

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



Letter from the Prez.... SNOW, SAFETY, SUCCESS and SUPPORT

I'm guessing just about everyone is ready for Spring to get here! Snow storms in late April is a bit much to endure after a long winter. It's tough enough to find time to condition our equine partners when the weather does cooperate but fighting snow drifts and nasty weather in April makes it almost impossible. Hopefully, by the time everyone has received this newsletter, Mother Nature will have decided it's time to start warming things up. As we begin the new ride season, I hope we will all remember to ride safe. Consider the late start we have had to condition our animals and the potential risks of starting out too fast or pushing them too hard. I know my horse "thinks" he's always ready to go but I need to remind him and myself that the season is longer than one ride or race. As of March 31st, we had twenty-one new members join UMECRA. I suspect we will have a few more after the Spring clinics and horse fairs are completed. That's good news for everyone and I know they will be welcomed by all. The UMECRA Board of Directors has sent a letter to each of these new members offering support and encouragement as they begin their new adventure in distance riding and driving. We've reminded them to ask lots of questions (at the right times of course!) and to look for ways to support or help out at rides. We all know that that is one of the very best ways to learn about our sport. Keep an eye out for these new members and give them a hand when you can. I'm confident they will find out very soon how accepting, encouraging and helpful the family of distance riders and drivers are.

Best of luck to everyone. Enjoy the ride season and all that it brings, be safe and always Persevere!

Jon Wagner, UMECRA President

Looking for new places to ride in your area and beyond?

Check out <http://trailmeister.com/>

Lots of information there on trails and all things trails! Search by city, state, even zip codes! You can even add trails that you know about.

Advertising in the UMECRA Newsletter

Rates depend on the size of your ad and how many times you wish to run it:

Ad Rates for Newsletter	1 time	2-3 times	4-8 times	9-10 times	the year
Classified 10 lines * \$.60 extra per line	\$6.00				
Business Cards	\$8.50	\$6.80 ea.	\$5.95 ea.	\$5.50 ea.	\$51.00
Quarter Page	\$20.00	\$16.00 ea.	\$14.00 ea.	\$13.00 ea.	\$120.00
Half Page	\$25.00	\$20.00 ea.	\$17.50 ea.	\$16.25 ea.	\$150.00
Full Page	\$45.00	\$36.00 ea.	\$31.50 ea.	\$29.25 ea.	\$270.00

*Line = (65 Characters per line including spaces)

"The essential joy of being with horses is that it brings us in contact with the rare elements of grace, beauty, spirit and freedom."

~ Sharon Ralls Lemon

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Newsletter Editor - Nominations Sought

Each year two board appointed positions are renewed or new volunteers are appointed at the November Board of Directors meeting.

Newsletter Editor(s) will edit, author and publish at least 10 newsletters per year both electronic and by hard copy. It is important to have good computer skills for this position. Previous newsletter publishing experience is a plus. You do not have to be a writer, but formatting and editing skills are necessary and an aptitude for hitting deadlines is a valuable quality. Please send your letter nomination and qualifications to UMECRA Secretary/Treasurer Bruce Birr at bbirr@centurytel.net.

This is a non-voting position. The position is subject to the requirements of the traditional duties and standards of responsibility expected of these positions within UMECRA, subject to the authority of the UMECRA Board and as related needs arise within their areas of responsibility. In addition appointees will have to sign UMECRA Code of Conduct. Please contact a board member if you are interested.

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Time to start planning your ride season!!

4/21-4/22	Brighton Spring CTR, Howell MI
5/5-5/6	MnDRA1, Hinkley, MN
5/5-5/6	Kettles & Bits, New Prospect WI
5/5-5/6	White River Spring, Hesperia, MI
5/11-5/13	Glacier Trails, Palmyra, WI
5/19-5/20	Border Battle Boogie, Cushing WI
5/26-5/27	Grand Island, Rapid River, MI
6/2-6/3	Endure Ride, Chandlerville, IL
6/2-6/3	Maplewood West, Pelican Rapids, MN
6/9-6/10	White River Summer, Hesperia, MI
6/9-6/10	ApDRA, Palmyra, WI
6/16-6/17	SE MN, Preston, MN
6/23-6/24	Grand Island North, Limestone, MI

