

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



UMECRA BoD Meeting

November 13, 2021

Quality Inn in Lodi, WI located approximately half-way between Madison, WI and the WI Dells (exit #119). Start time 10:30.

Scholarship Deadline Reminder

Anyone interested in applying for a UMECRA Scholarship needs to do so by the November 18th deadline. This scholarship fund was established way back in 1996 by former WI members Ray and Audrey Gehrig. These scholarship opportunities are open to any UMECRA member seeking post high school educational study in at least a two-year program. Applicants must have at least two years membership in UMECRA and have participated in at least 25 rides sponsored by UMECRA. For scholarship information/materials please go to the web-site www.cfsw.org/scholarships/additionalopportunities and scroll down to UMECRA or contact: Upper Midwest Endurance & Competitive Rides Association Scholarship Fund, c/o Community Foundation of Southern Wisconsin, Jackie Ommodt, Scholarship Manager jackie@cfsw.org or phone 608-758-0883

Rules & Bylaws Suggestions or Changes

As we are now nearing the end of our competition season, and the November Board

Meeting is weeks away, it is time to submit any rule or bylaw change suggestions to the Rules & Bylaws Committee. This committee takes those suggestions, looks at current and sometimes past language, AERC language when appropriate and takes into consideration horse welfare, and other issues in crafting language to make sure your idea is presented to the Board of Directors at the November meeting.

Please contact us if you have ideas:

Theresa Meyer - thmeyer753@gmail.com - 763-753-5236

Linda Mowrer - ridedeaddog@hotmail.com - 618.839.0354

Ride Results!

If you see an error in the results, please reach out to the ride manager for corrections.

Pine Marten - 9/25/21 - 50 End HW			
Sarah	Fleming	RTM Triple Threat	1
Isac	Dymesich	Lindah Jefe	2
Sarah	Carlson	FPH Second Badge	3
Pine Marten - 9/25/21 - 50 End LW			
Katelyn	Fleming	RTM Fancy	1
Linda	Jacobson	AE Gimli Strength	2
Suzanne	Warren	CR Zohlaraaz	3
Pine Marten - 9/25/21 - 25 LD HW			
Tiffany	Peterson	Frango	1
TJ	Edwards	Heritage Hills Clare	2
Pine Marten - 9/25/21 - 25 LD LW			
Julia	Newton	Lucca	1
Karen	Bahrman	Westwind Little Big Man	2
Audrey	McMurry	La Sombra Del Fuego	3
Wendy	Maas	Renegade Raja	P

Pine Marten - 9/25/21 - 25 LD Jr			
Emily	Dymesich	Scout	1
Grace	Carter	Corona Breeze	2
Pine Marten - 9/26/21 - 25 LD HW			
Sarah	Fleming	RTM Azgudazz Gold	1
Debra	Moe	UTCS Aur Mojito	2
Judy	Hoeft	Romana Johar (Romeo)	3
Janet	Sarver	Legacy of Khourage	4
TJ	Edwards	Heritage Hills Clare	5
Pine Marten - 9/26/21 - 25 LD LW			
Julia	Newton	Lucca	1
Katelyn	Fleming	RTM Triple Threat	2
Karen	Jarvi	Sony De Mayo Rose	3
Wendy	Maas	Silver Russian	4
Pine Marten - 9/26/21 - 25 LD LW			
Ilona	Jarvi	Liberdee	1
Grace	Carter	Corona Breeze	2

Draw - 10/2/21 - 50 End HW			
Guy	Worthington	PA Hi-Spirit	1
Jim	Andriakos	Afsaar	2
Sherry	Aune	Lily Creek Rhythm	3
Brandon	Brunner	La Grange RTA	4

Draw - 10/2/21 - 50 End LW			
Kristine	Jubeck	Silver	1
Shanon	Ployhart	BBA Fahad Al Hadi	2
Sheila	Schneider	Rushcreek Giggles	3
Elizabeth	Frieders	Hotsprings Fandango	4

Draw - 10/2/21 - 25 LD HW			
Wes	Elford	Suzie Q	1
Nikki	Boesch	Fia Dahlia	2

Draw - 10/2/21 - 25 LD LW			
Roberta	Harms	Lady Jane	1
Amy	Betzelberger	Lexus	2
Vera	Betzelberger	Starr Quest	3
Jane	Kirkeide	Bassim	4
Carol	Wagner	Tripl Blackburn King	5
Katie	Bachhuber	Indiana	6
Sally	Hoff	Gloryius Trinity	P

