

# Clean Run®

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CATHI WINKLES PHOTOGRAPHY



**On Course with Ani<sup>®</sup>ka Dušánková**  
Ani<sup>®</sup>ka is just seven years old and already an accomplished agility competitor with an impressive measure of determination and self-confidence. The Czech native has been at it for more than half of her life, since before she was four years old. By Sally Silverman



**Underfoot, Part 4: Our Second Look at Artificial Turf**  
Artificial turf comes in many different forms; some with infill and some without, different types of backing, varying degrees of drainage effectiveness, different blade height, etc. By Brenna Fender



**Biceps Injury in Agility Dogs**  
Problems affecting the biceps tendon are a frequent cause of forelimb lameness. Biceps tendinopathy is often seen in agility dogs and working dogs due to the repetitive nature of their sport or work. By Lauri-Jo Gamble DVM, David Dycus DVM

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Retiring an older dog when they are still running successfully and competitively can be a difficult decision, but retirement for your agility companion can be as golden for you as for them. By Erin J. Knotek
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This setup fits in a 50' x 50' area and has some easy as well as very challenging weave entries to practice. Plus learn about Nancy's new weave pole rule for her students. By Nancy Gyes
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These are many challenges in agility we all must pull together to solve, not break apart and choose sides—even if someone on the other side got their dog from a breeder you think is creepy or used a reverse spin at the purple jump. Lift up the red, white, and blue curtain and take a look at what's behind. By Laura Hartwick
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Here are instructions for building the miniature dogwalk featured in the *Puppy Culture* and *Puppy Party* DVDs, which is a perfect addition to your puppy play equipment. By Jane Killion

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- 24 Sense of Self: Mental Game, Part 1—Failure**  
Because mental game doesn't apply merely to sport, but rather all aspects of life, establishing and growing a solid mental game is actually vital to *living*, much less competing. Facing failure is a reality for all of us. So how do we actually deal with failure? How *should* we deal with failure? Is there a speci<sup>y</sup>c way that is correct? By Tori Self



- 49 As the World Turns: The Twist**  
The Twist is similar to running on the dog's line but is recommended when the dog is turning around the wing more than 45° because the handler's movement naturally cues the dog to change leads. By Mary Ellen Barry

## Cover Dog

MACH2 Kips Valentine BN, CD, TD, VCD1, MXG, MJS, MXF, TQX, T2B, GCA, CATCH1 a.k.a. Kip, a 3-year-old Nederlandse Kooikerhondje rescue handled by Alison Studer of Ohio. Photo by Cathi Winkles Photography

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