

The Dogge Runner™

Build a manual treadmill
to share with your dog!



Appreciation

Many thanks to my talented and hard working husband, Stan. Without him, this project would never have gotten off the ground and rolling!

Designer:

Stan Soliday, Jr.

TABLE OF CONTENTS

I.	Introduction	3
II.	A. Tools Needed.....	4
	B. Skills Required.....	5
II.	Parts List & Ordering Information.....	6
IV.	A. Metric Conversion Chart.....	8
	B. Screw Length and Pilot Hole Charts.....	9
V.	A. The Lower Frame.....	10
	B. The Inside Rails.....	11
	C. The Slide Surface.....	12
	D. The Bumpers.....	13
VI.	A. Upper Roller Construction.....	14
	B. Lower Roller Construction.....	16
VII.	A. Upper Roller Placement.....	18
	B. Lower Roller Placement.....	19
	C. Carpet Belt Assembly.....	20
VIII.	Height Adjustment Support.....	21
IX.	The Upper Frame.....	22
X.	The Front Bar & Hook Installation.....	24
XI.	Using the Dogge Runner™	26
XII.	Final Finishing Touches.....	27

I Introduction

The Dogge Runner™ is designed to provide you and your dog with a fun, indoor exercise opportunity. The treadmill can accommodate dogs and humans weighing up to 200 lbs. However, a longer treadmill may be needed for dogs over 85 lbs to accommodate stride length.

The DIYer with average experience can build the Dogge Runner™ over several days. Design alternatives are given where possible.

The design is simple but functional and uses many locally available components. You may have to purchase your bearings and carpet belt from online sources.



*****NOTE*****

Please **read through the plan set and instructions at least once** before procuring supplies or starting any work.

Plans are given in English units but a metric conversion chart is provided. Pre-drilling screw holes to avoid splitting the lumber is a necessity. A pilot hole chart is therefore provided.

DISCLAIMER: www.make-and-build-dog-stuff.com will not be held responsible for any defects in your workmanship, in the materials you use, or anyone's unsafe use of the product.

II A. Tools Needed

- This job can be completed using hand tools only. However, power tools will cut down on the amount of time and generally make things a little easier.
- Please keep SAFETY FIRST in mind at all times.

Hand Tools

Cross-cut saw
Hack saw
Miter box (optional)
Hammer
Hand drill
Screw drivers: Phillips and blade
Wood chisel
Coarse metal file
Tape measure and 1-foot scale or metric scale
Open end wrenches as needed
Adjustable wrench: crescent type
Pliers: straight and curved jaw types
Sandpaper
Sanding block
Black marker

Power Tools (Optional)

1/4" Drill
Disc sander
Angle grinder
Moto-Tool or small grinder
Bench grinder
Circular saw

Other Equipment

Workbench (optional)
Saw horses (optional)
Safety goggles or glasses (necessary)

II B. Skills Required

You do not need to be a master crafts person to build the Dogge Runner™. However, you will need to be able to:

1. Read and interpret the instructions and spec sheets.
2. Saw and drill with hand and/or power tools where needed. Building the Dogge Runner™ takes a lot of cutting to size. This includes boards, metal rods, and PVC.
3. Use a miter box. Though not absolutely necessary to complete the project, you probably want to use the simple but effective miter box to get as square a cut as possible.
4. Glue and epoxy. If using epoxy for the first time, practice on non-project materials first. You may want to use polyester resin to save time and money on the project.
5. Measure and layout. Building the Dogge Runner™ requires a lot of measuring and marking. It is not complicated, but you do need to be precise.
6. Drill as straight a hole as possible. This can be tricky, so take a little extra time in drilling your holes. Proper alignment of some pieces is important.
7. Perform basic bolt work. You will be installing a number of different types of bolts.
8. Patience! Patience is an acquired skill helpful in any building project, including this one. Please take time to read and understand each step before starting on it, and you'll be looking at your own treadmill when you're done!



