

# UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



## Ride Calendar!

April 16-17 – Brighton Competitive – Howell, MI  
April 23 – Iron Oak – Arkdale, WI  
May 7-8 – MnDRA1 – Orrock, MN  
May 7-8 – White River Spring – Hesperia, MI  
May 7-8 – Glacier Trails – Palmyra, WI  
May 14-15 – AHDRA1 My Backyard – Wyanet, IL  
May 21-22 – Run for the Border – Wolf Creek, WI  
May 28-29 – Grand Island – Rapid River, MI  
June 4-5 – Maplewood – Pelican Rapids, MN  
June 4-5 – ApDRA – Palmyra, WI  
June 11-12 – White River Summer - Hesperia, MI  
June 17-19 – SE Minnesota – Forestville, MN  
June 25-26 – Prairie Smoke – Bismark, ND  
June 25-26 – Hopkins Creek – Manton, MI  
June 25-26 – Dead Dog Creek – Kilmundy, IL  
July 1-3 – Big Valley – Avoca, WI  
July 8-10 – AHDRAII Endure for the Cure – Washington, IL  
July 9-10 – Mosquito Run – Rogers, MN  
July 9-10 – AHAM – Augusta, MI  
July 23-24 – AHDRA 1.5 Zumbro Bottoms Boogie – Wabasha, MN  
July 29-31 – Fort Meade Remount Pioneer – Sturgis, SD  
July 29-31 – Wildcat – Neilsville, WI  
Aug 7 – Warm Up – Oscoda, MI  
Aug 8-12 – Shore to Shore – Lake Huron to Lake Michigan  
Aug 13 – Cool Down – Empire, MI  
Aug 13-14 – Louise Reidel Memorial – Arkdale, MI  
Aug 20-21 – Thistle Down – Frazee, MN  
Aug 20-21 – Rock River Charity – Utica, IL  
Aug 27-28 – Northern Highland – Florence, WI  
Sept 3-5 – White River Fall Labor Day – Hesperia, MI  
Sept 10-11 – Charity Cup – Pillager, MN  
Sept 10-11 – Keweenaw – Lake Linden, MI  
Sept 10-11 – Lincoln Trails – Kinmundy, IL  
Sept 17-18 – Colorama Classic – New Prospect, WI  
Sept 17-18 – Tin Cup Springs – Luther, MI  
Sept 24-25 – Run for the Ridge – Fairfax, MN  
Sept 29-Oct 2 – Drawarama – Palmyra, WI  
Oct 1-2 – Pine Martin Run – Nahma Junction, MI  
Oct 7-8 – Brighton Competitive Trail Fall – Howell, MI  
Oct 21-23 – Point Chaser – Hinckley, MN  
Oct 21-23 – Oak Leaf Run – Hamilton, MI  
Oct 29-30 – AHDRA III Big River – Keithsburg, IL

## RIDE MANAGER/VET HANDBOOK MAILED

The Ride Manager/Vet Handbooks were mailed on April 1st. Ride managers should have received them by April 8th.

If you did not receive your handbook and need one to mail to your veterinarian, please contact Theresa Meyer at [tmeyer@tpt.org](mailto:tmeyer@tpt.org) or call 763-753-5236.

If you need more copies of the handbook, let me know, as I have a few extra.

*Theresa Meyer*

## The 2011 AERC Convention: A UMECRA Perspective

Chris and Marty Power

We were fortunate to be able to attend the AERC Convention in Reno this year, and wanted to share some highlights from the UMECRA perspective:

- For the big finale of the Convention, UMECRA's Jan Worthington was inducted into the AERC Hall of Fame! It was an exciting event! Jan seemed very surprised and honored. And as we all know, behind such success is her key crew member and horseperson extraordinaire, Grace Ramsey. UMECRA is fortunate to have these two international-level equestrians as members and on the trail with us at so many of our rides. We've certainly learned a lot from these ladies over the years, and benefited from their advice, mentoring and information sharing. Congratulations Jan and Grace!

Jan also was a presenter at the Convention, giving an inspiring talk on her years of experience in endurance riding, and lessons she learned, especially the title of her talk, "Never Give Up", or, in UMECRA terms, "Persevere!" We encouraged Jan to give her talk at a future UMECRA Convention.

