

# UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



## Ride Calendar!

Mark your calendars for 2012!!!



Verify Ride Status at [www.UMECRA.com](http://www.UMECRA.com)

- 05/12-13 Glacier Trails – Palmyra, WI
- 05/19-20 Run for the Border – St Croix Falls, WI
- 05/26-27 Grand Island – Rapid River, MI
- 06/02-03 ApDRA – Palmyra, WI
- 06/02-03 Maplewood West – Pelican Rapids, MN
- 06/09 Double Eagle Dance – Elsberry, MO
- 06/09-10 White River Summer – Hesperia, MI
- 06/15-17 Southeast Minnesota – Forestville, MN
- 06/23-24 Brushy Creek Distance Challenge, IA
- 06/23-24 Prairie Smoke I & II – Bismarck, ND
- 06/23-24 Hopkins Creek Ride – Manton, MI
- 06/23-24 Dead Dog Creek – Kinmundy, IL
- 06/30-7/1 My Backyard Ride (AHDRA 1) – Wyanet, IL
- 07/07-08 Endless Valley Ride – Spring Green, WI
- 07/07-08 AHAM – Augusta, MI
- 07/14-15 Mosquito Run – Rogers, MN
- 07/13-15 Endure for the Cure (AHDRA II) – Washington, IL
- 07/21-22 Zumbro Bottoms Boogie – Wabasha, MN
- 07/21-22 Grand Island North – Limestone, MI
- 07/27-29 Wildcat – Palmyra, WI
- 08/05 Warm Up – Oscoda, MI
- 08/06-10 Shore to Shore – Lake Huron to Lake Michigan
- 08/11 Cool Down – Empire, MI
- 08/11-12 Louise Reidel Memorial – Arkdale, WI
- 08/18-19 Thistle Down Run – Frazee, MN
- 08/18-19 Rock River Charity Ride – Utica, IL
- 08/25-26 Northern Highland – Florence, WI
- 09/01 White River Fall – Hesperia, MI
- 09/02-03 White River Labor Day – Hesperia, MI
- 09/08-09 Charity Cup Ride – Pillager, MN
- 09/08-09 Keweenaw Ride – Lake Linden, MI
- 09/15-16 Colorama Classic – Greenbush, WI
- 09/15-16 Tin Cup Springs – Luther, MI
- 09/22-23 Run for the Ridge – Fairfax, MN
- 09/29-30 Pine Marten Run – Nahma Junction, MI
- 10/04-07 DRAWarama – Palmyra, WI
- 10/06-07 Iron Creek Run – Kindred, ND
- 10/13-14 Iron Oak – Arkdale, WI
- 10/13-14 Oak Leaf Run – Hamilton, MI
- 10/19-21 Point Chaser – Wabasha, MN
- 10/27-28 Big River (AHDRA III) – Keithsburg, IL

**PLEASE NOTE: SHORE TO SHORE - THERE WILL BE A 50 MILE COMP ON SATURDAY & SUNDAY ONLY!**

**CHECK YOUR RIDE BOOK OR THE UMECRA WEBSITE FOR RIDE DETAILS!**

## LETTER FROM THE PRESIDENT!

I hope we are all excited about starting the ride season. The ride I manage, MnDRA I was just held at Sand Dunes State Forest near Orrock, Minnesota. Turn out was the same as last year, which I consider pretty good considering there was heavy on and off rain Saturday afternoon, and steady rain all night. Potluck and awards were make-shift. The rains stopped shortly after the LDers went out on Sunday morning. Novice riders, who pulled in to camp in the rain on Saturday were ready to go, and more came in on Sunday morning and we had 3 good-sized groups go out. All came back with smiles! A report from Wayne Gastfield after White River Spring Ride also boasted good attendance. Hopefully this foreshadows a good year to come.

I welcome these brand new riders, and others who will start in the coming months. We are excited to have you join us on the trail, at potluck and on the social media pages. No question is dumb while riding down the trail with your leader or posting it to the facebook groups, or while you wait to fill your buckets at the water spot in camp.

