

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



Clinics!!!

There are multiple clinics scheduled across the UMECRA region this year! If you know someone who is interested in learning more about our sport – please encourage them to attend a clinic.

People who attend clinics are more likely to come to a ride, either to ride or volunteer. They have a better idea of what the sport is about and hopefully have had an opportunity to meet some other riders. Rides are much less intimidating if they know they will see a friendly face!

April 2, 2022 – Holland, MI: Endurance and Competitive Riding Clinic 101 with clinicians Barb Kurti and Maureen Fehr, DVM. Location: Rustic Star Horse Boarding. Lunch, snacks and beverages provided. See GLDRAMl.org/Clinic-Events for more information.

April 2, 2022 – Inver Grove Heights, MN: 2022 Endurance 101 Clinic -- Learn the basics of endurance riding with clinicians Peggy Casillas, Taryn Lindbeck and Sheryl O'Brien. This is a non-mounted clinic -- lots of information will be shared, with time for questions. Contact Peggy: peggy@pasillas.net to sign up

April 3, 2022 – Weyauwega, WI: Part 1 of a 3-ride series of spring conditioning clinics hosted by Fox Valley Distance Equestrian Team. Clinicians: Amy Broadie, Melissa Coolish and Jane Kirkeide. This one-day mounted clinic will

be held at the Waupaca County Forest. Info: foxvalleydet@gmail.com.

April 10, 2022 – Shawano, WI: Part 2 of a 3-ride series of spring conditioning clinics hosted by Fox Valley Distance Equestrian Team. Clinicians: Amy Broadie, Melissa Coolish and Jane Kirkeide. This one-day mounted clinic will be held at the Maple Hills Cross Country Skiing and Snowshoe Trails. Info: foxvalleydet@gmail.com.

April 17, 2022 – Kiel, WI: Part 3 of a 3-ride series of spring conditioning clinics hosted by Fox Valley Distance Equestrian Team. Clinicians: Amy Broadie, Melissa Coolish and Jane Kirkeide. This one-day mounted clinic will be held at the Walla-Hi County Park. Info: foxvalleydet@gmail.com.

May 7-8, 2022 – Rogers, MN: 2022 Minnesota Distance Clinic/Mock Ride with clinicians Rebecca Horizon (rnhorihan@gmail.com) and Sheryl O'Brien (lamvets@gmail.com) at Crow Hassen Park Preserve in Rogers. A great way to be prepared for spring and summer AERC rides! See [Clinic Flyer](#) for more information.

May 14, 2022 – Central City, IA: 2022 Iowa Distance Riding Clinic, one-day mounted clinic with Brooke Moeller (guianowriter@gmail.com) and Kristine Jubeck (kjubeck@gmail.com), held at the Matsell Bridge Natural Area

Time to Plan Your Spring/Summer/Fall!

A more detailed Ride Schedule can always be found at UMECRA.com!

Date	Ride Name	Ride City	State
4/30 & 5/1	MnDRA1	Hinckley	MN
5/8/2022 Mother's Day			
5/6-5/8	Glacier Trails	Palmyra	WI
5/7 & 5/8	White River Spring	Hesperia	MI
5/21 & 5/22	Trade River Run	Cushing	WI
5/21 & 5/22	Endure	Chandlerville	IL
5/30/22 Memorial Day			
5/28 & 5/29	Grand Island Ride	Rapid River	MI
6/4 & 6/5	Maplewood West	Pelican Rapids	MN
6/11 & 6/12	ApDRA	Palmyra	WI
6/11 & 6/12	White River Summer	Hesperia	MI
6/19/2022 Father's Day			
6/18 & 6/19	Southeast Minnesota	Preston	MN
6/25 & 6/26	Dead Dog Creek	Augusta	IL
6/25 & 6/26	Grand Island North	Munising	MI
6/25 & 6/26	Maah Daah Hey Endurance	Medora	ND
7/1 & 7/2/22	Endless Big Valley Ride	Avoca	WI
7/4/22 – Monday - 4th of July			
7/9 & 7/10/22	AHAM at Hopkins Creek	Manton	MI
7/9 & 7/10/22	Mosquito Run	Rogers	MN

