

April 2012

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



Ride Calendar!

Mark your calendars for 2012!!!



Verify Ride Status at www.UMECRA.com

04/21-22	Brighton Spring CTR – Howell MI
05/06-07	MnDRA1 – Orrock, MN
05/06-07	White River Spring – Hesperia, MI
05/12-13	Glacier Trails – Palmyra, WI
05/19-20	Run for the Border – St Croix Falls, WI
05/26-27	Grand Island – Rapid River, MI
06/02-03	ApDRA – Palmyra, WI
06/02-03	Maplewood West – Pelican Rapids, MN
06/09	Double Eagle Dance – Elsberry, MO
06/09-10	White River Summer – Hesperia, MI
06/15-17	Southeast Minnesota – Forestville, MN
06/23-24	Brushy Creek Distance Challenge, IA
06/23-24	Prairie Smoke I & II – Bismarck, ND
06/23-24	Hopkins Creek Ride – Manton, MI
06/23-24	Dead Dog Creek – Kinmundy, MI
06/30-7/1	My Backyard Ride (AHDRA 1) – Wyanet, IL
07/07-08	Endless Valley Ride – Spring Green, WI
07/07-08	AHAM – Augusta, MI
07/14-15	Mosquito Run – Rogers, MN
07/13-15	Endure for the Cure (AHDRA II) – Washington, IL
07/21-22	Zumbro Bottoms Boogie – Wabasha, MN
07/21-22	Grand Island North – Limestone, MI
07/27-29	Wildcat – Palmyra, WI
08/05	Warm Up – Oscoda, MI
08/06-10	Shore to Shore – Lake Huron to Lake Michigan
08/11	Cool Down – Empire, MI
08/11-12	Louise Reidel Memorial – Arkdale, WI
08/18-19	Thistle Down Run – Frazee, MN
08/18-19	Rock River Charity Ride – Utica, IL
08/25-26	Northern Highland – Florence, WI
09/01	White River Fall – Hesperia, MI
09/02-03	White River Labor Day – Hesperia, MI
09/08-09	Charity Cup Ride – Pillager, MN
09/08-09	Keweenaw Ride – Lake Linden, MI
09/15-16	Colorama Classic – Greenbush, WI
09/15-16	Tin Cup Springs – Luther, MI
09/22-23	Run for the Ridge – Fairfax, MN
09/29-30	Pine Marten Run – Nahma Junction, MI
10/04-07	DRAWarama – Palmyra, WI
10/06-07	Iron Creek Run – Kindred, ND
10/13-14	Iron Oak – Arkdale, WI
10/19-21	Point Chaser – Wabasha, MN
10/27-28	Big River (AHDRA III) – Keithsburg, IL

PLEASE NOTE: SHORE TO SHORE - THERE WILL BE A 50 MILE COMP ON SATURDAY & SUNDAY ONLY!

UMECRA Meeting Minutes

March 24, 2012

DeForest, WI

Present: Theresa Meyer, Rick Nelson, Wayne Ringham, Tony Troyer, Lynn Reichert, Joslyn Seefeldt, Marty Powers, Maxine Bernsdorf, Bonnie Mielke, Peggy Pasillas; Olivia Rudolphi, Nicole Mauser

Absent: Elizabeth Laurie, Jill Feller, Linda Mower

Guests: Sue Herrick and Linda Jacobson

From Board of Directors Yahoo Group

Adding a ride on June 23 & 24th in Iowa at Brushy Creek State Forest- Roxie Welling, Ride Manager
Date of request: About March 7th.

How request was sent to BOD: the request for the ride was forwarded to all the BOD members for consideration on March 8th.

Vote: the vote was 8-5-1 to accept the new ride.

Outcome: Roxy was notified, March 16.

Past Meeting Minutes

The meeting was called to order at 11:59 am by President, Theresa Meyer.

The January 21, 2012 Secretary's Report was approved as printed. Motion by Rick to accept and seconded by Wayne.

The January 21, 2012 Annual Meeting Report was approved as printed. Motion by Rick to accept and seconded by Maxine.

