

July 2019

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



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Jon Wagner
UMECRA President

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*Line = (65 Characters per line including spaces)

Hey UMECRA! Anyone out there interested in taking over the newsletter? We are still looking for a new newsletter editor. Responsibilities include producing 10-11 newsletters per year and helping with organization wide emails on occasion. If you are interested, please contact UMECRA President Jon Wagner (jwagner288@wi.rr.com) or current newsletter editor Peggy Pasillas (UMECRAnews@gmail.com)

Where Will Your Next Ride Be?

2019 Ride Date	Ride Name	Location	State	RM Last Name	RM Email
7/26-28	Bonecrusher	Palmyra	WI	Amber Erickson	endurochiro3@gmail.com
7/27-28	Northern Lightz Run	Twin Valley	MN	Diane Schermerhorn	dasher09@gmail.com
8/10-11	Louise Reidel	Arkdale	WI	Elinor Tonsor	helinoretonsor@earthlink.net

	Memorial				
8/17-18	Rock River Charity	Franklin Grove	IL	Tony Troyer	il4aerc@aol.com
8/17-18	Run for the Cactus	**New Location**	MN	Sarah Maass	sarahmaass@hotmail.com
8/24-25	Northern Highland	Conover	WI	Laurie Henschel	ridgeviewwalkers@frontiernet.net
8/31-9/2	White River Fall-Labor Day	Hesperia	MI	Kari Hanes	montaleearabians@gmail.com
9/7-8	Charity Cup	Pillager	MN	Darlene Molitor	valleycreek1@gmail.com
9/7-8	Keweenaw	Marquette	MI	Karen Jarvi	kjarvi0914@gmail.com
9/7-8	Lincoln Trail	Kinmundy	IL	Ruth Stewart	rrstewart2002@yahoo.com
9/14-15	Colorama Classic	New Prospect	WI	Pam Cotton	hellsbellsfarm@gmail.com
9/21-22	Run for the Ridge	**New Location**	MN	Sarah Maass	sarahmaass@hotmail.com
9/28-29	Metro Park Express	Milford	MI	Mindy Nagy	melindasmymers@gmail.com
10/4-6	DRAW Festivus	Palmyra	WI	Sherry Aune	aunesherry@hotmail.com
10/12-13	Iron Oak	Arkdale	WI	Ruth Casserly	casserlytimruth@gmail.com
10/12-13	Oak Leaf Run	Hamilton	MI	Barb Kurti	silverheartsfarm@yahoo.com
10/18-19	Point Chaser	Theilman	MN	Holly Egerer	regerer287@aol.com
10/26-27	AHDRA III - Big River	Keiths burg	IL	Jim Andriakos	cgswwimcoach@yahoo.com

New Vet Donates Pay to Junior Riders

A couple of extraordinary things happened at this year's Grand Island North. My second, Saturday-only vet, a Dr. Leah Reid, was first of all someone who actually wanted to be there - she is new to the profession, the area and distance riding and her enthusiasm was infectious.

Then, when I went to pay her for the day she said she wanted to donate it to support junior riders, as there were few in attendance. I told



her that I would use the money to waive entry fees for juniors at Grand Island North until such time as it was exhausted. So, expect to see in my 2020 flyer and beyond that juniors ride free thanks to the generosity of Dr. Reid.

Karen Bahrman

Reminder – new location for Run for the Cactus (August 17th & 18th) and Run for the Ridge (September 21st & 22nd) Contact Ride Manager Sarah Maass for more information or get the ride flyers at UMECRA.com

Saving Chaco – Gelding Scar/Adhesions Release

Chaco flew down the trail, cantering smoothly at almost full speed, ahead of the group of riders. A steady rain began just before our 25-mile Limited Distance (LD) event at 6:30 a.m. but ended by the time we finished the first loop (16 miles). Chaco hates rain on his face, but that didn't deter him. He was all "GO!" and led in first place the entire ride. He loved running up and down the hilly, rocky kettle moraine trails in southern WI (ApDRA ride); the trails were in great shape. His top speed was 17.8 mph and average was 7.8 for the first loop. The second loop had a new single track segment winding through woods and dripping bushes, which we both enjoyed. It doesn't get much more FUN than that for us, even though we were both soaked on the first loop!

Chaco is a pinto Paso Fino and does very well for his breed in the sport, but he had a difficult time just getting to the starting line last year.