6/30-7/1	Dead Dog Creek, Kinmundy, IL
7/6-7/7	Endless Valley, Arena, WI
7/7-7/8	AHAM/Hopkins Creek, Manton, MI
7/14-7/15	Mosquito Run, Rogers, MN
7/21-7/22	AHDRA1 My Backyard, Farmington, IA
7/21-7/22	Pine Martin, Welmore, MI
7/28-7/29	Bonecrusher, Palmyra, WI
8/4-8/10	Shore to Shore, L Huron to L Michigan
8/11-8/12	Louise Reidel Memorial, Arkdale, WI
8/18-8/19	Rock River Charity, Utica, IL
8/18-8/19	Run for the Cactus, Granite Falls, MN
8/24-8/25	Northern Highland, Conover, WI
9/1-9/3	White River Fall Labor Day, Hesperia, MI
9/8-9/9	Charity Cup, Pillager, MN
9/8-9/9	Keweenaw, Marquette, MI
9/8-9/9	Lincoln Trail, Kinmundy, IL
9/15-9/16	Colorama Classic, New Prospect, WI
9/15-9/16	Tin Cup Springs, Luther, MI
9/21-9/22	Run for the Ridge, Fairfax, MI
9/22-9/23	Salomonie Stomp, Andrews, IN
9/29-9/30	Metro Park Express, Milford, MI
10/6-10/7	DRAWARAMA, Palmyra, WI
10/13-10/14	Iron Oak, Arkdale, WI
10/13-10/14	Oak Leaf Run, Hamilton, MI
10/19-10/20	Point Chaser, Theilman, MN
11/2-11/4	Brushy Creek

Ride Managers – please check dates and locations. Contact Peggy at UMECRAnews@gmail.com with corrections.

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RELIABLE horse, ready to ride:

16 yr 14.3, reg arab, well conditioned for a reliable ride or junior horse. Has over 3000 umecra miles. Loves to go down trail, no problem leading. No bad vices has never bucked, reared or purposely tried anything bad. Has done 4H showing and beginning jumping. Videos and pics available. As I listed at UMECRA banquet I will donate 1400.00 to UMECRA silent auction if he is sold to distance rider. Contact Diane Meinders 616-706-6478. Or email dmeinders@optiodata.com or contact on Facebook.

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EXISS 4 Horse Aluminum Horse Trailer For Sale. 1998 Stored inside all the time LQ with stove with oven, refrig, sink with running H2O. 7 feet tall, 7 feet wide, Power Jack, 2 batteries, 2 prop tanks Sara Davis-Kraus, 920-921-1314 LAM if no answer

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Veterinarian Report – Wes Elford

I was unable to make the March 11 Board of Directors meeting of UMECRA because I was at the AERC convention in Reno. I noticed in the minutes of the meeting that since I wasn't there to give a veterinary report I was commissioned to write an article for the News Letter or give a report at the next meeting. I think that it is wiser for me to write an article for the News Letter because the information is fresh on my mind and may be important to this ride season. The veterinary portion of the AERC annual meeting/convention included lectures Thursday 8 am to 6 pm and Friday 8 am to 5 pm. The Veterinary Committee meeting was after the talks on Thursday. The lecture topics were totally related to Sports Medicine and Exercise Physiology. There are some of the greatest minds is veterinary medicine

teaching us very pertinent information for our practice.

Dr. Jerry Gillespie reported on a research project that the research committee of the AERC sponsored involving the study of the hydration/dehydration of the endurance horse from the time the horse loads into the trailer to leave home till the horse reaches home again after the ride. The study has been published in EN for all to read. The study is very interesting in itself, but there are some ancillary findings that he reported that are also interesting and those are the things that I would like to tell you about in this article.