If you have questions for the ride manager – newbies or experienced folks, please try and call them a week ahead of time. Most of us don't spend much time at home the week of our rides. Also, don't forget to look at your ride flyers for directions, helmet requirements, dog rules, ride start times and all that other need-to-know information.

I hope we are all charged up for the fun and safe ride season ahead. We look forward to seeing new faces and our old friends – Theresa Meyer, UMECRA President

## AERC PULSE COMPLETION CRITERIA!

At the Annual AERC General Meeting in Reno this March, there was much discussion around rules that have been also been discussed and debated over the past few years in this region.

Dr Jay Mero, head of the AERC Vet Committee wrote this article as part of the AERC Veterinary Newsletter. She agreed that it should be shared it with all UMECRA members, ride managers and control judges. I think it should put to rest many of our questions and concerns that have come up the past couple years.

Theresa Meyer, UMECRA President & UMECRA Rules & Bylaws Committee member.

Clarifications on some confusing rule issues within AERC.

Within the past couple of years some repeat issues have come up, in some cases, prompting the need to consult the Rules Committee to clarify these issues. Below is a list of the results of comments by the Rules Committee and/or Veterinary Committee:

The Completion Exam and Best Condition Exam are two separate exams. The rider may choose when to seek their Completion Exam, at a time of their choosing, within 30-60 minutes of finishing, depending on the ride. The Head Control Judge determines when the Best Condition Exam will be, in many cases within an hour of finishing for the shorter distances, and the next morning for the longer distances. For the shorter distances, the rider may choose to have the Completion Exam and the Best Condition Exam be one and the same, if they choose to wait the whole hour to complete. In most cases however, the rider will choose to have their Completion Exam as soon as possible (as soon as they reach pulse criteria) and will stand for their Best Condition Exam later on.

In the Limited Distance division, riders must reach a pulse of 60 beats per minute after crossing the finish line before they are awarded their placement. In theory a rider could cross the finish line 5 minutes behind the winning horse, but place ahead of that horse if her horse pulses down to 60 beats per minute, before the horse that crossed the finish line first. This initial requirement only holds that horse's place in line so to speak. Riders must still stand for their completion exam to be fully completed and receive their placing and points for the ride. They have 30 minutes after they cross the finish line to get their completion exam, not 30 minutes

from when they pulsed down to 60 beats per minute. In addition, on presentation to the control judge for their completion exam, LD horses should still be at a pulse of 60 beats per minute or less, or they will likely be refused completion by that control judge until their horse meets criteria of 60 bpm for the control judge. A horse whose pulse bounces back up after meeting the initial 60 beats per minute for their placement, is unlikely to be metabolically stable and will not meet the "fit to continue" criteria for a completion.



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## **The Equine Mind: Top 10 Things to Know**

**by: Erica Larson, News Editor  
March 24 2012, Article # 19734**

"Why does he do that?" "What is she so scared of ... there's nothing there!" Most—if not all—horse owners have been there and asked those questions. Even though we don't always understand equine behavior, there's got to be a reason behind it, right? Absolutely. Horses' behaviors date back to equine evolution, and horse owners greatly benefit from an understanding what goes on in a horse's brain, according to one veterinarian. At the 2012 Western Veterinary Conference, held Feb. 19-23 in Las Vegas, Nev., Robert Miller, DVM, a former equine practitioner from Thousand Oaks, Calif., relayed the top 10 things horse owners, caretakers, and riders should understand about how the equine mind functions.

"There are 10 genetically predetermined behavioral qualities unique to the horse that have been established by natural selection over the 50 million-year period during which the horse evolved," Miller began. "Failure to understand these qualities makes it

impossible to have optimum communication with horses."

**Flight**—"We tend to attribute the flightiness of a horse as stupidity," Miller said, but when horses spook and run from things, it's simply their innate instincts kicking in. He explained that unlike the majority of prey animals that depend on horns, tusks, or antlers for defense, the only mechanism horses are armed with—their "life-saving" behavior—is the ability to run. The following nine qualities, Miller said, stem from the horse's flight response.