Distress

Chaco experienced extreme back pain under saddle the first year I had him (2016), but it wasn't identified as such for almost a year. I and others thought it was a training issue. He bolted with me the second time I rode him here in MN. After taking a few steps back and doing some remedial training, when I tried to compete him that fall, he bolted four more times at one ride when I pulled out before I or anyone got hurt. He would work himself into a frothy sweat and just quiver.

Ride vets could find nothing wrong with his back, hips or legs, a massage therapist found nothing that significant, an equine lameness expert found nothing, just thought it was anxiety. Another vet wanted to do a \$3,000 spinal injection with a 12" needle in an experimental study! I tried all sorts of feeding regimens and consulted various experts, thinking he might have some kind of nutrition deficiency. His saddle fit checked out fine, but I couldn't ride him even 15 min. in an arena without him shaking, lurching and jerking in pain spasms. Everyone I knew recommended getting rid of him one way or another before I got hurt.

I tried selling him, then donating him, but he was unrideable and dangerous, which people didn't seem to believe, and I couldn't in good conscience let them take him as is because he would hurt someone, likely kids. But he was good on the ground for me and beautiful; he had so much potential if only I could find the source of the problem. He would free lunge around the arena doing jumps and pirouettes, but under saddle was starkly different. I ground drove him around the arena to see if he could drive a cart and promoted him for sale as a driving prospect. Even that didn't go; although, he picked up the driving cues very well. Finally, as a last resort, I feared I would have to put him down, which broke my heart. I board my horses and just couldn't afford to board a young horse (he was only 10) that I couldn't ride or use for many years.

Last Chance

I contacted a horse psychology friend in WI who had another friend in Minnesota with a problem horse that an Equine Osteopath helped with manual palpations on the outside of the horse. I called her, and she came over with a vet with whom she works. The Eq. Osteopath examined him and from my description thought it sounded like he had pain from gelding scar adhesions. There was no way to know for certain except for the vet to do the Release procedure. I had nothing to lose but a modest fee; this was his last chance.

The veterinarian sedated him and performed the rectal procedure (not a surgery) right there at the barn. We wouldn't know for weeks if it worked; I agreed to give him to the end of Autumn for recovery. Chaco had adhesions for so long that his organs and ligaments were out of position; he needed three months of stretching and rehab to get everything back in place and keep it there. That was mid-April 2017, almost a year to the date I had bought him. I did the rehab and exercises faithfully according to instructions. The Equine Osteopath came for follow-up body work treatments and to check his progress, and I was finally able to start light riding in mid-June.

Recovery

The first thing I had to deal with once I started riding him again was his memory of the pain. He flinched and squirmed when I tried to mount, then refused to move, obviously expecting it to hurt. I was disheartened thinking the procedure had failed but took baby steps with lots of encouragement and reminders that, "It doesn't hurt anymore, Chaco."

He also had anxiety from his previous timid/nervous owner who always fed him calming supplements before riding, and who must have ridden only in good weather as Chaco was afraid of the wind, rain, and being in the open (he liked the woods). If I barely moved in the saddle, he startled. He also had been spoiled and could be a bully when not getting his way.

Chaco had been trained only to walk for this person, so he got overly excited and nervous about gaiting or any pace under saddle; he'd been with this person throughout his youth (ages 3-9). He had a lot of issues, but once the pain was gone, we could work on overcoming the behaviors and fears with patient, slow progression, one thing at a time, including learning to ride in a group, following and leading. On an early spring trail ride the following year (2018, two years post-purchase), Chaco deliberately walked through every puddle and tasted the snow melt, focusing on the environment. He relaxed and actually enjoyed the trail; I cried. He had made so much progress towards just becoming a normal horse! The Gelding Scar Release procedure literally saved his life.

Success

Last year Chaco had his first full season of distance competition (2018). It was a rocky experience, and he had a lot to learn (and I had to learn how to manage his energy and strong will), but he earned High Point Endurance Horse for PFHA nationally! He's still learning, and this past weekend we had our most fun competition yet. Chaco went out at a canter at the head of the LD group, and we led the entire way both loops. He was flying, but not running from pain and not frantic out of control – just running for the sheer joy of going. No one was ahead of us, so he had no one to catch; he just loves to canter!