III Parts list & ordering information

ONLINE ORDERS

Read through the instructions and review the plans to decide whether you will go with the two different types of bearings as shown or just want to use the larger size with 3/4 EMT pipe.

Order the bearings and carpet belt first. The highlighted sections show the URL and company.

PVC parts can vary: Bring the bearings with you to the store to make sure that the larger ones will fit inside the 2" PVC you are buying and the smaller ones inside the reducing sleeves.

*Notes About Alternative Options:

1. Electrical tape, wire or string can be used instead of the heat shrink tubing for the 1/2" EMT pipe. The heat shrink tubing was a lot of fun to try and a perfect fit.

2. For your slide surface, it is best to purchase the 4' x 8' foot size to create a slide surface 17" wide. The other option is to purchase the 15 3/4" size and use additional 1" x 3" lumber to fill in the gaps on either side – see Section V-C.

ITEM	UNIT COST	#	TOTAL COST
http://www.vxb.com VXB Ball Bearings (Shipping \$13.79):			
6205RS sealed bearings 25x52x15mm	\$4.95/ea	2	\$9.90
6004ZZ shielded bearings 20x42x12mm	\$1.50/ea	2	\$3.00
http://www.grandcarpetmill.com/repbelt.htm Grand Carpet:			
Grand Deluxe Replacement Belt	\$60/ea	1	\$60.00 (free shipping)
http://shop.genuinedealz.com/Store/Search.aspx x?&Page=2&Sort=2&key=heat%20shrink%20tubing Genuine Dealz:			
3/4" Heat Shrink Tubing	\$2.43/ft	1	\$2.43 (free shipping)*

III Parts list & ordering information (cont'd)

The following items should be available through your local lumber or hardware supply store. We used Home Depot and Lowe's.

ITEM	UNIT COST	#	TOTAL COST
2" x 4" lumber (14')	\$2.02/8 ft	2	\$4.08
2" x 3" lumber (10')	\$1.87/8 ft	2	\$3.74
1" x 3" lumber (20')	\$2.04/10 ft	2	\$4.04*
3/4" x 48" melamine board	\$34.98/8 ft	1	\$34.98
3/4" x 15 3/4" melamine board	\$16.86/8 ft	1	\$16.86*
1 1/16" x 1 1/16" plastic molding	\$2.29/8 ft	1	\$2.29
2" diameter Sched 40 PVC pipe	\$5.73/8 ft	1	\$5.73
2" to 1 1/4" PVC reducer bushing	\$0.98/ea	2	\$1.96
2" PVC slip by slip couplings	\$0.89/ea	3	\$2.67
1/2" Sched 40 PVC pipe	\$0.94/2 ft	1	\$0.94
3/4" EMT pipe	\$3.27/10 ft	1	\$3.27
1/2" EMT pipe	\$1.68/10 ft	1	\$1.68
5/8" All Thread Plated Rod	\$3.93/2 ft	1	\$3.93
3/8" x 8" long eye bolts (also called eyehooks in the plans)	\$1.31/ea	2	\$2.62
5/16" x 3 1/4" eye bolts (for leads)	\$0.58/ea	2	\$1.16*
1/2" x 4" carriage bolts	\$0.46/ea	4	\$1.84
1/2" x 3" carriage bolts	\$0.44/ea	2	\$0.88*
Washers/nuts for 1/2" bolts	\$0.20/set	8	\$0.80
5/16" x 2" long hex bolts (for the bumpers)	\$0.64/ea	2	\$1.28
Washers 5/16" hex bolts	\$0.11/ea	4	\$0.44
3/8" nuts (for bumpers)	\$0.10/ea	2	\$0.20
Assorted wood or drywall screws	n/a	-	On hand supply
Closet pole (dowel)	\$1.37/ft	2	\$2.74
Pole socket set	\$2.28/ea	1	\$2.28
Sandpaper (basic assortment)	\$3.98/pk	1	\$3.98
Electrical tape, epoxy	n/a	1	On hand supply

IV A. METRIC CONVERSION CHART

If you live in an area where metric units are used, the chart below can be used to convert sizes on the spec sheets into mm.

