

July 2009

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



Ride Schedule!

Dates	Ride	State
July 24-26	Wildcat	WI
July 25-26	Saolmie Sizzler	IN
August 2	Warm Up	MI
August 3-7	Shore to Shore	MI
August 8	Cool Down	MI
August 8-9	Louise Riedel Memorial	WI
August 15-16	Thistle Down	MN
August 22-23	Rock River Charity	IL
August 29-30	Northern Highland	WI
September 5	White River Fall	MI
September 6-7	White River Labor Day	MI
September 12-13	Charity Cup	MN
September 12-13	Keweenaw	MI
September 12-13	Lincoln Trails	IL
September 19-20	Colorama Classic	WI
September 19-20	Tin Cup Springs	MI
September 26-27	Run for the Ridge	MN
October 1-4	DRAW-arama	WI
October 3-4	Pine Martin Run	MI
October 9-11	Brighton Competitive	MI
October 16-18	Point Chaser	MN
October 24-25	AHDRA III	IL

RIDE CHANGES AND NOTICES

A negative Coggins form is required to attend ALL Wisconsin rides and a copy of the Coggins needs to stay with ride management for their records. The Coggins paperwork does not need to have a photo of your horse on it; a negative Coggins without your horse's photo is still acceptable to attend all WI rides.

COLORAMA:

The Colorama ride is being held in the newly renovated Horseman's Campground in New Prospect, WI. The campground is very nice with new areas and trail entrance; for those of you familiar with the old campground, you will be surprised how it looks now!

There are some new rules in the campground that we will need to follow and I want you to be aware of them before you attend the ride. If you are a person who needs to tie your horse to your trailer, you will not be able to do that in this campground. You can however put your horse in one of the pipe corrals or in your own pen inside the tether area. Here are the guidelines we will be following:

- NO horses can be tied to the trailers except for saddling and unsaddling. Horse must be kept in the designated pipe corrals or a pen may be put up in the tether areas only. No pens can be constructed on the grass. Pens are being reserved; once they are gone; no more reservations will be taken. The pipe corrals are 10' x 10' and the tether areas will be designated for pens to be constructed on them. We will have room for about 40 horses right now however there may be an additional 9 -10x10 foot pens up by September.
- All individual sites are reserved for the weekend; only group sites are still available. To make a reservation, call or email Jill Feller: jfeller@nconnect.net or 920.948.9502. THERE IS STILL PLENTY OF ROOM AVAILABLE, BUT YOU NEED TO REGISTER IF YOU PLAN TO ATTEND COLORAMA. There is room for about 20 more trailers and about 30 horses.
- Reservations will be taken until ALL HORSE corrals are filled: this is the limiting factor. Since horses cannot be tied to the trailers, once the designated pens and corral areas are filled, there is no room for additional riders. You must make a reservation to attend this ride.
- Please do not bring 'buddy' horses to the ride. Once the pens are filled with horses, no more reservations can be taken. If pens are filled by 'buddy' horses, there may be riders not being able to attend the ride.
- Dogs MUST be on a leash. Dogs running loose will result in DQ of the rider. Please be sure to bring tie outs along for your dogs.
- There is a designated area for day-riders to park in.
- There will be a spaghetti dinner on Saturday night; please bring a dish to pass!
If you have any questions about the pens or camping for the weekend, please contact Jill Feller. We want this event to be a fun event for everyone involved!
Thank you! I hope you can attend the ride!!!
COLORAMA:

If you are planning to compete in the 100-mile ride at Colorama on September 19th, you need to send in your entry form BEFORE August 15th. We need five riders to preregister to ride the 100-mile ride by August 15th or we will be cancelling the 100-mile ride; the 25-mile and 50-mile rides will still be held. Send your entry for to: Jill Feller, N9280 County Road TW, Mayville, WI 53050 by August 15th.

ATTENTION RIDE MANAGERS:

Ride Managers:

RIDE RESULTS:

- Ride results need to be submitted within 14-days of your ride in order to avoid a \$50 late fee. If you are having some issues with getting the results sent in within the 14-day period, contact Jill Feller to discuss an extension. Thank you.

WHERE DO RIDE RESULTS GET SENT:

- o Electronic copies of your ride results should be sent to Angie Mikkelson and copy Jill Feller. The check for ride results should be mailed to Jill Feller.
- o Hard copy ride results should be sent to Jill Feller with the check.

Hope this clears up any confusion.

MEMBERSHIPS:

If a ride manager accepts a UMECRA membership at their ride, please write the date the membership was received on the form so the rider get credit for the ride or send a note along with the membership with the 'received date' so the rider gets credit for the ride. Thank you.

Jill Feller

USE OF CALCIUM GLUCONATE IN ENDURANCE HORSES

This commentary was in response to a query to the AERC Vet Committee regarding the use of calcium gluconate in endurance horses.

In general, calcium gluconate is somewhat more efficiently absorbed in the GI tract than calcium carbonate--- the former most commonly provided via some of the more esoteric electrolyte supplements, the latter being the chemical form most commonly found in feeds, including in 'high-calcium' feeds such alfalfa and beet pulp. As such, it is postulated that calcium gluconate might potentially help with some muscle issues, such as cramping, tying up and other issues associated with exhausted horse syndrome. During

intensive and prolonged exercise, such as during an endurance competition, there MAY be some advantage to supplementing with the more readily absorbable chemical forms of minerals, as the higher bioavailability may potentially result in higher circulating levels of ionized calcium utilized by muscles.

However---while some benefit potentially exists, there may only be a measurable advantage in horses competing at extremely high levels, or to horses prone to electrolyte issues (an example might be a heavy-muscled breed or individual that sweats at a higher rate and thus requires more electrolyte supplementation during prolonged exercise in hot weather). While the chemical form of calcium (calcium carbonate) found in common feeds is somewhat less utilizable, its absorption is still in the 75% range---thus a few minutes of eating a calcium-rich feed at a vet check, such as alfalfa or beet pulp mash, will probably provide more than sufficient calcium needed for the next loop, provided other metabolic parameters are also being tended to.

It is also very important to remember that muscle problems are multi-factorial, and closely related to many other issues, including hyperthermia (heat stress), dehydration, overexertion, energy depletion, and many other electrolyte derangements, including depletion of sodium, chloride, potassium and magnesium. Overall nutrition, including protein levels, mineral ratios and balance, vitamin status and even genetics, estrus cycles and exposure to viruses can result in chronic or acute muscle cramping problems. As such, it is unlikely that a sole strategy of switching a horse's calcium source from calcium carbonate to calcium gluconate is likely to solve (or even significantly affect) any performance issues.

If you would still like to try the use of calcium gluconate, I would suggest you do so not as a solitary supplement, but as one of the electrolyte supplements formulated specifically for endurance athletes, following manufacturer recommendations.