Treasurer's Report

The 2012 Convention Report was amended by Tony Troyer. An AHA donation of \$700 was added to the report bringing the cost of the convention down to \$6.28.

Ride Book Update

Jeanne Crispin reported that the Ridebook CDs have been mailed to members. Some of the Ride Manager and Vet rule books were passed out at the meeting. Lynn Reichert asked that the MnDRA contact person information be updated in the Ridebook as well as on the website. The points chart in the front of the ride book has an error – probably has been wrong for

many, many years. If you look at the points for the 30-mile rides- 5th place should be 8.4 points, 6th place should be 7.2 points.

2014 Annual Meeting

Joslyn Seefeldt presented a recommendation that the 2014 Annual Meeting be held in Madison, WI. This recommendation was accepted.

Highlights

1. Convention location is within the corridor; 1/2 mile from Interstate 39/90/94 on east side of Madison.
2. The rooms are \$89, single or double.
3. They are not charging us for the use of any of our meeting rooms.
4. Central location near meeting rooms for vendors
5. Price of meal between 30 and 35 dollars (part of the convention fee can bring price down since we don't have to pay for meeting rooms.)
6. Pet friendly - for \$25 non refundable deposit people can bring dogs, cats, gerbils, hamsters, guinea pigs, etc. NO PET HORSES OR MULES!
7. Indoor pool, arcade/game room, fitness center.
8. Kids under 12 eat at breakfast buffet free.
9. Free Wi-Fi.

Annual Meeting Corridor Discussion

Marty Power made a motion to discontinue the Annual Meeting Corridor because it seems to have run its course for usefulness and Dianne Schmidt seconded. Motion carried. This will be brought for a vote at the January 2013 general meeting.

ICF Fund Now Available to Ride Managers in UMECRA Managing a FEI Ride

Tony Troyer, Lynn Reichert, Wes Elford, and Julie Jackson Biegert form the ICF Committee. Tony reported that the current ICF Fund is at \$7,481.34. They are making the following proposals.

- The UMECRA Board will decide who the money is awarded to
- The fund will never go below \$1500
- Applicants must have completed 500 miles in UMECRA
- Must be a 3 or 4 star event
- Could be limited amount given depending on number of applicants

The Board voted to bring a bylaw change forward to the November Board meeting to make ICF funds available to ride managers putting on a FEI event.

Dr. Olivia Rudolphi volunteered to write up criterion for qualifying for FEI competition for inclusion in our Newsletter.

Membership Committee

Marty and Joslyn reported that they have not sent out "we miss you" membership letters. Letters will be sent to members not renewing their 2011 membership. Theresa suggested we send a form letter to the different breed organizations for use in their publications. Marty will write up the information and Peggy will find addresses for the different groups.

Short Competitive Rides

Maxine reported that she has only had favorable input from members regarding the proposed "Short Competitive Ride Division". Maxine will sponsor awards for this Division for the first year that it is offered. This proposal will go to the meeting in November.

BRC Committee *Slide Presentation Attached

Marty Power Reported:

The "Blue Ribbon Committee" (BRC) has been busy. It was decided to send out a series of short surveys rather than one extensive survey. The first survey on the voting structure of UMECRA has been completed and the results have been tabulated.

Over the next few months we will be sending out other short surveys.