Tips: Use a ruler or blank piece of paper to read the numbers across the columns. It may be easiest to print this page first.

Inches to millimeters

Fraction of Inches	Decimal inches	mm
1/32	0.031	0.8
1/16	0.063	1.6
3/32	0.094	2.4
1/ 8	0.125	3.2
5/32	0.156	4.0
3/16	0.188	4.8
7/32	0.219	5.6
1/ 4	0.250	6.4
9/32	0.281	7.1
5/16	0.313	7.9
11/32	0.344	8.7
3/ 8	0.375	9.5
13/32	0.406	10.3
7/16	0.438	11.1
15/32	0.469	11.9
1/ 2	0.500	12.7
17/32	0.531	13.5
9/16	0.563	14.3
19/32	0.594	15.1
5/ 8	0.625	15.9
21/32	0.656	16.7
11/16	0.688	17.5
23/32	0.719	18.3
3/ 4	0.750	19.1
25/32	0.781	19.8
13/16	0.813	20.6
27/32	0.844	21.4
7/ 8	0.875	22.2
29/32	0.906	23.0
15/16	0.938	23.8
31/32	0.938	23.8
1	1.000	25.4

Millimeters to inches

Inches	mm
1	25
2	51
3	76
4	102
5	127
6	152
7	178
8	203
9	229
10	254
11	279
12	305
13	330
14	356
15	381
16	406
17	432
18	457
19	483
20	508
21	533
22	559
23	584
24	610
25	635
26	660
27	686
28	711
29	737
30	762
31	787
32	813

IV B. Screw Length and Pilot Hole Charts

Wood Screw Length

Nominal wood thickness and screw length chart				
Size = width or thickness of boards to be joined				
Units in Inches				
Board 1 Size	Board 2 Size	Board 1 Actual	Board 2 Actual	Screw Length
2x4	2x3	1.5	1.50	2.00
2x4	1x3	1.5	0.75	2.00
2x3	1x3	1.5	0.75	2.00
1x3	1x3	0.75	0.75	1.00
3/4	1x3	0.75	0.75	1.00
5/8	1x3	0.75	0.75	1.00

**Lengths based on 2/3 of screw buried in base

Wood Screw Pilot Hole Size

Screw Size	Hard Wood		Soft Wood		Countersink Size
	Tapered Bit	Straight Bit	Tapered Bit	Straight Bit	
2	3/32	1/16	5/64	1/16	1/4
3	7/64	5/64	3/32	1/16	1/4
4	7/64	5/64	3/32	1/16	1/4
5	1/8	3/32	7/64	5/64	5/16
6	9/64	7/64	1/8	3/32	5/16
7	5/32	7/64	9/64	3/32	5/16
8	11/64	1/8	5/32	7/64	3/8
9	3/16	9/64	11/64	1/8	3/8
10	13/64	9/64	3/16	1/8	7/16
12	7/32	5/32	13/64	9/64	7/16
14	1/4	11/64	15/64	5/32	1/2
16	9/32	3/16	17/64	11/64	9/16
18	5/16	7/32	19/64	13/64	5/8
20	21/64	15/64	5/16	7/32	3/4
24	3/8	17/64	3/8	1/4	3/4

V The Lower Frame, Rails, Slide Surface & Bumpers

The lower frame supports the melamine board, the carpet belt, and the upper frame. It consists of a simple rectangle that forms the outside frame, with a set of inner rails on which the melamine board rests, and slots and holes for the rollers.

Inside dimensions for this frame are 57" x 17". The outside dimensions are 60" x 20". The carpet belt is 15" wide.

