the joint, which can result in injury to the wrist.

Respiratory & Blood Pressure Dynamics

A greyhound draws in 60-90 litres of air in 50-90 breaths in a 30-second gallop, extracting 1500 mLs of oxygen from the air to metabolise the energy in its muscles.

During the gallop, the blood pressure in the lung arteries increases from 7 mm mercury pressure units at rest, to 40 units at the gallop, similar to the pressure peak in a human athlete, but only one third of the maximum pressure in a racehorse's lung artery, which reaches 120 mm mercury pressure, or roughly 2.1 psi of pressure.

A greyhound produces around 100Kcals or 100,000 watts of waste heat energy during a 30 second race, sufficient to bring 600mL of tap water to the boil in around 2 minutes.

After a race, the gut function is restored over a 30 minute period to digest food, but the immune system is depressed for 30-120 minutes after a hard gallop.

Loading stress placed on the limb bones is repaired over a 7-10 day period after a race.”

Our New Feature ...

ROVER REPORTER ...

(aka Boots from Rosyth!)



EACH MONTH, WE ARE HOPING TO HEAR HOW ONE OF OUR RE-HOMED GREHOUNDS IS DOING, IN THEIR FOREVER HOME, BY MEANS OF A SHORT QUESTIONNAIRE. IF YOU WOULD BE INTERESTED IN TAKING PART IN THIS, PLEASE E-MAIL ME FOR A COPY OF THE QUESTIONNAIRE, AND RETURN TO ME ALONG WITH A PHOTO.

bobbynetherland@dsl.pipex.com

THIS MONTH WE ARE TALKING TO THE MACDONALD FAMILY, WHO LIVE IN INVERNESS WITH THEIR GREYHOUNDS - ARCHIE, IZZY & MURPHY ...

1) How long have you had Archie, Izzy & Murphy?

Archie was our first greyhound. We got him from Skye Greyhound Rescue in April 2011. He's 5 years old now. As Affleck Bullet he didn't have the greatest racing record, despite being a grandson of the famous Australian greyhound, Brett Lee. Archie fitted in so easily into our family that Izzy (Droopy's Izzy) joined us a few months later in June 2011. Izzy hails from Greyhound Rescue Fife. This year our hound total increased to three when we adopted Murphy (Murphy's Man) in April 2012. Murphy is also from Greyhound Rescue Fife. **UNLESS WE WIN THE LOTTERY, WE AINT GETTING NO MORE!** (Are you listening Jimmy and Celia?) However, if we do win the lottery, we've agreed that we'd buy a big farmhouse, with a large kitchen which has access to a huge enclosed field. We'd have 6 greyhounds in total. In the kitchen there would be loads of comfy bedding spaces scattered throughout.

2) How has having Archie, Izzy & Murphy living with you changed your life?

They have brightened up our family life; put simply our family is better with them than without. We are all fitter now too!

3) What is the best thing about owning a greyhound?

They are wonderful companions and incredibly easy to look after. They are very calm dogs with an amazing affinity for sleep and require surprisingly little exercise. Watching them running at full pelt is wonderful; they love it.

4) ... and the worst ???

There isn't really a worst, but I'll say the following..... You must always remember that greyhounds are intrinsically hunting dogs. Some greyhounds' hunting instinct is keener than others eg. during walks Izzy is constantly on the lookout, whilst the two lads are happy to spend the majority of their time sniffing away at this and that. The hunting instinct can be tempered but it will never go away. A greyhound owner must respect this instinct by keeping their dogs on the lead unless they're in an enclosed and safe environment.

5) **What 3 words would you use to describe ...**

- a. **Archie:** Lazy, Hungry, Calm
- b. **Izzy:** Alert, Gentle, Regal
- c. **Murphy:** Inquisitive, Fun, Daft

6) **What advice would you give to someone, reading this article, who may be thinking of adopting a greyhound?**

If your personal circumstances allow, then go for it. They are absolutely fabulous dogs to have. Just over a year ago, I had no intention of having any dog at all, let alone a greyhound. I was persuaded to have one, got a second a few weeks later, then a third a year after that. They're either wonderful dogs, I'm daft, or maybe a bit of both!!!!

7) **Any funny hound stories?**

We'd had Archie about 2 weeks and were having roast chicken for dinner. My wife timed it so that the chicken was that warm succulent way that everyone loves. She left it on the worktop – on top of the microwave – covered in silver foil – (can't be too safe she thought) and shouted up to my oldest daughter *"That's me away to collect Emily off the bus, I'll be 10 minutes, keep your eye on the dog"* Well, you guessed it! When she came back the chicken had been devoured – the silver paper had been delicately torn like an en papillote meal and Archie was sitting like a lord licking his lips! Chippy for tea!