Draw - 10/2/21 - 25 Comp HW			
Debby	Weisbecker	JM Cest La Vie	1
Gabrielle	Monty	Devilwood Robin Royale	2
Andrea	Pfeifer	Mytalisha's Titan	3
Kim	Rumpsa	R Secret Aniversary	4
Jessica	Sweeten	Lord Conela	5
Andrew	Paczka	Falling Intro Fire	6
Peggy	Gventhes	Champs Motan Grave	C

Draw - 10/2/21 - 25 Comp LW			
Lori	Windows	Ella N Fires Jane Doe	1
Jennifer	Haras	Maverick	2
Gabrielle	Monty	Devilwood Robin Royale	3
Jessica	Sweeten	Canelas Obey	4

Draw - 10/2/21 - 25 Comp Jr			
Ruby	Loecher	Zephyrus TF	1

Draw - 10/2/21 - 15 Novice			
Rachel	Cabrera	Amaz'n Grace	1
Melissa	Lange	Joe	2
Justin	Monty	Willow	3
Jennifer	Haras	Maverick	MO
Peter	Dordal	Shabbona Isaac	MO
Gabrielle	Monty	Renard	MO
Sarah	Watts	Mikey Likes It	MO
Melinda	Stewart	McCues Miss Behavin	MO
Maxine	Bernsdorf	CH Shamm Bashire	MO

Draw - 10/3/21 - 25 LD HW			
Samantha	Miller	Bey Gaalan	1
Sarah	Watts	Mikey Likes It	2
Jim	Andriakos	WBNelsons Thunderbyrd	3
Kimberly	Rosecrans	Magic	4

Draw - 10/3/21 - 25 LD LW			
Kristine	Jubeck	William	1
Nicole	Mausser-Storer	Sosas Playboy at Sunset	2

Draw - 10/3/21 - 25 Comp HW			
Andrea	Pfeifer	Mytalisha's Titan	1
Kim	Rumpsa	R Secret Anniversary	2

Draw - 10/3/21 - 15 Novice			
Melissa	Lange	Joe	1
Vera	Betzelberger	Cisco Quarter Pony	MO
Amy	Betzelberger	Chico	MO

Huntersville - 10/2/21 - 100 End HW			
Jennifer	Fischer	Auli Sabah	1

Huntersville - 10/2/21 - 100 End LW			
Jessie	Finnila	Sterlings Starstrider	1
Wendy	Maas	FT Firestorm	2
Sarah	Peltier	Ice Falcon LRA	3
Teresa	Fett	CR Mistiraaz	4
Lindsay	Jackson Nichols	Ravenswood Nevermore	5
Sarah	Maass	Royal Opus	6
Tara	Rothwell	Lauverus Moon (Boogie)	P
Suzanne	Hayes	Greenbriar Al Jabal (Atlas)	P
Lorrie	Beaulieu	Aint No Plain Jane	P

Huntersville - 10/3/21 - 100 End Jr			
Miley	Eischens	Chips Diamond Rehalla	1

Huntersville - 10/2/21 - 75 End HW			
Sheryl	O'Brien	Wild River Sundancer	1
Rebecca	Horihan	LC Ernani	2
Erica	Hollen	AW Banderas	3

Huntersville - 10/2/21 - 75 End LW			
Melissa	Coolich	JG Short Stuff	1
Sophie	Gustafson	Tryggr	P