A. The Lower Frame (Sheets 2, 7 & 8)

1. Cut two pieces of 2" x 4" lumber 20" long.
2. Cut two pieces of 2" x 4" lumber 57" long.
3. Lay out the 57" pieces 17" apart.
4. Butt the 20" pieces against each end and either tape in place or get someone to hold them.
5. Use a drill to make two or three holes in an offset pattern through the end pieces into the lengthwise lumber.
6. Insert screws at least 2 1/2" long and drill into place.



B. The Inside Rails (Sheets 2, 3, 7 & 14)

We used 2" x 3" lumber for the inside rails. The total length, was 48" (we did not have a single piece that long, just used what we did have – you can break it up into even more pieces if that's all you have – just keep gaps to an 1" or less).

V B. The Inside Rails (cont'd)



Align the 2" x 3" rails so that when the melamine board or slide surface is placed on them, the slide surface is level with the top of the 2" x 4" lower frame.

You can use nails or screws to attach the rails to the frame. We used a series of nails. If you use nails, blunt the ends before driving them in; if you use screws, *pre-drill* the holes first so the wood does not split (See sizing chart under Section IV).

C. The Slide Surface and Molding Strips (Sheets 2, 3, 7 & 8)

1. Cut the board 48" long and 17" wide. If only one side has a smooth veneer, cut through that side first. Be very careful with the cutting if you use power saws since it is particle board and prone to chunking off. See <http://www.thathomesite.com/forums/load/wood/msg0115445721396.html?7> for further information.
2. Place the board on top of the rails. It should fit snugly.
3. Using a drill, make holes for screws and then screw the board in place. Use screws that are at least 1 1/4" long. (We prefer to use drywall screws rather than wood screws.) Make sure the holes are not too close to the edge of the rails underneath to avoid splitting the wood.
4. Cut two plastic molding strips 47" long.
5. Leave 1" at the front end.
6. Set the molding strips up so the vertical sides face towards the carpet belt to form frictionless surfaces.
7. Make screw holes about a foot apart along the molding strips.
8. Screw in place using screws at least 1/2" long.

V C. The Slide Surface and Molding Strips (cont'd)



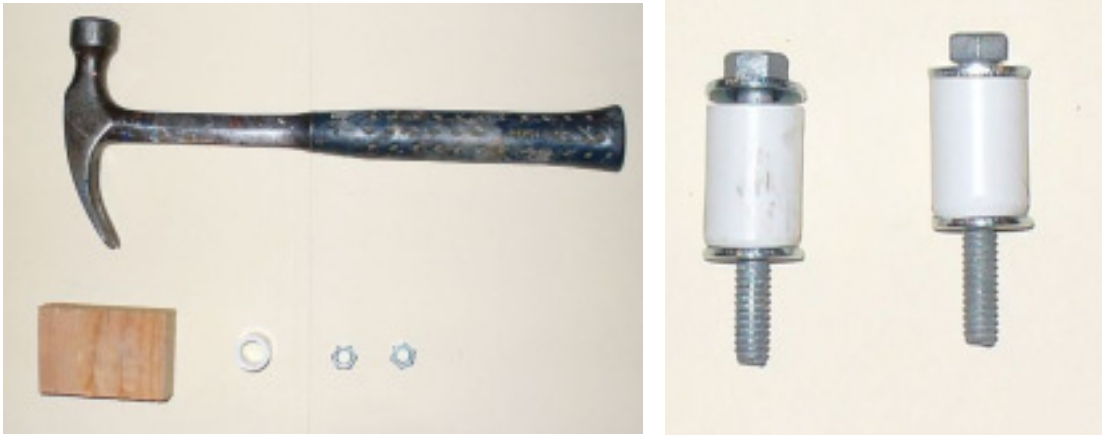
Alternative Option for Slide Surface (Sheet 14)

- If you use a melamine board that is only 15 3/4" wide, there will be a gap on either side.
- To fill these gaps, you can use two 1" x 3" lengths of lumber placed alongside the top of the 2" x 4" frame then add the 2" x 3" lumber rails recessed to accommodate the board. Add three cross braces underneath the rails as additional support.
- Ends will need to be angle cut to avoid interfering with the belt.