- At the Awards Banquet Kristi and Keith Kesick's Native Spirit Saddlery received recognition for their donation of a saddle for the AERC National Championship. Several UMECRA riders received recognition for national awards. Not sure we can do a complete list, but some of the UMECRA members included:
  - Myra Fleming's Victory Dance, second in BC points, and Marge Dixon's Kenlyn Intrigue, 9<sup>th</sup>;
  - Mike Byard on MSU Staying Power as 1<sup>st</sup> Junior in National LD Mileage and Christine Wolfersheim and Von Prince as 2<sup>nd</sup> in National Mileage Championship and 2<sup>nd</sup> in the Junior Division for the Pioneer Award (these accomplishments by UMECRA Juniors bodes well for UMECRA's future!);
  - And the Byard Family placed 3<sup>rd</sup> in contention for the National Family Award.
- UMECRA had good attendance by its veterinarians at the special pre-convention symposium on body fluid management in the endurance horse and the Convention itself, including: Dr. Beecher, Dr. Elford, Dr. Boyce, and Dr. Rudolphi. UMECRA will continue to benefit from the investment these vets have made in their continuing education with a focus on distance riding. UMECRA is fortunate to have these vets!
- Mike Maul gave a brief but very interesting talk on the statistics of the high mileage horses in endurance, noting Roberta Harms' Sha-Win as one of the top horses in AERC endurance mileage history (# 14), as well as his many other accomplishments. Mike's presentation is available at:  
[http://www.qser.net/10,000\\_Mile\\_Horses.pdf](http://www.qser.net/10,000_Mile_Horses.pdf)

Next year's AERC Convention will be at the same location, and hopefully, despite the distance, UMECRA will again have good representation. If you can swing it with your work schedules, finances and other responsibilities (including getting someone to watch your horse while you are gone!), it is a worthwhile experience.

## **Pheasants and Split Seconds**

*A true story (horse's name changed to protect the guilty)*

by *Larissa Sprecher*

It happens so fast – it always does. One second I'm riding down into the clearing with the little cabin we never use - Blitz a bundle of nerves, but when isn't he?

A sudden flapping from a stand of firs. Damn pheasants – God - I hate those birds.

Blitz bolts forward, hits the bit and rears, hind legs slipping on the muddy hill, flying out from under him, and all I can think as I fall over backwards is Oh my God this is not happening, and remember horror stories – how many bones can this break? All this in less than a second then he comes crashing down on me a little on one side, the dull impact like a ton of sandbags grinding me into the mud.

He scrambles for footing, bolts back up the hill, spraying slushy snow and mud in my face, Mom is off her horse, catching him as he goes by, I hear her calling him “Whoa, Blitz, easy” then “Larissa, are you all right?” and I can't believe it, but I am.

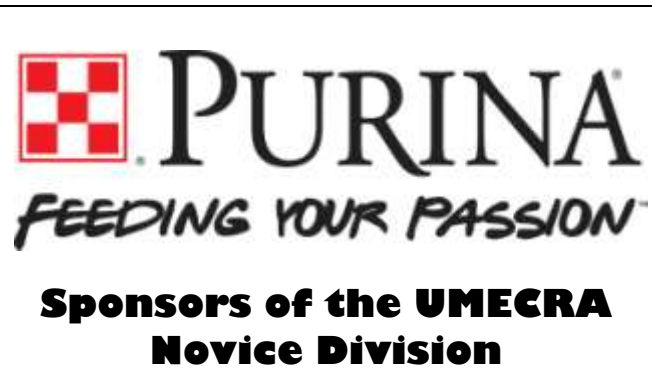
I sit up, winded and a little smashed trying to catch up with what just happened. I think, Oh my God again, take stock of all my bones, which appear to be in working order, I can't believe it – 1200 pounds straight down on top of me, the kind of accident you hope never happens to you – I'll never forget seeing his neck falling backwards at me (that's why we wear helmets), but I'm fine squashed, stiff, a little bruised, and mad as hell but fine. I start to feel the icy slush creeping through my clothes, now plastered in mud and I get up and grab my horse, curse him soundly say Goddamn a few times – Dad would not approve, at a saner time I would not approve but right now it feels good – Goddamn horse is just right, so I fume for a while then suck it up and we keep riding because its 40 degrees and sunny and we are endurance riders, incurable even through shock treatment, and I am still in one piece and remembering there is more than one reason I believe in angels.

### EXCELLENT STALLIONS FOR BREEDING

Breed your retired or resting Endurance mare to a Purebred Sweepstakes Nominated Sire chosen for Endurance with the two time World Champion's bloodline as well as our two National Champion's bloodline and Bonnie Mielke's superb endurance horse Pieraaz. Currently only \$500. He collects, handbreeds and pasture breeds. He is also offered for sale.

-OR-

Cross your excellent mare with a 16H Thoroughbred Retired Racehorse. \$500  
Youngstock endurance & sporthorses also for sale. Not all horses are on website, but you may view the farm at [www.sporthorseconcepts.com](http://www.sporthorseconcepts.com)



## BOD Meeting

**March 26, 2011  
La Crosse, WI**

Meeting called to order by President Rick Nelson at 10:00 AM.

