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Myofascial Pain: The Hidden Health Problem

Myofascial pain syndrome is a common but rarely diagnosed pain issue in performance dogs. It is caused by extended contraction of a few muscle fibers that results in painful contracted knots of muscle called "trigger points." By Michael C. Petty, DVM, CVPP, CMAV, CCRT, Dipl. AAPM

Raising Your Pup 2 Perfection: Creating a Brilliant Relationship

So where does it start? What is it all about? How do you get your puppy or newly adopted dog from lovable rogue to championship level, successful sports dog? It all starts with relationship, susceptibility to reinforcement, and your dog seeing value in you. By Lauren Langman

Environmental Enrichment for Agility Dogs

Agility provides our dogs with concrete ways to earn reinforcers, and physical and mental activity. But most of us can't run our dogs every day. It is during these days that other types of environmental enrichment, such as participation in the acquisition of food, are important. By Amanda Shyne

Cover

13 As the World Turns: Side Cues

This article focuses on side cues, which are those cues that tell your dog which side of your body he should drive toward. These cues are part of the foundation for many of the handling moves that will be covered in this series. Handlers need to understand why they work and how to use them before trying new moves. By Mary Ellen Barry

36 The OneMind Dogs Methodology: An Overview

This methodology is named after its main mission: seamless cooperation during the agility run. Once you learn to think agility from the dog's point of view, it feels like you are one connected mind. Your runs start to look like your dog is reading your mind; they look smooth and easy. Janita Leinonen and Jaakko Suoknuuti

Features

5 Editorializing: Experiment with the Possibilities

Whether or not you think you have a handling system, you do. You and your dog have established a way of communicating so you can guide him through a course. So before you embrace a technique that could potentially cause confusion in the communication process, think it through logically and test out the theory. By Monica Percival

21 Power Paws Drills: Illuminating Backsides

These drills present logical back-of-the-jump training scenarios, while still being challenging. This setup should help illuminate your team's weaknesses as well as strengths. By Nancy Gyes

41 The 10-Minute Trainer

It's as important to keep your strategy and mental skills sharp as it is your handling skills. So, how do you practice those less tangible, but no less important, mental skills? This month we're going to focus on one of those skills—sight-reading. By Daisy Peel

50 Out Spot Out: Strategies for Distance Games

Here are strategies to successfully play Gamblers, FAST, Chances, and other distance games. Dogs, like people, have different strengths and weaknesses. What motivates some dogs will shut down others. When you are planning your course, take advantage of the things your team does well. By Lorrie Reynolds

55 Agility's Frozen Frontier

Spaced throughout the large, often frozen state of Alaska are some very dedicated agility competitors. Despite the challenge of inclement weather, lots of travel, and long periods of darkness, agility thrives in Alaska. By Brenna Fender

61 Crash Course for the New Trial Secretary

Every trial needs one, but it takes an intrepid volunteer to serve as trial secretary. Responsible for duties ranging from preparing the premium to processing entries, trial secretaries are often the only trial member to interface with every exhibitor. By Kathryn Schneider

64 Training with the Stars: Rosanne DeMascio

Rosanne was practically born with a leash in her hand. Her mother, Barb DeMascio, was involved in dog training. When Rosanne was about eight, she decided that she wanted to play the game, too. She has been training dogs ever since. By Sally Silverman

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44 Do I Need to Learn International Handling?

By exploring international-style sequences, you will be improving your overall training and handling skills. It is a matter of analyzing your cues for clarity and getting a handle on rewarding in the right place at the right time and often enough. By Sandy Rogers

59 Secrets to Perfect Timing: Recognizing Commitment

To become a better handler and improve your timing, you need to learn to see the point when your dog is committing to an obstacle; you need to be able to read the dog's intention to perform an obstacle. By Kathy Keats

Cover Dog

Cooska, an American Eskimo Dog, owned by Bonnie Haley. Photo by John Woolley.

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