

Susquehanna Trail Dog Training Club

March 2026



Old Friends

by Connie Cuff



There are some facts that are written about dogs but are not fully proven.

How fast can dogs run? Of course, it can be all about the breed and certain breeds are built for speed:

Sight Hounds/Greyhound - 45 mph

Afghan - 40 mph

Basenji - 35 mph

German Shepherd - 39 mph

Border Collie - 30 mph

Jack Russell - 25 mph

It is all about fast-twitch fibers that support rapid, powerful, muscle contractions designed for short bursts of activity. Dogs with higher amounts are bred for endurance, such as sled dogs, which take remarkable stamina over prolonged periods.

Why do dogs circle before lying down? Scientists and behaviorists don't know for sure but theory may be a holdover from domestic dog's wolf ancestry that they needed to **check surroundings before settling**. Another, **to chase pests**, and another, **to flatten the surface**. Even though our dogs have soft beds to sleep in, we still see the impulse to "circle". Some theory is what is called "unwinding" which dogs often display when they're shifting from an awake state to a resting one. After circling, dogs choose to lie curled, which helps them regulate body temperature. Also studies have proven that under calm magnetic field conditions, some dogs feel comfortable aligning along the North-South axis.

Spending more time with your dog and observing his/her behavior will let you come to your own conclusion since there is no formal research done on these subjects.

Till next time

Connie



Notes and Notices



Our classes begin in the room behind the gym on Sunday, March 1. We will be back in the gym in May. Classes will then begin at the Maria in June on Tuesday evenings.

If anyone is interested in attending our visit to Gino Merli Veterans Home in Scranton on Monday, June 15, we would like to hear from you. Dogs must be ATD Certified. At the present time, we are looking at carpooling for this visit.

We have completed our Class roster and thank everyone for paying dues for the year. If we have missed anyone and they wish to join, please contact us.

We have a sign up sheet at class and would appreciate everyone to sign in. It helps keep track of members and questions some may have.

Please check our web page calendar for any visits or cancellations that may be posted.

UPCOMING THERAPY VISITS AND CLUB ACTIVITIES

Mar 2 (Mon)	5 Star (Certified only)	12:15 pm
Mar 3 (Tues)	Mifflinburg Elementary School (ATD only)	9:30 am
Mar 4 (Wed)	Riverwoods	10:00 am
Mar 5 (Thurs)	Lewisburg Federal Prison RDAP (Badged only)	12:00 pm
Mar 6 (Fri)	Bucknell (ATD only)	11:30 am - 1:00 pm
Mar 8 (Sun)	<i>Daylight Savings Time - turn clocks forward</i>	
Mar 9 (Mon)	Lewisburg High School (ATD only)	10:15 am
Mar 10 (Tues)	Grayson View	6:00 pm
March 11 (Wed)	Heritage Springs	10:00 am
	Buffalo Valley	10:45 am
Mar 12 (Thurs)	Mt. View Manor	1:30 pm
Mar 13 (Fri)	Shikellamy High School (ATD only)	8:00 am - 10:00 am
Mar 18 (Wed)	Riverwoods	10:00 am
Mar 19 (Thurs)	Mansion	10:30 am
Mar 20 (Fri)	Bucknell (ATD only)	11:30 am - 1:00 pm
Mar 23 (Mon)	Columbia County Prison (Certified only)	1:15 pm
Mar 25 (Wed)	Heritage Springs	10:00 am
	Buffalo Valley	10:45 am
Mar 27 (Fri)	Bucknell (ATD only)	11:30 am - 1:00 pm
Mar 31 (Tues)	Penn Lutheran	10:00 am

SUN Mar 1	Next month MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
<ul style="list-style-type: none"> 1pm Advanced Trai 2pm Beginner Train 	<ul style="list-style-type: none"> 12:15pm 5 Star (Cer 	<ul style="list-style-type: none"> 9:30am Mifflinburg 	<ul style="list-style-type: none"> 10am Riverwoods 	<ul style="list-style-type: none"> 12pm Lewisburg Pr 	<ul style="list-style-type: none"> 11:30am Bucknell (A 	
8 <ul style="list-style-type: none"> 1pm Advanced Trai 2pm Beginner Train 	9 <ul style="list-style-type: none"> 10:15am Lewisburg 	10 <ul style="list-style-type: none"> 6pm Grayson View 	11 <ul style="list-style-type: none"> 10am Heritage Spri 10:45am Buffalo Va 	12 <ul style="list-style-type: none"> 1:30pm Mountain V 	13 <ul style="list-style-type: none"> 8am Shikellamy HS 	14
15 <ul style="list-style-type: none"> 1pm Advanced Trai 2pm Beginner Train 	16	17	18 <ul style="list-style-type: none"> 10am Riverwoods 	19 <ul style="list-style-type: none"> 10:30am Mansion M 	20 <ul style="list-style-type: none"> 11:30am Bucknell (A 	21
22 <ul style="list-style-type: none"> 1pm Advanced Trai 2pm Beginner Train 	23 <ul style="list-style-type: none"> 1:15pm Columbia C 	24	25 <ul style="list-style-type: none"> 10am Heritage Spri 10:45am Buffalo Va 	26	27 <ul style="list-style-type: none"> 11:30am Bucknell (A 	28
29 <ul style="list-style-type: none"> 1pm Advanced Trai 2pm Beginner Train 	30	31 <ul style="list-style-type: none"> 10am Penn Luthera 	Apr 1 <ul style="list-style-type: none"> 10am Riverwoods 	2	3 <ul style="list-style-type: none"> 11:30am Bucknell (A 	4

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Events shown in time zone: (GMT-05:00) Eastern Time - New York

[Add to Google Calendar](#)