V D. Adding the Bumpers (Sheets 7, 8, 11 & 14)

The front end receives the greatest side-to-side pressure from the carpet belt. Two bumpers are thus added in the form of a 1/2" PVC pipe, which is free to rotate to avoid wear on the belt.

1. Cut two pieces of PVC pipe, 1" tall.



2. Drill a hole 9/32" or 1/4" wide in the middle of the 1" section left in the slide surface in front of the molding strip. Since the board is fragile, do not ream it out – just go through once. If you only have a 5/16" bit, be extra careful.
3. Drive a 3/8" nut into each end of the 1/2" pipe pieces.
4. Add a 3/8" washer to your 5/16" bolts, slip the assembly through the top nut on the PVC pieces, add a 5/16" washer to each bottom end.
5. Put glue inside the bolt holes, then screw the bumper bolts into the hole you drilled. (You can add a washer and lock nuts underneath if you prefer). Do not overtighten since the bumper needs to be able to roll freely.



VI A. Upper Roller Construction (Sheets 8, 9 & 11)

The upper roller uses 52 mm bearings placed over 3/4" EMT pipe, which serves as the axle. This assembly is then inserted inside a 2" PVC pipe to become the roller. Eyehooks (eye bolts) are placed on each end for tension adjustment. The axle is cut to the inside width of the lower frame and is held there by friction.



1. Cut a piece of 3/4" EMT pipe 17" long. (Adjust this if your frame width is off this measure – you want the pipe to fit exactly inside the width of the upper end of the frame, at a point about 2.5" from the inside front edge.)
2. To get the bearings to fit snugly on the EMT and be centered, take electrical tape and wrap it four times around the EMT with the outer edge of the tape 1 1/16" from the end of the EMT. Do this at the other end of the pipe as well.
3. Using a slower-setting epoxy or resin, add a thin strip of glue on the inside diameter of a 52 mm bearing and push it onto the edge of the wrapped tape – about 1-2 mm. Do not push it all the way down onto the tape.

VI A. Upper Roller Construction (continued)

4. Make sure the epoxy is only on the inside diameter of the bearing and does not touch the bearing race – i.e., the bearing should still be able to spin freely.
5. Verify that the bearing is centered before you allow the epoxy to set.
6. Repeat the process with the other 52 mm bearing at the opposite end of the pipe.
7. Once the epoxy is all set, test to make sure the bearings will stay in place.
8. Cut a piece of 2" Schedule 40 PVC pipe exactly 16" long – use a miter box if need be to get vertical ends.
9. Gently work the EMT with the bearings into the 2" PVC pipe, tapping lightly with a hammer if necessary. The 52 mm outside diameter should create a tight fit. You can leave it *as is* if it appears the bearings are immovable, or you can add a film of epoxy to the outside diameter of the bearings right before they are in place, and then situate them.



Checking bearing for fit



Bearing placed on EMT pipe

VI B. Lower Roller Construction (Sheets 8, 10 & 11)

This roller is a different design in that narrow slots are put into the frame to hold the axle in a fixed place. Again, because of size incompatibilities between hardware and plumbing supplies, using a 5/8" threaded rod covered by a 1/2" EMT pipe turned out to be the best compromise. Washers and nuts are added on each end to make this an immovable axle. The 42 mm bearings nest in reducing sleeves (reducer bushings). These combinations are then put inside PVC couplings fastened over a 2" PVC pipe.

The reducing sleeves fit over the EMT pipe, but since their inside diameter is a little too big, we used heat shrink tubing to increase this diameter so that wobble and roller failure are avoided.