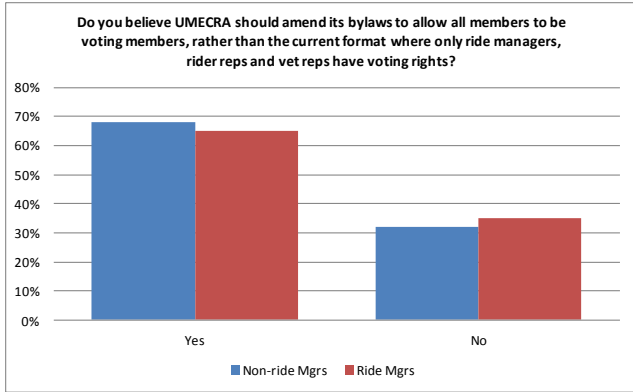
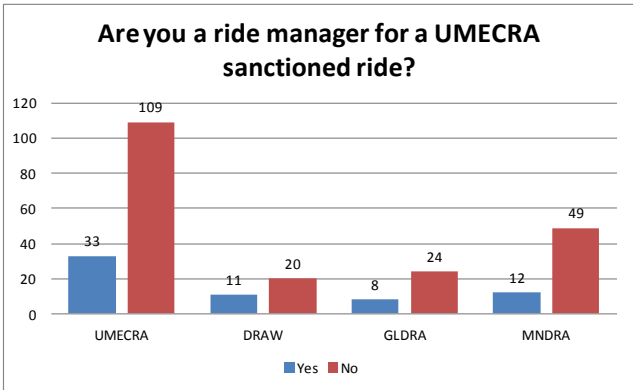
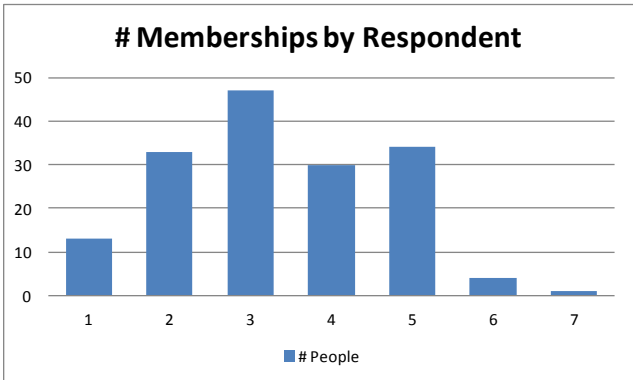
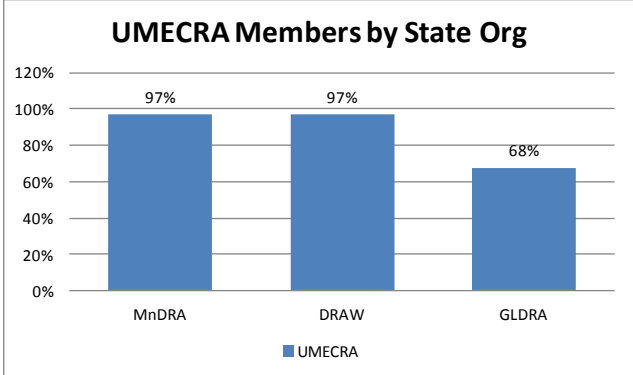
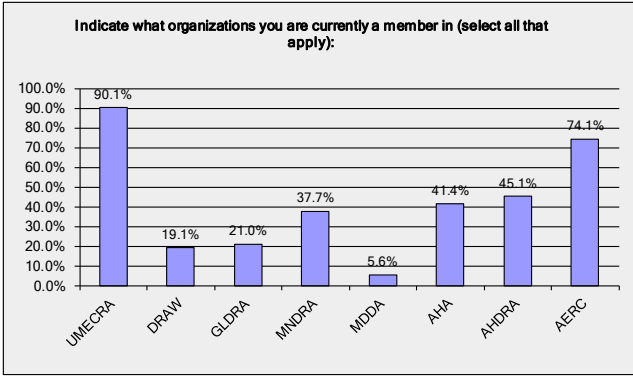
The following sub-committees were established:

- Riders – Holly Kemmis, Julie Jackson-Biegert, Robin Schadt, Cathy Cook
- Ride Managers – Elinore Tonsor, Barry Saylor, Wayne Gastfield, Barb Kurti, Dianne Schmidt
- Regional Organizations – Gene Dake, Lynn Reichert, Joslyn Seefeldt, Bruce Birr, Barb Gardner, Tony Troyer
- Breed Organizations – Dawn Haas, Lori Windows, R.A. Beecher

