



*LEAGUE*

**WWW.SUBURBAN  
DOGWALKER.ORG**

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# A MESSAGE FROM THE COMMISH



## LEAGUE

[www.SUBURBAN  
DOGWALKER.org](http://www.SUBURBAN<br/>DOGWALKER.org)

In 2020, as a means to promote health literacy during a pandemic, I created a new sport called **suburban dog walking**.

The sport was created in partnership with a nonprofit which promotes literacy through comic books, Operation Comic Book. 

OCB's sequential art story telling process helped explain participation and the benefits of walking with your dog. Housing the league on the Wooftrax App brought the sport to life.

Please join me in promoting health & wellness by walking with your dog. See you on the walk.

Best,  
Knuth DuBears

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**WWW.SUBURBAN  
DOGWALKER.org**

**LEAGUE**

Take your walk  
for a dog.



with  
**WoofTrax**

The first of its kind  
league for the sport  
of Suburban Dog  
Walking.

Teams are ranked by  
number of walks and  
miles accumulated.

Participation drives  
the SDW nonprofit  
& scholarship fund.

Support  every  
time you walk your dog.

Get the App here at [wooftrax.com](http://wooftrax.com)



45% Nonprofit 45% Education 10% League Ops



**WALK**



**SHARE**



**CARE**



Click "Get the App" at the top of the page,  
install the free Android or iPhone app,  
and start taking your Walk for a Dog every day!

You walk your dog anyway ...  
now,  
every mile you walk,  
we donate to



**Get the App**

at [WoofTrax.com](http://WoofTrax.com)  
and take your

*Walk for a Dog every day*



PRESENTS



www.SUBURBAN DOG WALKER.org

LEAGUE



Preparation breeds confidence. Everyone get ready.



It's time to go..

SUBURBAN DOG WALKING

Bark Bark

Larry

Bark Bark



Avon Lake Mostly Cloudy 72°

Doug



\*paw model

\*Doug stunt double



Once you're fueled, gear up, download the app and get out on the walk.

Hat, Glasses, Tunes, Leashing and don't forget the poop bags.



It's the hottest sport on the north coast, 'Suburban Dog Walking'. Join the league today.



Support our animal charity just by walking your dog!



WoofTrax has always been about better health at both ends of the leash. Your regular use of WoofTrax helps support shelters and rescues and hopefully also helps motivate you and your pup to enjoy your walks even more.

How it works:

1. Go to wooftrax.com and download the free WoofTrax app.
2. Choose your animal charity. Join a challenge.
3. Use WoofTrax when you're going out to take a walk. The more active walkers the more we can earn.

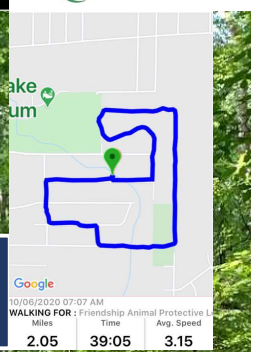


We want to thank you for using WoofTrax and for your support. Please use WoofTrax with each walk so that we can continue helping animals in need.

www.wooftrax.com



..so he says to the police, 'sober man?' no, "I'm a Doberman." Get it Doug?



www.SUBURBAN DOG WALKER.org

LEAGUE



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# LEAGUE

**COMMUNITY**

YOUR PACK	WOOFTRAX
The Suburban Dogwalker	4 Active Walkers
1 Knuth & Doug	Level 50
2 Dawn & Callie Dog	Level 25
3 Steve & B	Level 10
4 Brian & Miles	Level 9
5 Diana & Tripp	Level 7
6 Clair Elise & Danban	Level 6

Knuth & Doug  
Active Walker ✓

LEVEL | 50

WALKING FOR : The Suburban Dogwalker

MAP POINT

01/08/2021 07:35 AM

00:53:55

MILES 2.93

WALKS 442 | MILES 1000.4 | POINTS 4420

START WALKING NOW!

www.SUBURBAN DOGWALKER.org

Averaging 2.26 miles per walk (MPW)



**WALK** **SHARE** **CARE**

Click "Get the App" at the top of the page, install the free Android or iPhone app, and start taking your Walk for a Dog every day!