Huntersville - 10/2/21 - 50 End LW			
Bobbi	Belz	Duke	1
Kasey	Corcoran	Sharif El Moniet	2
Abbie	Schramm	Shakers Raindancer	3
Angela Fld	Hershey	Pavaratti	4
Maria	Enge	Faustos Flame	5
Amy	Ellingson	Gideon	6
Chip	Jack	Brunello NA	P
Jesse	Shaddrick	Jinjersnapp	P
Huntersville - 10/2/21 - 50 End LW			
Colton	Eischens	Sir Fettuccine Alfredo Tortellini	1
Huntersville - 10/2/21 - 30 LD HW			
Matthew	Splonskowski	LK Willy Willy Cool	1
Mandie	Roggenkamp	The Outlander	2
Judy	Hoelt	Romana Johar (Romeo)	3
Janet	Sarver	Legacy of Khourage	4
Debra	Moe	UTCS Aur Mojito	5
Joshua	Ramon	TRJ Just Jake	6
Jennifer	Frerichs-Ramon	Halley's Comet	C
Crystal	Esqueda	Lopin in Diamonds	C
Jutta	Schmidt	AF Go For Gold	C
Huntersville - 10/2/21 - 30 LD LW			
Michelle	Splonskowski	Nasar IBN Moniet	1
Karla	Ovsak	Dobella NPA	2
Pamela	Coolidge	Snappy	3
Paula	Goligowski	Ms Lightening	4
Huntersville - 10/2/21 - 30 Comp HW			
Laura	Setton	Nightmare Blues	1
Sarah	Kieser-Flim	NW Wildcard	2
Huntersville - 10/2/21 - 30 Comp LW			
Candy	Barbo	Psyche On Fire	1
Peggy	Pasillas	Remy	1
Diane	Merz	Sterling Illusion	3
Megan	Thomas	Baskin Dream	4
Kaylian	Welsh	Whiskey in a Tee Cup	5
Huntersville - 10/2/21 - 30 Comp Jr			
Ruby	Thorp	Jupiter	1
Huntersville - 10/2/21 - 25 Night LD LW			
Darlene	Molitor	VC Arieon	1
Michelle	Splonskowski	Berry Truly My Deco	2
Aga	Lisa	Noble Emotions CRF "Joseph"	3
Jessica	Sonnek	Jazmine	4
Olivia	Christenson	Tamanni BLM	5
Dawna	Bernhagen	Luna	6
Karla	Ovsak	Patches MN	C
Peggy	Pasillas	Nightmare Blues	C
Huntersville - 10/2/21 - 25 Night LD Jr			
Ryden	Jahnke	Iron Lady Hawk	1
Savannah	Hasskamp	Frank	2
Adin	Esqueda	Mustang Salli	3
Ruby	Thorp	Jupiter	4
Huntersville - 10/3/21 - 30 LD HW			
Mandie	Roggenkamp	The Outlander	1
Charlotte	Tuhy	Raffimas Image	2
Debra	Moe	UTCS Aur Mojito	P

Huntersville - 10/3/21 - 30 LD LW			
Karla	Ovsak	Dobella NPA	1
Dawna	Bernhagen	Luna	2
Pamela	Coolidge	Snappy	3
Judy	Hoelt	Romana Johar (Romeo)	P
Huntersville - 10/3/21 - 30 LD Jr			
Wyatt	Hoganson	Jet's Shaver	1
Huntersville - 10/3/21 - 30 Comp HW			
Michelle	Fedewa	Rose	1
Sarah	Carlson	Dante Muscara	2
Taryn	Lindbeck	TKO Rhio Bask	3
Huntersville - 10/3/21 - 30 Comp LW			
Suzanne	Warren	PPF Geysms Sonly	1
Jodi	Johannessen	SC Izzabella	2
Megan	Thomas	Baskin Dream	3
Shelly	Sentyrz	PV Ghazna	4
Huntersville - 10/3/21 - 30 Comp Jr			
Anna	DeSouza	Peyton Afire	1
Ruby	Thorp	Jupiter	2
Huntersville - 10/3/21 - 12.5 Novice			
Rachel	Temp	Triumphant Echo	1
Carmen	Schroeder	Lads Switch Blade	2
Cara	Dahl	Junebug	3
Rebecca	Dubois	MLM Agua Bella	4
Becca	Johnson	Donald	5
Valerie	Temp	Peace Be Still	6
Mitch	Dubois	CPR Christina	
Paula	Goligowski	Ms Lightening	MO
Dale	Lunde	Mattingley Hour Glass	MO
Lise	Lunde	Khasmo	MO
Bev	Specht	JH Arabalest	MO
Sheryl	O'Brien	CRF Lady Supreme	MO
Debra L	Juettner	Lacy	MO
Rebecca	Horihan	Halley's Comet	MO

Point Standings!