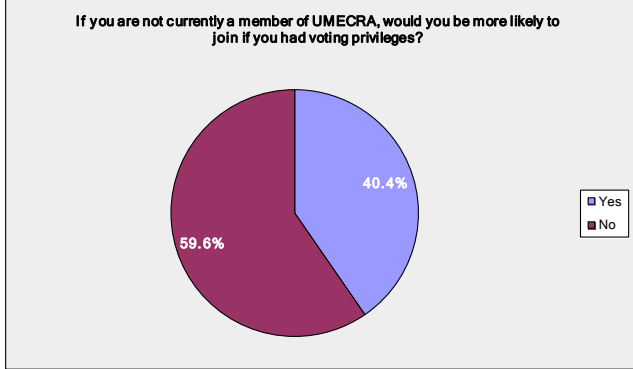
The following people agreed to serve as a liaison with the Breed and Regional Organizations:

- AHDRA – Lori Windows
- ApDRA – Dawn Haas
- DRAW – Jos Seefeldt
- GLDRA – Gene Dake
- MDDA – Tony Troyer
- MnDRA – Lynn Reichert

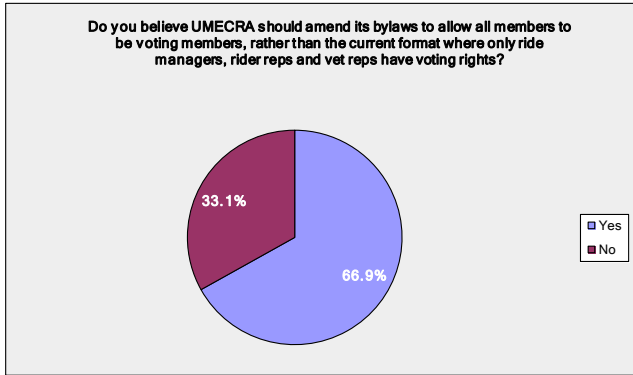
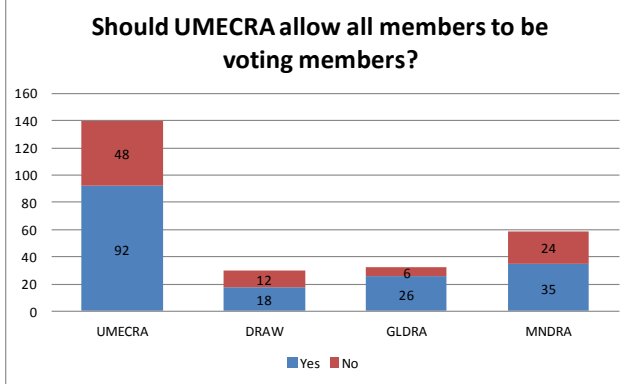
Peggy Pasillas reported that 51% of those receiving surveys responded to the survey. When reading thru the slides, one has to remember that these percentages represent only 51% of the TOTAL polled. Those polled included non-members of UMECRA.



Take Away: Ride Managers and non-ride Mgrs rated this question the same.



Take Away: Voting privileges would not encourage the majority of non-UMECRA members to join UMECRA. 60% voted no, 40% voted yes.



Survey Summary

New Business: Preloading Horses

Preloading Horses was discussed. The consensus was that this should not be allowed; however, there will be no ruling at this time.

UMECRA Board Member to attend new rides and rides with new managers as a Steward

Dianne made the motion to send a UMECRA Board Member to new rides and rides with new managers to act as a Steward. Bonnie seconded, motion carried.

\$250 Grants Awarded

The following grants were awarded:

- MNDRA awarded \$250 plus liability insurance cost for MN Horse Expo booth. Expo held April 27-29. Lynn made the motion for the fund, Wayne seconded
- Northern Kettle Campground awarded \$250 for updating campground. Rick made the motion, Maxine seconded.
- Bonnie requested \$250 for mile markers at the Southern Kettle Moraine Trail. Motion seconded by Rick.
- Tony Troyer requested \$250 for sponsorship of the AHA National Distance Ride, seconded by Rick. Money to be taken out of the General Fund.