When looking at the CRIs taken during a ride, the average obtained by adding the 1st HR and the last HR of the CRI and dividing by two should be 60 or less to indicate a good response to the stress of the CRI. The speed of the CRI does not affect the CRI values. For example, trotting fast for the 250 feet length of the CRI course compared to trotting the 250 feet slow does not affect the numbers achieved. The 1st one would always remain the same but the second number will not be affected because if one trots the 250 fast creating more stress, they have more time for the horse to rest and relax after the trot out before the 2nd HR is taken. If one trots out slower, less stress is created so the pulse will be slower initially but there is less time before the 2nd pulse is taken. I think that we all knew this!

Dr. Gillespie did make an interesting observation in saying that he thought that a CRI done right away after the horse was in off of the trail would reflect better the physiology of the horse out on the trail. The procedure of having the CRI done immediately after the pulse parameter has been made might be a better evaluation of the horse's response to the stress of the ride. Also, perhaps the CRI should be done without any other parameters being done to the horse as it recovers from the 250 feet trot. This would make the vet check time longer in my estimation.

Non-finishers of this particular race did the first loop faster than those that finished the

ride. They compared the first loop speeds of those horses that were pulled during the ride and therefore did not finish with those first loop speeds of those horses that finished the ride and got a completion to make this determination. Those horses that finished had slower first loop speeds. This was found to be a statistically significant fact.

Just a side light fact that was mentioned is that the speed by which a horse goes is influenced by a. The horse's ability, b. The rider's ability, c. Trail conditions, d. Ambient temperature and e. Humidity. The question is "How many can you influence?"

A horse's body weight changes during a race, usually to the negative, is in water loss, mostly due to sweating. A minor amount due to respiratory loss. The horse sweats because of the heat of its body. The source of the heat is from the Sun and external conditions and from its internal metabolism. The horse metabolizes its food for energy. This is very inefficient developing only 20% in mechanical energy (that used for movement) and 80% into heat energy. To cool itself the horse sweats. During an endurance race a horse can lose up 35 liters of water in sweat. This is 9.2 gallons.....this is 77 pounds!!! Much of this water is lost on the first loop before the thirst reflex kicks in. The CRIs were the highest in those horses with the greatest dehydration/body weight loss on the ride.

The effects of hormones produced by the Endocrine system of the body is considered to try to explain why horses don't replenish their water more readily. These hormones that are secreted in response to stress, the catecholamines, help the body in fight or flight reflexes. The thought is that these might suppress the drinking stimulus. This would explain why horses don't drink much during the stress of hauling or during the excitement of the first loop of a ride. The thought then is for us to develop training techniques for our horses to get them to relax better during shipment and on the trail. During this study it was seen that those horses that were hauled in a van in full sight of other horses and even eating out of

common hay nets were less dehydrated at the end of their trip to the ride. The temperature inside the van was the same as that of the trailers that made the trip. It is felt that those horses in the van were less stressed out and ate and drank more on the trip.

This brings the question of comfort of our trailers and how relaxed our horses are while they are traveling and camping. Do they relax enough to eat while being shipped especially on long trips? Are they relaxed with the camping environment. There is a food intake/water intake rhythm where eating stimulates the thirst and therefore water consumption. This is disturbed when a horse isn't comfortable enough in the trailer or camp and stops eating.

These were parts of a two hour lecture that was very interesting and full of tidbits of information that we can all use as we train and compete. This take home information is the reason for the research that is applicable to our everyday work with our horses. I hope that you have gleaned something that you can use.

Wesley G. Elford DVM

UMECRA Veterinary Representative



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Approved Minutes – UMECRA Board Meeting Held March 10, 2018

The meeting was held at the Quality Inn & Suites in Lodi, WI, and was called to order by President Jon Wagner at 10:30 am CST. Also present were board members Nicole Mauser-Storer, Tony Troyer, Maxine Bernsdorf, Laurie Henschel, Bill Suskey, Bruce Birr, Theresa Meyer, Sarah Maass, Jan Sasensa, Peggy Pasillas, and Lynda Zimmerman. Guest Linda Jacobson was also in attendance. Attendance/roll call was taken by the Secretary-Treasurer (Bruce).

Approval of BOD minutes and the Annual Meeting from January had already been approved by the board via email and have been posted to the UMECRA website.