Top 20 in each category are shown – for full point standings go to UMECRA.com

UMECRA Current Points - updated 10/12/2021
 Rides Reporting: White River Spring, Glacier Trails, MNDRA I, Endure, Border Battle Boogie, Grand Island, APDRA, White River Summer, Grand Island North, SE Minnesota, Maah Daah Hey, Dead Dog Creek, Endless Valley. Mosquito Run, AHAM, Bonecrusher, Field of Dreams Dash, Detroit Horsepower Metropark Express, Louise Riedel Memorial. Bearfoot Boogie, Northern Highland, White River Fall, Charity Cup, Lincoln Trail, Colorama, Keweenaw, DRAW Finale, Pine Marten Run, Iron Oak, Huntersville Hundred

Endurance - HW		
Rider Name	Horse	Points
Sherry Aune	Lily Creek Rhythm	194
Stephanie Crispin	AllAboutMajestic	178
Sheryl O'Brien	Wild River Sundancer	167
Kimberly Ann Fosler	BZ Cojeseryn Sahar	157
Jim Andriakos	Afsaar	134.2
Brandon Brunner	La Grange RTA	134
Rebecca Horihan	LC Ernani	132
Guy Worthington	JG Randie	128
Erica Hollen	AW Banderas	93
Guy Worthington	PA Hi-Spirit	80
Robin Schadt	Kayheart	72
Bettina Koehn	JBK Nadia	56.2
Robin Schadt	RAL Sorceress (Chloe)	54
Deb Searle	Sultann Sundance	46
Debra Moe	Indian Grey Ghost	38
Lucy Stafford	H WineGlass Sangria	36
Melonie Driese	Justaemageof	28
Erica Hollen	Sir Atlas	28
Karin Lupo	VC Premier Eddition	26
Robert Plummer	Mattingley KC Heart	22
Sarah Mowrer	A Time To Shine	22

Endurance - LW		
Rider Name	Horse	Points
Jessie Finnila	Sterlings Starstrider	239
Diane Meinders	Yo Dusty	151.2
Wendy Maas	FT Firestorm	138
Shanon Ployhart	BBA Fahad Al Hadi	124
Elizabeth Frieders	UpUp And Away JIF	123
Misty Haumschild	Star Bar Skip	122
Sarah Maass	Royal Opus	92
Bobbi Belz	Duke	88
Eileen Kirsch	Hansi	86
Jan Worthington	Dimitri	86
Lindsay Jackson Nichols	Ravenswood Nevermore	86
Marianne Guilfoyle	Gianni Ali Oops	81.2
Jane Malischke	Hollywoods Brightest	78
Diane Meinders	Lumiere WW	76
Emma Christopherson	Integritys Deluxx	75
Linda Jacobson	AE Gimli Strength	68
Sophie Gustafson	Tryggr	68
Melissa Coolich	JG Short Stuff	67
Jan Worthington	Golden Lightning	54
Sarah Peltier	Ice Falcon LRA	54

Endurance - Junior		
Rider Name	Horse	Points
Miley Eischens	Chips Diamond Rehalla	183
Colton Eischens	Sir Fettuccine Alfredo	62
	Tortellini	
Miley Eischens	Eleanor Ambrosia B	22
Hunter Driese	Sea Breez	22
Audrey Thorp	Nightmare Blues	20
Ilona Jarvi	Liberdee	20

Limited Distance - HW		
Rider Name	Horse	Points
TJ Edwards	Heritage Hills Clare	163
Judy Hoelt	Romana Johar (Romeo)	107.4
Janet Sarver	Legacy of Khourage	96.8
Ann DeLang	Chocolate Martini	93
Mandie Roggenkamp	The Outlander	89.2
Diane Maxey	LW Constant Sohn	88.2
Wes Elford	Suzie Q	87
Debra Moe	UTCS Aur Mojiito	72
Crystal Esqueda	Lopin in Diamonds	61
Daniel Pakes	Remi	55
Karin Lupo	VC Premier Eddition	53
Kimberly Rosecrans	Magic	50.6
Marge Dixon	Bethany Jet	45
Samantha Miller	Bey Gaalan	44
Jennifer Frerichs-Ramon	Lads Switch Blade	43
Jim Andriakos	WBNelsons Thunderbyrd	37.8
Joshua Ramon	Halley's Comet	36
Matthew Splonskowski	LK Willy Willy Cool	32.2
Sarah Watts	Mikey Likes It	26.2
Brooke Moeller	Rusty Chris-te	25.6

