

Review!

Clean Run Exercise Sourcebook 2

A Book Compiled by Pamela Green

By Martha Faulk

Anyone who has been competing in agility for more than a couple of years knows that courses are getting tougher all the time. When I started my first dog in AKC agility eight years ago, Novice courses were often basically a big circle with perhaps one change of direction along a diagonal line, and of course, no weave poles.

I remember hearing spectators gasp with astonishment the first time they saw a dog correctly enter the weave poles off the handler's right side. But as handlers and their dogs became more proficient, course designers added more challenges. Nowadays even Novice dogs might be expected to jump through a tire or over a triple and then execute a tight 90° turn into a weave pole entrance.

That's why the *Clean Run Exercise Sourcebook 2* is an essential addition to every handler's and trainer's bag of resources. As every competitor knows, today's course challenges include serpentines, threadles, 270° turns, pinwheels, difficult weave pole entrances, and a series of jump sequences that require perfect dog and handler coordination to make efficient changes of direction. *Exercise Sourcebook 2* offers help in more than 100 pages of varied exercises. You'll find numerous course diagrams that will challenge your ability to do "Pinwheel Weaves," and "Serpentine Weaves," as well as a dozen exercises featuring 270° turns in a variety of configurations.

Like the earlier version published in 2003, *Exercise Sourcebook 2* is comprised of exercises that have appeared in *Clean Run*

over the years. Even a quick comparison of the course grids in the 2003 version with the 2006 version will confirm that there is a greater degree of difficulty in today's courses. The 2006 exercise sequences are obviously more complex than the earlier ones and contain more obstacles placed more closely together than the 2003 sequences. As a result, the 2006 sourcebook provides practical and relevant training for the increasing difficulty of the sport.

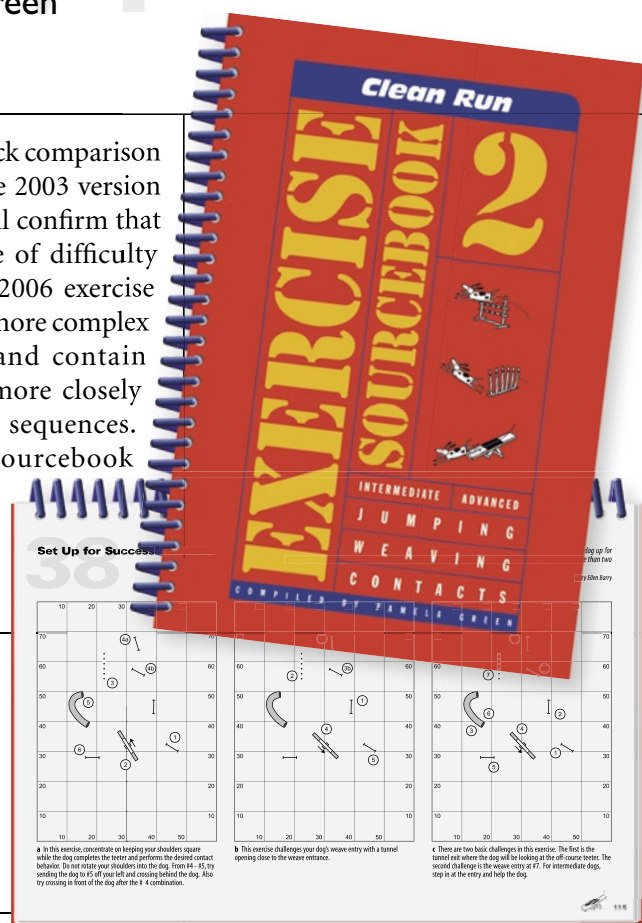
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This easy-to-use spiral bound book is divided into three helpful sections with exercises designed for jumping, weaving, and contacts. Each of the three sections contains exercises for both intermediate dogs and advanced dogs. Contributors Linda Mecklenburg, Bud Houston, Jo Sermon, Mary Ellen Barry, Monica Percival, and Ruth Hobday provide succinct advice for most of the sequences, such as this from Jo Sermon: "These sequences are designed to be done at top speed with no extra ground covered. Every extra stride will cost you time." There are often helpful hints for doing particular sequences, such as, "Experiment with handler position at

#3," and "Try both with and without a lead-out." These comments from sequence designers help to focus the reader on the specific challenges for each set of course designs.

Exercise Sourcebook 2 contains more than 300 designs for practice sequences, many of which contain two different sets of numbers, so you will have many choices to inspire you every time you practice. With this book as your guide, whether you train in your backyard or instruct others, you'll never run out of training ideas to bring your handling skills up to date. 🐾

Exercise Sourcebook 2 is available from www.cleanrun.com for \$14.95.



Martha Faulk is a lawyer and author who lives in Fort Collins, Colorado. She is Chairwoman of the Board of Directors for the Larimer Humane Society and teaches agility there. Martha trains an Australian Cattle Dog and an Australian Shepherd that she adopted from the shelter and also runs a Border Terrier in agility. Martha may be reached at marthfaulk@msn.com.