Under EBOD/Auxiliary Reports, Bruce presented a Treasurer’s report, (see attachments), for the period January 1 – March 5. These were approved upon motion of Tony and second by Maxine. Bruce also gave the Secretary’s report, stating that he had received information and a request from Governor Dodge Equestrians regarding an upcoming fundraiser event that they are holding on June 3. The board approved offering them a free distance ride entry for their silent auction or raffle (motion by Theresa / second by Peggy). Bruce also stated that he had received trail grant requests since the last meeting from Tara LeRoy for the Southern Kettle Moraine Horse Trail Assoc. for \$300 – (approved by the board upon motion/second of Theresa/Tony), and from Sarah Maass for Fort Ridgely State Park for \$300 – (also approved by the board by motion/second of Theresa/Tony).

Additionally, Sandra Fett had requested \$250 for the MN Horse Expo, and as per policy, Bruce was authorized to send payment for that. {NOTE: UMECRA policy is to award up to \$350 for events of this type, so that amount was sent to MNDRA. BAB}

Bruce also stated that just a few days before, he had begun to receive insurance certs, and would soon send them out. He also sought some guidance on the length of time to hold onto paper records such as membership forms and receipts. It was the consensus of the board that it was OK to discard membership forms after 4 months past the end of the calendar year for which they were received, and that keeping electronic copies of receipts for longer was OK, that paper receipts should be kept for 3 years past the year in which they were generated.

Veterinarian’s report: Dr. Elford was attending the AERC convention and will provide information from that experience at either a future meeting or in a newsletter article. Jon gave a President’s report in which he presented feedback about the Annual Meeting and the necessity to understand and locate organizational rules and procedures. He will submit an article to the next newsletter regarding the election of nominee’s not in attendance at the Annual Meeting. The Sanctioning Coordinator report was also given by Jon as per the information he received from Joslyn. She has finished putting the ride books together, sent them to the printer and expects to begin sending them out soon. It was also noted that there was some confusion about “advertisement” fees and questions about the future of offering CD’s. Jon will follow up on collection of the advertisement fees. Nicole will make the ride book available in pdf format on our website and Jon, Joslyn, and Bruce will come up with a new membership form for the 2019 ride year.

Under Committee Reports, Convention reports: Feedback concerning the recent convention was very good. Nicole, Tony and their many volunteers were congratulated by the board for their work hosting the convention. The board discussed charging a late fee for dinner reservations not made by the deadline and that we allow the ‘speaker fee’ limit to be increased. The 2019 convention, to be held in Michigan, is being hosted by Kathy Macki/Bruce Birr. The 2020 convention is scheduled for Wisconsin and managing/hosting of it is still open.

Awards report: The new committee makeup is Jan Sasena, (Committee Chair), Sherry Aune, and Jean Allen. The committee, with input from past Committee Chair Maxine, requested that a sperate Awards Fund be created. This will allow for better tracking of funds received, available and expended. Bruce will set the fund up and continue to manage it. The initial budget will be \$6,000 for the upcoming ride season with rider fees to continue being deposited into the account. There was some limited discussion about the need for raising rider fees. No action was taken on this but it was agreed that further discussion by the BoD should take place (by email conferencing/November Bod meeting)

Membership report: Bruce reported that to date this year we had 241 paid up members; 42 family memberships, 144 single memberships, 2 Junior-only memberships, and 5 Ride Manager

only memberships. A membership directory was discussed and the approval was made to let the volunteers to proceed with a directory – Bruce will get them an updated list by April 1. The board approved of sending new members a “welcome letter”. Jon will take care of this. A second invitation had been extended to two members from Jon to attend the BoD meeting so that they could follow up on a presentation they had made to the board in November of 2017 concerning ideas and incentives for member retention. Unfortunately, the board did not hear from either member regarding this.

Old Business: Bylaw definitions: the board agreed to forward the bylaw definitions to the 2019 Annual Meeting for approval by the general membership to include them as Appendix B in our bylaws (motion made by Tony/second, Peggy). ICF Fund; the language on the request form needs to be updated. Bill Suskey is working on this.

Electronic membership fee payments was again discussed. Bill agreed to write a newsletter article explaining the boards thoughts on this. He will forward the article to Nicole for posting on the website as well.