Good luck,

Susan Garlinghouse, DVM, MS (Clinical Nutrition)

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Please send your ad to UMECRAnews@gmail.com. We can handle most common formats, such as Word, .pdf, or .jpg. The deadline for each issue is the last day of the previous month – newsletters are generally mailed by the 15th.

Please send payment for your ad to:
Jill Feller, UMECRA Secretary/Treasurer
N9280 Cty Hwy TW
Mayville, WI 53050

Checks should be made payable to UMECRA.

INSULIN RESISTANCE AND PERFORMANCE HORSES

by Madalyn Ward, DVM

Here's a quick test. Ready?

- * Does your horse sometimes seem sluggish, gain or lose weight easily, or lose muscle over his top line but maintain a cresty neck?
- * Does he stock up easily or sometimes seem prone to hoof soreness or abscesses?

If your horse displays any of these symptoms he could be insulin resistant (IR), a condition that has recently come to the attention of many professionals and owners in the horse industry.

Insulin is produced by your horse's pancreas and is needed to move glucose out of the blood and into the cells where it can be used for energy. Some horses are genetically predisposed to develop a condition where their cells do not respond properly to insulin so glucose metabolism is impaired. However, not all horses that have this predisposition will develop insulin resistance. Triggers that can cause this condition to manifest include high-carbohydrate or high-fat diets, mineral deficiencies, lack of exercise, obesity, and stress. Let's look at each of these factors.

High-Carbohydrate Diets

Carbohydrate levels in feeds are best evaluated by looking at the non-structural carbohydrate (NSC) levels. Unfortunately, these levels are not listed on most feed bags but they can be obtained for most grains and hays at <http://www.equi-analytical.com/>. Some experts feel that a horse with IR should have a total diet that is less than 10% NSC. However, this low percentage is difficult to achieve as few feeds or hays have less than 11% NSC and they must be soaked to leach out the sugars to get levels this low. I feel most performance horses that are not showing serious symptoms, such as laminitis, and are still being worked regularly can handle NSC levels between 10% and 15%.

High-Fat Diets

IR horses vary greatly in the amount of fat they can handle. In general the longer the condition has been active the less fat the horse can metabolize. Long standing IR will cause damage to the horse's liver as the body tries to store the extra circulating glucose in the liver. This causes a fatty liver syndrome and the liver will swell, which blocks the bile ducts. Bile is needed for fat digestion and if flow of bile into the small intestine is blocked, fat will not be digested. In addition, the presence of fat will interfere with the digestion and assimilation of other important nutrients. I often suggest the herb milk thistle be given to horses that have IR because it has a protective effect on the liver. It also contains certain minerals, such as selenium, which help some horses cope with the muscle soreness that can occur with IR. I suggest one tablespoon daily of freshly-ground milk thistle seeds. **Insulin Resistance Continued on pg 10...**

RECIPE CARD

Carmel Bars
32 caramels
3 tablespoons cream or milk
3 tablespoons butter
3/4 c. melted butter
1 c. flour
1 c oatmeal (quick oats)
3/4 c. brown sugar
1 tsp baking soda
1/2 tsp salt

Melt Caramels, cream and butter in a double boiler. Mix butter, flour, oatmeal, brown sugar, baking soda, and salt thoroughly, and press approximately 3/4 of the mixture into bottom of greased 9x13 inch pan. Bake for 10 minutes at 350. Pour melted caramel over this. Sprinkle with one 6 ounce pkg of chocolate chips, 1/2 cup chopped nuts (optional - I do not use these) and the rest of the crumb mixture. Bake another 10-15 minutes. Watch closely so caramel does not cook.

Courtesy of: *Jan Wuerztz*

Ride Results!

Dead Dog Creek - 5/16 & 5/17			
First Name	Last Name	Horse Name	Placing
5/16/2009 50 mile Endurance HW			
Marge	Dixon	Kenlyn Intrigue	1
Guy	Worthington	Fast William MNB	2
Robert	Plummer	KM Khoranado	3
Gerald	Cummings	Bethany Jahn	dnf
5/16/2009 50 mile Endurance LW			
Jan	Worthington	Golden Lightening	1
Ashlee	Van Raalte	Serloki	2
Jennifer	Plummer	Fancy Savage Nite	3
5/16/2009 30 mile LD - Senior			
Aaron	Mowrer	Alazi	1
Michelle	Lazorchak	Rebels Masterpiece	2
Keith	Kibler	Silvers Wild Kate	3
Jen	Allen	RCF Cammanche	4
Lori	Windows	The Postman	5
Rachel	Boyce	Solitary Lady	6
Chris	Power	Wineglass Deborain	C
Jennifer	Ord	Glory's Final Performance	dnf
Kristi	Alveg	Sami	dnf
5/17/2009 30 mile LD - Senior			
Lori	Zackrie	Eh Miran	1
Sandy	Kibler	Country Shady Lady	2
Nancy	Mueller	SCF Elatcaz	3
Jon	Davidson	Alazis Thunder Rose	4
Joshua	Mowrer	KW Magnum Archie	5
Sarah	Mowrer	Rasuli the Magnificent	6
Angela	Lennox	Probable Viking	C
Kristi	Worthington	MRPF Penique Brillante	C
Guy	Worthington	Dreamy Gal	C
Ashlee	Van Raalte	Manawar	C
Ashlee	Worthington	Cheyenne	C
5/17/2009 30 mile LD - Junior			
Ashlee	Lennox	Pee Wee	1
5/17/2009 50 mile Endurance HW			
Keith	Kibler		1
Kayla	Reimer		2
5/17/2009 30 mile Comp			
Marty	Power	SA Je Jat	1
Laura	Hardway	Kaz Mirage	2
5/17/2009 30 mile Comp			
Chris	Power	Wineglass Deborain	1
5/17/2009 Novice			
Holly	Elliot	Nigo's Last Girl	1
Taylor	Dashiell	A Sassy Promise	2
Ruth	Stewart	Bugsy	mo