Meeting adjourned - 3pm

Wayne made the motion to adjourn meeting at 3pm, seconded by Rick.

Respectfully submitted,

Dianne Schmidt
Acting Secretary

Keywords:

Corridor, Short Competitive Rides, Stewards at New Ride & Rides with new ride managers

A Blue Ribbon Committee...

The "Blue Ribbon Committee" (BRC) has been busy, but we need your help. Over the next few months we will be sending out a series of short surveys. Please take the time to respond.

- What is your vision for UMECRA?
- We want to hear your ideas about how to move UMECRA forward.

The following sub-committees were established:

- Riders – Holly Kemmis, Julie Jackson-Biegert, Robin Schadt, Cathy Cook
- Ride Managers – Elinore Tonsor, Barry Saylor, Wayne Gastfield, Barb Kurti, Dianne Schmidt
- Regional Organizations – Gene Dake, Lynn Reichert, Joslyn Seefeldt, Bruce Birr, Barb Gardner
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The following people agreed to serve as a liaison with the Breed and Regional Organizations:

- AHDRA – Lori Windows
- ApDRA – Dawn Haas
- DRAW – Jos Seefeldt
- GLDRA – Gene Dake
- MDDA – Tony Troyer
- MnDRA – Lynn Reichert

Send your comments and concerns to any or all of the above people.

And, a BIG THANK YOU to the BRC for your outstanding work thus far!

Marty Power



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 Domino Stables in Baraboo, WI is offering for anyone interested a Carriage Driving Clinic with Suzy Stafford on Monday, May 14, 2012. Lessons will be available on a first come basis. Suzy Stafford is a National Competitor in Carriage Driving. She likes to help drivers at all levels of knowledge. She is very informative and a pleasure to work with. At Domino Stables we will have a dressage ring, cones, hazards and an indoor and outdoor arena to work in. So we have all aspects of opportunities to learn with. For more information and a registration form contact: dominostbl@baraboo.com
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PROTEIN'S ROLE IN FUELING PERFORMANCE HORSES

by: Kristen M. Janicki, MS, PAS
April 14 2012, Article # 19863

Protein is arguably the most misunderstood essential nutrient in the equine diet. Protein is made up of amino acids, and its main function is in muscle, tendon, and ligament development and repair. But, how do protein needs change in the equine athlete? Here are three key points to remember about protein's role in fueling the sport horse.

Energy

An equine athlete's energy requirements depend on his activity level. The most common forms of energy in the horse's diet are carbohydrates and fats, which are provided via forage and grains or concentrates. Energy from carbohydrates and fats is easily digestible for horses and doesn't require excessive amounts of further energy from the horse's body to digest.

While protein, too, is an energy source for the horse, it's less efficient than carbohydrates and fats. The horse's body uses more energy to break down protein for energy than it does to break down carbohydrates and fats. In addition, this process produces more heat when compared to using carbohydrates and fats. Because of the amount of heat produced by the breakdown of excess protein for energy, avoid feeding a high-protein diet, especially in warm weather.

Sweat

Sweat is an important mechanism for thermoregulation in performance horses. Horses produce heat (which raises their body temperature) when they use energy for exercise. In response,

horses will sweat to decrease their body temperature. The horse's sweat is comprised of water, sodium, chloride, calcium, potassium, and a small amount of proteins. These proteins promote the rapid movement of sweat water from the skin, through the dense pelt, and to the surface for heat dissipation.

Researchers currently believe protein loss via sweat to be minimal, and therefore, no additional protein in the diet is necessary unless the horse is severely dehydrated.

Muscle Repair

Protein is necessary for muscle building and repair. During exercise horses experience a breakdown of muscle tissue for energy production and a decrease in muscle protein synthesis. After exercise, protein synthesis in muscles increases to repair muscle mass damaged during performance. Without adequate protein, damaged tissues aren't repaired fully.

Want to determine your horse's weight? Learn how with our video tutorial and Horse Weight Calculator.

Limited research has indicated that the importance lies in feeding the horse a high-quality, balanced protein source prior to exercise, as muscle tissue recovery post-exercise depends on pre-exercise protein status.