100-Mile Horse Program: Discussed and several thoughts/ideas were expressed. Although no action was taken, it was agreed to discuss the topic further at the November BoD meeting.

Scheduled board conference calls; for now, they will be done on an as needed basis.

Added item to old business; Nicole asked that the board consider further discussions be held on the sanctioning of potential rides in “out of region” areas. The board agreed this topic needs to be investigated further and will place it on future board agendas.

New Business: Regarding Article IV, Section 5. PRESIDENT. subsection (d): The board discussed the problems it feels this language creates for electing a qualified nominee for the office of President if she/he cannot physically be present at the meeting due to extenuating circumstances. As a bylaw, no exceptions can be made. If the language were to be eliminated, the position of President would be subject to the same rule applicable to other officers of the Board. (Nominees are required to be in attendance, however, the rule may be suspended if 2/3 rds of the attending members agree to suspension). Tony motioned, Theresa seconded, and the board approved the following wording:

(d) To be eligible to be elected, a nominee for President: must be present and a Delegate to the meeting at which the election is held must be:

1. A current UMECRA Ride Manager or former UMECRA Ride Manager;
2. Who has been a UMECRA Ride Manager during at least three (3) seasons in the past five (5) seasons, or who has been a Delegate in the preceding two (2) years. (1/25/09) This proposed bylaw change will be forwarded to the 2019 Annual meeting for the general membership to vote on.

Minimum age requirements for Alternate/Proxy delegates: This item was brought to the boards attention by an individual member. The consensus of the board is that proxies/delegates, regardless of age, are obligated to vote as directed by the Ride Manager who selected them. Additionally, the board reserves the right to confirm the appointment of voting delegates in accordance with Art. III, Section 6 of the corporation’s bylaws.

Strategic planning: Nicole presented some ideas on how to grow the organization to aid with ride prep and promotion through UMECRA branded items. A committee was formed to study this idea, with Nicole as Chair, and other members being Tony, Theresa, Laurie, and Bill, with the goal of having a first report out in June.

Announcements; the next board meeting was set for November 10 at a location to be determined.

Adjournment: took place at 3:28 pm CST upon motion of Peggy and second by Tony.

Respectfully submitted,
/s/ Bruce A. Birr

Treasurer’s Report

8:34 PM 03/27/18 Accrual Basis		UMECRA Profit & Loss January 1 through March 5, 2018	
	Jan 1 - Mar 5, 18	Jan 1 - Mar 5, 17	
Printing	1,067.03	0.00	
Ride Forms	0.00	213.31	
Ride Insurance Expenses	4,604.00	4,089.00	
Trail Grants	600.00	0.00	
Website Expenses	0.00	131.40	
Year-End Awards	4,657.00	1,074.75	
Total Expense	18,276.15	12,261.04	
Net Income	-6,474.15	-1,132.59	

UMECRA
Balance Sheet
As of March 5, 2018

	Mar 5, '18
ASSETS	
Current Assets	
Checking/Savings	
MFCU-00 (Convention Fund)	6,544.90
MFCU-64 (ICF Fund)	6,799.44
MFCU-65 (Trail Fund)	3,546.88
MFCU Checking (UMECRA)	16,292.61
Total Checking/Savings	33,183.83
Total Current Assets	33,183.83
TOTAL ASSETS	33,183.83
LIABILITIES & EQUITY	
Equity	
Opening Bal Equity	16,860.34
Retained Earnings	22,797.64
Net Income	-6,474.15
Total Equity	33,183.83
TOTAL LIABILITIES & EQUITY	33,183.83

Got Coggins – check
Got shoes/boots – check
Entry forms filled out – check
Trailer prepped – check

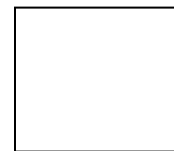
UMECRA
Profit & Loss
January 1 through March 5, 2018

