

## **Program Bessheim 14-16 April 2023**

### **Friday**

16.00 – 19.00 Registration

19.00 – 20.00 Dinner

20.00 -> Pubquiz (sponsored by Nextmune)

### **Saturday**

07.00 – 08.00 Breakfast

08.30 – 09.00 Registration

09.00-09.15 Welcome

09.15-10.00 "Animal welfare and attitudes in a cultural-historical perspective" - Geir Wiik

10.00- 10.30 "Welfare indicators on sled dogs" Gry Løberg

10.30-10.45 Break

10.45 – 11.30 "Working as a racevet - joys, challenges and doubts" - Jose and Nuria

12.00 – 14.00 Dog sledding for vets and others at Sjodalsvannet and barbecue outside

(Sponsored by ProVit)

14.30 – 15.00 "Race diarrhea - how to avoid it and how to treat it" Babette B. Taugbøl

15.00 – 15.45 "Chiropractic, massage, stretching, resting, icing and other non-drug treatments.

What helps and what is allowed when?» Jorge Luque Garrido

16.00 – 17.30 Workshops!

1. "Training, rest and fitness with the QPaws app" Øistein Sørensen

2. "How to detect when something is starting to go wrong during racing/training way before the dog is limping" v/ Nira Farina Hernández

18.00 – 19.00 Aperitif (sponsored by Dyrefôr)

19.00 -----◇ Banquet and party!

### **Sunday**

08.00 – 09.00 Breakfast

10.00 – 10.30 "Ultrarunning and training - human vs dog" Marcus L. Smedstad

10.30 – 11.00 "Sleep, rest and performance" Johanne Sundby

11.00 – 11.15 Break

11.15 – 12.00 "Performance enhancing drugs and doping control" Sergio Maffi

12.00 – 13.00 Lunch

13.00 – 15.00

Workshops with Øistein and Nira

or

Group discussions for everyone who has taken part in Femund, Finnmark or Gausdal. Each race – its group.

Femund - led by Linn Vada

Finnmark - led by Vidar Løkeng

Gausdal - led by Hanna Fredriksen.

15.00 – 15.30 Summary and goodbye 😊