You walk your dog anyway ... now, every mile you walk, we donate to

45% Nonprofit 45% Education 10% League Ops

**Get the App**  
at [WoofTrax.com](http://WoofTrax.com)  
and take your Walk for a Dog every day

Help us reach our annual league goal of 1 million miles walked.



— And so, the legendary Suburban Dogwalker, Knuth DuBears emerged on the scene. Bringing with him, a health literacy platform which is fun for a girl and a boy...of all ages.



Oh yeah, aye there. I am a fictional comic book character representing a fictional sport. Or Am I? And Is it?

My self proclaimed, Southern- Californian, French- Canadian, Suburban Dogwalker name is, Knuth DuBears.

Yah brah, Pleased to meet you, aye. That's how I sound when I speak.

I am a professional Suburban DogWalker.

I mean WE.  
Please meet my team.



Larry Dallas Glanker  
aka Larry The Wolf  
aka LTW

The D.O.U.G.  
aka Douglas Otis  
Ulysses Glanker  
aka Doug



...and now we have brought a sport to life.



Operation Comic Book is launching a new health literacy campaign called The Suburban DogWalker. It's designed to advocate wellness for you and your canine through the sport of **Suburban Dog Walking.**

That's where we come in. We're here to take you behind the scenes of the nation's hottest new sport.



How does one explain the sport? Express the idea through sequential art storytelling.



"You should use Operation Comic Book's module system to tell your story."

### MAKE YOUR OWN COMIC BOOK!

Follow these steps, and you'll be making comics in no time!

**STEP 1 DESIGN YOUR CHARACTER**  
Use tracing paper over the blank characters to the right, and add masks, capes, gloves, or any costume elements you wish. As you design your character, consider the following questions:

- Does your character have a power?
- What is your character's weakness?
- Does your character have a nemesis?
- Why is your character in conflict with the nemesis?

**STEP 2 BASIC STORY IDEA**  
On separate paper or in your sketchbook, write two or three sentences that briefly explain your story.

**STEP 3 ORGANIZE YOUR STORY**  
Take your story idea from step 2, and place it into the organizer (you can redraw the organizer in your sketchbook).



**STEP 4 WRITE A SCRIPT**

**The Beginning**  
How does your story begin?  
*Alan Smiths. Check weather. Pick up Prop and Determine Route - Based on Time*

And then what happens?  
*Gear-up! Launch - going to complete what had to walk?*

**Rising Action**  
What exciting events lead to your climax?  
*Dog excited, other Smiths, Dogs & other walkers.*

And then what happens?  
*Pops - Pick it up - PSH?*  
*Triplet Tic in the waist - Avoid other Perils - Side walking, Tingles, Bleeding is*

**Climax**  
What's the big moment of your story?  
*We're hit the Trail for Big walk Enjoying Nature, Enjoying Music, capturing all the beautiful birds of why.*

How does it change your characters?  
*Calm, Focused.*

**Falling Action**  
What events lead to the end of your story?  
*Got to Start Hiking Back. Environmental Obedience - Help Prop-up - Be Careless to other walkers Double Check Time, Steps*

**Conclusion**  
How does your story end?  
*Wife Dances + Hydropon. Double Check Signs + Cool Signs How a city. All Happy with Smiles. Increased in Clear market!*

**STEP 5 THUMBNAIL SKETCHES**

Begin with a beginning, middle and an ending.

