

# Clean Run®

THE MAGAZINE FOR DOG AGILITY ENTHUSIASTS

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**Ready, Set, Trial! What to Bring to Trials**  
Since the majority of your day will be spent at the trial site, plan your gear accordingly for whether the event is held outdoors or indoors. Here is a list of items to consider bringing with you; some can be packed and left in your car for the duration of the season.  
By Jamie McKay, CPDT KA



**The Construction Zone: Ring Gate and Pole Anchors**  
Standard push-in posts don't work in all types of ground. These plans are for making ground anchors that will support 3/4" PVC poles for many purposes: posts for ring gating, stick-in-the-ground weave poles, FAST or Snooker flags, and ring signs. By Dave Proe



**Help for Heel Pain: The Facts About Plantar Fasciitis, Part 2**  
Last month we discussed the causes of this common ailment as well as stretching exercises to heal it and prevent it. This time we'll look at shoes, orthotics, medications, and problems that may be misdiagnosed as plantar fasciitis.  
By Dan Altchuler, DPM

## Cover

### 11 Building and Balancing Handler and Obstacle Focus, Part 1

An agility dog trained to full potential is eager and willing to drive forward and seek the obstacles, yet is fully in tune with his handler's directional cues for where to go next.  
By Ann Croft

### 18 Frequency-specific Low Level Lasers and the Canine Competitor

Frequency-specific low level lasers can aid the body's healing potential exponentially, enabling dogs to heal more rapidly. But the true value of FSLLL to the top performance dog lies in its ability to maximize peak functionality at the cellular level.  
By Trish Kallenbach DVM CVCP

## Features

- 5 Editorializing: The Agility Social Network**  
Agility is a culture. With a click of a mouse Facebook allows us to become more involved than ever and allows our sport to transcend geographical boundaries. Our weekend passion is becoming more a part of our daily lives.  
By Gill Chapman
- 38 Challenges for Rising Stars**  
Despite the myriad methods handlers use to train obstacle discrimination, this challenge still causes consternation for many handlers. The objective of these exercises is to teach the dog obstacle discrimination by either using your obstacle-focus cues or handler-focus cues for the correct obstacle. By Stuart Mah
- 57 Teaching FOCUS and Impulse-control Classes: Preparing for the First Class**  
This new series of articles provides lesson plans as well as ideas and tips on how to teach and manage FOCUS and impulse-control classes. This month we'll look at how to prepare for teaching your first FOCUS class.  
By Deborah Jones, PhD
- 62 Challenges at CR Central**  
These drills test both the trainer's handling and dog's understanding of his path. In addition, they are excellent for working foundation handling skills and teaching young dogs the mechanics of turning tightly and following the plane of your body for reinforcement.  
By Annie Pyle

- 66 The Agility Addiction**  
It started innocently enough. I signed up for a weekly foundation agility class with my one-year-old dog. What fun! I soon found that we needed more and more to compete—more toys, more gear, more treats, more instruction, and finally more dogs! Play at your own risk.  
By Lisa Pertile
- 69 So, Your Next Dog is a Border Collie?**  
You can research this breed until the sun burns out and talk to a zillion owners, but all your time, energy, and effort to understand the BC can leave you short. No amount of research can prepare you for the dynamo that will become a member of your family and, in short order, attempt to control every waking moment of your life. By Jim Keim

## Columns

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- 22 Seek-n-Eat: A Mat Game to Get Your Dog in the Game**  
Does your dog leave his dazzling performances at home and just go through the motions at trials? Here's a simple game to dial up your dog's energy and confidence at trials.  
By Sarah Owings, KPA CTP

- 32 Preparing for the Ring: Teaching Mental Prep for Competition**  
Instructing competition agility is far more than simply teaching training skills and handling. Instructors also need to help to mentally prepare the handlers for the ring. By Tracy Sklenar

## Cover Dog

UCICB ADCH-Bronze MACH2 Joelle de la Vallee du Mouton RN, TD, PT, NF, SACH-Bronze, GCH-Bronze, RCH-Bronze, SCH-Gold, JCH-Platinum, TM-Platinum, LAA-Bronze, a.k.a. Hemi, an 8-year-old Pyrenean Shepherd owned by Elizabeth Evans of Texas. Photo by Fast Clicks Photography.

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