

## **To Run Or Not To Run – A Review By Thelma Wigginton**

It seemed a very long 3 weeks, knowing the book had been posted to me and then waiting for Canada Post to deliver it. Well, I quickly decided it was well worth the wait as I flicked through, and was delighted to see the photos and diagrams clearly showing what was to come when I could settle down to read it fully.

I very much like that this book covers not just training on all pieces of agility contact equipment, but how to handle the obstacles immediately following the contact, wherever they are positioned. It will also help me decide whether to use stopped or running contact behaviour, and as the initial training is the same I can take time to evaluate which will best suit my dog and me. I feel that one of the best things about Dawn's training system is that so much of the training is done away from the agility equipment. I can therefore start the journey of an agility career with reliable and consistent contacts early in my dog's life, which will also help build a great relationship with my puppy. This is invaluable to me. I also think my adult, large, long-striding dogs would appreciate me taking the time to train a shaped stop over the winter and will find this a more physically comfortable position to stop in.

The clear photographs and brilliant diagrams helped me visualise exactly what the correct and incorrect behaviour should look like. The added unique bonus of the Facebook forum exclusively for purchasers of the book gives me access to others using the same system and the knowledge that Dawn will be checking in and adding extra advice and further suggestions where needed – a great additional value.

Dawn is a successful international agility competitor and trainer who has won so many major titles with dogs of different height, personality and challenges, but I think even more importantly than that, this book demonstrates that Dawn has learned from her dogs and allowed them to help develop this system. I feel very grateful that Dawn has made the enormous effort to do this and produce the book as I think this system will help us all bring out the best in our own dogs.

To sum up, I think this comprehensive, detailed book delivers a training system which covers so much more than just stopped contacts and running contacts. It has been developed over a long time with many different dogs, giving me the security of knowing it is obviously tried and tested. The quality of the information and the amount of time, effort and dedication to improving the training of contacts is outstanding.