Take-Home Message

Protein is important for muscle and tissue synthesis in the performance horse. A performance horse's protein requirements should be met with a properly balanced diet that includes a high-quality protein source.



SPRING RIDES ARE ALMOST HERE!

EQUINE ELECTROLYTE USE AND GASTRIC EMPTYING

(AAEP 2011) www.thehorse.com
by: Nancy S. Loving, DVM
March 15 2012, Article # 19740

A horse's prolonged sweating during athletic activity or travel means a need for fluid and electrolyte replacement, and horse owners commonly turn to electrolyte products for this purpose. A team of equine researchers examined one electrolyte supplement's (ES) effect on fluid replacement and performance, and Michael Lindinger, PhD, associate professor at the University of Guelph, presented the results at the 2011 American Association of Equine Practitioners convention, held Nov. 18-22 in San Antonio, Texas,

Dehydration significantly impacts the cardiovascular system, exercise performance, and recovery, as well as affecting thermoregulation (the horse's ability to cool its body during exercise). Dehydration also affects mental acuity. Thus, effectively replacing fluids lost through sweating is of utmost importance in maintaining peak levels of health and performance. Lindinger pointed out that horse sweat contains significant concentrations of ions, such as sodium, potassium, chloride, calcium, and magnesium and these are sustained during exercise.

Keeping this information in mind, he and colleagues tested an oral electrolyte supplement specifically designed with proportions of electrolyte content to replace ion and fluid losses in sweat ("Most supplements have seemingly random proportions of electrolytes; when this one was developed it was the first to have 'appropriate' proportions," Lindinger noted). Electrolytes marked with radioactive labels were administered through a nasogastric tube. In the first phase of the study, Lindinger examined how quickly electrolyte-supplemented resting horses cleared the supplement from the stomach (gastric emptying rate) by measuring disappearance of radioactivity from the abdominal regions using a gamma camera. Radioactivity from the electrolytes gradually diminished such that by the end of two hours, 82% of ES had emptied from the stomach.

The second phase of the study involved analyzing intestinal electrolyte absorption in horses at rest, and then exercising the horse to see if they performed better after receiving 3 litres of ES. They

measured how fast sodium and potassium in the supplement appeared in blood plasma when the horses were resting. Lindinger reported that there was a more rapid uptake of potassium and sodium from the blood in ES-treated horses and that the electrolytes appeared in blood within 10 minutes of being orally administered, with sodium levels maintained during exercise and into the post-exercise period.

When investigators administered 3 liters of ES 60 minutes prior to exercise, those horses were able to exercise (at a moderate trot, about 6 mph) for 17 minutes longer than the control horses (treated with only 1 liter of plain water or 1 liter of ES), who became fatigued sooner. Providing more fluid volume to the ES-treated horses also seemed to enable better thermoregulation; these horses sweated more than the control horses. To support this, Lindinger explained that radioactive sodium given with the ES one hour before exercise appeared in sweat within the first 10 minutes of exercise and sodium levels were maintained throughout the exercise period.

He explained that dextrose in the ES enhances the small intestine's uptake of water and sodium; while the dextrose elicits a glycemic response (glucose surges in the bloodstream), it is of a similar magnitude but shorter duration than what occurs with feeding. Most commercially available ES do not have dextrose, and this may impair test and slow absorption.

In summary, Lindinger noted, "An effective electrolyte supplement given prior to exercise serves to replace losses of ions and water and contributes to the ability of the supplemented horses to exercise for a longer duration." "This is the first ES supplement to be tested for effectiveness (functionality) in horses," Lindinger concluded. "It is the first study to have measured gastric emptying of an ES in horses, and to measure electrolyte absorption in horses. It demonstrates that electrolyte supplementation provides water and electrolytes from the gastrointestinal tract to the rest of the body during the exercise period, and that this is helpful for improving performance (increased exercise duration)."

UMECRA Newsletter
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Deadline for Next Newsletter:
5th of each month
Send news to:
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