7/23 & 7/24	AHDRA's Field of Dreams Dash	Farmington	IA
7/23 & 7/24	Northern Lightz Run	Twin Valley	MN
7/29-7/31	Bonecrusher Ride	Palmyra	WI
8/5 & 8/6	Detroit Horse Power Metropark Express	Milford	MI
8/6 & 8/7	Rock River Charity Ride	Franklin Grove	IL
8/12 - 8/14	Louise Riedel Memorial	Arkdale	WI
8/20 & 8/21	Bearfoot Boogie	Hinckley	MN
8/27 & 8/28	DRAW's Northern Highland	Gleason	WI
9/5/2022 Labor Day			
9/3-9/5	White River Fall	Hesperia	MI
9/10 & 9/11	Charity Cup	Pillager	MN
9/10 & 9/11	Keweenaw Ride	Marquette	MI
9/10 & 9/11	Lincoln Trails AHA	Kinmundy	IL
9/16 & 9/17	DRAW's Colorama Classic	New Prospect	WI
9/24 & 9/25	Pine Marten Run	Wetmore	MI
10/1 & 10/2	DRAW Finale	Palmyra	WI
10/1 & 10/2	Huntersville Hundred	Menahga	MN
10/8 & 10/9	Iron Oak	Arkdale	WI
10/8 & 10/9	Oak Leaf Run	Hamilton	MI
10/21 & 10/22	Point Chaser	Theilman	MN
10/29 & 10/30	AHDRA - Big River	Keithsburg	IL
11/7/2022 End of UMECRA season			

Ride Manager & Vet Handbooks

The 2022 Ride Manager - Vet Handbook went out in the mail on 3/25. I have a few extra, so if you have a new vet or are a new ride manager please let me know if you need another copy of the handbook. Also please send the enclosed note printed on blue paper that was included in the handbook mailing to your head vet with a self-addressed stamped envelope to send to UMECRA Secretary Janet Sarver. She only received 3 letters back last year. We firmly believe we have more than 3 head vets in our region. My contact for extra handbooks - Theresa Meyer - thmeyer753@gmail.com or call 763-753-5236

Have you checked out the new AERC Step It Up program? It's for first time trails volunteers and logs their trails work (<https://www.aerc.org/static/TrailHours.aspx>) hours qualifies as a first time volunteer. If you are interested, call the office about the Step It Up program or see Pg 10 in the Jan. Endurance News.

The Power of NSAIDs

Non-steroidal anti-inflammatories are among the most common drugs veterinarians administer and prescribe to horses.

Many years ago, long before veterinary medicine was on my mind, I toured a large equine retirement facility in search of a home for my older mare. When I arrived, the property owner was leading a stiff geriatric gelding slowly out of his stall. She syringed a medication into his mouth, and turned him out in a pasture. At the conclusion of the tour some hours later, I noticed that gelding running freely, bucking and playing with his friends. He was 43 years old, and that medication was Bute.

If your horse has ever had an orthopedic ailment such as degenerative joint disease, you're probably familiar with the efficacy of non-steroidal anti-inflammatory drugs (NSAIDs). Other common uses

for NSAIDs include treating fever, colic, and pneumonia. The following is not an exhaustive list of all NSAIDs but reviews those that are clinically proven or have been otherwise successfully used in horses over the years. In a 2009 survey of 1,400 horse owners and trainers, 96% of respondents used NSAIDs. Even if you are among those who are already comfortable with administering these medications, your veterinarian should be the guiding professional.

Mechanism of action

When tissues are damaged or infected, the body produces cyclooxygenase enzymes (COX-1 and COX-2), which are involved in a chemical cascade that creates a group of lipids called prostaglandins. These prostaglandins create pain, inflammation, and fever. What makes NSAIDs so effective for pain relief and healing is they inhibit and interrupt this process. However, because prostaglandins exist in almost all body tissues—and many serve a protective function—there are potential toxicities.

Adverse effects

These can arise from improper or excessive administration, administration without veterinary guidance, or unknown causes. Oral and gastric ulceration, kidney injury, and right dorsal colitis (inflammation in the upper right portion of the large intestine) are well-documented examples. Dehydration or certain pre-existing health conditions can exacerbate adverse effects, so veterinarians are especially judicious with NSAIDs in patients with known compromised health. Administering more than one NSAID at a time can be unsafe, as the redundant mechanisms of action might enhance each drug's normal activity, increasing the possibility of unwanted effects to the point of causing harm to the horse. Long-term (several months or longer) administration of an NSAID carries additional risks due to its prolonged suppression of protective prostaglandins.

Phenylbutazone (Bute)

Veterinarians generally use Bute to treat a wide range of musculoskeletal conditions. It is a nonselective COX inhibitor (it inhibits both COX enzymes) and comes in oral and intravenous (IV) formulations. A capable individual must administer IV Bute; if inadvertent injection occurs outside the vein, Bute can be very toxic and cause tissue necrosis. Oral Bute

is generally cost-effective and just as potent as the IV form.

Flunixin Meglumine (Banamine)

Banamine is a nonselective COX inhibitor veterinarians often use for pain associated with smooth muscle, including colic and pneumonia, and to treat endotoxemia (bacterial infection in the bloodstream). Along with Bute, Banamine is the mainstay of pre- and postoperative pain relief. Research shows little difference in usefulness between the two for relieving musculoskeletal pain, even though many professionals have pragmatic opinions on why they prefer one over the other for any individual horse. Intramuscular administration of Banamine can result in clostridial myositis, a potentially life-threatening muscle infection, so proper IV administration is also critical. The oral formulation is effective, although its onset of action is longer than that of the IV formulation.