He finished in third place because two Arabians came in right behind us and pulsed down ahead of him. But it was a great ride, and I was so proud of how far he'd come. We also did an obstacle clinic the day before, and he did very well with all the obstacles that pertained to trail riding including stepping through a box of plastic bottles and water jugs and standing still while I threw a lariat over my head and towards a fake steer head. This was a far cry from not being able to move my hands or shift my weight in the saddle without him flinching when I first brought him home.

Conclusion

We've been together for three years now (2019), and he has been a miracle story! I've read that as many as 30% of geldings may be dealing with some pain related to gelding scar adhesions. Some handle the pain, but others, like Chaco, experience intense, excruciating pain that just gets worse over time. Mysterious, unidentified pain develops at about age 8-10 which can prompt bad behaviors (bolting, bucking, etc.) often incorrectly attributed to training or nutrition issues, as I first surmised.

This pain is not necessarily the result of an incorrect gelding procedure. When the tubes are cut, they retract into the body and stick to other fascia and ligaments because they are wet. As the horse ages, the adhesions prevent normal movement and restrict or pull on fascia/ligaments. To correct the problem, the veterinarian reaches through the colon to release the scars and adhesions with her fingers. She can also tell if the organs are out of place. It's an amazing procedure, and the two women work together. The Equine Osteopath cannot do the procedure, and the vet relies on the Eq. Osteopath's body work assessment. In my experience, most riders and many vets have not heard of this condition or procedure.

Chaco is still learning about long distance riding, but he's making good progress towards reaching his potential! This would never have been possible without the Gelding Scar Release procedure. More info is available on the website for Worldwide Alliance of Equine Osteopaths (WAEO) <https://www.equineosteopathy.org/> or on Facebook, "The Osteopathic Vet" page.



This article was originally written for and published by Riding Warehouse, the Official Riding Gear of AERC. For further relevant learning opportunities and equine interest articles, visit blog.ridingwarehouse.com where readers' experiences and feedback are welcomed!

Lynda Zimmerman
Photos by Bob Zimmerman

Ride Results

Maplewood - 6/1/19 - Comp HW			
Joan	Thiel	A Risky Encounter	1
Carmen	Steuck	Phoenix	2
Karin	Lupo	VC Premier Edition	3

Maplewood - 6/1/19 - Comp LW			
Michele	Bjork	AM Suwanne Adrianna	1
Diane	Merz	Sterling Illusion	2
Victoria	Robison	SC Zhivago	3
Sue	Deike	Cash	4

Maplewood - 6/1/19 - End HW			
Sheryl	O'Brien	Wild River Sundancer	1

Maplewood - 6/1/19 - End Jr			
Emma	Christopherson	Integritys Deluxx	1

Maplewood - 6/1/19 - End LW			
Sarah	Maass	Royal Opus	1
Teresa	Fett	CR Mistiraaz	2
Maria	Enge	Faustos Flame	3
Karla	Ovsak	Patches MN	4
Jane	Malischke	Hollywoods Brightest	5
Suzanne	Warren	Heart of Valparaiso	6
Denise	Ziegler	Pearl Layne	C
Jodi	Johannessen	Bombay Ice	P
Candy	Barbo	SR August Breeze	P
Maplewood - 6/1/19 - LD Jr			
Olivia	Christenson	Tamanni BLM	1
Adin	Esqueda	Mustang Salli	2