Present: Rick Nelson, Theresa Meyers, Tony Troyer, Wes Elford, Joslyn Seefeldt, Dianne Schmidt, Maxine Bernsdorf, Wayne Gastfield, Jill Feller, Marty Power, Julie Jackson, Nicole Mauer-Storer

Guests: Nicole Herrmann and her husband, Karen Bahrman, Sue Herrick

Minutes: The minutes from the two meetings held at the January convention were previously sent to the BOD members to read. Motion made by Tony to approve minutes; seconded by Maxine; approved.

Treasurer report: The report was presented as a balance sheet and a P&L from 1/1/11 until 3/20/11; there was also a 2011 convention financial report. Theresa noted that this is the first year we did not charge a convention fee; however there was a small convention fee that was rolled into the cost of the meal. Attendees not purchasing the banquet meal paid a \$20 convention fee. Dianne noted the

UMECRA used to pay for the speaker years ago and the convention did not have to worry about that cost. Dianne feels that the cost of the speaker should be paid for by UMECRA and not the convention. Tony noted that the 2012 convention in Rockford will be charging a convention fee. Motion made by Theresa to accept the treasurer's report as presented; seconded by Joslyn; approved.

### OLD BUSINESS:

- Pine Martin vs. DRAWARAMA
  - o Karen Bahrman, ride manager of Pine Martin, presented her reasoning as to why she would like to have the DRAWARAMA ride moved to a different weekend; at the present time, both rides are on the same weekend. Karen would like to see UMECRA apply the 500 mile rule (the rides would need to be at least 500 miles apart). The 300 miles is a guideline and there is no ceiling to that. "The hallmark of fairness is consistency; applying the 300 mile debate will just put this debate down to next year". Note: The sanctioning guidelines state that if rides fall on the same weekend, the rides need to be a minimum of 300 miles apart; this guideline is to be used before the ride schedule is approved at the annual meeting in January. Once the ride schedule is approved, if a new ride is seeking sanctioning on the same weekend as a ride that has been approved, the distance between rides needs to be a minimum of 500 miles.
  - o Joslyn Seefeldt, President of DRAW: - Pine Martin is not the only ride that is not 500 mile limit. If we apply this rule to Pine Martin and DRAWARAMA we need to apply it to all ride weekends. DRAWARAMA has been here since 2008 and there has never been a protest so why is there one now?
  - o Dianne Schmidt: Was DRAWARAMA always in Southern Kettle? Yes, but when this weekend had the Mt Quest ride in Prairie du Chien before DRAWARAMA got the weekend that ride was also less than 500 miles from Pine Martin. Joslyn stated that Barb Gardner, ride manager of DRAWARAMA, called Karen and asked for a multiday ride and Karen agreed; there was no mention that this multiday ride would be for one year only. Karen said she never received a call from Barb; she said she never received a call from anyone in regards to making DRAWARAMA a four-day ride. She did receive an email from Jill in 2008 asking for a year to move DRAW IV (which was a two-day ride in mid October) to a different weekend because of a National Championship ride that was being held in

Indiana in the middle of October when DRAW IV was normally held.

- o Tony Troyer: How much of the decrease in attendance of Karen's ride is due to an economic impact? There have been increased gas prices and more impact such as loss of income during the past few years. Do you know how many WI riders quit coming to Pine Martin? No answer was provided.
- o Joslyn: There was a 22% drop in attendance at rides throughout UMECRA in the past two years; Pine Martin was not the only ride losing riders. Historically, Pine Martin has had better attendance on Sat & Sun than DRAWARAMA has.
- o Dianne: I think we should get rid of the 500 mile rule.
- o Nicole Herrmann: DRAWARAMA is not a new ride; it was originally called DRAW IV but changed the name when it went to a four-day event.
- o Theresa Meyer: The 500 mile rule is only in affect with rides coming onto the schedule after the January meeting and the ride schedule was approved. Rides requesting to be on the schedule before the January meeting need to meet the 300 mile guideline.
- o Marty Power: I will reiterate what was just said; the guideline is under Rule 2E 2- no new ride will be scheduled after schedule is approved without BOD approval and must be 501 miles away. The problem is that we do not know when this rule went into effect; rule and bylaw changes should be dated when they are changed.
- o Joslyn: I agree with Marty- sometimes we make rules and don't date the updates so we do not know when they went into effect.
- o Rick Nelson: I need to appoint a committee or we will always have this problem.
- o Julie Jackson-Biegert: I respectfully disagree that we need a committee. The rule is in place so we need to look at this and see if there is a violation of the rule.
- o Rick: We will not change the 2011 schedule as it was voted on and approved at the annual meeting in January.
- o Marty: I agree with Rick 2011 is a done deal and we need to look at the schedule for 2012.
- o Joslyn: If we take this scrubbing to the annual meeting we would have an uproar from ride managers. Note: The idea of 'scrubbing' the calendar and applying the 500 mile distance was presented at the 2011 annual meeting. There was no second to the proposal and the motion was never carried forward. DRAW has tried to compromise with Pine Martin by moving the ride location beginning in 2012 to Spring Green, WI; this would increase the distance between the rides to over 300 miles. We cannot move the date

at the Palmyra location due to youth hunting that begins in early October.