Firocoxib (Equioxx)

This is in a relatively newer class of NSAIDs that's COX-2 selective, meaning it targets COX-2 enzymes with little effect on COX-1 enzymes, leaving their protective mechanisms intact. Consequently, fewer systemic side effects are associated with prolonged use. For example, in experimental studies Equioxx has resulted in less severe glandular gastric ulceration than Bute. Side effects have still been reported, so seek your veterinarian's advice when using it for longer than 14 days.

Take-Home Message

These NSAIDs, among others, are very effective for controlling pain, inflammation, and fever associated with many equine conditions. While research and the test of time have consistently shown their value, they are rarely the sole treatment for an illness or injury. Horse owners' ubiquitous NSAID use for many situations does not diminish the potential risks. It is best to stay with proven products and follow guidance from your veterinarian regarding NSAID choice and dosing regimen.

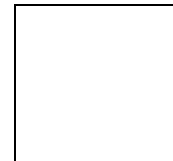
https://thehorse.com/198524/the-power-of-nsaids/?utm_medium=Health+enews&utm_source=Newsletter

Interested in contributing an article for the next newsletter? We would love to hear from you and so would your UMECRA friends!!

Simply email me (Peggy Pasillas – newsletter editor at umecranews@gmail.com or you can send it to my home email at peggy@pasillas.net

Keep the format simple and send it in plain text (not PDF). If you have pictures you would like to include that would be great as well!

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



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 news to:
umecranews@gmail.com



President – Sarah Mowrer 526 S Fair Street Olney, IL 62450 618.868.2999 dammitthunder@yahoo.com	Regional Director at Large IL Nicole Mauser-Storer 201 S Cameron Lane Bartonville, IL 61607 618.8686.2999 n.mauserstorer@huskers.unl.edu	Sanctioning Coordinator Theresa Meyer 3028 181st Ave NW Cedar, MN 55011 612.804.4593 tmeyer753@gmail.com	Website Editor Nicole Mauser-Storer 201 S Cameron Lane Bartonville, IL 61607 618.8686.2999 n.mauserstorer@huskers.unl.edu
Vice President – Linda Mowrer 3992 E Mt Gilead Lane Olney, IL 62450 618.839.0354 ridedeaddog@hotmail.com	Regional Director at Large MI Sandra Wright 6639 Golf Club Road Howell, MI 48843 734.748.3634 sandraowright@gmail.com	Newsletter Editor Peggy Pasillas 9928 Rich Valley Blvd Inver Grove Heights, MN 55077 651.353.7959 peggy@pasillas.net UMECRAnews@gmail.com	Rider Representative Linda Jacobson W10255 Cty Rd K Lodi, WI 53555 608.592.3575 jdisawesome@lycos.com
Secretary – Janet Sarver 5670 Foxboro Lane Wyoming, MN 55092 651.270.0961 jsarver662@gmail.com	Regional Director at Large MN Sarah Maass 6063 State Hwy 4 Fairfax, MN 55332 505.340.7859 Sarahmaass@hotmail.com	Director at Large Peggy Pasillas 9928 Rich Valley Blvd Inver Grove Hgts, MN 55077 651.353.7959 peggy@pasillas.net	Rider Representative Tracy Johnson 404 Allen Street Cambridge, WI 53523 608.209.2516 tracyj6907@hotmail.com
Points Keeper Robin Schadt 7342 W 115th St Worth, IL 60482 708.280.8241 robinschadt@aol.com	Regional Director at Large WI Barb Gardner N3758 Dehring Road Oakfield, WI 53065 920.291.5641 barb@doublebarallc.com	Director at Large Theresa Meyer 3028 181st Ave NW Cedar, MN 55011 612.804.4593 tmeyer753@gmail.com	Rider Representative Wes Elford N9140 Cty Road V Mayville, WI 53050 920.948.1078 wselford@sbcglobal.net
Treasurer – Debra Moe 2632 Cty Rd G Emerald, WI 54013 715.222.3626 debralmoe@gmail.com	AERC Regional Reps Connie Caudill – Ride Sanctioning 812.967.5973 Angie Mickelson 701.690.1563	Veterinary Representative Dr Jennifer Lorenz 8879 Cty Rd ID Blue Mounds, WI 53582 608.509.8132 capitalequine@me.com	Rider Representative Kim Fosler 7898 N Carr Road Scales Mound, IL 60175 815.266.8336 kimberlyfosler@gmail.com