

See Spot Run

THESE MILEAGE HOUNDS ARE HELPING DOGS GET FIT

IT'S ABOUT TIME SOMEONE ADDRESSED THE NEWEST OBESITY crisis—all the flab Buster is waddling around with. Plain old dog walkers aren't getting the job done. Fortunately, dogrunners have anived to whip pudgy puppies into shape. As these entrepreneurs have found, it's a great way to get paid to work out, presuming you don't mind hydrant stops. —Caitlin O'Neil

Running Paws NEW YORK CITY

OWNER Seth Chodosh
CLIENTS 150 / **RUNNERS** 23
RUN LENGTH 30 minutes (\$60) or 45 minutes (\$75)

Career-questioning moment His first year in business, Chodosh despised running in the cold. Today, he has enough employees to cover any less-than-perfect weather day. **Special service** City-escape runs, which treat dogs to outings in wilderness and beach areas not far from the city.

Run Philly Dog Run PHILADELPHIA

OWNER Rebecca Davis
CLIENTS 15 / **RUNNERS** 3
RUN LENGTH 60 minutes (\$40)

Notable client Bella, a Cockapoo who can trot four miles in 30 minutes, as fast as many of Davis's larger breeds. **Success story** Dudley, a Boxer once nicknamed "Mr. Love-handles" by his vet, lost fat and gained muscle after running with Davis for two months. His doctor now compliments him on his svelte physique.



LUCKY DOG Runners help pooches burn off energy and calories.

Pooch Pacers LOS ANGELES

OWNER Jesse Baxter
CLIENTS 24 / **RUNNERS** 1
RUN LENGTH 30 minutes (\$50) or 45 minutes (\$70)

Back story Baxter discovered the best way to get her dog to come was to grab a pair of running shoes. Within seconds, she'd have an eager partner at her side, ready to go. **Working her tail off** Baxter's business is a one-runner operation, which means she logs up to 70 miles a week.

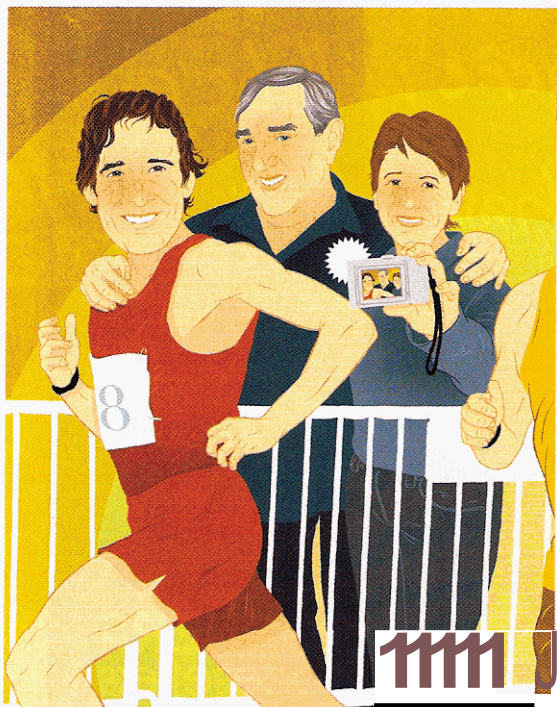
Running the Pack BOSTON

OWNER Jill Hourihan
CLIENTS 140 / **RUNNERS** 12
RUN LENGTH 30 minutes (\$30) or 45 minutes (\$45)

Career-questioning moment When Hourihan got detoured in an unfamiliar area, a five-miler turned into a 10-miler. **Success story** Zoe, an Irish Setter mix, had anxiety issues. Now she's happy-go-lucky.



Visit runnersworld.com/dogs for more information.



ASK MILES

As the apostrophe in the *Run* logo, Miles learned all about the etiquette and lore of running. Got a question? Miles got the answer.



SPECTATOR APPRECIATION >> THE WORD ON JOGGING

DEAR MILES,
When my family and friends come to a race to cheer me on, am I supposed to stop and say hi, or can I just keep running? —Rachel Y., Boise, Idaho

When you're in a race, your job is to run. When you spot your supporters en route, pump your fist or give them a shout-out so they know you appreciate their presence, but there's no need to pull over. Unless you're looking for an excuse to take a breather, express your gratitude at the inishineorwithaphonecaithe nexiday. After all, your family and friends didn't come out to see you stop. They came to see you run. Give'em what they want.

WHAT SETS JOGGERS AND RUNNERS APART? SHARE YOUR OPINION AT RUNNERSWORLD.COM/ASKMILES.

DEAR MILES,
I'm new to the sport. Why do so many runners dislike being called joggers? —David B., Boone, North Carolina

Jogging implies that you lack passion and commitment that you're out there on the road in \$130 running shoes simply for show, that you could take the sport or leave it (and often do leave it). Ask any runner, and he or she will tell you that we run with passion, we run to push our limits and to live healthier lives. We run races not because we think we'll win but to be members of a community. Most important, whether we clock six-minute or 12-minute miles, we don't jog—we run.