AHDR 5/30 & 5/31				
FIRST NAME	LAST NAME	UMECRA WEIGHT DIVISION	HORSE 1 NAME	UMECRA PLACING
2 Day 50 Competitive				
Lori	Windows	LW	JA Bannar	1 (HP)
2 Day 50 Competitive				
Deb	Searle	HW	WOA Ravens Premier +	1
Robin	Schadt	HW	RA IBN Maruf	2
Donna Lee	Ozment	HW	Miss Windswept Bailey	3 (HP)
Tony	Troyer	HW	Heart of the City	4
Art	Espe	HW	Jim	pulled
2 Day 50 Competitive				
Marty	Power	LW	SA Te Jat	1 (HP)
Karen	Sylvan	LW	Spot Me Wild	2
Linda	Jacobson	LW	Mi Precious Ruby	3
2 Day 50 Competitive				
Julie	Jackson-biegert	LW	Ace	4
Vera	Betzelberger	LW	Lexus	5
2 Day 50 Competitive				
Maxine	Bernsdorf	HW	CH Shamm Bashire (Bad A	1
Linda	Miller	HW	Crescent Moon Jet	1
Chris	Power	HW	WineGlass Debonair	3
Bonnie	Mielke	HW	OLA Loki	4
2 Day 50 Competitive				
Emily	Smith	JR	Starr Quest	1
Holly	Tarter	JR	Tomboy	2
2 Day 50 Competitive				
Emily	Williams	Novice	Stark Raven	1
Connie Jo	Stark	Novice	Chex My Tan Lines	2
Belinda	Cook	Novice	BF Four by Four	3
Sheila	Sherman	Novice	PJ	4
Tex	Clevenger	Novice	Joker	5
Janet	Smith	Novice	KoKoMo	6
Bryn	Iten	Novice	Gandie	Mileage only
Karen	Tellef	Novice	Okan Extraordinaire	Mileage only
Cindy	Lawbaugh	Novice	Syndiego	Mileage only
Nancy	Haak	Novice	Drifter	pulled
Ann	Delang	Novice	Mariah	pulled
2 Day 50 Competitive				
Tyler	Griffin	JR Novice	Angel	1
2 Day 50 Competitive				
Marty	Power	LW	SA Te Jat	1 (HP)
Julie	Jackson-biegert	LW	Autumn Maverick	2
Karen	Sylvan	LW	Spot Me Wild	3
Breanne	Schoenhaven	LW	Calyphas Radiance	4
Linda	Jacobson	LW	Chub Lake Jack daniel	5
Laura	Hardway	LW	Kazmirage	6
2 Day 50 Competitive				
Bonnie	Mielke	HW	Chariotsoffire NVF	1
Kathi	Soukup	HW	GSF Frankie	2
Chris	Power	HW	WineGlass Debonair	3
Art	Espe	HW	Fancy	4
2 Day 50 Competitive				
Taylor	Dashiell	JR	A Sassy Promise	1
2 Day 50 Competitive				
Mike	Zimmerman	Novice	CoCo	1
Sheila	Sherman	Novice	PJ	2
Nancy	Mathieu	Novice	Lightning	3
Janet	Smith	Novice	KoKoMo	4
2 Day 50 Competitive				
Tyler	Griffin	JR Novice	Angel	1
Ashley	Clift	JR Novice	Shelly	2

White River Summer - 6/13 - 6/14

First Name Rider	Last Name Rider	Horse Name	Placing
50 Mile Comp - HW 6/13/2009			
Gene	Dake	CSA ZaFerah	1
Jim	Rawski	JC Quick Quirt	2
James	Prueter	Snicker	3
Earle	Baxter	CH Noble Bucca Ibeer	4
Karen	Graham	Crucian	5
Diana	MacDonald	Bask N. Coinst	6
Mary	Must	Vedofi	7
Carol	Steiner	Zarif LA Magic	8
Annie	St. Denis	Dennan Murom Lightening	9
Lynda	Powwend	Ben	RO
Rob	Benns	Supreme Justice	RO
50 Mile Comp - LW 6/13/2009			
Myra	Fleming	Victory Dance	1
Ruth	Starley	RBF Super Sport	2
Julie	Green	Khuelah	3
Wendy	MacCoubrey	Brats El Norus	4
Julie	Ernst	JC Aci Ebony	5
Linda	Byrane	Owen	6
Marty	Power	SA JeJat	7
Karen	Bahmar	HJH Ivory McCoy	8
Cathy	Cook	Red Cloud	9
Shelley	Dake	TJ Te Quilla	10
Stacey	Cooper	Lu-Nor Nykawin	11
Rebecca	Grams	Shatto's Sir Lance Lot	RO
Linda	Hamrick	Zahur's Gallant Dancer	RO
Wendy	Benns	Flirt with Ecstasy	RO
25 Mile LD 6/13/2009			
Carol	Dosman	J Dalmer Sharrit	1
Kari Sue	Hanes	Mu Mara Leah	2
Barbara	Kurts	Synerator	3
Misha	Green	Zamaluck	4
Ted	Klopsenstein	Presbus	MO
Robne	LeCouteur	Easy Change	RO
25 Mile LD - Junior 6/13/2009			
Gatlin	Grove	Whisper	MO
35 Mile Comp - LW 6/13/2009			
Deborah	Campbell	PR Faasheharazada	1
Julie	Roe	Alada Kheanna	2
Lori	Windows	JU Bannarr	3
Tali	Sorenson	LA Accelant	4
25 Mile Comp - HW 6/13/2009			
Jeanne	Asklakson	SH Prince Soloman	1
Chris	Power	Wine Glass DeBonair	2
Roseanna	Clark	Mutuk's Legend	3
Robin	Schadt	RAI BN Maruf	4
Ken	Wright	LW Raajrfrection	5
Dennis	Hurley	Jazz	6
Tim	Germann	Just Kiddingaround	7
Donna Lee	Ozment	Miss Windswept	8
25 Mile Comp - HW 6/13/2009			
Diane	Meinders	Lacey's Game	1
Amy	Scharmen	Coosa Valley Indiana Jones	2
Katy	Byrne	Ahmda Allah	3
Lisa	Germann	Over Brooks Imuget/	4
Liz	Petersen	PJ Ali Boba	5
25 Mile Comp - Junior 6/13/2009			
Whitney	Meinders	Honey	1
Rachael	Meinders	MS Dasani	2
50 Mile Endurance - HW 6/14/2009			
Carol	Steiner	Jumpin Jat	1
Jim	Rawski	JC Quick Quint	2
Earle	Baxter	I Am Amazing	3
50 Mile Endurance - LW 6/14/2009			
Myra	Fleming	Fly Like The Wind	1
Rebecca	Grams	Bears Northern Light	2
Diane	Meinders	Lacey's Game	3
Julie	Green	Khuelah	RO
Sarah	Aston	Futuristic	RO
Ruth	Sturley	RBF Super Sport	RO
50 Mile End - Junior 6/14/2009			
DJ	Byard	Delket Dean	1
Rachael	Meinders	Thank Heaven	Pulled
30 Mile LD 6/14/2009			
Robne	LeCouteur	Chime's Choice	1
Linda	Hamrick	RTM First in Line	2
Kari Sue	Hanes	MA Mara Leah	3
Marty	Powers	Nelly's Thunder	4
Deborah	Campbell	Hidden Bonus	5
Gene	Dake	Lu-Nor Nykolasta	6
Marsha	Green	Zamaluck	7
Barbara	Kurti	Tryllerika	8
Stacey	Cooper	CSA Ruzzah	pulled
Mike	Byard	MSU Staying Power	pulled
Lori	Windows	The Postman	pulled
Liz	Peterson	Taking Namez	pulled
25 Mile Comp - HW 6/14/2009			
Chris	Power	Wine Glass DeBonair	1
Donna Lee	Ozment	Miss Windswept	2
Jeanne	Aslakson	Sh Prince Soloman	3
Robin	Schadt	RA Ibn Maruf	4
Roseanna	Clark	Matuks Legend/	5
Sandra	Wright	Accidental Skky	6
25 Mile Comp - LW 6/14/2009			
Amy	Scharmen	Coosa Valley Indiana Jones	1
Julie	Roe	Alada Kheanna	2

