



**You are the reason  
MSGAO had a GREYT 2018!  
Best Wishes to You and Your Grey in 2019**



2018 was a year of HUGE changes for MSGAO, and YOU are the reason for our success! THANK YOU to everyone who has stepped up to help us meet our ongoing monthly expenses, and to all of you who have generously given at year end. We literally could not make it without your time, effort and financial support.

A big THANK YOU to all of you who have given their time, month after month (and sometimes, week after week!), to promote MSGAO and retired racing greyhound adoption.

THANK YOU to all of you who gave kennel supplies, dog treats, auction items, and money to help us meet our financial needs and to feed greyhounds who are waiting for their forever home.

THANK YOU to everyone who supported MSGAO through your shopping dollars. Contributions from your shopping dollars add up, and it costs you nothing!

We wish the best for all of you in 2019!

**Vicki Cohen, Executive Director  
Patty Williams, Manager**

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**This is what MSGAO is all about....**



Kelly Champion writes, "Bistro's favorite place on chilly mornings!"

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### ***Don't Forget: Kroger Community Awards Resets Every Year***

**Kroger Community Awards** is a terrific way to support MSGAO. Kroger is one of our biggest donors that is tied to your shopping dollars. You can participate by linking your Kroger Plus Card to MSGAO through your Kroger login.

If you already participate in this program, THANK YOU! This is a reminder that Kroger resets all of its Community Awards every year. Please check your Kroger Plus Card to make sure MSGAO is the recipient of Kroger's Community Awards.

If you have never linked your Kroger Plus Card to Community Awards, click the button below for instructions.

# Kroger Community Awards

## You, Your Greyhounds and the Trails

Contributor: Paula Pilgrim

**"The journey of life is sweeter when traveled with a dog."**

**Unknown**



Congratulations, you've adopted a retired racing greyhound! What's next? You may be wondering what types of activities you and your hound can do together that you'll both enjoy and strengthen your bond. Day hikes are my favorite. I've had adopted greyhounds for over 10 years, and have done day hikes since 2011. My hounds and I have been on trails in northern New Mexico and the front range of Colorado. We've

also been to several trails in Arkansas at Petit Jean, Hot Springs, Village Creek, and most recently Mt Nebo. We hike up to 5 miles, which can take up to four hours, depending on the terrain and number of stops.

For an enjoyable trip here are some preparatory and safety tips. Believe me, you don't want to be an hour or two away from your vehicle in the woods or mountains without phone service, and get yourself or your dog(s) into trouble - whether it's an accident, fatigue, or something else.

- Slowly build up your dog's endurance and foot pads. Remember, greyhounds are short distance sprinters, not long distance Iditarod dogs, and their foot pads are baby soft when they first come off the track. I began walking mine 1/4 mile, gradually building up to a couple of miles.
- Greyhounds notoriously overheat quickly, so to avoid overheating I hike between mid- October through mid- April.
- Research the trails for distance, difficulty level, directions, map, and if dogs are allowed. I strongly recommend staying on "Easy" rated trails for greyhounds. "Moderate" rated trails can include climbing several

steps, climbing over large rocks, or a narrow ledge without safety railing. I use All Trails <https://www.alltrails.com>. I also visit state park websites.

- Inquire about wildlife in the area (bears, boars, mountain lions). General rule of thumb to follow: stay on well- marked trails with other hikers during daylight.
- Invest in a pair of waterproof hiking shoes with good traction. That pretty leaf covering on the ground can deceptively hide slick mud or loose rocks, you may encounter a creek that must be walked through, or your greyhound's prey drive may get triggered and suddenly pulls hard on the leash
- Carry a backpack with the following contents:
  - First aid kit. (Include styptic powder.)
  - Plenty of water with a way to let your hounds drink.
  - Snacks.
  - Survival knives, flashlight
  - Pet waste bags. Even though you may be in nature, and it's natural for your dog to eliminate, properly disposing pet waste is part of the Seven Principles of the Leave No Trace outdoor ethics that hikers follow (<https://lnt.org>).
- Apply flea & tick preventative. Check for ticks after the hike.
- Keep your greyhound on leash.
- Take breaks. Again, greyhounds are short distance dogs.
- Become familiar with your grey's body language. Notice if your dog gives you any forewarning about potential nearby harm. They see and sense more than you do.

Things that are nice to have, but not a necessity:

- Easy Sport harness by Petsafe. It's padded and has a handle on it, which has come in handy on the trail.
- Dog boots

An active dog is a happy dog. With some planning and research, exploring nature on Day hikes with your grey will provide wonderful lifetime memories.

**Photos at the top and below are  
Paula, Hero and Kassia on the trails.**



## YOUR PHOTOS



Glynnis Thomas sent us these three photos. The top left photo is greyhound Arkie with Cocker Spaniel, Talley. The upper right photo is Greyhound, Tiger Lily. The reunion photo is Arkie and Tiger Lily with King Tut (Donald Thomas) and Cleopatra, Glynnis herself!

Thank you for these photos,



We love getting photos of you and your greyhounds! Send photos to newsletter editor, Renée Dingler, by clicking the following button:

**Send Your Photos!**