Limited Distance - LW		
Rider Name	Horse	Points
Roberta Harms	Lady Jane	126
Pamela Coolidge	Snappy	94.6
Karla Ovsak	Dobella NPA	80.2
Nicole Mauser-Storer	Sosas Playboy at Sonset	66.8
Teresa Fett	Ice Falcon LRA	62
Karen Bahrman	Westwind Little Big Man	60.8
Darlene Molitor	VC Arieon	47
Sally Hoff	Gloryius Trinity	44
Bonnie Mielke	PSL Lakota Chief	42
Melissa Coolich	Rumor SWA	40
Carol Wagner	Tripl Blackburn King	38
Katie Bachhuber	Indiana	37
Vera Betzelberger	Starr Quest	37
Amy Ellingson	Gideon	37
Harmony Lehotsky	Derawnda Pal	35
Laurie Henschel	Bataania KSR	34.2
Dawna Bernhagen	Luna	34
Melinda Stewart	McCues Miss Behavin	33
Bobbi Belz	Duke	31
Elizabeth Frieders	HotSprings Fandango	29.8
Wendy Maas	Silver Russian	29

Limited Distance - Junior		
Rider Name	Horse	Points
Grace Carter	Corona Breeze	196.2
Ellie Otto	Fred	31
Colton Eischens	Sir Fettuccine Alfredo	28
	Tortellini	
Ilona Jarvi	Liberdee	24.2
Adin Esqueda	Mustang Salli	24
Joey Gaffaney	HJ Nikeshah	22
Brak Schramm	Shakers Raindancer	22
Ryden Jahnke	Iron Lady Hawk	20
Hunter Driese	Sea Breez	20

Competitive - HW		
Rider Name	Horse	Points
Andrea Pfeifer	Mytalisha's Titan	121.2
Bonnie Mielke	BNB Khrome Azrael	118.8
Joshua Mowrer	KW Magnum Archie	98.6
Sarah Mowrer	A Time To Shine	79
Kim Rumpsa	R Secret Anniversary	60
Taryn Lindbeck	TKO Rhio Bask	51.8
Laurie Brown	VC Makita	41
Katja Wiedrich	Noble Adventure	39
Sarah Carlson	FPH Second Badge	38
Becki Sanford	Stryka Major Chord	35
Kaylie Hulsey	Zephyrus TF	34.2
Carmen Steuck	Phoenix	31
Mary Mulholland	Quest	24
Michelle Fedewa	Rose	23.2
Allison Goetz	Shadowtrax	22
Sarah Carlson		22
Kaylie Hulsey	Lilly	20
Sarah Watts	Never Missed A Meal	20
Laura Savatski	My Low Rider	19
Mike Mocilan		17.8

Competitive - LW		
Rider Name	Horse	Points
Jodi Johannessen	SC Izzabella	127
Jan Wylie	Dose	119
Debby Weisbecker	JM Cest La Vie	114
Jennifer Haras	Maverick	103
Lori Windows	Ella N Fires Jane Doe	78.4
Candy Barbo	Psyche On Fire	76.2
Peggy Pasillas	Remy	66.2
Kaylian Welsh	Whiskey in a Tee Cup	59.4
Diane Merz	Sterling Illusion	58.8
Olivia Christenson	Tamanni BLM	51
Megan Thomas		48.4
Katie Vogl	My Name Is Bob	43
Tracy Haelterman	Captain Jack Sparrow	34
Jessica Sweeten	Lord Canela	34
Susan Grossenbacher	NW Otono Blue Sky	33
Suzanne Warren	PPF Geyms Sonly	29.2
Gabrielle Monty	Devilwood Robin Royale	23
Soraya Saatchi	Atreyu	20
Tracy Johnson	Mombo Number Five	19
Bev Specht	JH Arabalest	18
Colleen Morgan	Batman SH	18

Competitive - Junior		
Rider Name	Horse	Points
Ruby Thorp	Jupiter	110.2
Audrey Thorp	Nightmare Blues	42
Tabitha Kostreva	Stormy Weather	22
Alice Erickson	Ophelia Kkan	11
Hunter Driese	Sea Breeze	11
Grace Swaja		11
Ruby Thorp	Nightmare Blues	10
Logan Erickson	A Kings Delivery	10
Chesney Potter	Reddy Set Go	10