ApDRA - 6/6 & 6/7

FIRST NAME	LAST NAME	HORSE 1 NAME	UMECRA PLACING
6/6/09 - Novice			
Vanessa	White	Cipher	1
Kristine	Smaglick	Lazer GMF	MO
Kathy	Schauer	ES Uferun	MO
6/6/09 - Drive			
Wes	Licht	Ellie/Annie	1
Tony	Troyer	Heart of the City	1
Lori	Schoofs	Laura Lee	3
Jack	Shae	Kim	4
Mary	Clapper	Quinn's Weling Willow	5
Art	Espe	Ivan	MO
6/6/09 - 25 mile Comp Jr			
Austin	Bernsdorf	Mi Lucky Charm	1
Libbie	Miller	Rushcreek Quiver	2
6/6/09 - 25 mile Comp LW			
Leigh Ann	Sytsma	Haza Bright Future	1
Laura	Husser	Maggie	1
Cathy	Hansen	Chance	3
Kathy	Schauer	SW Mananya	4
Nancy	Leonard	Chet	5
Tammy	Sunderledg	Dee Dee	6
Carol	Wagner	Partner	6
Melissa	Marow	Lazar	C
6/6/09 - 25 mile Comp HW			
CoCo	Miller	Absolute Pleasure	1
Maxine	Bernsdorf	Clit Shanon Bushen	2
Deb	Searle	Sultann Sundance	3
Robin	Schadt	Sassy Aspen	4
Sheila	Mattson	Shandale	5
6/7/09 - Drive			
Lori	Schoofs	Laura Lee	1
Mary	Clapper	Benjamin Blue	2
6/7/09 - 25 mile Comp LW			
Linda	Jacobson	Mi Precious Ruby	1
Heather	Gottschalk	Sikari	2
Cathy	Hansen	Chance	3
6/7/09 - 25 mile Comp HW			
Bonnie	Mielke	Chariots of Fire	1
Robin	Schadt	Sassy Aspen	2
Deb	Searle	Sultann Sundance	3
6/7/09 - 25 mile LD			
TJ	Edwards	Miss Molly Mule	1
Wes	Elford	Dalimage	2 (BC)
Lori	Windows	The Postman	3
Tony	Troyer	Heart of the City	4
Rachel	Boyce	Solitary Lady	5
Joan	Fisher	CC Lois	6
Joslyn	Seefeldt	Pasarab's Abierto	C
MaryAnne	Dalton	Baron Bristonazz	C
Steve	Smith	RuDaDi	C
Daniel	Winger	Lucky	C
Jill	Feller	JG Hamdah	Pulled
6/6/09 - 25 mile LD			
Jill	Feller	JG Hamdah	1
Joan	Fisher	CC Lois	2
Rachel	Boyce	Solitary Lady	3
Kelly	Wojcik	Ernie	4
Connie	Gray	Arra Khai	5
Katie	Bachhuber	JS Bey Kasiner	6
Daniel	Winger	Rainy	C
Teri	Olson	Faydin Halim	C
Joslyn	Seefeldt	Pasarab's Abierto	C
Lynne	Hamelreich	Black Wind Bahimm	C
Shirley	May	Pieta Creo Que	C
Steve	Smith	RuDaDi	C
Art	Espe	Fancy	C
Terri	Suarez	Rajay Shadcock	C
Rick	Nelson	RCF Comanche	C
6/6/09 - 50 mile End LW			
Lori	Windows	Sager's Accompany Me	1
Peggy	Brush	CV Balboa	2 (BC)
Marianne	Gaillfoyle	Trekan	3
Rachel	Rudstrom	BNB Nemesis Chindhi	4
Linda	Jacobson	Major Ridge Scarlet Debut	5
Barbara	Gardner	RR Roman Scooter	6
Schneider	Sheila	Renaighade	C
Jessica	Rudstrom	Safires Sinatra	Pulled
Dawn	Keast	California Dreamon	Pulled
Michael	Liang	Richoet Romance	Pulled
6/6/09 - 50 mile End HW			
Van	Jacobson	NR Hot Spot +/	1
Jan	Allen	Salernos Legacy	2
Sherry	Aune	Cabernet Savignon	3
Christina	Hyke	Mandate For Gold	4
Larissa	Sprecher	Pudgy	Pulled
TJ	Edwards	JBK Tara	Pulled

