

**From:** Joanne Cochrane  
**Sent:** 20 September 2017 20:52  
**To:** Johnson, Sybil  
**Subject:** RE: Greenspace Manager [OFFICIAL]

Sybil, thanks for your response, sorry it has taken me so long to get back to you.

Please can you advise then who I would be best to contact with regards to holding a one-off free running class in Duchess Woods in Helensburgh? I hold a Cani-fit (canicross running attached to your dog) class in Balloch Park on a Tuesday evening (with the permission of the Greenspace Officer for WDC), and would like to hold a free taster session for those in the Helensburgh area.

Cani-fit is an exercise class for people with their dogs and the class numbers are limited to between 5-10 persons per class usually.

We promote responsible dog ownership and insist that all class members pick up after their dogs. We respect the other users of the area, and give them the space they need. The classes are usually held at 10am or 10.30am on the weekends, or 7pm on a week day. Cani-fit classes are currently held in parks all over central Scotland, including Eglington, Strathclyde, Chaterauhault, Mugdock, Dean Park and Callander Park to name a few. I really want to bring this class to our local area, as I think there is an appetite for a class that people can enjoy getting fit with their dog. To this end, I would like to give a free session in the Duchess Woods, one of very few locations in Helensburgh which have ideal terrain for such an activity.

Please see the Cani-fit website for information on the classes we provide. If there are any questions please don't hesitate to ask me by return of email. I really would appreciate if you could pass this query along to the most appropriate person.

Regards, Joanne