- o Karen: I'm at a loss as to why this is an issue. We have two rides that are in conflict right now. The scrubbed schedule for less than 300 miles: there are only two rides in contrast. AHAM will move to comply with the 300 mile guideline: AHAM is in conflict with Endure for the Cure ride in Illinois. DRAW is willing to move their ride outside of the 300 mile rule – will that suffice?
- o Theresa: when Elinore wrote the sanctioning guidelines down they were guidelines, not hard and fast rules. Some of our rides fall on holidays so every once in a while a ride will end up closer to 300 miles during these times as rides have to double up in certain years. In 2011, MNDRA I, White River Spring and Glacier Trails rides are all the first weekend in May; normally, MNDRA I and White River Spring ride would be a week earlier but the first full weekend in May in 2011 is Mother's Day weekend and for this year, all three rides fall together. If the 300 mile was a hard and fast rule and not a guideline; at least one of these three rides (all established rides) would need to cancel for this year. What happens is that these ride managers agree to co-exist for these years. We are fortunate as riders in the Midwest to have a lot of rides to attend and choose from, but as a ride manager, it hurts our rides because riders have all of these choices. Are we going to keep up the health of the organization by having too many rides?
- o Tony: To clarify what I heard. DRAW will have a new ride site for 2012 to comply with the 300 mile rule but will keep with same date?
- o Joslyn: Multi day rides will be our saving in the future; many riders will travel further with their horses to these rides. Some other rides will not make money and economics will take care of the rides.
- o Motion made by Wes to grant DRAW the same dates in 2012 as long as they are outside of the 300 miles; seconded by Tony. Joslyn would like a friendly amendment to include all rides on the schedule that are 300 miles or less. After some discussion this motion was withdrawn and the following motion was made.
- o Julie made the motion: The 2011 ride schedule will exist as it is right now as approved at the annual meeting; in 2012 and beyond all rides on the schedule on the same weekend will need to be outside of 300 miles sanctioning guideline. Friendly amendment: should say 2012 and beyond. Tony seconded the motion; motion passed 7/1.
- o Rick: by DRAW moving the ride site, the problem will not exist after 2011.

o Marty: What is the protocol for moving the other ride in July? AHAM and Endure for the Cure are less than 300 miles apart; who will contact AHAM about moving their ride? As Karen stated earlier in the meeting, the ride manager of AHAM has already agreed to move his ride to a different weekend that would be 300 or more miles from an existing ride.

- Driver's rule change

o A new rule is being requested from MDDA; two carts have used this sort of harness in the past year and there were no incidents. This quick release will work on light carts; what defines 'light'? The inspector at ride who is inspecting the carts before they compete would have to make that determination (what is light?). What about a groom with this rig-will that still be considered a light cart? Is it safe- the drivers that are using this rig know what is safe for their horse; if their horse is not used to this rigging, it should not be used? A driver inspects all of the carts before going out onto the trail; it is the driver going out last who inspects all the carts and riggings. This rule needs to be enforced by the safety inspector and ride managers. Would the average ride manager even know what to look for to identify this sort of rigging? Should ride managers be able to tell drivers they can't use this rigging? If we don't tell people what kind of saddle to use, we should not tell drivers' what equipment to use.

o Breeching or a brake is required unless using a racing type harness employing "quick hitch" couplers, which attach the shafts of the cart directly to the saddle pad of the harness. This type of racing harness may only be used with a light weight two-wheeled cart. The driver must affirm to ride management via the Safety Check that the horse is accustomed to the harness and cart configuration on hills and rough terrain. Motion made by Tony; seconded by Joslyn to accept this rule as is written; motion passed- will go to the January meeting to be voted on.

- Award's budget 2011

o Maxine gave handouts in regards to what we spend on awards. The budget to spend for 2011 awards will be \$7150 and a cushion of \$552.50 for Hi Point awards (this budget is based off of a formula on the number of riders who rode UMECRA sanctioned rides in 2010). Dianne stated that she would still embroidery the jacket for \$65 for the awards.

Should we set a specific fund aside for awards? If we want to track this better, it might be easier to track and then the money is available without question. Could we put a portion from every ride that pays the riders fees into a separate account?

We would then have the money already in the awards fund each year.

o Motion made by Theresa to accept the awards budget as was presented by Maxine and to start a separate awards fund; Wayne seconded; motion passed. Jill will start a fund with ride entries sent in throughout 2011; this will prevent a large amount of 'general funds' money from being moved into an account.

- ICF guidelines:

o These were not discussed at this meeting as Tony will rewrite them and send out these guidelines through the BOD group email and they will be presented at the fall meeting.