Maplewood - 5/30 & 5/31

FIRST NAME	LAST NAME	HORSE 1 NAME	UMECRA PLACING
5/30/09 25 mile LD			
Jason	Nicol	Fortunate Echo	1 (BC)
Walt	Friberg	Laser	2
Jodi	Johannesen	Miles Comet	3
TJ	Edwards	Miss Molly Mule	4
Coleen	Hueners	Tickles My Fancy	5
Cody	Boysen	Mirbat Atigirl	6
Christina	Long	RR Raewyn	C
Martin	Richard	Dakota Bear	C
Bev	Specht	Raffles Rhythm	C
Wanda	Gage	Snort	C
Lynn	Triplett-Benson	Niso	C
DeAnne	Knapp	Cennabelle Star	C
Vicki	Rostallan	Scamper	
Theresa	Fett	CR Eastir Lyllee	
Kelly	Hazledine	JK Eternal Dream	
5/30/09 25 mile Comp LW			
Sarah	Maas	Afire N Lace	1
Caityln	Hemmesch	WH Procrastinator	2
Angie	Mikkelson	Joke Son U	3
Sarah	McKenzie	ENM Missy Taz	4
5/30/09 25 mile Comp HW			
Michael	Powell	Bozanna's Orphan Annie	1 (HP)
Lisa	Powell	CSA Bobbi Sox	2
Lisa	Simpson	KC Sashet	3
Krista	Dale	Namero Bey	4
Mary	Baker	Eclektic	5
Bethany	Borchert	Dun Aoby Fox	6
Joan	Thiel	Lads Masterpiece	C
Emily	Lindberg	PPF Geyms Odin	C
Lynn	Reichert	CR Raazberry Dreame	
5/30/09 50 mile Comp HW			
Laurie	Brown	Vallies Nadeem	1 (HP)
5/30/09 50 mile Comp LW			
Darlene	Molitor	Lazers Legacy	1
Rachel	Quale	TS Valocity	2
Kelsey	Noonan	SN Aladdin Abu	3
5/30/09 50 mile Endurance LW			
Dana	Maass	Taz Manian Angel	1 (BC)
Ona	Lawrence	CR Mackies Finn	2
Jackie	Erickson	My Dusty Moon	3
Sandy	Noonan	Vallies Shantilly	4
Chip	Jack	Bey Decision	5
Tracy	McIntosh	Amigo Rissar	6
Rachel	Hill	Dakota's Ransom	
5/30/09 50 mile Endurance HW			
Vanessa	Vanderbeek	CR Simple Eleganz	1
Jen	Wuertz	VO Raahin	1
Jordanne	Bruns	Chazzy	3
Sheryl	O'Brian	Truimage of Gold	4
Tracy	Blue	Diego	5
Walter	Benhardus	Howard's Midnight Thunder	
5/31/09 25 mile LD			
Cody	Boysen	Autumn N Motion	1
Jordanne	Bruns	Trooper	2
Dana	Maass	Jerico	3
Sarah	Maass	GP Cali-Rooz	4
Jodi	Johannesen	Miles Comet	5
Christina	Long	RR Raewyn	6
TJ	Edwards	Miss Molly Mule	C
Joel	Hildebrandt	Missing Memory	C
Michael	Powell	Chant Khoumkhemos	C
Lisa	Powell	WA Northstar	C
Tracy	Blue	Bud	C
Paula	Goligowski	Willie Winchester	C
Teresa	Fett	CR Mistiraaz	C
Walt	Friberg	Laser	
5/31/09 25 mile Comp Jr			
Tara	Saley	Neapolitano Cisero	1
5/31/09 25 mile Comp LW			
Karen	Kersten	Chewy	1 (HP)
Joan	Elbert	Lucky	2
Jeanne	Orth	Misty	3
Sandra	Noonan	Vallies Hi Sass	
5/31/09 25 mile Comp HW			
Sheryl	O'Brian	Omars Rising Star	1
Mary	Baker	Synaptic	2
Richard	Elbert	Faloo	3
Walter	Bernhardus	Riseta Weinsetto Pup	
5/31/09 Novice			
Melissa	Fale	Ruger	1
Cheri	Power	Kory	2
Elizabeth	Hennrichs	Spruce Hill Maria	3
Christine	Butler	I Cee	4
Tom	Holland	Uno	5
James	Power	Honcho	6
Jeff	Schlossman	Beau Shotei	C
Lynn	Reichert	WH Procrastinator	MO
Sue	Schlossman	Bennicio	MO

Grand Island - 5/23 & 5/24

5/23/09 - 50 mile End LW			
Myra	Fleming	Vicktory Dance	1
Gwen	Anderson	Serr Eba Star	2
Bettina	Koehn	JBK Zum Bayou	3
Rebecca	Grams	Bear's Northern Light	4
Andrea	Redman	Crucian	5
Shelley	Dake	TJ Tequilla Boy	6
Stacey	Cooper	LuNor Nykawin	C
Karen	Bahrman	HJH Ivory McCoy	C
Barbara	Gardner	RR Roman Scooter	C
Jessica	Rudstrom	Safires Sinatra	C
Diane	Meinders	Lacey's Game	C
Karen	Hites	Mulik El Hawa	C
Dee	Janz	Tweety	C
Cathy	Arbib	Mustang Hannibal	C
Meg	Andreae	So Elite	Pull
5/23/09 - 50 mile End HW			
Gene	Dake	CSA Zafirah	1
TJ	Edwards	JBK Tara	2
Dennis	Byard	DB Deoro	3
Wes	Eford	Zea Breeze	4
Cindy	Schlund	Rakis	5
Sara	Michelin	AM Sumpy Red	6
5/24/09 - 50 mile End LW			
Jim	DuVerneay	Makin Art Wonder	Pull
5/24/09 - 50 mile End LR			
Myra	Fleming	Flylikethewind	1
Rebecca	Grams	Shatto's Sir Lance Lot	2
5/24/09 - 50 mile End JR			
Brooke	Koehn	Zarafin Zakhiebo	1
DJ	Byard	Selket Dean	2
Rachael	Meinders	Thank Heaven	3
5/23/09 - 25 mile LD SR			
Kari	Sue	MA Mara Leah	1
Kayla	Shope	Lu-Nor Tornado	2
Carol	Kolinsky	Alada Padron	3
Jill	Feller	JG Hemdah	4
Vickey	Hollingsworth	Padrona Auaventera	5
Pamela	Cotton	Cherokee Diamond Bunny	6
Julia	Newton	Sunny	C
Jordon	Holmes	Yahoo	C
Kristen	Mikula	Tucker	C
Karen	Alvord	Quebec	Pulled
Dawson	Fredric	Soldier	Pulled
Lona	Fende	Hope	Pulled
5/23/09 - 25 mile LD JR			
Kelsey	Shope	Catchulatr WLA	1
Ainsley	Suskey	Captain Thunderpants	2
5/24/09 - 25 mile LD SR			
Andrea	Redman	Is It Bold	1
Gene	Dake	CSA Razzak	2
TJ	Edwards	Miss Molly Mule	3
Trevor	Birr	Mariah	4
Marlie	Birr	October	5
Kari	Sue	MA Mara Leah	6
Dennis	Byard	The Secret Agent	C
Bettina	Koehn	Miska Son Sharif	C
Maxine	Bernsdorf	Hy-Vigil Amazn Priz	C
Jennifer	Prouty	Polly's Irish Knight	C
Dawson	Fredric	Wagon	Pulled
5/24/09 - 25 mile LD JR			
Kelsey	Shope	Catchulatr WLA	1
Kristy	Peterson	Rafael	2
Mike	Byard	MSU Staying Power	3
Dylan	Koehn	Poncho	4
Ainsley	Suskey	Captain Thunderpants	5

