

March 2021

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



Letter from the President:

I sure hope that the challenges we faced in our personal lives and as members of the distance riding family due to the Covid pandemic of 2020 are behind us. It was a tough year with a lot of uncertainty that required patience, flexibility, resiliency and creativity to pull off the abbreviated ride season we had.

Thanks again to all who helped to make it possible.

While we still need to be aware of and deal with issues related to the pandemic during this upcoming ride season, things sure are looking much more promising for 2021. We have a full slate of rides scheduled this year (37) with a few new venues for riders to consider. Let's hope all of our rides experience good turn-outs and excellent weather.

There are a couple of things I'd like to mention and remind ride managers of as we prepare for the start of the season:

- If for some reason you do need to cancel your ride, please remember that it is your responsibility to contact the following people as soon as possible; the UMECRA President (jwagner288@wi.rr.com), our Sanctioning Coordinator (thmeter753@gmail.com) and Secretary (jsarver662@gmail.com). It is their responsibility, not the RM's, to see to it that the official notice of all cancelations is posted to the UMECRA website, and FB page, to inform the other board members, and to contact the insurance company. **To receive a credit on insurance costs, the insurance company must be notified of any cancelation within 7 days after the scheduled date of the canceled ride.**
- The daily insurance rate for 2021 will remain at \$45/day with UMECRA paying half the costs, adjusting the RM's cost to \$22.50 per day. Additional insured rates will also remain at \$20 per insured. RM's are responsible for the full cost of any additional insured requests. **However, new for 2021 – rides/RM's who have identical additional insured requests as other rides can now share the costs of those additional insured.** For example: if two or more rides request coverage for the same Dept. of Resources, the cost of that coverage (\$20) can be split equally between the rides. UMECRA's Treasurer has reviewed the insurance requests for 2021 and has noted all instances where there are sharable additional insured. RM's with "shared" additional insured requests will automatically have the costs adjusted/invoiced. **Also new for 2021- the insurance company has agreed to reimburse/credit UMECRA for any additional insured costs if a ride is canceled (*see exception).** In the past, if a ride was canceled, the RM was still responsible for any and all additional insured requests they made. From now on, RM's will receive credit for those additional insured requests if their ride is canceled and the insurance company has been notified within 7 days of the date of the canceled ride. The only ***exception** to this is those rides/Rm's "sharing" additional insureds. **They WILL NOT be able to cancel shared additional insured coverage (other sharing rides still need the coverage) and they CANNOT be refunded their shared cost of the additional insured if their ride is canceled (due to equity in costing between rides).** If you have any questions about these changes or insurance in general, please feel free to contact me, jwagner288@wi.rr.com or UMECRA's Treasurer debralmoe@gmail.com and we'll be happy to answer your questions.
- Distributing ride packets (entry forms, etc.) is another challenge since we were unable to have a convention this year. Right now, the plan is to have our Sanctioning Coordinator (Theresa Meyer) ship/deliver state packets to one individual who will in turn find a way to get individual RM packets to

them. Theresa is coordinating the MN distribution, Nicole Mauser-Storer will coordinate the IL group and I will work on the WI distribution. We still need a volunteer to help us with the MI packets. If you can help, please let Theresa know.

- Entry Form – the Entry form revision is completed and has been available on the website for some time now. Our committee did an excellent job implementing most of the suggestions it received. Thanks to all who provided input.

Finally, the March 20th virtual board meeting went well (minutes may not make this newsletter?). We welcomed Linda Mower and Barb Gardner onto the board as its two newest members. I'd like to also thank Dr. Lorenz for agreeing to stay on the board in an advisory role as our Veterinarian Representative. Best of luck to everyone as you condition your equines, and yourself, for the 2021 ride season. Let's get it started!