- Membership committee

o The coupons for \$10 discount on a 2011 UMECRA membership were sent out to the novice riders from 2010 with an expiration date of March 1st. Marty made a motion to extend the coupon to Novice riders throughout 2011 ride season; seconded by Tony; motion passed.

o Mentors sign ups were on the tables at the annual meeting; we ended up with a lot of mentors. We are now putting bios on the website for the mentors. All mentors are requested to submit a bio to be published on the website. Marty has been asked to serve on as the liaison between AERC and Midwest with mentor program as AERC is just beginning a mentor program.

o Novice committee: The RM packets that were given out at the annual convention had Novice information to hand out at the rides.

o Tony received a letter from some Novice riders who took four hours to do the Novice ride at Big River. They had previously done NATRC and wanted to lead their own group at Tony's ride. They felt the UMECRA rules were going too fast and we were pushing the Novice riders. As RM's we need to know who our customers are and try to work with them we need to make an extra effort to work with the novices. Tony allowed these riders to have a completion award. Julie: with the Novice guidelines we are asking for 6 mph; 4 mph is not distance riding so ride managers also have to be careful that they are still promoting distance riding and not trail riding.

Marty: We need to be polite, accommodating but our rules are not riding 4 mph; we are not NATRC and we are not changing our rules.

Theresa pointed out that she needs to be stricter since she is the first ride of the season and if she is too lenient, some Novice riders could be points when they shouldn't and then other riders throughout the year may not be placed correctly.

- Protocol for changes in rules and bylaws

o Marty: When we get to the annual meeting it feels very rushed to have to consider all the rule and/or bylaw changes and it seems like some of them are very rushed and voted on without a lot of consideration. Marty proposed the following:

All suggestions for rule and/or bylaw changes needed to be submitted to the rules committee for consideration before the fall meeting.

These changes will be voted on at the fall BOD meeting.

These changes will then be posted on the website, published in the December newsletter and sent to the list serve groups (umecra-group email and any other groups)

All members would have these changes by the end of December

• Members can write amendments to the changes; these amendments would need to be accompanied with an explanation as to why the amendment is being requested.

Any amendments will need to be posted two weeks prior to annual meeting for review by all members. These amendments will be posted on the website for review and sent out on the list serve groups.

All members would have the information they need to make an educated decision on before the annual meeting.

• Note: if there is an emergency situation where a rule and/or bylaw needs to be changed at the last minute, these guidelines may not be possible.

Motion made by Marty on the above steps: seconded by Wayne to follow these steps. Motion passed.

• Theresa: I have tried very hard to get a schedule like this to work. Sometimes we get these changes at the last minute due to it being the end of the ride season.

• Wayne: all bylaw changes for GLDRA follow a schedule similar to this and it works.

• Julie: people start voting on items at the annual meeting just to get out of the meeting. Are items being voted on without a lot of thought?

• Some of the amendments don't come until the Saturday morning before the annual meeting and we can't publish them before hand. Should these amendments then wait until the next year to be voted on? Do all of our members really understand the rules?

• If we publish the changes ahead of time; members would not hear the reasoning behind the change. These published communications could be skewed depending on how they were written.

• Wes: could we set a date when all bylaw and changes have to be submitted by a certain time so they can be discussed at the fall BOD meeting?

• Annual convention location

o Dianne presented an idea to change the convention location. She presented maps of each state to show where the furthest member to the east and west live and also where the ride manager live.

o Dianne made the motion that the Wisconsin Dells be stated as the midpoint of the corridor for the Annual Meeting and; if the meeting is not held in the Dells, it be held on the East side of the mid-point one year and on the West side the next. Motion made by Dianne; seconded by Maxine. Failed

Dianne presented some information on the location of RM's and members locations throughout the Midwest. Members are spread out throughout the various states. WI Dells would be the midpoint between the farthest east and west RM.

Tony: We get more MI RM's when the convention is held between Rockford and WI Dells.

Wes: We have conventions through 2014 planned- should this be brought up at fall meeting since it cannot go into play until after 2014?

We did the survey and we need to listen to that information. We should not ignore the results. We should look at better educational speakers to attract more attendance. Should we have a better speaker fund to use to attract more attendees?

Wes: We should be able to get some speakers at no cost; we have been successful at that in the past. It might cost us some travel and meal costs, but we do not have to pay them to speak.

Marty: Jan Worthington was excellent as a speaker at AERC; we should get her to speak at our convention; she got a standing ovation.

Where are the upcoming convention:

• 2012- Rockford

• 2013-Oconomowoc

• 2014- open

• 2015- MI January 16, 17 & 18 Clair MI

Hotel Doherty

o UMECRA Website

Nicole gave a presentation on the updated website: it looks great!