Grand Island - 5/23 & 5/24			
5/23/09 - 50 mile Comp HW			
Bonnie	Mielke	Chariotsoffire NVG	1
5/23/09 - 50 mile Comp LW			
Katy	Byrne	AhmduAllah	1
Julie	Roe	Alada Kheanna	2
5/23/09 - 25 mile Comp LW			
Majorie	Dutton	Bud Light	1
Bridgette	Anderson	Jami	2
Karen	Jarvi	Flame	3
Tracy	Anderson	DVL Shaaladdinn	4
Barbara	Kurti	Synerator	5
Kathy	Schauer	SW Mananya	6
Cindy	Anderson	Bo	C
Kathy	Macki	WADiamond Jubilee	C
5/23/09 - 25 mile Comp HW			
Maxine	Bernsdorf	CH Shamm Bashire	1
Jennifer	Prouty	MI First Dance	2
Sheila	Mattson	Shaundalar	3
Cindy	Schierschmi	Abduil	4
Madelyn	Carroll	Zeus	5
5/23/09 - 25 mile Comp JR			
Erin	Anderson	Angel	1
Joellen	Roberts	Aries	2
Averi	Kanyuh	Just Jimmy	3
Christina	Theoret	Tender Dell Leo	4
5/24/09 - 25 mile Comp HW			
Sheila	Mattson	Shaundalar	1
5/24/09 - 25 mile Comp LW			
Diane	Meinders	Lacey's Game	1
Julie	Roe	PF Court Jester	2
Karen	Jarvi	Flame	3
Kathy	Macki	WADiamond Jubilee	4
Barbara	Kurti	Tryllerika	5
Bonnie	King	Harvey	6
5/24/09 - 25 mile Comp JR			
Rachael	Meinders	MS Dasani	1
Erin	Anderson	Synerator	2

Glacier Trails - 5/9 & 5/10			
FIRST NAME	LAST NAME	HORSE 1 NAME	UMECRA PLACING
5/9/09 - 25 mile Comp LW			
Paula	Rapp	Blueberry Wimis	1
Gina	Siegert	Hannahh	2
Nancy	Leonard	Chet	3
Laura	Husser	Maggie	4
Carol	Wagner	Partner	5
Haas	Jim	Fourmiles Mystic	5
5/9/09 - 25 mile Comp HW			
Maxine	Bernsdorf	CH Shamm Bashine	1
Nicole	Hermann	Sazars Natives	2
Jennifer	Prouty	Mi First Dance	3
Dawn	Haas	Fourmiles Kashtin	4
5/9/09 - 25 mile Comp JR			
Austin	Bernsdorf	Mi Lucky Charm	1
5/10/09 - 25 mile Comp JR			
Hayden	Hermann	East R's Lucky Charm	1
5/10/09 - 25 mile Comp HW			
Dawn	Haas	Murphy Chance	Pulled
Deb	Searle	WOA Ravens Premier	1
Donna Lee	Ozment	Miss Windswept Bailey	2
Linda	Miller	Plaudit McUle	3
Robin	Schant	RA BN Maruf	4
Mary	Mott	Crescent Moon Jet	5
Jennifer	Prouty	Polly's irish Knight	6
5/10/09 - 25 mile Comp LW			
Nancy	Leonard	Chet	1
Leigh Ann	Sytsma	Monique Lafite	2
Linda	Jacobson	Majer Ridge Scarlet Debut	3
Heather	Gottschalk	Sikari	4
kathy	Schauer	SW Mananya	5
Jim	Haas	NW Eklipse	6
2 Day 50 mile Comp - LW			
Lori	Windows	JA Bannarr	1
2 Day 50 mile Comp - HW			
Bonnie	Mielke	Chariots of Fire	1
5/10/09 - 25 mile Drive			
Tony	Troyer	Heart of the City	1
Art	Espe	Ivan	2
5/10/09 - Novice			
Jon	Wagner	Spot	1
Tammy	Sunderled	Dee Dee	2
Emily	Williams	Stack Raven Beggie	2
Bonnie	King	Harvey	4
Kelly	Wojcik	Ernie	4
Nate	Sunderlag	Kessler	6
Heather	Kuenzi	Fancy Pants	C
Cindy	Nankee	Daca	C
Bill	Suskey	Toboggan	C
Lindsay	Osborne	Bynomite JB	C
Beth	Ratajczak	Flicka	C
Charlene	Stenner	Baron Bristonazz	C

Points!

Glacier Trails - 5/9 & 5/10			
5/10/09 - 12 mile Drive			
Susan	Keating	Belle	1
Wes	Licht	Annie/Ellie	3
Katz	Jackson	Talon	2
5/9/09 - 12 mile Drive			
Wes	Licht	Annie/Ellie	1
Katz	Jackson	Feather Ridge Talon	2
Mary	Clapper	Benjamin Blue	3
5/9/09 - 50 mile End LW			
Roberta	Harms	EV Count Valentino	1
Melodie	Sprecher	Pudgy	2
Linda	Jacobson	Majer Ridge Scarlet Debut	3
Jessica	Rudstrom	Safires Sinatra	4
Rachel	Rudstrom	BNB Nemesis Chindhi	5
Michael	Liang	Richoet Romance	6
Barbara	Gardner	RR Roman Scooter	Pulled
5/9/09 - 50 mile End HW			
Guy	Worthington	Rerun	1
Larissa	Sprecher	Pasha Astra	2
Jeanne	Crispin	Jebel Razi	3
Jen	Allen	Saleros Legacy	4
Sherry	Aune	Cabernet Sauvignon	5
Kathi	Soukup	GSF Frankie	6
TJ	Edwards	JBK Tara	C
5/9/09 - 25 mile LD SR			
Eryn	Rapp	Granny Scarlet	1
Peggy	Bruhx	CV Balboa	2
Wes	Elford	Zea Breeze	3
Bettina	Koehn	JBK Zum Bayou	4
Christina	Hyke	Mandate For Gold	5
Michelle	Mattingley	Mattingley Glitz	6
Jan	Worthington	Fair Breeze	C
Jennifer	Baker	Nadja	C
Pamala	Cotton	Cherokee Diamond Bunny	C
Steve	Smith	RuDaDi	C
Terri	Suarez	Rajah Shadkack	C
Cindy	Schlund	Rakis	C
Jill	Feller	JG Hamdah	C
Joan	Fisher	CC Lois	C
Art	Espe	Jim	C
Joslyn	Seefeldt	Pasatab's Abierto	C
Shirley	May	Ikea	C
Lynne	Himmelrich	Blackwind Banimm	Pulled
5/9/09 - 25 mile LD JR			
Brook	Koehn	Zarafin Zakhiebo	1
Ainsley	Suskey	Captain Thunderpants	2
5/10/09 - 25 mile LD SR			
TJ	Edwards	Miss Molly Mule	1
Christina	Hyke	Mandate For Gold	2
Kristy	Worthington	MRPF Peniqu Brillante	3
Guy	Worthington	Dreamy Gal	4
Jill	Feller	JG Hamdah	5
Michelle	Mattingley	PA Gone Hollewood	6
Jan	Worthington	Cheyenne	C
Steve	Smith	RuDaDi	C
Bettina	Koehn	JBK Zum Bayou	C
Shirley	May	Pieta Creo Que	C
Joslyn	Seefeldt	Pasarab's Abierto	C
Maxine	Bernsdorf	Hy Vigil Amazn Prize	Pulled
Joan	Fisher	Mac	Pulled
Jeanne	Crispin	Tioga Peak	Pulled
5/10/09 - 25 mile LD JR			
Dylan	Koehn	Poncho	1
Brook	Koehn	Zarafin Zakhiebo	2
Ainsley	Suskey	Captain Thunderpants	3