This one happened last week. The three hounds eat their meals in separate rooms. When they're finished the doors are opened and there's a general sniffing and licking in each other's bowls. Well last week Murphy started to object to others invading his bowl and when the doors were open he's disappeared bowl in mouth, to his bed!



Holidaying / Eating Out with your dogs(s) ...

In last month's newsletter, I asked for any dog-friendly pubs or hotels that any of you knew of. Here are a few:

The Green Hotel in Kinross - a great place to stay if you are travelling from a distance to collect a new addition to your greyhound family!

The Old Clubhouse in Gullane, East Lothian - great place to enjoy a bar meal with your hound.

The Waterside Bistro in Haddington, East Lothian - dogs are allowed in the bar area.

Our Rover Reporter went on a few days holiday himself, in July, to Cumbria ... We stayed at **The Tranquil Otter**, which is dog friendly, a private Nature Reserve with a handful of pine lodges built around the Lough. Bootsie enjoyed fishing on his own jetty (it's a dog's life!) - he only caught minnows, and put them all back!

Bootsie also found an aptly named, dog-friendly pub, **The Greyhound Inn** in nearby **Burgh-By-Sands**.



Fun Quiz ...

Fifteen greyhound-related words are hidden in the grid. Can you find them?

L	A	R	O	P	H	E	H	U	N	G	R	Y	B
E	O	M	R	A	C	I	N	G	I	L	O	U	E
M	I	N	F	S	L	U	R	C	H	E	R	J	S
O	V	T	G	B	Y	K	J	H	S	T	E	A	D
O	T	P	I	L	J	G	E	N	T	L	E	T	F
H	A	S	T	T	E	G	B	S	S	A	N	H	U
C	L	P	L	O	K	G	A	A	R	V	O	L	B
H	L	E	F	A	R	O	G	X	Z	Z	L	E	O
K	O	E	G	H	Z	J	K	E	M	C	S	T	N
E	S	D	Z	O	P	Y	U	M	D	O	P	I	Y
N	K	Y	P	U	K	K	W	E	X	L	U	C	T
N	O	K	A	N	W	L	O	Y	A	L	R	R	S
E	W	I	Y	P	A	N	Z	Z	M	A	V	I	E
L	U	M	U	Z	Z	L	E	M	S	R	E	S	B
A	F	F	E	C	T	I	O	N	A	T	E	R	S

Recipe ...

Sardine Cake:

400g sardines in oil mashed (or in tomato, drain and add one third cup oil)
1.5 cups flour (self raising or wholemeal)
2 eggs
Oats to sprinkle on the top

Method:

Mix the mashed sardines, flour and eggs together until the consistency of a brownie mix, put into a swiss roll tin, sprinkle the oats on top, and bake at 180 degrees centigrade for 20 minutes. Cool, and cut into squares ☺

... and now a Greyhound Recipe for yourselves - the **Greyhound Cocktail** makes a lovely refreshing drink to go with a summer brunch.

2oz Vodka
4oz Grapefruit Juice
Lemon or Lime wedge for garnish

Method:

Three quarters fill a tall glass with ice-cubes or crushed ice, pour over the vodka and then the grapefruit juice - stir well. Add a wedge of lemon or lime to the top of the glass and serve - enjoy ☺

Other News ...

Dog Walker:

We are having the roof put on the dog walker, so it should be complete by the time that the next newsletter comes out - we will have a photo for you!

Fundraising:

Michelle & Nic collect empty drinks cans, old mobile phones and used ink cartridges - these are all then traded in for cash for the kennels.

Any donations of such items can be brought along to any of the GRF walks, or dropped off at the kennels.

Kaz & Pat Brundell have started taking used unwanted clothing, shoes (paired) and books, which they also trade in for cash. Kaz & Pat also sell items on eBay to raise funds for the kennels - over the last 12 months, eBay sales have raised over £1,300.

Again, any donations of items for selling on eBay, or bags of clothing, shoes and books can be brought along to any of the GRF walks, or dropped off at the kennels.

Many thanks for all your fundraising efforts - the money is such an enormous help to the running of the kennels.

and finally ...

- If you want to know more about any of our dogs, then please contact Jimmy or Celia on 01592 890583, or by e-mailing ferniejimmy@aol.com
- The next walk is scheduled for Sunday 6th August. We will be leaving the Lochore Meadows Country Park, main car park, at 11am. Look forward to seeing you there! As ever, keep your eye on the Forum for any last minute changes.