• Some discussion was held on the following:

o Put logo in upper left corner (Standard website design)?

o Put links in and scattered info throughout the site

o The logo really stands out more than the UMECAR name. Should it be shrunk down and the name of our organization added to it?

o Nicole will experiment a bit more with some of these ideas



- o Arabian Horse club
- Julie presented a sponsorship for \$35 for the Quad City Arab Horse Club for 2011 show. For the \$35, UMECRA would get an ad on all of the show bills along with a mention over the loud speaker. It is very cheap advertising and these young riders are our next members! Motion made by Maxine; seconded by Wayne to take this ad out; motion passed.

- o Marty
- Robin Schadt, the new points keeper who was unable to attend the meeting had a suggestion. She wants to get information to riders as fast as possible so she would like to post the ride results as 'unofficial' and if ride fees are not paid, these results would then be removed from the website at a later date. This could cause issues as members may not remember it is an unofficial results. Some UMECRA riders have information posted for rides at MNDRA or other sites and this causes an unfair advantage to these riders who are riding for points and year-end awards.

- This topic was discussed at the January meeting and there was a rule change made therefore ride results cannot be posted until all rider fees and insurance costs are paid in full.

- o 2012 Convention
- January 19- 22, 2012 Thursday night start
- Room rate- \$89/room
- Not charging for banquet rooms
- \$20 for table for trade show
- Charge for electricity with table is \$65
- Speaker- Dr. Meg Sleeper who is a Veterinarian Cardiologist and a top rider in AERC.

- Friday night there is a band: Nutsie Turtle Band

- Saturday night there is a DJ for entertainment.

- During dinner there will be a violinist who will play a song for tips

- What fund-raising will be done?

- Dr. Olivia Rudolphi and Doug Biegert are working on a video of UMECRA to sell. Stephanie Huss is looking at national sponsors to help fund the convention. Donations of \$1500 to advertise one year on the website, in the convention brochure, a booth at the banquet.

- Should we offer different levels of sponsorship? \$500, \$1000 and \$1500

- o Everyone gets on the convention brochure

- We could reach out to some of the other local feed groups. If anyone has any ideas for sponsor, get that the name and contact information to Stephanie and she will call them and discuss a sponsorship.

- o We should allow sponsors to have some freebies in convention bags

- Could someone sponsor the bags and have their logo printed on it?

- Samples of products could be put into the bag.

- o Fall BOD meeting

- November 12 at the Clock Tower Inn in Rockford, ILL at 10:00 am

Motion to adjourn

Respectfully submitted:

Jill Feller

## Advertising in the UMECRA Newsletter

Rates depend on the size of your ad and how many times you wish to run it:

Ad Rates for Newsletter	1 time	2-3 times	4-8 times	9-10 times	the year
Classified 10 lines * \$.60 extra per line	\$6.00				
Business Cards	\$8.50	\$6.80 ea.	\$5.95 ea.	\$5.50 ea.	\$51.00
Quarter Page	\$20.00	\$16.00 ea.	\$14.00 ea.	\$13.00 ea.	\$120.00
Half Page	\$25.00	\$20.00 ea.	\$17.50 ea.	\$16.25 ea.	\$150.00
Full Page	\$45.00	\$36.00 ea.	\$31.50 ea.	\$29.25 ea.	\$270.00
*Line = (65 Characters per line including spaces)					

Please send your ad to

[UMECRAnews@gmail.com](mailto: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 15<sup>th</sup>.

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.**

## **GO SLOW AND GET TO THE FINISH QUICKER**

By Bruce A. Weary DC

There are many issues to consider when preparing a horse for endurance ride participation, whether it is to finish at a leisurely pace in an LD ride, or to compete head to head with the front runners in a 100-miler. Strategies for the horse's diet and hydration, as well as cardiovascular and muscular systems, must certainly be considered, but this article will address another very important system that must be conditioned and managed carefully—the skeletal system.

The bones and joints serve several functions, some more apparent than others. First, the skeleton provides a framework for structural integrity and the attachment of the various muscles of locomotion. Joints act as a series of levers that transfer muscular power into movement. Cartilage surfaces in joints must function nearly friction-free so that all movement can occur in as fluid and coordinated a manner as possible.

Both bones and joints must withstand the loading, strain and concussive effects of athletic performance so that the horse's structural strength and soundness are not compromised. In addition, bones act as a dynamic storehouse of important minerals, such as calcium, phosphorus and magnesium, that move in and out of the bone matrix depending on the horse's health and physical demands placed on him.

Lastly, bone marrow produces both white and red blood cells, and also participates in the lymphatic system. Exercise can help keep bone marrow from becoming too fatty, and possibly enhance the marrow's blood cell-producing capabilities.

Since bone and joint injuries can account for up to 70% of downtime in the athletic horse, some understanding of the effects of exercise on the skeletal system is helpful in developing safe conditioning strategies for the endurance horse.