Jon Wagner

UMECRA President

January 23, 2021 UMECRA Board of Directors Meeting Minutes

The meeting was held via ZOOM, and called to order by President Jon Wagner at 7:09 am CST. Also attending virtually were board members Sandra Wright, Lynda Zimmerman, Deb Moe, Tony Troyer, Maxine Bernsdorf, Jen Moore, Dr. Jennifer Lorenz, Peggy Pasillas, Kim Fosler, Nicole Mauser-Storer, Laurie Henschel, Theresa Meyer, Sarah Maass, Bill Suskey, and Bruce Birr. Non-board persons in attendance were Robin Schadt, Katie Vogl, and (for a portion of the meeting) Diane Meinders. The meeting was also live-streamed and recorded for those so interested.

The **Treasurer's report** (attached -- P&L and Balance Sheet) was presented by treasurer Deb Moe, and was accepted by Unanimous Consent.

Theresa presented the **Ride Schedule** for review and forwarding to the annual meeting, approved by Unanimous Consent of the Board of Directors.

The **Tech Committee** presented last-minute information and details on how the virtual annual meeting would take place, details were discussed and confirmed.

Additional LD miles proposal: Tony moved to include Kim's proposal to the agenda for the annual meeting. The proposal (attached below) was discussed and clarified, and approved by Unanimous Consent, to include it in the annual meeting agenda.

Bylaw change, Fee Increases, Minimum Miles, and the LD Proposals: These were reviewed by the board and will be forwarded as drafted, to the annual meeting (draft proposals are available in the minutes of the 2021 Annual Meeting).

There were no questions or discussion on agenda items of **Elections**, and **Other**, and the meeting adjourned at 8:12 am CST upon motion of Peggy, with 2nd by Tony.

/s/ Jon Wagner UMECRA President

Beware the Rides of March!

With our relatively mild winter this year, some of us have been out riding in the snow, on the snow-covered roads and paths, or possibly even on a winter trail in a state forest. Whether you have or haven't yet, these early Spring rides deserve extra caution, consideration and preparation for enjoyment and to avoid injury.

Your Trail Buddy has been safe and secure in his pasture with little exposure to objects, animals, equipment, life outside the fence and is likely to be unusually spooky those first few times out. He may need a few rides to re-acquaint himself with the trails, trail buddies, trailering, parking lots, other trail

users, etc. Now is a good time to pull out the desensitizing objects and spend a session or two getting him over his natural apprehension after a layoff, exacerbated by his Spring energy.

Whether you use plastic bags (empty or filled with noisy cans/plastic bottles), a big ball or an umbrella, it all helps rebuild his confidence. Be gentle, patient and work slowly; the goal is not to scare the horse, but to help him accept that these objects are not dangerous. If he's unfamiliar with desensitizing exercises, you may need to start by just lightly rubbing a crop or lead rope on his shoulders, over his back and around his legs or begin with a quiet object (e.g. pillowcase) and work slowly up to more dramatic objects. Stacy Westfall's Trail DVD introduced me to desensitizing several years ago, but there are likely other good resources online.

Sure, we're eager to get out and enjoy the sunshine on a warm 40-degree day, and our horse may be eager to get out of his paddock for a change of scene. But, remember he's been off work for most of the last few months, will be somewhat out of shape and yet, feeling frisky in the warm temps. While you both may want to take off at a gallop, feel the wind in your face and the trail under your feet, that may not be the wisest plan if you want to ride the full season. He's mostly just been standing around at the hay feeder, staying warm. Take the time to recondition slowly, letting his muscles stretch and get ready to being used again.

Walking is a great reconditioning pace as it uses all the horse's muscles. It will help prepare him for a nice trot pace when the ground surface dries up a bit more, eliminating any residual snow, ice or slippery mud. You may want to consider riding with a buddy so both horses are calmer and more confident. If he was fit and well-conditioned last year, he will re-gain that conditioning relatively quickly with regular exercise. If he largely took the year off, he may need more time to get up to speed. Just respect his early physical status and mental attitude until he's ready to resume a normal workout schedule.

Tempting and delightful as these early Spring days are for riding, take the precautions and time to acclimate your partner again so you can both enjoy these early rides and the rest of the season.

Beware the Rides of March!

Lynda Zimmerman

UMECRA Rider Representative 2018-2021

March 4, 2021

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)

Know someone looking to learn more about the sport? There is a beginner clinic scheduled for May 15th in Minnesota!