Maplewood - 6/1/19 - LD Sr			
Michelle	Splonskowski	Sharif El Moniet	1
Sherry	Legatt	Fortunette Echo	2
Jason	Nicol	SBF Capaccino	3
Kasey	Corcoran	Shayla	4
Jackie	Erickson	SN Aladdin Abu	5
Anne	Anderson	SH After Midnite	6
Joshua	Ramon		C
Erica	Hollen	AW Banderas	C
Abby	Gieseke	Fancy Zara	C
Leslie	Lloyd	Spotted Caliber	C
Darlene	Molitor	VC Auralia	C
Janet	Sarver	Legacy of Khourage	C
Lynda	Zimmerman	Chacofino San Rose	C
Peggy	Pasillas	Remy	C
Rebecca	Horihan	LC Ernani	C
Crystal	Esqueda	Lopin in Diamonds	C
Kathryn	Vadnais	Nobel Effects	C
David	Vannurden	VC Sundae Edition	C
Janette	Sasena	Caduceus Oriana	C
Debra L	Juettner	Rena	C
Sarah	Kieser	NW Wildcard	C
Lynne	Triplett-Benson	Helen Jane	C
Jennifer	Frerichs-Ramon	Lads Switch Blade	C
Pamela	Coolidge	Snappy	C
Jackie	Hukriede	Cienna	C
Bonnie	Mielke	PSL Lakota Chief	P
Sierra	Galatz	Colby	P
Maplewood - 6/2/19 - Comp HW			
Dale	Lunde	Mattingley Hour Glass	1
Maplewood - 6/2/19 - Comp LW			
Lynn	Reichert	WH Procrastinator	1
Maplewood - 6/2/19 - LD Sr			
Leslie	Lloyd	Spot	1
Jordan	Korpas	Cisco	2
Kasey	Corcoran	Sharif El Moniet	2
Peggy	Pasillas	Remy	4
Michelle	Splonskowski	Dashin Dun Playboy	5
Sarah	Kieser	NW Wildcard	5
Erica	Hollen	AW Banderas	C
Mary Jo	Hadler	Boranma Buck	C
Teresa	Fett	Ice Falcon LRA	C
Crystal	Esqueda	Lopin in Diamonds	C
Maria	Enge	CRF Lady Supreme	C
Wendy	Figuroa	Rain	C
Emily	Blodgett	Scout	P

Maplewood - 6/2/19 - Novice			
Julie	Solie	Brandy	1
Becca	Johnson	Bob	2
Ashley	Maness	Copper	3
Terry	Johnson	Bullets Black Rein	4
Amy	Morrison	Shade of Bay	5
Brenda	Hazledine	Opie	6
Paula	Goligowski	Ms Lightening	MO
Sarah	Carlson	FPH Second Badge	MO
Jennifer	Frerichs-Ramon	Lads Switch Blade	MO
Pamela	Coolidge	JH Arabalest	MO
Nancy	Hoffman	KHA Healani SRA	MO

Dead Dog Creek - 6/29/19 - Comp HW			
Jim	Andriakos	CR Cosmic Eclipse	
Dead Dog Creek - 6/29/19 - End HW			
Gerald	Cummings	Bethany Grey C	1
veralyn	capps	runnin man	2
bobby	capps	brown cow	3
Karri	Wilson Bruskotter	bkr séance n moshahn	4
gabriele	hoffmann	Silver's White Diamond	5
Keith	Kibler	Silver's Wild Kate	6
Dead Dog Creek - 6/29/19 - End Jr			
SYDINIE	TYCER	NC GALLOPING GUS	1
Dead Dog Creek - 6/29/19 - End LW			
Lois	McAfee	SAMIR AL MAR	1
Abbey Kay	Moore	Romeo	2
Kathy	Torgesen	Marichole	3
Margaret	Gallick	Disco	4
Meghan	Delp	FULL OF FI YOUR	5
JONI	BURDEN	MISS FANCY PANTS6	6
TINA	COCHRAN	SPIRIT	
Lori	Windows	ELLA N Fires Jane Doe	
FLASH	ACCARDO	RIZING MOTION BF	C
LISA	DELP	WMA SANDPANTING	C
DEBRA	MASTELLONE	A BLAZIN BALL AFIRE	C
JODY	Buttram	ANSA O GABRIEL STYLE	C
Dead Dog Creek - 6/29/19 - LD Jr			
GRACE	Troutner	ZELDA	1
MEGAN	BURKE	MINNATRIX	
Dead Dog Creek - 6/29/19 - LD Sr			
CATHERINE	HODGSON	Spiritual Saga	
LARRY	REID	ROCK MAN	
HILLARY	MARLER	GRAPEVINE LEGATO	C
SUSAN	DICKINSON	KC EXZALT HARI	C
TONI	VON RUDEN	NEVAEH	C
TAMARA	THOMAS	ROXY WC SUGAR HIGH	C
Joshua	Mowrer	EAF SWEET CLEMTINE	C
KAREN	BONGERT	CA CONTESSA	C
hether	magee	IBN BLACK STAR	C
Stacy	Troutner	Ryan	C
Brooke	Thibeault	BFC Sterling	C
Cynthia	Ross	LILY WHITE	C
Belinda	Cook	BF Four by Four	C
AMY	CORNELISON	KW Magnum Archie	C
Roberta	Harms	Lady Jane	C