**Beginning**

Prop	Prop	Prop	Prop	Prop	Prop	Prop	Prop	Prop	Prop
Launch	Launch	Launch	Launch	Launch	Launch	Launch	Launch	Launch	Launch

**Rising Action**

Prop	Prop	Prop	Prop	Prop	Prop	Prop	Prop	Prop	Prop
Launch	Launch	Launch	Launch	Launch	Launch	Launch	Launch	Launch	Launch

**Falling Action**

Prop	Prop	Prop	Prop	Prop	Prop	Prop	Prop	Prop	Prop
Launch	Launch	Launch	Launch	Launch	Launch	Launch	Launch	Launch	Launch

**Conclusion**

Prop	Prop	Prop	Prop	Prop	Prop	Prop	Prop	Prop	Prop
Launch	Launch	Launch	Launch	Launch	Launch	Launch	Launch	Launch	Launch

Take the story from above, and place into the graphic organizer below. If you think of more story points or details, don't forget to add them!

**TITLE OF STORY:** *How To - SDW* **AUTHOR:** *Kir To G*

**The Beginning**  
Alan Smiths  
Prop  
Gear  
Choose Route  
Launch

**Rising Action**  
*Alan Smiths  
Prop + Prop  
Other Dogs - watch out for cars & Perils*

**Climax**  
*Be gone  
Triplet Tic in waist  
In Zoo Steps + Dances.*

**Falling Action**  
*No Appropriate Name  
Action/Reaction  
Continue to our walks*

**Conclusion**  
*Final Wife Dances  
The End Verby Steps  
Hydrate + Smiles*

**Characters:** *Kir, Dons, Larry*

**Setting(s):** *Keep fairly location, Sun table*

**STEP 4 WRITE A SCRIPT**  
Take each section of your story, and flesh out the details. How does your story progress from one element to the other? Prepare a script listing what happens on each page. Indicate what kind of an image is needed to support the story (how do you visually show your reader what is happening?) See the Captain Comic Book script on the next page for an example.

**STEP 6 LAYOUTS**

**STEP 7 MAKE A COVER**

**Qtrly - I-1 SUBURBAN DOG WALKER**

**APRIL 200**

**WALKING = WELLNESS COMBINED MENTH WELL BEING**

**Delivering - Beach WALKING**

**WHO'S WALKING WHO?**

WELLNESS | WORLD | MEMBERS | SPORT | ART REACH



**WWW.SUBURBAN  
DOGWALKER.ORG**

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**LEAGUE**

**We didn't invent walking with your dog... we revolutionized it.**

**It's easy. Download the  app and start walking on the behalf of a dog.**

**Health and Wellness through the sport of suburban dog walking.**

**We're MUTTS about the league...**

**Sponsored by:**



**RYAN - ST. MARIE  
INSURANCE**

Quotes given through Ryan-St.Marie Insurance can earn contributions toward WoofTrax charities.

