

# Clean Run®

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## Power Paws Drills: Wrap and Rear

Dogs need to be trained to turn at a jump and wrap back tightly. Here you'll play the "opposites" game, asking your dog to wrap back to you followed by a front cross or post turn, and then repeating the sequence with the dog staying in flow while you rear cross. By Nancy Gyes



## K9 Conditioning: Improving Strength and Stride with Cavalettis

With the stress of jumping and turning in agility, dogs need to stretch their spine, use their core muscles, and independently rotate their hips. Cavaletti training is a good way to add this type of activity to your dog's exercise program. By Bobbie Lyons, Cert CF



## Feet First, Part 2: The 5 Key Elements for Mastering Precision Footwork

Improving your footwork will help make running courses easier for you and your dog. But to develop consistent footwork, you need to create a detailed handling plan for every sequence you run, keeping five key elements in mind. By Sandy Rogers

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#### and Anabolic Steroid Use in Agility

Allowing bitches in season to compete would help protect the potential gene pool for producing future agility dogs and discourage the use of performance-enhancing anabolic steroids to suppress heat cycles. By Ann Croft

### 8 Training with the Stars: Jim Basic

Although he's a talented and fierce competitor, Jim puts more thought and energy into the goals of his students these days and making sure that he still has fun competing at local shows and hanging out with his friends. By Sally Silverman

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Low back pain is a common cause of unexplained performance drops in dogs, but it can be difficult to pinpoint due to the nebulous nature of the signs shown by the dog. By Ryan Gallagher, DVM

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The scientific application of animal nutrition has largely been directed at attempting to correct or prevent deficiencies of vital nutrients. Less consideration has been given to the biochemical balance of these nutrients; the most important of which are the trace elements. By Noa Martinsen and Julie Casper, L. Ac.

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Arousal has specific consequences on emotion. Your dog's emotion will change as arousal increases. Understanding animal emotions is a growing field in science. By Tom Mitchell

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Training dogs for agility is a long and fun process. Training dogs when you can't run is an even longer process. It takes a lot more dedication and understanding of good dog training than if you can run fast and lead your dog around the course. By Helen Grinnell King

### 62 An Inside Look at Agility Training Centers: K9s in Motion

Instructor Dana Pike of the Chicago area answers questions about all facets of her dog training business, including managing instructors, students, and dogs; class structure and policies; and administrative topics. By Brenna Fender

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The Japanese is a technique in which the handler draws the dog from the backside of a jump to the takeoff side and then performs a blind cross to cue the dog to jump. By Mary Ellen Barry

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The start routine is a combination of behaviors that make your dog excited and that can be used whenever you want to transfer your dog's excitement to the activity that follows that routine; in this case, the agility start line. By Katarina Podlipnik

## Cover Dog

MACH 8 Lo Zizzo Funzions Con Corragio, a.k.a. Zizzo, an 8-year-old Italian Greyhound owned by Johanna Ammentorp of Wisconsin. Photo by Alissa Behn/pet-personalities.com.

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