### **Bone strength development**

The proper development of bone strength in the horse begins in utero, during the last three months of gestation. During this time, the cartilaginous skeleton mineralizes into bone as the unborn foal doubles in size. During the first year of life, the foal's skeleton matures from 15% mineralized at birth to about 75% mineralized at one year. This process is stimulated by the foal's activity and increasing body weight.

The key to creating healthy, sustained skeletal integrity depends largely on understanding the relationship between exercise and rest as they affect bone and joint development within safe margins. Cyclic exercise and rest periods cause

the micro-structure of bones and cartilage to remodel, especially in the first year of life.

It has also been largely established that the amount and type of exercise has a direct influence on joint cartilage and bone density in both young and mature horses as they develop. One study by Raub, et. al., showed that weanlings that were exercised by trotting up to 2.5 miles a day reflected a 25% increase in bone density as compared to those that were stalled at night and simply turned out during the day. Conversely, such things as high energy feeds, relative inactivity, rapid weight gain and inadequate intake of calcium and essential minerals can combine to adversely affect proper bone mineralization and maturation of the young horse.

### **Training and bone health**

Another potential challenge lies in managing a horse's skeletal development and joint soundness within the stress of everyday training. The bones must continually adapt and remodel themselves to maintain strength in response to exercise. The stress of continuous and overdone high-loading exercise can result in bones actually becoming less dense if there is less than adequate time for proper remodeling between workouts.

During such overtraining, the high stress loading on the bones can also cause micro-fractures or other adverse microscopic changes within the cortical bone. One such example is pedal osteitis, which can be induced from excessive exercise/concussion and can lead to demineralization of the coffin bone.

Once horses reach maturity at 4 years of age, the bone remodeling process is less active. Some investigations have shown that, in both developing and mature horses, the stimulation of increased bone remodeling/density is relatively flat until the horse is exercised at the gallop. Whether it is a Thoroughbred surging around a track or an endurance horse doing speed work, the increased loading has been shown to stimulate the formation of increased cortical bone and thus, structural strength, when done within reasonable limits.

Studies of shin soreness in Thoroughbred racehorses have shown that after a hard gallop over 200 to 300 meters (1 to 1½ furlongs), the cannon bone in a young horse becomes reactive and attempts to strengthen itself by depositing calcium within its front cortical wall for the next 10 to 12 days (Nunamaker et. al., 1990; Davies, 2001).

When too many "breeze-up" or "all-out" gallops are given successively at two- to three-day intervals in an accelerated "get fit" or "too fast—too early" training program, the bone itself cannot respond rapidly enough and can become inflamed, as occurs in shin soreness (Davies, 2001).



Studies have shown that in the young horse, an injury to a bone can bring about this response within two to five days, but in an older horse this may take up to 10 to 12 days, depending on the type and extent of the exercise overloading (Firth, 2003b). Joint cartilage is even slower to adapt to the effects of exercise, and must be considered in conditioning regimens as well.

### Heed the conditioning timeline

A general rule of thumb that has stood the test of time in endurance riding is that it takes two years or more to fully develop all body systems to a level of durability that will withstand the rigors of long distance work. Certainly, bone and cartilage are the slowest to develop, cardiac and skeletal muscle the fastest, with tendons and ligaments optimally strengthened somewhere in between.

While the softer tissues can often exhibit more detectable signs of trouble from overconditioning, such as heat, swelling, inflammation, lameness, etc., the "harder" tissues can often be silent for long periods of time while tissue compromise and ultimate injury may be brewing.

There have been many cases in our sport where riders have been misled by a horse's apparent muscular and cardiovascular fitness and willingness to work. If such horses are allowed to exert themselves prematurely, without time for proper bone and joint development, the unfortunate result can be an injured horse and a rider scratching his head in confusion. For this reason, moderation is the key in developing the endurance horse for a lifetime of skeletal soundness and, hopefully, thousands of miles of trails to be enjoyed by horse and rider alike.

### Final recommendations

Some final recommendations from experts in equine physiology regarding the healthy skeletal development of the athletic horse include:

1. Provide adequate physical activity throughout the horse's life, especially during its first year.
2. Allow for proper rest between workouts, based on the horse's age and development, especially after high intensity/speed work. If in doubt, more rest is less risky.
3. Provide competent shoeing/trimming for proper hoof health, angles and biomechanics.
4. Avoid speed work in tight circles, such as arenas. It may cause abnormal angular strain on bones and joints.
5. Provide adequate intake of macro and trace minerals, especially during the horse's growth phase of life.
6. Avoid heavy carried weight in the early conditioning phase of any horse, especially during speed work.

7. > Recognize that the horse that is resting for more than a few weeks will undergo slow skeletal demineralization, and that return to work should be somewhat gradual to allow time for all body systems to re-establish proper integrity and function before returning to competition.

8. Check the horse for soundness after each workout by palpating the legs for heat, swelling or tenderness, as well as lunging in both directions to detect any abnormality in gait.