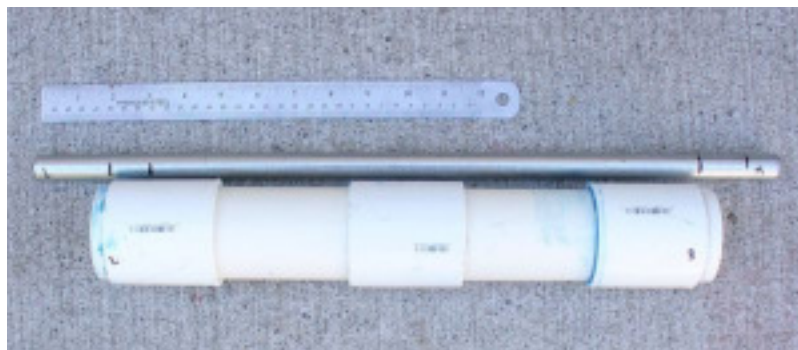
The upper axle needs to be able to move to adjust the tension, and would therefore require a wider slot which would weaken the frame, hence it is not recommended to use the same type axle as the lower roller. However, it might be possible to find a threaded rod that would fit inside 3/4" EMT pipe and use the upper roller bearings for the lower roller. The threaded rod would need to be 21 1/2" long, and requires washers and nuts to match.

Note: You can use electrical tape, string, plastic clips or wire as alternatives to heat shrink tubing. We found the heat shrink to work the best, provided you do not overheat it.



VI B. Lower Roller Construction (cont'd)

1. Cut 2 pieces of heat shrink tube about 2" long.
2. Place the first piece so that the edge begins 2" from the end of the EMT pipe.
3. Heat it evenly with a lighter till it has shrunk onto the pipe.
4. Add the second piece to the other end at the same distance and heat to shrink it.
5. Now take your reducing sleeves and fit them over the heat tape areas. There should now be no slack. Use epoxy or resin to glue the sleeves in place.
6. Cut your 5/8" threaded pipe to 21 1/2".
7. Slide the 1/2" EMT pipe with the 2" by 1 1/4" PVC reducing bushings over the threaded pipe.
8. Add the 42 mm bearings into each bushing. Cut the 2" PVC pipe into two pieces, each 8" long. Glue a 2" coupling to one end of each piece; then use the third coupling to join the other two ends together.
9. Insert the EMT with the bearings in their sleeves. Your lower roller is now assembled.



VII A. Upper Roller Placement (Sheets 3 & 8)

The upper rollers are held in place by the width of the EMT pipe and the eyehooks that go through the front of the frame and are fastened by regular or butterfly nuts.

The lower rollers are retained by slots in the frame and the axle is secured by nuts to the outside of the slots.

The carpet belt is secured with a thin rod.

Holes are first drilled in the front of the lower frame to accommodate the eyehooks and then the roller assembly is pushed through.

1. Use a 3/8" drill bit and center the holes 1 3/4" from the outside of the frame and 1 3/8" down from the top of the frame. The holes will be very close to the inside edges of the frame.
2. Add a large washer to each end of the upper roller so that they fit against the 2" PVC pipe and bearing.
3. Add the eyehooks on each end of the 3/4" EMT axle.
4. Push the bolt end of the eyehooks through the holes you drilled in the frame.
5. Add washers and the type of nut you wish to use. Butterfly nuts work well if you plan to make frequent height adjustments.



Top view of eye hook placement for the upper roller

VII B. Lower Roller Placement (Sheets 3 & 8)

1. Cut two slots 1 5/8" deep and 7/8" wide.
2. They need to be directly opposite each other on the frame, with the *centers* of the slots 4" from the outside rear edge (provided your frame is square). In other words, the slots need to start 3 9/16" from the outside edge.
3. Be conservative with your cutting – it is easier to deepen than to shim the slot. (We used a hammer and chisel to gently remove the final section.)
4. Place the roller axle in the slots.
5. Add a 5/8" washer and nut to each side and tighten.
6. Use Spec Sheet No. 3 to verify that the roller is at the correct height of between 1/8" and 3/8" above the height of the slide surface.
7. Deepen the slot incrementally, if necessary.