**Perception**—"The horse is the most perceptive of all domestic animals," Miller said, adding that this quality allowed for the quick detection and escape from predators in the wild. He gave examples using the five senses:

**Smell**—Miller said horses have an "excellent" sense of smell.

**Hearing**—"The horse's range of hearing is far beyond that of a human ear," he said. Additionally, he noted, the ears swivel, giving the horse the ability to pinpoint where sounds originate. This was critical for survival in the wild.

**Touch**—"A horse's sense of touch is extremely delicate," Miller said, which is why an ill-placed saddle pad or a single fly can cause extreme irritation. "The sense we have in our fingertips is what the horse has all over his body."

**Taste**—Ever tried to sneak Bute or a new supplement into a horse's feed, only to have him turn up his nose? Horses have a very tactful sense of taste. When grazing in the wild, it's important for horses to differentiate between good grass and moldy forage.

**Sight**—The sense that varies most from ours is the horse's eyesight. While horses' depth perception isn't particularly strong, other factors enable them to "see things we're not even aware of," Miller said. The horse's laterally placed eyes allow for nearly 360° vision, a crucial survival mechanism for the wild equid. Additionally, Miller noted the horse has superb night vision and sees in muted, pastel colors during the day. The equine focusing system is also different from humans, he said. When a human eye transitions from focusing on close-up objects to far away objects, it takes one and a half to two seconds to adjust (Miller encouraged attendees to try it—look at something close up and then look at something far away, and try to focus on how long it takes the eyes

to focus). Horses, on the other hand, make the transition seamlessly. This is because different parts of the eye have different focusing capabilities. Horses use the top portion of their eyes to see up close, which is why they often lower their heads when investigating something. The lower portion of the eye sees far away, which is why the animal will raise his head when looking at something in the distance; when the horse holds his head up high, he's considered to be in the flight position.

**Reaction Time**—Miller said horses might have the fastest reaction time of any domestic animal, which likely results from evolving with flight as their main defense mechanism. To illustrate the concept, Miller showed video clips of Portuguese bull fighting and cutting horses working cattle, in which attendees could clearly visualize that although the bovines made the first move, the horse always countered and arrived at the destination first. While a fast reaction time is quite useful for escaping predators, it can also be dangerous for humans working around horses. "It's important that we, who make our living with horses, expect their reaction time," Miller stressed. "If (a horse) really wants to strike or kick you, you can't get out of the way fast enough."

**Desensitization**—Although it's equine nature to be flighty and sometimes timid, Miller said that horses appear to be desensitized faster than any other domestic animal. "If an animal depends on flight to stay alive, and if they couldn't rapidly desensitize to things that aren't really frightening or dangerous, they'd never stop running," he explained. As long as the horse learns the frightening stimulus doesn't actually hurt them, the majority will become desensitized, he said.

**Learning**—Miller believes "the horse is the fastest learner of all domestic animals—including children. If you stay alive by running away, you better learn fast."

**Memory**—The horse's memory is infallible, Miller said. One of the best memories in the animal kingdom, he noted, horses are second only to the elephant in this department.

**Dominance**—Equine dominance is not based on brute strength, Miller explained, which is why humans can become dominant figures in a horse's mind. He related an example of a horse herd in which an older mare is typically the boss. While these mares generally aren't in poor physical condition, they're certainly not the strongest herd member physically.


**Movement Control**—What horses do look for in a dominant figure is movement control. Matriarch mares, for instance, assert their dominance by either forcing or inhibiting movement, Miller said, which allows a human to step in as a dominant figure. Miller suggested a quick way for a veterinarian to assert dominance over a horse for safer examinations and treatments: Before treatment, walk the horse in a few small circles. This forces movement and asserts dominance.

**Body Language**—Unlike humans, who can express their feelings through words, horses rely on body language, Miller said. "If we are to be competent horse handlers we must be able to understand and mimic the body language of the horse," he explained.

