

# Clean Run®

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## Canine Training and Behavior Q&A: Flirt Poles

Using a flirt pole and the “Whip-It” game, you can teach your dog important skills such as impulse control, thinking while he’s aroused, and tolerance of frustration. By Tom Mitchell BSc, BVSc, MRCVS



## Judge’s Eye: AKC Premier Explained

The Premier class offers AKC exhibitors many new challenges. This month we look at how Premier courses are designed and the challenges they can include. By Cindy Deak



## Flexor Carpi Ulnaris Tendinopathy in the Agility Dog

Repetitive stress and strains on the FCU can lead to a weakened tendon. Injuries can then occur when excessive load is applied, often at the FCU on the wrist. Brittany Jean Carr, DVM, Sherman O. Canapp, Jr., DVM,

## Features

### 5 Point to Point: Why Volunteer?

A ring needs eight volunteers to function efficiently: timer, scribe, gate steward, scribe sheet runner, leash runner, and three bar setters. For just a two-ring trial, that is sixteen folks working the rings, not to mention the course builders who are needed throughout the weekend. By Cindy Deak

### 8 Team Small Dog Agility Humility: The Beginning of the End, Part 1

The story of how Laura was introduced to dog training and how she got hooked on agility. By Laura Hartwick

### 19 Puppy Skills for Total Team Performance: Exercise

Keeping the performance puppy active and fit, without overdoing and putting undue strain on a growing body, can be a fine line to tow. By Frankie Joiris and Chris Ott

### 22 2016 Construction Zone Contest

Have you created a piece of agility equipment from scratch or modified something you already had to make it better, easier to use, or just more awesome? If so, this contest is for you!

### 26 On Course with Ileana Nadal

Ileana has been an agility student, a teacher, a competitor, and an organizer of events, running Boxers, Cavalier King Charles Spaniels, Tervs, and a Coton de Tulear in the agility ring, for over three decades. By Sally Silverman

### 33 The Construction Zone: 15-Minute Jump

These jumps are quick and easy to make, and they break down for easy storage and traveling. You can also combine these jumps to make double and triple jumps. By Kim Duff

### 35 Power Paws Drills: Serps and Circles

This month’s drills fit into a 50’ x 60’ training area and will allow you to practice some table stay work along with serpentine and circles of jumps. By Nancy Gyes

### 44 How to Train Legendary Lead-Outs, Part 9

Whether you are an athletic handler, slow handler, or physically challenged handler, long lead-outs can help your dog have a speedy and accurate head start on many courses. By Kristy Netzer

## Columns

### 6 Tip of the Month By Clean Run

### 7 Everything You Always Wanted to Know About Agility... By Brenna Fender

### 53 Backyard Dogs By Mia Grant

### 55 The Judge’s Debriefing By Jeff Boyer

## Cover

### 11 As the World Turns: The Helicopter

Like the Twist, the Helicopter 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

### 23 Novice and Beyond: A Survival Guide—Myths of the Rear Cross, Part 1

Somewhere along the line, rear crosses have become less sexy than other turn cues. But running a smooth, clean run is still considered quite sexy and having hot rear crosses can facilitate that! By Sandy Rogers

### 30 Sense of Self: Mental Game, Part 2—Fun and Competition

“Having fun” and “being competitive” are not mutually exclusive, and clinging to one doesn’t mean the other isn’t possible. Playing agility is the fun, but the game will always come with emotional moments of struggle, triumph, winning, and losing. By Tori Self



COURTESY OF MARQUAND CHEEK

### 60 Underfoot Updated: Natural Surfaces

There are many natural surface options for outdoor agility facilities or covered arenas. The availability and practicality of obtaining and maintaining the surfaces depends on factors such as location, climate, and amount of shade. By Brenna Fender

## Cover Dog

MACH 6 Lambda Redy To Rumba MXS2, MJG2, T2B, THD, a.k.a. Rumba a 7-year-old Longhaired Dachshund owned by Laurie Marlow (handler) and Sharon Marlow of Michigan Photo by Cathi Winkles Photography

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