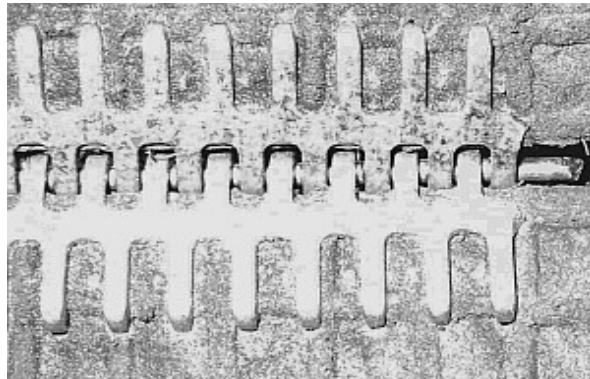


VII C. Carpet Belt Assembly (Sheet 3)

You should have a continuous piece of carpet from Grand Carpet Mill with a metal grid on each end and a thin metal rod.

This task may be easier to complete if you have another person helping you.

1. If another person is not available, release one of the rollers and use a weight to hold one end of the carpet in place.
2. Lay the carpet underneath the frame with the carpet side up.
3. Thread the carpet up around each roller.
4. You should now have the rubber side facing you.
5. Fit the two metal ends together so that they interlock. Make sure that the carpet sides are even and not offset.
6. Thread the metal rod through the interlocked section. See photos below. Do not force things – the rod should slide fairly easily if things are properly aligned.



VIII Height Adjustment Support (Sheets 4, 5, 6 & 13)

The treadmill needs to sit at an uphill angle for optimum function. You adjust that angle based on how fast you want to go or what is necessary for your dog to get the belt to move. The lower the angle, the more work it will be to move the belt.

1. A simple frame (shown below) is made with a piece of 2" x 3" lumber going across the bottom and two vertical 1" x 3" pieces going straight up near the ends. (Sheet 5)
2. Screw the 1" x 3" pieces perpendicular to the 2" x 3" pieces.
3. Measure carefully and drill matching holes to accommodate the eye hook ends coming from the front roller. (Seen as the ends with washers and nuts).
4. Put the eye hook ends through, add the washers, and fasten the nuts.
5. Drill another matching set of holes beneath this for skinnier bolts. These are used to help make the adjustment support frame sturdy.
6. To make the treadmill angle adjustable, drill similar sets of holes (one for the eye bolts; one for the thinner bolts) about 2" below the above set, and another set about 2" below that.
7. Small dogs will need a steeper angle. See Sheet 6 for creating 21" vertical supports instead of 16" inch ones.



IX The Upper Frame (Sheets 12 & 13)

This frame can be as varied as you wish to make it (view photos at end of this section). We used 2" x 3" and 1" x 3" lumber to make a triangular frame to support hooks for the dog and a front bar for human use.



1. Cut two vertical supports 42" long using 2" x 3" lumber.
2. Drill 1/2" holes and attach them to the lower frame using two 4" carriage bolts.
3. Cut two slanted lengths 64 9/16" long using 1" x 3" lumber.
4. Attach them to the rear lower frame (from outside to inside) and the vertical supports (from inside to outside) with screws in a zigzag pattern.
5. Cut off the ends at angles to be flush with the lower frame.
6. Cut two cross pieces 35" 5/16" long using 1" x 3" lumber.
7. Attach these cross pieces with screws (from inside to outside) to the vertical supports and the slanted pieces.



IX A. The Upper Frame (continued)

8. Cut the ends at angles to align with the vertical supports and slanted lengths.
9. Optional: If your dog is a strong puller, add a set of vertical supports halfway along the frame to strengthen it.

Below are two other frame designs we contemplated.



X The Front Bar & Hook Installation (Sheets 12 & 13)

THE FRONT BAR

The front bar consists of a simple wooden dowel between the vertical supports. It can be placed at a height that is comfortable for all members of the family who use it.