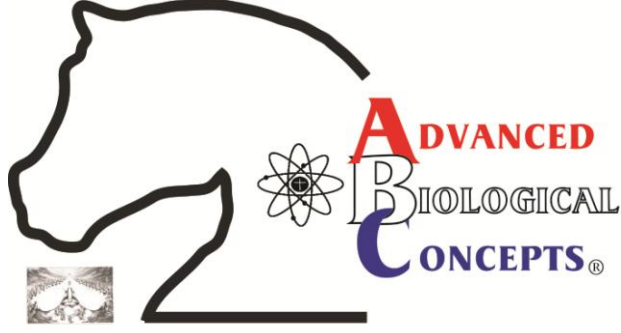
**Precocial Birth**—Horses are born in a precocial state, meaning that shortly after birth they possess the ability to move, eat, flee, and follow, and all of their senses and neurologic functions are mature, Miller said. What does this mean for a human? Aside from providing enjoyment in watching a young foal gallop and buck excitedly around a pasture, it tells us that the horse's critical learning period takes place shortly after parturition. Thus, Miller recommends socializing and imprinting foals in the very early stages of life.

Of course, every horse is different and should be treated as an individual. That said, having a basic understanding of why a horse functions the way he does provides equestrians with the knowledge needed to forge a strong relationship with the animal and also stay safe when working around him.

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## Ride Results!!

<b>Brighton Spring 4/21 -35 Mile Competitive LW</b>			
Laura	Husser	CDWD Margarita	1
Diane	Meinders	Lacey's Game	2
Lori	Windows	Mahrtina	3
Cathy	Cook	Red Cloud	4
Julie	Roe	Alada Kheanna	5
<b>Brighton Spring 4/21 -35 Mile Competitive HW</b>			
Jennifer	Allen	WMA Shadrach	1
Sandra	Wright	Occident Al Skky	2
Ken	Wright	LW Raajsreflection	3
<b>Brighton Spring 4/21 -35 Mile Competitive JR</b>			
Rachael	Meinders	Ahmdullah	1
Haley	Elliott	Sege's Accompany Me	2
<b>Brighton Spring 4/21 -25 Mile Competitive LW</b>			
Leslie	Bennett	Catchu Ltr WLA	1
Beverly	London	Aramor Northern Castcade	2
Sue	Herrick	Shilena	3
Katy	Byrne	CEA Aron Halim	4
<b>Brighton Spring 4/21 -25 Mile Competitive HW</b>			
Donna	Ozment	Nightmare Blues	1
Robin	Schadt	Ra Ibn Maruf	2
Deb	Searle	Sultann Sundance	3
Stacey	Cooper	LuNor Nykawin	4
Diane	Maxey	BKA Tiffany	5
Roseanna	Clark	Deste Damarah	6
Shannon	Weston	Scarlett	C
Mary	Darling	Trogdor	C
<b>Brighton Spring 4/21 -25 Mile Competitive JR</b>			
Rachel	Clark	Emalika	1
<b>Brighton Spring 4/22 -25 Mile Competitive LW</b>			
Diane	Meinders	Lacey's Game	1
Cathy	Cook	Red Cloud	2
Laura	Husser	CDWD Margarita	3
Julie	Roe	Alada Kheanna	4
Leslie	Bennett	Catchu Ltr WLA	5
Kristen	Charleville	BackstreetstrutterGSA	6
Lori	Windows	JA Bannarr	C
Lisa	Germann	Over Brooks Image+/-	C
Rebecca	Emerson	Andres De Peru	C