Dead Dog Creek - 6/29/19 - Novice			
STEPHANINE	GODDARD	Flick D'light Halima	1
brittany	debord	stormy's night magic	2
kaylie	hulsey	lilly	MO
Dead Dog Creek - 6/30/19 - End HW			
Keith	Kibler	Dandy's Moonlight Serenade	1
Dead Dog Creek - 6/30/19 - End LW			
Sandra	Kibler	Go Boys Gypsy	1
jayamae	gregory	the boogie man 3	2
JODY	buttram	motissade petit jet	3
Laura	Marshall	jamboree de petit jet	4
Dead Dog Creek - 6/30/19 - LD Sr			
Karri	Wilson Bruskotter	bhr kharizma bay	1
Dead Dog Creek - 6/30/19 - Novice			
brittany	debrod	stormy's night magic	1
kaylie	hulsey	lilly	MO

Endless Valley - 7/5/19 - Comp HW			
Allison	Goetz	Shadowtrax	1
Laura	Savatski	Murphy's Law	2
Barb	Gardner	RR Roman Scooter	C
Endless Valley - 7/5/19 - Comp Jr			
Sierra	McGuire	Gerry	1
Morgan	Thompson	Willy	2
Sophia	McGuire	Secret	3
Endless Valley - 7/5/19 - Comp LW			
Susan	Grossenbacher	NW Otono Blue Sky	1
Marlie	Nuata	October	2
Ruth	Casserly	Amir Sam PMR	C
Victoria	Robison	SC Zhivago	P
Endless Valley - 7/5/19 - End HW			
Guy	Worthington	PA Hi-Spirit	1
Endless Valley - 7/5/19 - End LW			
Laurie	Henschel	Bataania KSR	1
Belinda	Cook	BF Four by Four	2
Leigh Ann	Sytsma	Heza Bright Future	P
Endless Valley - 7/5/19 - LD Sr			
Samantha	Connor	Bey Gaalan	1
Brandon	Brunner	TA Ballet Dancer	2
Kathy	Torgesen	Flick D'light Halima	3
Brooke	Thibeault	BFC Sterling	4
Jon	Wagner	Mi Victory Dance	5
Maxine	Bernsdorf	CH Shamm Bashire	P
Ann	DeLang	Chocolate Martini	P
Carol	Wagner	Tripl Blackburn King	P
Samantha	Smith	A Klassy Treasure	P
Endless Valley - 7/6/19 - Comp HW			
Andrea	Pfeifer	Mytalisha's Titan	1
Amber	Hennig	PAA Baylyn Seer	2
Endless Valley - 7/6/19 - End HW			
Kimberly Ann	Fosler	BZ Cojeseryn Sahar	1
Scott	Campbell	JG Kings Major	P

Endless Valley - 7/6/19 - End LW			
Jan	Worthington	Golden Lightning	1
Laura	Marshall	Dimitri	2
Ann Marie	Barnett	RAL Khastaway (Khasper)	3
Marianne	Guilfoyle	Gianni Ali Oops	4
Teresa	Harp	Jedwab	P
Endless Valley - 7/6/19 - LD Sr			
Samantha	Connor	Bey Gaalan	1
Elizabeth	Frieders	UpUp And Away JIF	2
Brooke	Thibeault	BFC Sterling	3
Brooke	Moeller	Rusty Chris-te	4
Leigh Ann	Sytsma	Misty Afternoon	P
Debby	Weisbecker	Love Me A Latte	P
Kristine	Jubeck	William	P

Whatever Happened to Sunday Rides?

From a ride manager's perspective, Sunday's aren't what they used to be! Ride numbers are way down on Sunday's and it's making the ride manager's job even harder. Expenses are the same whether there are 10 riders or 50 so when Sunday numbers are down, it makes it that much more difficult to break even, let alone make money. As a ride manager, I know we can't continue to put on rides and not at least break even. It's hard enough with all the weather challenges that the rides have had to deal with, but when you don't participate on Sunday and they have vets that need to be paid, awards and ribbons have been purchased and all the effort invested, it is very disheartening!

Come on people – bring that 2nd horse that you need to start. Bring a friend and ride the Intro or Novice ride and help introduce them to the sport. Challenge yourself and your horse and ride a 2nd day on the same horse and get all those extra points.

From a pure points perspective, you get more bang for your buck riding on a Sunday! Fewer riders generally lead to better placings! Hey – you have to show up to win so why not try it on a Sunday! Peggy Pasillas (Mosquito Run)

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5th of each month
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