

# UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



Time to plan your ride season!!!  
Go to [UMECRA.com](http://UMECRA.com) for ride flyers and camp locations.

Ride Name	2023 Date	Ride City State
Early Bird Ride at Sand Ridge	4/29 & 4/30/23	Forest City, IL
MnDRA1	5/6 & 5/7/23	Hinckley, MN
White River Spring	5/6 & 5/7/23	Hesperia, MI
Glacier Trails	5/12 - 5/14/23	Palmyra, WI
Trade River Run	5/20 & 5/21/23	Cushing, WI
Endure	5/20 & 5/21/23	Chandlerville, IL
Grand Island Ride	5/27 & 5/28/23	Rapid River, MI
Kankakee River Ride	6/2 & 6/3/23	Kankakee, IL
Maplewood West	6/3 & 6/4/23	Pelican Rapids, MN
ApDRA	6/10 & 6/11/23	Palmyra, WI
White River Summer	6/10 & 6/11/23	Hesperia, MI
Southeast Minnesota	6/17 & 6/18/23	Preston, MN
Dead Dog Creek	6/24 & 6/25/23	Augusta, IL
Grand Island North	6/24 & 6/25/23	Munising, MI
Maah Daah Hey Endurance	6/24 & 6/25/23	Medora, ND
Firecracker Fling	7/1 & 7/2/23	Avoca, WI
AHAM at Hopkins Creek	7/8 & 7/9/23	Manton, MI

Mosquito Run	7/8 & 7/9/23	Rogers, MN
AHDRA's Field of Dreams Dash	7/22 & 7/23/23	Farmington, IA
Bonecrusher Ride	7/28 - 7/30/23	Palmyra, WI
Dakota Dash	8/5 & 8/6/23	Leonard ND
Rock River Charity Ride	8/5 & 8/6/23	Franklin Grove, IL
Louise Riedel Memorial	8/11 - 8/13/23	Arkdale, WI
Bearfoot Boogie	<b>No Ride 2023</b>	
DRAW's Prairie River Ride	8/26 & 8/27/23	Gleason, WI
White River Labor Day	9/2 - 9/4/23	Hesperia, MI
Charity Cup	9/9 & 9/10/23	Pillager, MN
Keweenaw Ride	9/9 & 9/10/23	Marquette, MI
Lincoln Trails AHA	9/9 & 9/10/23	Kinmundy, IL
DRAW's Colorama Classic	9/15 & 9/16/23	Campbellsport, WI
DRAW Finale	<b>No Ride 2023</b>	
Huntersville Hundred (Distance Nat'l Champ'ship)	9/29 - 10/1/23	Menahga, MN
Iron Oak	10/14 & 10/15/23	Arkdale, WI
Oak Leaf Run	10/14 & 10/15/23	Hamilton, MI
Point Chaser	10/20 & 10/21/23	Theilman, MN
AHDRA - Big River	10/28 & 10/29/23	Keithsburg, IL
<b>End of UMECRA season 11/6/23</b>		

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## **Ride Manager & Vet Handbooks**

The 2023 Ride Manager - Vet Handbook went out in the mail the first week of April. 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 tan paper that was included in the handbook mailing to your head vet or second vet with a self-addressed stamped envelope to send to UMECRA Secretary Janet Sarver. She only received 2 letters back last year. We firmly believe we have more than 2 head vets in our region.

Ride managers who did not request ride forms this year should also receive a letter with new "First Ride" t-shirt bright blue forms. They should be handed out with the RM signature and date to riders who do their first 25 mile (or more) competitive, LD or endurance ride. This year and going forward drivers who complete a drive of 10 miles or more are also eligible for a t-shirt.

My contact for extra RM/Vet handbooks  
- Theresa Meyer  
- [thmeyer753@gmail.com](mailto:thmeyer753@gmail.com) or call 763-753-5236

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## **Letter from the UMECRA President:**

Hello everyone. As the UMECRA president I would like to highlight in the monthly newsletter an award we offer in UMECRA which you may not be familiar with..

This month's award is the Dr. Beecher Shining Light Award. This award was started by Dr. Beecher in 2013 to honor an outstanding individual who has provided tireless service to the UMECRA organization through managing of ride(s) and/or acting as a veterinarian. Nominated individuals should possess some of the following characteristics: being organized, helpful, honest, supportive, a sense of fairness, knowledge of the sport, consistency, able to educate and mentors others, able to delegate and able to deal with crisis situations.

This award was later sponsored by Jon Strum a former UMECRA rider. This past year it was sponsored by an anonymous donor in honor of Dr Dean Peterson. If you would like to nominate someone for this award, please send a letter to the board explaining why you feel they deserve the Shining Light Award.

I hope everyone has a great ride season.

Sarah Mowrer

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**Please share clinic information on Social Media / Facebook with your friends who might be interested in learning more about our sport!**

## **Upcoming Clinics!!**

**SATURDAY, APRIL 22, 2023, 9AM – 4PM**

Intro to Distance Riding – let’s get started!  
A full day of information, fun and hands on. No horses needed for the clinic.

Inver Grove Heights, MN

Event by Peggy Pasillas

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**SATURDAY, MAY 13, 2023**

**Mock Ride** at Crow Hassen Regional Park, Rogers MN.

Will include both Intro and Novice rides. You will have the opportunity to practice vet checks and compete in a positive and realistic ride environment!