<b>Brighton Spring 4/22 -25 Mile Competitive HW</b>			
Roseanna	Clark	Deste Damarah	1
Shannon	Weston	Scarlett	2
David	McLeod	Lyle	3
Diane	Maxey	BKA Tiffany	4
Ken	Wright	Samaha Gameela	5
Sandra	Wright	ELD Jetta Bee	6
Louise	Northrop	Just Peps Cheyenne	C
Christina	Williams	Shadow	C
Stacey	Cooper	LuNor Nykawin	C
Mary	Darling	Trogdor	C
<b>Brighton Spring 4/22 -25 Mile Competitive JR</b>			
Rachael	Meinders	Ahmdullah	1
Rachel	Clark	Emalika	2
Haley	Elliott	Sege's Accompany Me	3
Whitney	Meinders	MS Dasani	4

<b>White River Spring 5/5 - 50 Mile End HW</b>			
Guy	Worthington	Fast William	1
Jen	Allen	Salero's Legacy	2
Gene	Dake	CSA Zafirah	3
Sherry	Aune	Cabernet Savignon	4
Stacey	Cooper	Haley	5
Don	Caldwell	Sky Blu	6
Leah	Palestrant	Zeus Apollo	7
Jim	Rawski	JBK Ant	8
Deborah	McBride	Doctor D	Pull
James	Prueter	Snickers	Pull
Kathi	Soukup	GSF Frankie	Pull
<b>White River Spring 5/5 - 50 Mile End JR</b>			
Rachael	Meinders	Ahma Dullah	1
<b>White River Spring 5/5 - 50 Mile End LW</b>			
Linda	Hamrick	RTM First In Line	1
Lori	Windows	Ellan Fires Jane Doe	2
Marcia	Weilback	Zanthus Fury	3
Katy	Byrne	CEA Aaron Halim	4
Diane	Meinders	Lacey's Game	5
Amy	Yatsko	Captain	6
Lisa	Germann	Overbrooks Image +/-	7
Roberta	Harms	JM Cest Lavie	8
Rebecca	Grams	Bear's Northern Light	9
Mary	Mast	Zanes Puple Sage	10
Rebecca	McCarthy	Wineglass Dominus +	11
Noelle	Snyder	KW Farih Magnum	12
Michelle	Mattingly	Meike Angela BPD	13
Shelley	Dake	Crucian	Pull
Myra	Fleming	Victory Dance	Pull
<b>White River Spring 5/5 - 35 Mile Comp HW</b>			
Shannon	Weston	Scarlett	1
<b>White River Spring 5/5 - 35 Mile Comp LW</b>			
Julie	Roe	Alada Kheanna	1
Leslie	Bennett	Catchu ltr WA	2
Laura	Husser	CDWD Margarita	3



<b>White River Spring 5/5 - 25 Mile Comp HW</b>			
Jeanne	Aslakson	Cin Bob Go Chief	1
Sandra	Wright	Occident Al Skky	2
Ken	Wright	Samaha Gameela	3
Mary	Darling	Ldcy	4
<b>White River Spring 5/5 - 25 Mile Comp JR</b>			
Whitney	Meinders	Honey	1
<b>White River Spring 5/5 - 25 Mile Comp LW</b>			
Becky	Aslakson	SH Prince Soloman	1
Bev	London	Kat	2
Mary	Goericke	My May Flyer	3
<b>White River Spring 5/5 - 25 Mile Limited Distance SR</b>			
Barbara	Kurti	Tryllerika	1
Kari Sue	Hanes	Babara shade	2
Cathy	Cook	Red Cloud	3
Louise	Northrop	Just peps Cheyenne	4
Karen	Graham	Rain Bear's Adios	5
Kristine	Dipple	Ranger	6
Rosanne	Owen	Thank Heaven Angles	7
Brittany	Mailbox Kross	Thuner	8
Rodne	LeCouteur	Mattingley Rocket	9
Gail	Otto	Ellie	10
David	Ranson	Truly A trucker Bee	11
Ted	Klopfenstein	Boomerang	12
Richard	Miller	AAA Bine Del Abba	13
<b>White River Spring 5/6 - 50 Mile End HW</b>			
Kathi	Soukup	TSF Time	1
<b>White River Spring 5/6 - 50 Mile End LW</b>			
Linda	Hamrick	Mattingley KC Heart	1
Michelle	Mattingley	Son Of A Diamond	2
<b>White River Spring 5/6 - 30 Mile Limited Distance JR</b>			
Katelynn	Fleming	RTM Fancy	1
<b>White River Spring 5/6 - 30 Mile Limited Distance SR</b>			
Lori	Windows	Red Satin Star	1
Guy	Worthington	Rerun	2
Mary	Darling	Trogdar	3
Cathy	Cook	Red Cloud	4
Kari Sue	Hanes	Bahara Shido	5
Gene	Dake	Lu Nor Nykabey	6
Stacey	Cooper	Lu Nor Nykawin	7
Shelley	Dake	Lu Nor Knight Heat	8
Myra	Fleming	Vicktory Dance	9
Sherry	Aune	Code Red EE	Pull
Barbara	Kurti	Tryllerika	Pull
<b>White River Spring 5/6 - 25 Mile Comp HW</b>			
Jeanne	Aslakson	Cin Bob Go Chief	1
Ken	Wright	LW Raajssflection	2
Linda	Vincent	JH Prince Solomon	3
Sue	Herick	Shilena	4
<b>White River Spring 5/6 - 25 Mile Comp JR</b>			
Rachael	Meinders	Aama Dullah	1
Whitney	Meinders	Honey	2

