

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



WELCOME NEW MEMBERS!

A hearty WELCOME to all the new UMECRA Members who have attended clinics across the region!

We are looking forward to seeing you at rides this year – whether you ride or volunteer!

Don't be afraid to let ride managers know you are new to the sport. They will be happy to help you or direct you to where you can get the information you are looking for. The clinics are a great start but there is a lot for you to learn. Fortunately, there are a lot of friendly, experienced people out there who are ready and willing to help.

Of course, there are also wonderful resources for you to take a look at as well! Check out UMECRA.com under About → New Riders or use this link: <http://umecra.com/newrider.html>

For all those experienced members out there – please make sure you welcome the new people you see at the rides! Remember when you first started? It can be pretty intimidating! Let's make the new members feel welcome!!

Clinics Update

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!

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+news&utm_source=Newsletters

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!

Illinois Clinic Update

An Introduction to Endurance Riding Clinic was held in Peoria, IL in March. We had a great turnout for a classroom learning session where we went over what endurance is (and what it isn't), how to condition a horse for their first

ride, how to navigate all of the paperwork and organizations and how to be ready for that first ride.

About half of our participants were able to attend a practice ride at Sand Ridge State Forest in April. Everyone had a great time and did a wonderful job of preparing their horses for the event. They all even had their horses ready for a perfect trot out and vet check practice. It was impressive!

We are looking forward to seeing some of the new faces at rides this year and know you will all welcome our new riders and help them on their journey.

Nicole Mauser-Storer

Minnesota Clinic Update

April 2nd was a big day in MN with a full day of presentations and demonstrations. Attendees were really engaged and asked a lot of great questions. So much information was shared! Breakout sessions allowed people to explore some topics in more detail.

A ride style pot luck for lunch, then back at for the afternoon with trot outs and an introduction to what to expect at ride camp.

All in all – it was a busy and educational day!

Peggy Pasillas



READY TO REGISTER?

Ready to register for your upcoming rides?
Please make sure you include your UMECRA/AERC numbers for you and your horse! It makes life so much easier for the points keeper.

Also make sure you are consistent with how you enter your horse's name. If you use their barn name and a registered name, you could potentially split your points.

Need to look up your number or that of you or your horse:

Go to UMECRA.com and click on "Results"....



You can search for your name or number or a horse name/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 in Total Mileage is only available for people who have been paid UMECRA members, and only for those years the [Instructions on checking your lifetime rider mileage](#)

UMECRA Horse Numbers

Horse Name or Number

Enter any part of the horses name, AERC or UMECRA number to search. Blank search box will result in all horses To obtain a number for your horse, or report a new AERC number please contact the pointskeeper (umecrapoints@gmail.com) [1000 Mile Horses - How to find Totals and if a horse is nominated](#)

NEW MEMBERS

Do you need a UMECRA horse ID? It's simple and free!

To obtain a number for your horse, or report a new AERC number please email the points

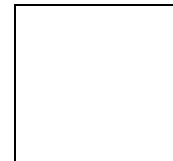
keeper (umecrapoints@gmail.com) and the webmaster

(n.mauserstorer@huskers.unl.edu).

They will assign your horse a number and send you an email with the information. If you join AERC and get an AERC number for your horse you can use that number in UMECRA. Just let the points keeper and the webmaster know the number so you get credit for all your miles!



UMECRA Newsletter
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Deadline for Next Newsletter:
 5th of each month Send
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