**Quote Challenge:**

**EMBRACE<sup>®</sup>  
PET INSURANCE**



<https://www.ryanstmarieinsurance.com/pet-insurance/>





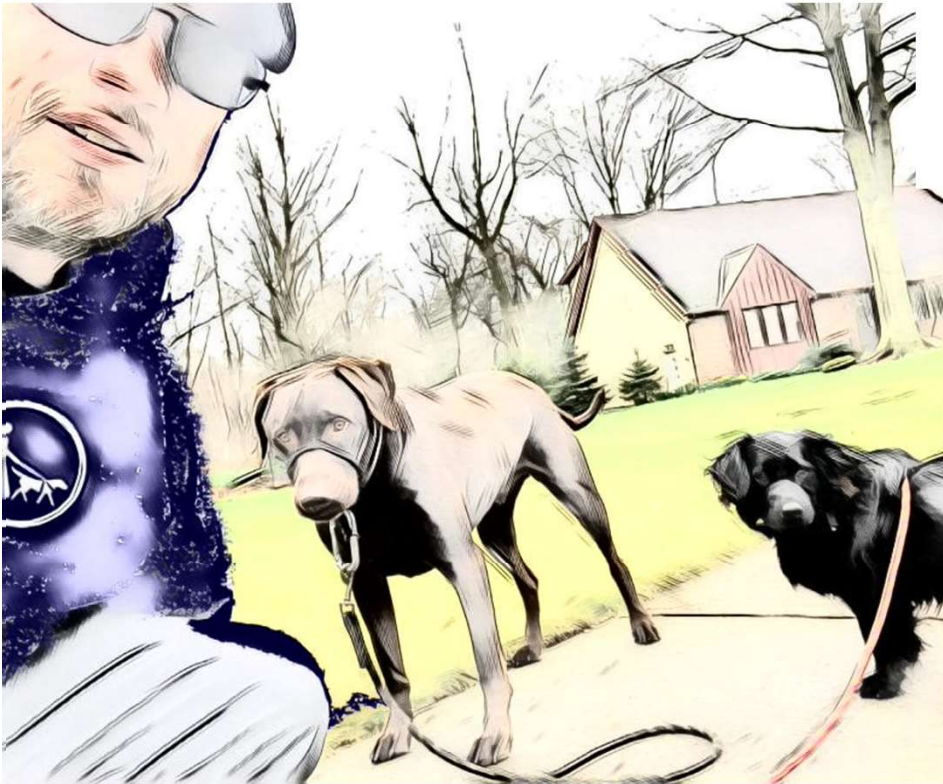
# Here are 5 ways you and your dog can benefit from daily walks

- Strengthens Your Bond -Daily walks provide much needed quality time for you and your pooch.
- Helps with Weight Control. ...
- Improves Socialization. ...
- Increases Physical and Mental Health. ...
- Decreases loneliness.



**FIFTEEN MINUTES IN A QUIET ROOM WITH YOUR DOG CAN LOWER YOUR BLOOD PRESSURE**

**10%**



**Estimated 4.3 million animals enter into shelters each year.**

## Mental Health

**Animals increase serotonin levels**  
(the "feel-good" hormone)

**Prescription: A Pet**  
Therapists have prescribed a pet as a way of dealing with and recovering from depression.

**15 to 30 minutes**  
with your pet will make you feel less anxious and stressed

**67%** of pet owners said their pets provide companionship and reduce loneliness

## Ways You Can Help

**+Rescue a Pet TODAY**  
You can adopt at your local shelter or on websites such as [petfinder.com](http://petfinder.com)

Never buy a pet; due to pet overpopulation "Four million cats and dogs—about one every eight seconds—are put down in U.S. shelters each year."  
[http://www.humanesociety.org/issues/pet\\_overpopulation/](http://www.humanesociety.org/issues/pet_overpopulation/)

**Can't Rescue?**

- Volunteer at a shelter walking dogs or cleaning cages
- Donate to a shelter or help with fundraising
- Cross post shelter pets on Facebook



## How Saving A Pet Might Just Save Your Life

Physical and Emotional Benefits of Owning Pets & Ways You Can Help

## Physical Health

**Oxytocin is the "bonding hormone" that is released in humans and dogs during mutual interactions**

**On average, those who own a pet live 2 years longer than those who do not**

Oxytocin reduces blood pressures, increase tolerance to pain, and reduces anxiety

Dogs can learn to **detect & warn** owners of oncoming seizures before they happen

**Owning a cat can dramatically reduce a person's chance of dying from heart disease and stroke**



# WWW.SUBURBAN DOGWALKER.ORG

# LEAGUE

## PRO-AM OPEN

Powered by: **EMBRACE**  
PET INSURANCE



Help us reach our annual league goal of 1 million miles walked. Find the Suburban Dogwalker on WoofTrax and take a walk for a dog.

Doug, what do chemists' dogs do with their bones? They barium!

# “FIND YOUR PATH AND WALK IT”

A virtual tournament for the sport of suburban dog walking

Spring 2021 Friday – Sunday April 1<sup>st</sup>-4<sup>th</sup>



WALK



SHARE



CARE



Click "Get the App" at the top of the page, install the free Android or iPhone app, and start taking your Walk for a Dog every day!

You walk your dog anyway ... now, every mile you walk, we donate to



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