<b>White River Spring 5/6 - 25 Mile Comp LW</b>			
Diane	Meinders	Lacey's Game	1
Elizabeth	Petersen	Taking Namez	2
Leslie	Bennett	CatchuLatr WA	3
Bev	London	Kat	4
Roberta	Harms	EV Count valentina	5
Rosanne	Owen	ELD Jetta Bee	6
Brittany	Mailloux Kross	Thunder	Pull

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 Beckie Kilvington [bkilvington@hotmail.com](mailto:bkilvington@hotmail.com)  
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 Bev Specht [spec\\_charter@yahoo.com](mailto:spec_charter@yahoo.com)  
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 Connie Petrick [brazosfh@centurytel.net](mailto:brazosfh@centurytel.net)  
 Ann Usher [windspinner@centurytel.net](mailto:windspinner@centurytel.net)  
 Jan Worthington [jgrancy@jcwifi.com](mailto:jgrancy@jcwifi.com)



## Possibility of Gluten Sensitivity in Horses Examined

by: Casie Bazay, BS, NBCAAM  
May 09 2012, Article # 19990

While the exact cause of inflammatory small bowel disease (ISBD) in horses remains unknown, a group of Dutch researchers suspect that gluten intolerance could be a contributing factor of the disease. They recently tested their hypothesis and found that gluten sensitivity in horses is a possibility.

Gluten is a protein composite found in foods processed from wheat and related grains. Inflammatory small bowel disease is a condition that results in malabsorption and maldigestion of feed. Common clinical signs include poor body condition, weight loss or failure to gain weight; decreased appetite, increased gastrointestinal motility, a history of mild recurrent colic, and occasionally, diarrhea.

"Concentrates designated for use in sport horses ... are containing an increased amount of (gluten-rich) wheat ... as we learned from representatives of the feed industry," noted Han Van der Kolk, PhD, DVM, a faculty member in the Department of Equine Sciences at Utrecht University's Faculty of Veterinary Medicine, located in The Netherlands.

In their study, the researchers compared blood work from three groups of horses:

Twelve dressage horses referred to the University's Equine Clinic, all of which showed clinical signs of ISBD;  
Twenty-two university-owned control horses fed a gluten-rich diet; and  
Twenty-five Shetland ponies living on a nature reserve in Zeeland, The Netherlands, that ate a low gluten (or gluten-free) diet of natural forages. All horses were tested for the presence of immunoglobulin A (IgA), one of the most prevalent antibodies produced by the body, to rule out an antibody deficiency. Blood analyses also tested for antibodies against transglutaminase 2 (TG2), gliadin, and endomysium (EMA). The team noted that all the antibodies they evaluated are "known to be important in the diagnosis of human coeliac disease," which is caused by a reaction to a specific gluten protein and necessitates a gluten-free diet.