LD JUNIOR			
First Name	Last Name	Horse Name	Total Points
Ainsley	Suskey	Captain Thunderpants	36
Kelsey	Shope	Catchulatr WLA	22
Brooke	Koehn	Zarafin Zakhiebo	21
Dylan	Koehn	Poncho	19
DJ	Byard	Selket Dean	13.2
Sara	Lennox	Pee Wee	13.2
Kristy	Peterson	Rafael	10
Mike	Byard	MSU Staying Power	9

LD SENIOR			
First Name	Last Name	Horse Name	Total Points
TJ	Edwards	Miss Molly Mule	70
Walt	Friberg	Laser	49.8
Jodi	Johannessen	Miles Comet	43
Jordanne	Bruns	Trooper	38.8
Charlotte	Tuhy	G D Pippin	36.4
Jill	Feller	JG Hemdah	31
Steve	Smith	RuDaDi	30
Jason	Nicol	Fortunette Echo	29.8
Lori	Windows	The Postman	25.8
Kristy	Worthington	Mr PF Penique Brillante	24.6
Rachel	Boyce	Solitary Lady	22
Paula	Goligowski	Willie Winchester	22
Joel	Hildebrandt	Missing Memory	22
Kari Sue	Hanes	Ma Mara Leah	21.6
Joan	Fisher	CC Lois	21
Liane	Wilkinson	Moonlight Matinee	20.6
Joslyn	Seefeldt	Pasarab's Abierto	20
Sarah	Maass	GP Cali-Rooz	19
Daniel M.	Winger	Major	18.2
Christina	Hyke	Mandate For Gold	17
Kari	Sue	MA Mara Leah	17
Teresa	Fett	CR Mistiraaz	16
Rick	Nelson	RCF Comanche	14.6

COMP JR			
First Name	Last Name	Horse Name	Total Points
Rachael	Meinders	MS Dasani	33
Austin	Bernsdorf	Mi Lucky Charm	32.5
Rachael	Meinders	Angel Thank Heaven	26.4
Rachel	Clark	Shadow Pony	18
Tanya	Meyer	Shes My Destinee	13.2
Emily	Smith	Starr Quest	11
Tara	Saley	Neapolitan Cimmeron	11
Hayden	Hermann	East R's Lucky Charm	11
Taylor	Dashiell	A Sassy Promise	11
Clint	Barber	Buckshot	11
Erin	Anderson	Angel	11
Tara	Saley	Neapolitano Cisero	10.5
Alexis	Visser	EJM Charles Dickens	10
Holly	Tarter	Tomboy	10

COMP HW			
First Name	Last Name	Horse Name	Total Points
Bonnie	Mielke	Chariotsoffire NVF	76.6
Maxine	Bernsdorf	CH Shamm Bashire	62.5
Laurie	Brown	Vallies Nadeem	57.4
Robin	Schadt	RA IBN Maruf	50
Donna Lee	Ozment	Miss Windswept Bailey	48
Deb	Searle	WOA Ravens Premier +	42
Robin	Schadt	Sassy Aspen	37
Michael	Powell	Bozanna's Orphan Annie	29.6
Richard	Elbert	Faloo	27
Chris	Power	WineGlass Debonair	27
Deb	Searle	Sultann Sundance	26
Carl	Dosmann	J Dalaar Sharri+/-	25
Mary	Baker	Synaptic	23.2
Emily	Lindberg	PPF Geyms Odin	22.6
Sheila	Mattson	Shaundalar	22
Sherry	Scheibelhut	JF-GVF Zephyr	20.2
Lisa	Powell	CSA Bobbi Sox	20
Jeanne	Asklakson	LW Classic Chance	19
Linda	Miller	Palaudit McCule	19
Jennifer	Prouty	MI First Dance	19
Krista	Dale	Namero Bey	18.8
Terri	LaCrosse	Jaq	18.2
Jennifer	Prouty	Polly's irish Knight	16
Tony	Troyer	Heart of the City	16
Bethany	Borchert	Dun Adoby Fox	15
Diane	Maxey	Tiffany	15

ENDURANCE JR			
First Name	Last Name	Horse Name	Total Points
Andrea	Tims	CR Infinite Pryde	66
Brooke	Koehn	Zarafin Zakhiebo	22
DJ	Byard	Selket Dean	20
Rachael	Meinders	Thank Heaven	18

ENDURANCE LW			
First Name	Last Name	Horse Name	Total Points
Danna	Theis	Vallies Hi Strider	64
Dana	Maass	Tazmanian Angel	58
Linda	Jacobson	Major Ridge Scarlet Debu	52
Candy	Barbo	CR Windsor	44
Myra	Fleming	Flylikethewind	44
Myra	Fleming	Vicktory Dance	44
Roberta	Harms	EV Count Valentino	44
Lori	Windows	Seger's Accompany Me	42
Chip	Jack	Bey Decision	40
Ona	Lawrence	CR Mackies Finn	40
Andrea	Redman	Cruciar	32
Sandy	Noonan	Vallies Shantilly	30
Rachel	Rudstrom	BNB Nemesis Chindhi	30
Beth	Lecy	Shashada Miss	29
Jessica	Rudstrom	Safires Sinatra	26
Schneider	Sheila	Renaighade	26
Barbara	Gardner	RR Roman Scooter	22
Ona	Lawrence	TA Mubaarak	22
Angie	Mikkelson	A Wish Granted	22
Jan	Worthington	Golden Lightening	22
Gwen	Anderson	Serr Eba Star	20
Peggy	Brush	CV Balboa	20
Rebecca	Grams	Aka Ditto	20
Rebecca	Grams	Shatto's Sir Lance Lot	20
Melodie	Sprecher	Pudgy	20