Stan is 6 ft 4 inches and Johanna is 5 ft 8 inches; a bar height of 36 inches above the lower frame works for both of us.

If there is a great disparity between the heights of the humans, you could add another bar lower down.

The dowel rests inside cups known as pole socket sets – the cups used in closets to hold up the clothes bar:

1. Screw the socket sets onto the vertical supports, and then add the dowel through the slot.
2. Put a long screw into the dowel from the outside through the vertical support so that it is not able to move out of place.



X The Front Bar & Hook Installation (cont'd)

HOOK INSTALLATION FOR LEASHES

Initially, you may want to have two leads going from the dog's harness, each going to an eye hook. These can be screwed into each side of the upper frame wherever it works for your dog.

If the dog tends to be a strong puller, we urge you to add another 2" x 3" vertical support midway along the frame.

Once the dog has become familiar with how enjoyable it is to use the treadmill, a harness and leads may be unnecessary.

XI Using the Dogge Runner™

HUMAN USE

- Make sure the incline is set at a comfortable angle.
- Try it out holding onto the bar.
- Adjust the tension of the belt until it works smoothly but does not slide too fast.

CANINE USE

If your dog is not used to using a treadmill, we recommend the following steps:

- a) Temporarily add some cloth or cardboard to the sides to keep the dog from jumping out.
- b) Put some phone books or blocks under the rear end to make the treadmill close to level.
- c) Make sure that the carpet belt is tight enough that it does not move when it is level.
- d) Encourage your dog to jump onto the treadmill using treats or a clicker as a reward.
- e) Let the dog sniff it over.
- f) Do this 3 or 4 times, making sure to reward your dog for staying on the treadmill.
- g) The next time, loosen the tension on the carpet belt and move it with the dog on it. Again, reward the dog for staying on the belt.
- h) Do this about 3 more times during the day.
- i) The next day, tighten the belt again, but change the incline of the treadmill to the desired angle.
- j) Put your dog into a harness.
- k) Once the dog is on the treadmill, clip the leads in place. Make sure the leads prevent the dog from stepping off the front of the slide surface but still allow the dog to be in the most forward position possible. Reward as before.
- l) Loosen the tension so that the belt starts to move slowly when the dog walks. Reward, reward, reward.
- m) Finally, loosen the belt so that your dog can run on the treadmill and work up to full speed.
- n) Keep sessions short – no more than 10 minutes to start.

XII Finishing touches & Maintenance

FINISHING THE FRAME

Since this product uses a lot of lumber, you can finish it to suit. Note that the prototype shown has been left unfinished.

The first step we would recommend is rounding off all the sharp edges. This not only makes the Dogge Runner™ safer, but also adds an aesthetic touch.

If you want to add stains and shellac or varnish so that it can match the furniture in your den or living room, you will need to start with sanding everything smooth.

Begin with a coarser grit sandpaper, then graduate to medium-fine and then fine sandpaper.

Once everything has been sanded smooth and the sawdust has been wiped off, you can add the stain and varnish or paint.

TREADMILL MAINTENANCE

Pay attention to any changes in performance. Periodically check nuts for tightness, the belt for wear, and cracks in the wood.

BELT MAINTENANCE

Grand Carpet recommends the following for extending the life of the carpet belt:

- Keep your dog's claws trimmed
- Add a light spraying of silicone to the carpet side (underneath) every once in a while
- Occasionally lubricate the molding with vaseline

NOTE: Since there are several other variables that may affect carpet wear such as frequency of use, use by humans vs. a dog, weight of the human or dog, we cannot supply a time frame for how long the carpet belt will last.

A final word:

We trust that you and your dog will enjoy many hours of exercise on the treadmill you have built!

If you have any design modifications you would like to pass along, or have any questions about the Dogge Runner™ instructions and drawings, please do not hesitate to contact us at <http://www.make-and-build-dog-stuff.com/contactus.html>