For more information, contact Peggy Pasillas at peggy@pasillas.net or check out the MN Distance Clinic Facebook page or the 2021 Distance Clinic event page!

Address for the clinic is:
9928 Rich Valley Blvd
Inver Grove Heights, MN 55077

Starts at 9am.

Have You Gotten Your 2020 Award Yet?

The list below is for the remaining UMECRA awards from 2020. During this last unusual year without our in person Annual Meeting we could not present the awards - these are still in my care and I would love for them to be in your hands. I will be attending the White River ride in Michigan May 1st and can bring awards with me if someone would want to find me and pick them up. Please contact me beforehand, otherwise mail a check to me and I will mail the award to you.

Send your check made out to Jan Sasena at:

17185 Pheasant Meadow Ln sw

Prior Lake, MN 55372

Thanks! Jan Sasena

Coolers – Cost to Ship \$10.00	Jackets – Cost to Ship \$10.00	Restricted Mileage – Cost to Ship \$5.00
Jan Wylie	Adin Esqueda + JR Highpoint	TJ Edwards
Guy Worthington	Jessie Finnila	Alice Erickson
Allison Goetz	Wendy Maas	Sheila Schneider
	Emma	Jim Andriakos
	Crystal Esqueda	Jan Worthington
		Becky Horihan
		Karla Ovsak
		Deb Searle
		Becki Sanford
		Susan Grossenbacher
		Bettina Koehn

Time to Start Planning Your Ride Season!!

Ride Dates	Ride Name	Ride City	Contact	Email
May 1-2	MnDRA I	Hinckley, MN	Michelle Fedewa	michelle.fedewa@yahoo.com
May 1-2	White River Spring	Hesperia, MI	Becke Grams	beckeg@aol.com
May 7-9	Glacier Trails	Palmyra, WI	Romona Radtke	ward.elizm@gmail.com
May 22-23	Border Battle Boogie	Menagha, MN	Deb Moe	debralmoe@gmail.com
May 22-23	AHDRA's Endure	Chanderville, IL	Nicole Mauser-Storer	n.mauserstorer@huskers.unl.edu
May 29-30	Grand Island	Rapid River, MI	Kathy Macki	k_macki@yahoo.com
June 5-6	Maplewood West	Pelican Rapids, MN	Sarah Peltier	peltier.sa@gmail.com
June 12-13	ApDRA	Palmyra, WI	Dawn Haas	jehaas@centurytel.net
June 12-13	White River Summer	Hesperia, MI	Becke Grams	beckeg@aol.com
June 19-20	Grand Island North	Limestone, MI	Karen Bahrman	
June 19-20	SE Minnesota	Preston, MN	Theresa Meyer	thmeyer753@gmail.com
June 26-27	Dead Dog Creek	Kinmundy, IL	Linda Mowrer	ridedeaddog@hotmail.com
June 26-27	Maah Daah Hey Endurance	Medora, ND	Angie Mikkelson	angieorr@hotmail.com
July 2-3	Endless Valley	Avoca, WI	Linda Jacobson	jdisawesome@lycos.com
July 10-11	AHAM	Manton, MI	Gene Dake	dedake6196@gmail.com