COMP LW			
First Name	Last Name	Horse Name	Total Points
Julie	Roe	Alada Kheanna	55.2
Lori	Windows	JA Bannarr	55
Darlene	Molitor	Lazers Legacy	55
Rachel	Quale	TS Valocity	49.8
Marty	Power	SA Te Jat	45.2
Linda	Jacobson	Chub Lake Jack Daniel	41.8
Katy	Byrne	AhmduAllah	41
Diane	Meinders	Lacy's Game	37.4
Nancy	Leonard	Chet	37
Tali	Sorenson	LA Accelant	35
Heather	Gottschalk	Sikari	35
Joan	Elbert	Lucky	33.2
Kathy	Schauer	SW Mananya	29
Linda	Jacobson	MI Precious Ruby	25
Barbara	Kurti	Tryllerika	25
Leigh Ann	Sytsma	Heza Bright Future	24.2
Karen	Kersten	Chewy	24.2
Sandra	Noonan	Vallies Hi Sass	23.2
Kelsey	Noonan	SN Aladdenz Abu	23
Sarah	Maas	Afire N Lace	22
Deb	Swearingen	Rakasha	21
Leigh Ann	Sytsma	Monique Lafite	21
Diane	Merz	Sterling Illusion	20.6
Laura	Husser	Maggie	19
Emily	Stover	Echo Bey Miranda	19
Karen	Sylvan	Spot Me Wild	19
Cathy	Hansen	Chance	18
Laura	Hardway	Kaz Mirage	18
Karen	Jarvi	Flame	18
Barbara	Kurti	Synerator	18
Deborah	Campbell	PR Faasheharazada	17
Tammy	Sunderledge	Dee Dee	16.8
Jim	Haas	NW Eklipse	15
Caitlyn	Hemmesch	WH Procrastinator	15

ENDURANCE HW			
First Name	Last Name	Horse Name	Total Points
TJ	Edwards	JBK Tara	57
Sherry	Aune	Cabernet Sauvignon	48
Jordanne	Bruns	Chazzy	47
Marge	Dixon	Kenlyn Intrigue	44
Bonnie	Mielke	Ola Loki	44
Charlotte	Tuhy	LS Maximus	44
Van	Jacobson	NR Hot Spot +/-	42
Guy	Worthington	Fast William MNB	42
Larissa	Sprecher	Pasha Astra	39
Jen	Wuertz	VO Raahin	38
Gerald	Cummings	Bethany Jahn	37
Jen	Allen	Salernos Legacy	36
Tracy	Blue	Diego	34
Gene	Dake	CSA Zafirah	22
Vanessa	Vanderbeek	CR Simple Eleganz	22
Suzanne	Warren	Turbolatian	22
Guy	Worthington	Rerun	22
Kayla	Reimer	?	20
Melodie	Sprecher	Pudgy	19
Dennis	Byard	DB Deoro	18

Watch www.umecra.com for ride results and points updates

Mineral Deficiencies or Imbalances

Many minerals are important for carbohydrate metabolism, including but not limited to magnesium, chromium, manganese, and zinc. Mineral imbalances can also cause relative deficiencies if too much of one mineral interferes with the absorption of another. For example, magnesium and calcium use the same pathway for absorption so an excess of calcium can cause a deficiency of magnesium, even if the minimum requirement for magnesium in the diet is being met. The only way to definitely determine the mineral levels in your horse's diet is to test all of your horse's feed and hay. While this can be difficult it is worth the effort if your horse might be insulin-resistant. The website <http://www.equi-analytical.com> will give you the information you need to send in the correct samples. For horses that are not showing serious symptoms I prefer to look at the typical levels of nutrients in regional hay and feed samples; make sure the diet is balanced for macro minerals like calcium, phosphorus, and magnesium; and then use a food source that contains easily assimilated minerals, like blue-green algae, as a supplement to provide the micro minerals.

Lack of Exercise

Lack of exercise can affect the horse in several ways. First, it creates stress in many horses. Second, it contributes to obesity. Most diets designed for performance horses are based on keeping the horse at the correct weight when he is in work. As soon as the horse goes off work, either because of an injury or bad weather, he will start gaining weight if his feed is not cut. Third, exercise increases the cells sensitivity to insulin, even in IR horses. This is why we are able to give feeds with slightly higher NSC levels to performance horse in work.

Obesity

Obesity is a major trigger for IR. It is a sign that the carbohydrate intake of the horse has been higher than his need for a period of time. Excessive carbohydrate intake will increase the production of insulin, and continued exposure to high insulin levels can decrease the cells' sensitivity to it. Obese horses are also less likely to exercise on their own.

Stress

Last but certainly not least is stress. Horses are fight-or-flight prey animals and, as such, tend to release glucose quickly into the blood if frightened. In a natural environment, a frightened horse needs this glucose to either run away or fight. These activities quickly consume the glucose in the blood. Domestic horses under chronic stress have a similar fight-or-flight response and will experience the continued release of corticosteroids. This causes glucose levels to stay high and will keep triggering the release of insulin. The high levels of circulating insulin are the cause of many of the symptoms we see in constantly-stressed horses. To avoid this situation, get to know your horse and determine what stresses him. Avoid putting him in these situations whenever possible. If you simply can't avoid a known stress, be there to support him. A horse that knows he is loved and appreciated

can handle much more stress than one who is treated like a tool.

Discovering Whether Your Horse is IR

To find out if your horse is IR you can have a simple blood test done that measures glucose and insulin levels, and then takes a ratio of glucose mg/dL divided by insulin mU/L. If this number comes out over 10 then you have nothing to worry about. If the number falls between 4.5 and 10 your horse is IR but is still compensating. If your horse falls in this category, you need to change his management (in terms of the factors discussed above) to prevent his condition from worsening. If the number is less than 4.5 then your horse is already compromised. If you do not immediately change his management, he could be at risk for laminitis.

For this test to be accurate the blood that is collected must be centrifuged to separate the serum within 30 minutes to one hour, and then the serum should be chilled and sent promptly to a lab. If the blood is not handled appropriately it will give a falsely low glucose reading. In many cases the glucose and insulin reading may be within the normal range but the ratio will still show IR. The trick is not to wait for your horse's lab readings to go outside the normal ranges before making changes in the way you manage your horse.

Luckily, performance horses with IR tend to respond well to dietary changes. The main thing is to get the NSC levels down. Most sweet feeds contain 60% NSC so it is almost impossible to get the levels low enough. Oats are 50% NSC, making it a challenge to feed but it can be used in very small amounts if combined with grass hay plus alfalfa hay to bring the energy up. A diet of 3 pounds of oats, 3 pounds of alfalfa and, 12 pounds of grass hay would still have a NSC level of 18%, which is too high.

A better diet would be 2 pounds of rice bran, 4 pounds of alfalfa, and 12 pounds of grass hay, which offers enough calories for a horse in light work and still has a NSC level of around 14%. This diet also has a 3.5% fat content, so it is not likely trigger any digestive upsets. Some feed companies are now recognizing IR and listing the NSC ratios of their feeds. If you want to simplify your math you can get one of these feeds and then test just your hay. If you don't buy large amounts of hay you may be able to ask your supplier to test his loads as they come in and let you know the NSC levels of the hay you are buying. If you are not able to test your hay you can soak it for 30 minutes in hot water or one hour in cold to lower the sugar levels. This may seem like a lot of work but could make a big difference in your horse's health!

About the Author - Madalyn Ward, DVM, owns Bear Creek Veterinary Clinic in Austin, Texas. She is certified in Veterinary Homeopathy and Equine Osteopathy.

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