Camping available on Friday, May 12<sup>th</sup>.

Hosted by MnDRA – event manager Peggy Pasillas.

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## **4 Misconceptions About Alfalfa**

Does alfalfa cause kidney or respiratory problems or make horses hyper? Specialists shed light on these myths and more.

Posted by [Heather Smith Thomas](#) | Apr 6, 2023 | on TheHorse.com

Despite all the science-backed suggestions about [feeding alfalfa](#), it remains a misunderstood forage. The following are a few misconceptions worth clarifying.

### **Myth: An alfalfa-rich diet causes kidney problems.**

“A normal, healthy horse can metabolize and excrete the extra protein in alfalfa just fine, if the horse has adequate water,” says Ray Smith, PhD, forage extension specialist at the University of Kentucky, in Lexington. Horses with kidney disease shouldn’t consume a high-protein diet (such as alfalfa), but the alfalfa itself won’t cause kidney disease.

### **Myth: Alfalfa makes horses hyper.**

“I don’t think there is any scientific basis for this,” says Krishona Martinson, PhD, associate professor and equine extension specialist at the University of Minnesota’s Department of Animal Science, in Falcon Heights. “Alfalfa does have more energy compared to grass hay of similar maturity, so perhaps a horse eating a lot of alfalfa in the absence of exercise may have more energy. The biggest issue with alfalfa, however, is weight gain in horses that don’t have adequate exercise.”

### **Myth: Alfalfa aggravates respiratory problems in horses with heaves.**

Some horses tend to cough more when fed alfalfa, but this is due to irritants such as dust and mold rather than

the alfalfa itself. Alfalfa can be dustier than grass hay when moisture conditions at baling are less-than-ideal. Alfalfa leaves also tend to shatter when too dry, creating more dust particles.

“Mold formation is also related to moisture content when baling,” says Martinson. “One issue with alfalfa—which tends to have more stem than grass—is that the stem takes longer to dry. Alfalfa might take 12 to 24 hours longer to dry than a grass crop, simply because it has more stems. Moldy grass hay or moldy alfalfa hay both cause airway irritation when mold dust is inhaled.”

## **Myth: Alfalfa has high nonstructural carbohydrate (NSC) levels.**

“Cool-season grasses like timothy, brome grass, and orchard grass actually have higher nonstructural carbohydrate content and sugars than legumes,” says Martinson. “Horses with carbohydrate sensitivity (e.g., obese horses, those with laminitis, equine metabolic syndrome, equine Cushing’s disease, or polysaccharide storage myopathy) need their diet carefully monitored for nonstructural carbohydrates and can benefit from including some alfalfa rather than grain or cool-season grasses.”

## **Take-Home Message**

The horse industry is full of misconceptions about alfalfa. Before dismissing this nutrient-rich forage, contact your veterinarian or equine nutritionist to develop a feeding program that’s right for your horse.

*Reprinted from TheHorse.com, published on April 6, 2023*

**Don’t forget to complete your 2023 Membership before your first ride! You must be a current member to earn miles or points towards awards!**

**You can renew your membership online at [UMECRA.com](https://www.UMECRA.com) or use the form included in the newsletter.**

For Office Use Only:

Date Rec'd \_\_\_\_\_

Chk # or Cash (\$) \_\_\_\_\_

Amount \$ \_\_\_\_\_

DB entered? \_\_\_\_\_

Date deposited \_\_\_\_\_

# UMECRA



**PERSEVERE**

## UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDE ASSOCIATION MEMBERSHIP FORM

Membership year: \_\_\_\_\_

**SELECT ONE:**

RENEWAL

NEW MEMBERSHIP

**SELECT MEMBERSHIP TYPE:**

Family \$45

Single \$35

Junior \$10

**SELECT MEDIA PREFERENCE:**

Electronic Newsletter - \$0

Mailed Newsletter - \$10

Electronic Ride Book - \$0

Mailed Ride Book - \$10

Ride Book is available for free by downloading the PDF file at [www.umecra.com](http://www.umecra.com) on the schedule page

\*Family memberships shall consist of one or more related, or coupled as significant other, adults, and/or children of such adults who are less than 18 years of age, all of whom reside in the same household. Please include all names of eligible family members below.

Date: \_\_\_\_\_

**PLEASE PRINT CLEARLY and LEGIBLY!**

AERC MEMBER NUMBER(s) (if applicable): \_\_\_\_\_

AERC HORSE NUMBER(s) (if applicable): \_\_\_\_\_

UMECRA MEMBERSHIP NUMBER(S): \_\_\_\_\_

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone number (s): \_\_\_\_\_

Email: \_\_\_\_\_

If you do NOT want your name and contact info in the membership book, check this box:

Please mail completed form along with check made out to UMECRA to:

Deb Moe – Treasurer  
2632 County Road G  
Emerald, WI 54013

UMECRA Newsletter  
 c/o Peggy Pasillas  
 9928 Rich Valley Blvd  
 Inver Grove Hgts, MN 55077  
[www.umecra.com](http://www.umecra.com)

Deadline for Next Newsletter:  
 10<sup>th</sup> of each month  
 Send news to:  
[umecranews@gmail.com](mailto:umecranews@gmail.com)



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