July 10-11	Mosquito Run	Rogers, MN	Peggy Pasillas	peggy@pasillas.net
July 23-25	Bonecrusher	Palmyra, WI	Amber Erickson, DC	endurochiro3@gmail.com
July 23-24	Northern Lightz Run	Twin Valley, MN	Michelle Splonskowski	shelsplon@gmail.com
July 31 - Aug 1	AHDRA's Field of Dreams Dash	Farmington, IA	Brooke Moeller	guianowriter@gmail.com
Aug 6-8	Detroit Horse Power Metropark Express	Milford, MI	Alicia Mansuetti	romira@me.com
Aug 7-8	Louise Riedel Memorial	Arkdale, WI	Elinore Tonsor	helinorelonsor@earthlink.net
Aug 14-15	Bearfoot Boogie	Hinckley, MN	Katie Vogl	katie.fleming661@gmail.com
Aug 14-15	Rock River Charity Ride	Franklin Grove, IL	Tony Troyer	il4aerc@aol.com
Aug 28-29	Northern Highland	Gleason, WI	Laurie Henschel	ridgeviewwalkers@frontiernet.net
Sep 4-6	White River Fall	Hesperia, MI	Becke Grams	beckeg@aol.com
Sep 11-12	Charity Cup	Pillager, MN	Darlene Moliter	valleycreekfarm1@gmail.com
Sep 11-12	Keweenaw	Marquette, MI	Karen Jarvi	kjarvi0914@gmail.com
Sep 11-12	Lincoln Trail	Kinmundy, IL	Linda Mowrer	ridedeaddog@hotmail.com
Sep 17-19	Colorama	New Prospect, WI	Barb Gardner	barb@doublebarallc.com
Sep 25-26	Pine Marten	Wetmore, MI	Karen Bahrman	kbahrman@gmail.com
Oct 2-3	DRAW Finale	Palmyra, WI	Ann Marie Barnett	annmariealchemy@gmail.com
Oct 2-3	Huntersville Hundred	Menagha, MN	Sarah Maass	sarahmass@hotmail.com
Oct 9-10	Iron Oak	Arkdale, WI	Ruth Casserly	casserlytimruth@gmail.com
Oct 9-10	Oak Leaf Run	Hamilton, MI	Barb Kurti	oakleafrun@gmail.com
Oct 22-23	Point Chaser	Theilman, MN	Holly Egerer	regerer287@aol.com
Oct 30-31	AHDRA's Big River	Keithsburg, IL	Jim Andriakos	cgswwimcoach@yahoo.com

How to Find Your Rider Lifetime Miles

Curious to see what your lifetime miles are? Thanks to some very hard work from Nicole Mauser-Storer and Robin Schadt, you can your mileage history on UMECRA.com! Here's how to look up your mile....

1. From the UMECRA Website – click on the results “Results” tab. From the drop down menu select “Rider Numbers”
2. In the text box, enter any part of your first OR last name OR your AERC number OR your UMECRA number.

UMECRA Rider Numbers

Rider Name or Number

Enter any part of the Rider's **first or last name - not full name** - or any part of the AERC or UMECRA member number

3. When you find your name there is a column for “Total Mileage”. Clicking on that will take you to an annual break out of all your recorded miles.

Rider Name	UMECRA Number	AERC Number	Current Year Membership Date (YYYY-MM-DD)	Total Mileage
Nicole Mauser-Storer	1201	M41354	2019-12-03	Total Mileage

4. Clicking on a rider name from the selected page will go to the annual results that are available electronically.

How to find the grand total information

1. From the UMECRA Website – click on the results “Results” tab. From the drop down menu select “Current Points”.
2. Under the current season, look for the text “Rider Mileage – Online Version”. This lists all UMECRA members and their grand total mileage with the highest mileage listed first

[2020 Points](#)

[Official Final Points \(PDF\)](#)

[Current Standings - Online Version](#)

[Rider Mileage - Online Version](#)

[1000 Mile Horses \(competing in 2020\)](#)

[1000 Mile Horses - Online Totals](#)

[1000 Mile Horses - How to find Totals and If a horse is nominated](#)

3. Clicking on a rider name will take you first to the annual grand total mileage for that rider, and clicking on their name from that point will take you to the annual ride results that are available electronically.

NOTE: Due to various formats of past results, there is a year ZERO for some riders and a mileage total. We had that mileage in the system, but could not attribute it to any specific year. In some past records LD and END were combined, and for those years you will not see an END or LD individual total. Also, worth noting that straight math adding the END + LD + COMP will not always equal the Total because of the previously combined END and LD. Adding the END And LD column + COMP should equal the grand totals

Determining Fit to Continue by Dr Wes Elford

I've been asked, while I'm packing up to go to a ride; why do you do endurance rides? Why don't you just go to the state park and ride the trails for a couple of hours? These questions come up when I'm fretting about having all my 'stuff' packed and in the trailer, and making sure all my daily business duties have been taken care of. My answer is that I enjoy the camaraderie of like-minded people that compete in distance rides. Not only do we love riding horses but we enjoy competing with them. We gain fulfillment in the awe and wonder at what horses can do in the competition of an endurance ride—the carrying of us over miles of trails, through rivers, over rocks and sand, with the ears up and a spring to their step.

