

The Dog Days of Summer

By Fiona Green



The Summer Sizzler in Grand Prairie Saturday (July 23) morning lived up to its name with the temperature at race start hovering around the mid 80s with 62% humidity.

The overall winner on the male side was 31-year-old Josh Chauvin (pictured) from Louisiana who, accompanied by his dog Shasseh, clocked a speedy 17:40. Shasseh, a 3-year-old Vizsla, loves to run and accompanies Chauvin on most of his training runs. Last October she and Chauvin completed the

CHORD half marathon in Gainesville, Florida in a speedy 1:23, which was good enough for third overall.

Chauvin is a personal trainer and a writer for the magazine *Louisiana Sportsman*. Until recently his running focus was on track events. He enjoys the 400m and the 800m and two years ago he ran an impressive post college PR of 1:59 for the 800m. He and Shasseh are now training for the Children of the Cane Ultra Marathon, a 50K race in Port Allen, Louisiana on October 1.

Chauvin is very conscious of the dangers involved with dogs running in the heat. He always runs with Shasseh early in the morning and makes sure she is well hydrated and has access to shade. He also scouts the area to find a bayou or pond where she can lie down and cool off most effectively. She is provided with electrolytes specifically created for dogs and even has custom shoes that are designed to protect her feet from the hot sidewalk.

Chauvin and his wife Laura also share their home with another canine runner, a Standard Poodle named Rouge Chaud (Red Hot). Rouge Chaud has completed races as long as half marathons with Laura.

Both Chauvin and Laura are very much in tune with their dogs and look for signs that they are starting to tire. On more than one occasion Chauvin has picked up a dog during a race and carried it over the finish line. Five years ago he and his 9-year-old Lab were running their final race together when the canine started to falter. Despite that the dog weighed 70 pounds, Chauvin carried him almost a quarter mile to the finish



Alexandra
Chand



Malachi Wilson

line. The pair placed third overall (behind two runners competing without a dog) and first in the dog category. This really makes the FWRC Watermelon Relay, where participants have to run while carrying a watermelon, look like a piece of cake!

On the female side, Alexandra Chand from Southlake easily outran the competition, finishing in a time of 20:06. Chand, who will soon begin studying physics at Lawrence University in Wisconsin, has a PR of 19:51 for the 5K. She balances her running with strength training three times a week and credits the core training with making her a stronger runner.

Another youngster who showed great promise Saturday was 10-year-old Malachi Wilson of Grand Prairie, whose finish time of 23:49 earned him the 14th overall spot. Wilson recently qualified for the Junior Olympics in the mile. The young athlete trains with the Texas SWAG Track and Field Club in Grand Prairie. SWAG is an acronym for Success, Wisdom, Athleticism and Grace. We wish him the best of luck!