	Jan 1 - Mar 5, 18	Jan 1 - Mar 5, 17
Income		
1000-mile Horse	30.00	0.00
Convention fees	4,682.00	5,677.91
Donations Received	0.00	80.15
Erroneous Deposits	0.00	40.00
Interest Income	0.00	1.39
Membership Dues	3,725.00	3,075.00
Misc Income	0.00	15.00
Ride book income	20.00	0.00
Ride Fees	65.00	0.00
Ride Sanction Fees	445.00	640.00
Silent Auction	2,835.00	1,599.00
Total Income	11,802.00	11,128.45
Gross Profit	11,802.00	11,128.45
Expense		
Advertising & Promotion	600.00	0.00
Bank Service Fees	0.00	24.89
BoD Expenses	0.00	41.96
Completion 1st Ride T-shirts	40.05	0.00
Convention Expenses	6,565.15	6,090.28
Memberships to join	0.00	76.00
Miscellaneous	0.00	16.74
Newsletter	142.92	287.13
Office Supplies	0.00	119.83
Postage	0.00	95.75

Sounds like ride season
is ready to start!

See you on the trail!

UMECRA Newsletter
c/o Peggy Pasillas
9928 Rich Valley Blvd
Inver Grove Heights, MN 55077
www.umecra.com



Deadline for Next Newsletter:
5th of each month
Send news to:
UMECRAnews@gmail.com



PRESIDENT

Jon Wagner
W359 N 8280 Brown Street
Oconomowoc, WI 53066
920-342-0958
jwagner288@wi.rr.com

VICE PRESIDENT

Tony Troyer
867 N 45th Road
Earlville, IL 60518
815.539.7375
il4aerc@aol.com

SECRETARY/TREASURER

Bruce Birr
1633N W, Kendll Road
Manistique, MI 49854
906.341.8562 Home
906.286.1991 Cell
bbirr@centurytel.net

POINTS KEEPER

Robin Schadt

7342 W 115th Street
Worth, IL 60482
708.280.8241
robinschadt@aol.com

**REGIONAL DIRECTORS
ILLINOIS**

Nicole Mauser-Storer
201 S Cameron Lane
Bartonville, IL 61607
618.868.2999
n.mauserstorer@huskers.unl.e

MICHIGAN

Lisa Germann
6529 Milan Oakville Road
Milan, MI 48160
734.439.5616

lgermann08@comcast.net

MINNESOTA

Sarah Maass
60693 State Hwy 4
Fairfax, Mn 55332
507-340-7859
sarahmaass@hotmail.com

WISCONSIN

Laurie Henshel
N8969 Cty 00
Clintonville, Wi 54929
608-774-7490
ridgeviewwalkers@frontiernet.net

AERC REGIONAL REPS

Connie Caudill – Ride
Sanctioning
812-967-5973
Sue Keith
812-949-1629

**SANCTIONING
COORDINATOR**

Joslyn Seefeldt
5738 Klug Road
Milton, WI 53563
608.774.7490
joslynsfiberfarm@aol.com

NEWSLETTER EDITOR

Peggy Pasillas
9928 Rich Valley Blvd
Inver Grove Hgts MN 55077
651-450-7959

peggy@pasillas.net

UMECRAnews@gmail.com

DIRECTORS AT LARGE

Peggy Pasillas
9928 Rich Valley Blvd
Inver Grove Hgts MN 55077
621.353.7959
peggy@pasillas.net
Bill Suskey
5605 W Pine Lane
Mequon, WI 53092
262.242.9402
hellsbellsfarm@gmail.com

VETERINARY REP

Wes Elford
N9140 Cty Road V
Mayville, WI 53050
920.948.1078

wselford@sbcglobal.net

WEBSITE EDITOR

Nicole Mauser- Storer
201 S Cameron Lane
Bartonville, IL 61607
309.697.5591
n.mauserstorer@huskers.unl.edu

RIDER REPS

Max Bernsdorf
N5630 Hwy 42
Kewauee, WI 54216
920-388-3128
miranch@hotmail.com

Janette Sasena

17185 Pheasant Meadow Ln SW
Prior Lake, MN 55372
952.292.2973
janettesasena@mac.com

Lynda Zimmerman
130-8th St. NW
Maple Lake, Mn 55358
612-804-4387
blz@usfamily.net

Tracy Johnson

404 Allen St.

Cambridge, Wi 53523
608-209-2516
tracyj6907@hotmail.com