



Dogs Run Denver

Story by Stephen L. Brauns, Photo by Jaime Rowe

Run happy dog...run. Given that we are in Colorado, I'll assume that most people with dogs enjoy the outdoors and exercise. Colorado is in shape, at least for a while. Denverites run marathons, all manner of foot races, many climb fourteeners—just another day in the park—one can out-swim the world, and some can ride a bicycle up a straight wall. It is obvious that exercise is important to the lifestyle many here choose to enjoy.

It would surprise relatively few then that our canine friends need and benefit from exercise too. Burning off excess energy, clearing out a one's head and in general, leading a happier, healthier overall life is great for humans and surely dogs have comparable needs. Run, relax, be one with nature and be free.

Marathoner David Hall is a runner and a smart businessman. He found a way to combine his favorite activity with something in business and make a living doing it. His father, a veterinarian, may be due some credit here. A boy raised around animals, David has had a long and close bond with dogs. Some 14,000 dog-man miles later, David owns Dogs Run Denver & Dogs Run Chicago. David says that his sole mission is to help busy

owners get their dogs the proper exercise they need in order to burn energy, drain anxiety and lead an overall happy life.

Dogs Run Denver offers runs of between four and seven miles, depending on a dog's ability and need. Many of us have dogs that truly need more exercise—a bit more strenuous regimen inserted into the day-to-day walk or fetch sessions. If only twice a week your dog could blow it out with a long run, imagine what that would do for both of you. Your dog would be happier, calmer and surely healthier. When your dog is happier, you too are happier.

If your dog isn't ready for long runs, David will start slowly and build up their endurance gradually. According to recent reports, an estimated 60 percent of all domestic dogs and cats are overweight or obese. We're not sure what David can do for your cat, but he can definitely do wonders for your dog.

For more information or to schedule a free consultation, please call 720-295-8750 or visit www.dogsrunddenver.com. You can also follow the progress of David and his furry running buddies at his weekly blog dogsrunddenver.blogspot.com.