Drive		
Rider Name	Horse	Points
Ray Hubert	JimmyCrackedCorn	45.22
Alice Hubert	Gridlock	31.4
Amy Broadie	Fox Valley Adena	22
Wes Licht	Rosali	17.6
Tammy Carlo	Bucksnot's Special Dark	9.6
Sharon Hahn	Gemini	5.5

Novice		
Rider Name	Horse	Points
Jessica Sonnek	Jazmine	52.2
Rebecca Dubois	MLM Agua Bella	24
Becca Johnson	Bullet's Black Rain	15.8
Logan Erickson	A Kings Delivery	14.96
Rachel Temp	Triumphant Echo	14.8
Aga Lisa	Noble Emotions CRF	12.2
Michelle Deboer	MH Jolie	12
Marsha Jorgenson		11.9
Mitch Dubois	CPR Christina	11.4
Elena Aragon	Cadys Roll in the Thunder	11.2
Tabitha Kostreva	Stormy Weather	8.4
Chesney Potter	Reddy Set Go	6.6
Chesney Potter	Never Missed A Meal	6.6
Stephanie Granke	Ruby	5.5
Ilona Jarvi		5.28
Hannah Jorgenson		5
Rebecca Dubois	CPR Christina	5
Carl Hoeft		5
Vienna Finnila	Cheyenne	4.8
Mandie Roggenkamp	The Outlander	4.5

Competitive - Rookie		
Rider Name	Horse	Points
Kaylian Welsh	Whiskey in a Tee Cup	85.2
Katie Vogl	My Name Is Bob	55
Mary Mulholland	Quest	28
Devan Lewer	Eternity Deville	22
Janette Sasena	Caduzeug Oriana	11

Endurance - Rookie		
Rider Name	Horse	Points
Misty Haumschild	Star Bar Skip	165
Melonie Driese	Justaamageof	44
Karin Lupo	VC Premier Edition	42

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

Sharon Ralls Lemon.

It is that time of the year again to send in your nominations for Outstanding Mentor and Outstanding Service awards. Both awards are sponsored by AHDR and will be announced at the Annual Convention in January. Nominations need to be sent to Jim Andriakos at cqswimcoach@yahoo.com and must be received by December 1st. Please refer to <http://www.ahdra.org/awards.html> to find the description of guidelines for each award.

Last Two Rides of the Season!!

Ride Dates	Ride Name	Ride City	Contact	Email
Oct 22-23	Point Chaser	Theilman, MN	Holly Egerer	regerer287@aol.com
Oct 30-31	AHDRA's Big River	Keithsburg, IL	Jim Andriakos	cgs swimcoach@yahoo.com

UMECRA CONVENTION 2022

Friday, January 21 - Sunday January 23, 2022

Best Western Plus at La Crescent Event Center

509 N. Chestnut | La Crescent, MN 55947

Phone: (507) 895-1001

You MUST call this number for the room discount!

3pm check in - 11 am check out

Standard Double Queen Room \$104 plus tax

Double Queen Suite Room \$114 plus tax

Standard King Room \$94 plus tax

King Suite Room \$104 plus tax

Complimentary breakfast, small indoor heated pool, workout room.



PET POLICY - Hotel is pet friendly allowing up to two dogs in a rented room. The size limit for any one dog shall be 80 pounds. Other pet types (e.g. cats) may be allowed upon the hotel's approval prior to arrival. Pet rate is \$15 per day.

Deadline for reservation is December 17th – 5 PM! - 24 Hour cancelation policy.

CONVENTION HIGHLIGHTS: FRIDAY NIGHT – JANUARY 21

5 pm - Presentation: The Future of USEF Endurance - by former UMECRA President Art Priesz, Esq. (USEF Endurance Sport Committee member and past ride manager and rider) and current Chair of the USEF Endurance Sport Committee Joe Mattingly (past ride manager and rider)

6 pm AHDRA Meet & Mingle then AHDRA Awards

SATURDAY – JANUARY 22

9 am – Possible topics: Rider Energy, Endurance & Recovery from Hammer Nutrition

The latest rider nutrition news – which could include pre-exercise fueling, what types of calories are best, proper hydration, replenishing electrolytes and exercise recovery.

1 pm - Annual Meeting

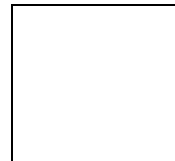
UMECRA Awards Banquet

Silent Auction

Entertainment

SUNDAY – JANUARY 23

AHDRA Meeting



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



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