Key findings from the study include:

None of the horses showed IgA deficiency; ISBD horses had significantly increased IgA antibodies against TG2 compared to gluten-poor ponies, but not to gluten-rich controls; Antibodies against EMA tended to be higher in ISBD horses than in gluten-rich controls; and Researchers placed one ISBD horse with high gluten intolerance-associated antibodies on a gluten-free diet. After six months his antibody levels had decreased and his small bowel appearance and performance had normalized, the team relayed.

"Our findings suggest the presence of gluten-sensitive enteropathy (GSE) in at least some horses suffering from ISBD," the team concluded. The researchers added that further research into equine GSE is warranted.

The study, "Gluten-dependent antibodies in horses with inflammatory small bowel disease (ISBD)," was published in Veterinary Quarterly in April 2012. The abstract is available online.



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**ILLINOIS**  
Tony Troyer  
867 N 45th Road  
Earlville, IL 60518  
815.539.7375  
[il4aerc@aol.com](mailto:il4aerc@aol.com)

**MICHIGAN**  
Wayne Gastfield  
723 N. Warner  
Fremont, MI 49412  
616-924-2605

**MINNESOTA**  
Dianne Schmidt  
319 Summerfield Dr NE  
Eyota, MN 55934  
507-282-7333

**WISCONSIN**  
Joslyn Seefeldt  
5738 E. Klug Rd  
Milton, WI 53563  
608-868-4070  
[joslynsfiberfarm@aol.com](mailto:joslynsfiberfarm@aol.com)

**AERC REGIONAL REPS**  
Connie Caudill – Ride  
Sanctioning  
812-967-5973  
Sue Keith  
812-949-1629  
[suekeith@insightbb.com](mailto:suekeith@insightbb.com)

**SANCTIONING**  
**COORDINATOR**  
Jeanne Crispin  
68 W Schapville Road  
Scales Mound, IL 61075  
815.845.2038  
[robertcrispin@netscape.net](mailto:robertcrispin@netscape.net)

**NEWSLETTER EDITOR**  
Peggy Pasillas  
9928 Rich Valley Blvd  
Inver Grove Hgts MN 55077  
651-450-7959  
[peggy@pasillas.net](mailto:peggy@pasillas.net)  
[UMECRAnews@gmail.com](mailto:UMECRAnews@gmail.com)

**DIRECTORS AT LARGE**  
Lynn Reichert  
P.O. Box 220  
Richmond, MN 56368  
[lynnreichert@msn.com](mailto:lynnreichert@msn.com)

Marty Powers  
2317 2350th St  
McLean IL 61754-9303  
217-648-2974  
[power@dtnspeed.net](mailto:power@dtnspeed.net)

**VETERINARY REP**  
Olivia Rudulphi,  
281 Ruby Road  
Noble, IL 62868

[Wineglassfarm1@yahoo.com](mailto:Wineglassfarm1@yahoo.com)

**WEBSITE EDITOR**  
Nicole Mauser- Storer  
201 S Cameron Lane  
Bartonville, IL 61607  
309.697.5591  
[n.mauserstorer@huskers.unl.edu](mailto:n.mauserstorer@huskers.unl.edu)

**RIDER REPS**  
Max Bernsdorf  
N5630 Hwy 42  
Kewauee, WI 54216  
920-388-3128  
[miranch@hotmail.com](mailto:miranch@hotmail.com)

Elizabeth Laurie  
15215 60th Street  
Plymouth, MN 55446  
612.559.1030  
[ealaurie@mac.com](mailto:ealaurie@mac.com)

Bonnie Mielke  
562 W34264 Piper Rd  
North Prairie WI 53153  
262-392-9369  
[bonniemielke@hotmail.com](mailto:bonniemielke@hotmail.com)

Robin Schadt  
7342 W 115<sup>th</sup> St  
Worth, IL 60482  
708.280.8241  
[robinschadt@aol.com](mailto:robinschadt@aol.com)