These thoughts bring me to the point of this article. How do we determine if our horses are fit to cover the miles and continue competing? We are a competitive lot and that competitiveness can get in the way of clear thinking at times. It has been determined that 'Fit to Continue' is the standard of practice that decides if a horse is capable of continuing and should remain in the competition of a ride.

The competition is divided up into segments of miles so that there is a stop periodically where there is a vet check to evaluate the horse. At these vet checks it is determined how the horse is responding to the stress of the competition. Recovery from the effects of that stress put forth on the trail is evaluated.

Veterinarians evaluate metabolic condition by judging the parameters of mucus membrane color, capillary refill of the mucus membranes, fill of the jugular vein, response of the skin to tenting and its return to normal and the presence or absence of gut sounds. The soundness of the horse is evaluated by watching for lameness in a trot-out. The attitude of the horse is noted and evaluated while observing the horse during the trot out. It is recorded as attitude and impulsion. Another tool is the use of the Cardiac Recovery Index (CRI).

The CRI was developed in response for a need for another means to determine 'Fit to Continue' and to remove the subjectivity from the evaluation. This is done by adding specific measurements to the evaluation. The horse is trotted (a specific gait) 250 feet (a specific measured distance-125 feet from the vet and back). The heart rate is taken (an actual number) before the trot-out and 1 minute (a measurement of time) after the horse has started the trot-out exercise. As you can see there are a lot of measured activities involved in performing a CRI. This is what makes a CRI more of an objective measurement.

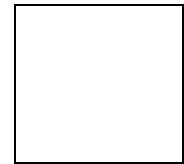
The CRI is in effect a SET (Standard Exercise Test)—a specific exercise done over a specific distance in a specific period of time. It effectively measures the horse's ability to withstand the stresses of the endurance ride.

I will quote from Guidelines for Control Judges and Treatment Veterinarians at AERC Endurance Competitions: "The horse is not presented until it has met recovery criteria for the ride...a resting heart rate is taken. The horse is trotted 125 feet out and 125 feet back....At exactly one minute from the time the horse started the 250 foot trot out, the heart rate is taken again... A horse that is demonstrating satisfactory metabolic compensation should recover to the same resting heart rate taken before the trot out... The CRI is generally not used as a sole parameter to eliminate a horse from competition. The entire clinical picture should be used to assess the ability of a horse to continue on the event.... Use the Cardiac Recovery Index in conjunction with other clinical parameters to determine 'fitness to continue'."

If the second fifteen seconds count of the heart rate is the same or increases a single beat over the first, such as 16 over 15, then there isn't much concern as long as all other parameters such as capillary refill time, mucus membrane color, skin tent, jug fill, gut sounds, and trot-out are good. However, if the second count increases 2 to 3 beats (17 or 18 over 15) then concern is generated and a further investigation of all parameters is warranted. A recheck would be advisable in 10 to 15 minutes or for sure before certifying a horse 'Fit to Continue', and allowing it to go out again on the trail.

"Use the Cardiac Recovery Index in conjunction with other clinical parameters to determine 'fitness to continue'." (Guidelines for Control Judges... page 14) A significant rise in the second heart rate is an indicator that something is worthy of further investigation. A horse should be asked to return for another evaluation to verify that it is okay. Further examination might be needed to be done such as making sure that gut sounds are adequate in all 4 quadrants, that the horse is interested in eating, or that the horse's temperature is not elevated. Another trot out might also be done paying close attention to the gait. Lameness can cause pain and also increase the 2nd heart rate of a CRI.

The use of a CRI is another tool to use in the evaluation of a horse to determine its "Fitness to Continue". It is not a parameter to use to pull a horse alone, but it is used to add to the vetting of a horse to establish the horse's ability to withstand the stress of the conditions of the ride: the trail, the heat, the humidity, and the speed of competition. Used with all the other metabolic parameters and the skeletal parameter of soundness the CRI is invaluable.



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



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