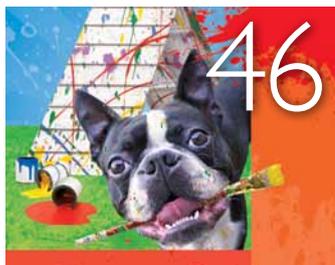


# Clean Run®

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## Take-home Lessons from the Clean Run Instructors Conference

Networking with fellow instructors to discuss and analyze common concerns was only one of the benefits of CRIC. Another benefit was the take-home lessons for instructors and students. By Debbie Harrison



## Observations of a Gate Steward

Following a few basic rules for trial etiquette can make agility trials more efficient and enjoyable for all concerned. Here's a short list of dos and don'ts compiled over the years by an experienced gate steward. By Marty Siegrist



## Chinese Herbs and the Athletic Dog

As a growing number of dog owners seek natural and holistic methods to keep their dogs healthy and happy, some understanding of Chinese herbs and Traditional Chinese Veterinary Medicine can expand your health care choices. By Jean Scherwenka

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Why do you spend time, money and hard work earning letters on a piece of paper that only really matter to you, not the dog or anyone else? Could it be because of the journey? By Elizabeth Dott

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Here's a look at the finals course from the 2009 European Open that includes some extra setups to practice the tough challenges. By Marquand Cheek

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Trainers have successfully used the channel-and-guide-wire method of weave pole training since the early 90s. In Part 2, the author shares her variation on this training method. By Nancy Gyes

### 32 Tricks for Agility: Backing Up Steps and Doing Hand Stands

Backing up steps works a dog's coordination. And after he's learned to back up, handstands are next. Handstands are a low-impact, balance exercise that improves the strength and flexibility of every part a dog uses for two-on/two-off contacts. By Sassie Joiris

### 39 The Reluctant Wheatie Beats the Odds

If you had an opportunity to construct the perfect agility specimen, Soft Coated Wheaten Terriers would rank near the DNA bottom. But with training and patience, the least likely dogs can turn into agility fanatics and motor around courses with the best. By John Ligato

### 43 When the Magic Isn't Missing

Healthy camaraderie in a class is pleasant to have and is productive. But when the students' relationships morph into a comfortable state that resembles dynamics more typically found in a workplace or family than a high-functioning classroom, that class has *too much* magic. By Sandy Rogers

### 64 Training a Two-on/Two-off Contact, Part 3

In this three-part series, the author explains the progression for training a two-on/two-off contact performance, both with and without a nose touch. The final article covers sequencing the dogwalk, training the A-frame contact, and problem solving. By Rachel Sanders

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## Cover Dog

Dredger's No Stone Unturned, C-ATCH, OAP, NJP, TDI, CGC, a.k.a. Rhea, a 6-year-old Bullmastiff owned by Jackie Smith of New Hampshire. Photo by Lesley Mattuchio, [www.pbbase.com/lesleylou](http://www.pbbase.com/lesleylou).

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