9. "Go slow and get there quicker."

10. Have fun out there!

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## THE SEVEN STAGES OF AGING ON HORSEBACK

**Stage 1:** Fall off pony. Bounce. Laugh. Climb back on. Repeat.

**Stage 2:** Fall off horse. Run after horse, cussing. Climb back on by shimmying up horse's neck. Ride until sundown.

**Stage 3:** Fall off horse. Use sleeve of shirt to stanch bleeding. Have friend help you get back on horse. Take two Advil and apply ice packs when you get home. Ride next day.

**Stage 4:** Fall off horse. Refuse advice to call ambulance; drive self to urgent care clinic. Entertain nursing staff with tales of previous daredevil stunts on horseback. Back to riding before cast comes off.

**Stage 5:** Fall off horse. Temporarily forget name of horse and name of husband. Flirt shamelessly with paramedics when they arrive. Spend week in hospital while titanium pins are screwed in place. Start riding again before doctor gives official okay.

**Stage 6:** Fall off horse. Fail to see any humor when hunky paramedic says, "You again?" Gain firsthand knowledge of advances in medical technology thanks to stint in ICU. Convince self that permanent limp isn't that noticeable. Promise husband you'll give up riding. One week later purchase older, slower, shorter horse.

**Stage 7:** Slip off horse. Relieved when artificial joints and implanted medical devices seem unaffected. Tell husband that scrapes and bruises are due to gardening accident. Pretend you don't see husband roll his eyes and mutter as he walks away. Give apple to horse.

### GOING TO MNDRA? CONSTRUCTION NOTICE!!!!

MnDRA I Detour from Big Lake/I94 near Monticello

There is major bridge construction just north of Big Lake on County Road 5/Eagle Lake Road. (These are the directions to camp from I94 that are on the ride flyer.)

Do not follow Sherburne County 5! The road is closed. Follow the detour signs for County Road 5.

Proceed about a quarter mile further south and take a left at Cty Road 43.

This road winds around a bit, and eventually joins Sherburne Cty. 15. Take a left. (North)

You will shortly pass by the little church and the St. Francis Bridge crossing that is on loop 1 of our trail. Take a left on 237th Ave. NW.

((If you miss this turn, don't dispare, continue north to Cty. Hwy 4 and take a left. – You'll end up in Orrock.))

Proceed to Cty Road 5. Take a Right. Drive north to 253rd Ave. and take a right and proceed to horse camp.

\*\*Note: If you take US Hwy 10 north from Elk River, it would save you time this year to exit Sherburne County 15 just north of Elk River and proceed north.

If you go all the way into Big Lake you will be backtracking.

## HEY UMECRA!

Have you read the spring issue of Modern Arabian? There's a great article entitled "Endurance 101" by our own Julie Jackson-Biegert! It's a great article to introduce someone to the sport of endurance riding!

The article is accented by some great pictures of UMECRA sponsored rides done by MnDRA's own Henry Gruber. Check it out! Nice job Julie!

Clinic host: Wendy Maas  
fastsneaker@wildblue.net

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at [www.sporthorseconcepts.com](http://www.sporthorseconcepts.com)



## Horse Evacuation Tips from the Humane Society of the U.S

There may be times when taking your horses with you is impossible during an emergency. So you must consider different types of disasters and whether your horses would be better off in a barn or loose in a field. Your local humane organization, agricultural extension agent, or local emergency management agency may be able to provide you with information about your community's disaster response plans.

- Make arrangements in advance to have your horse trailered in case of an emergency. If you do not have your own trailer or do not have enough trailer space for all of your horses, be sure you have several people on standby to help evacuate your horses
- Know where you can take your horses in an emergency evacuation. Make arrangements with a friend or another horse owner to stable your horses if needed. Contact your local animal care and control agency, agricultural extension agent, or local emergency management authorities for information about shelters in your area. Inform friends and neighbors of your evacuation plans. Post detailed instructions in several places—including the barn office or tack room, the horse trailer, and barn entrances—to ensure they are accessible to emergency workers in case you are not able to evacuate your horses yourself.
- Place your horses' Coggins tests, veterinary papers, identification photographs, and vital information—such as medical history, allergies, and emergency telephone numbers (veterinarian, family members, etc.)—in a watertight envelope. Store the envelope with your other important papers in a safe place that can be quickly reached.
- Keep halters ready for your horses. Each halter should include the following information: the horse's name, your name, your telephone number, and another emergency telephone number where someone can be reached.
- Prepare a basic first aid kit that is portable and easily accessible.
- Be sure to have on hand a supply of water, hay, feed, and medications for several days for each horse you are evacuating.
- It is important that your horses are comfortable being loaded onto a trailer. If your horses are unaccustomed to being loaded onto a trailer, practice the procedure so they become used to it.

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