

# UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



## Ready, Set, Go...!

- 5/25-26 Grand Island, Rapid River, MI
- 6/1-2 Maplewood West, Pelican Rapids, MN
- 6/8-9 ApDRA, Palmyra, WI
- 6/8-9 White River Summer, Hesperia, MI
- 6/8 Double Eagle Dance, Elsberry, MO
- 6/14-16 SE MN, Forestville, MN
- 6/22-23 Hopkins Creek, Manton, MI
- 6/22-23 Dead Dog Creek, Kinmundy, IL
- 6/29-30 AHDRA1 – My Backyard, Wyanet, IL
- 7/5-6 Endless Valley, Spring Green, WI
- 7/6-7 AHAM, Augusta, MI
- 7/13-14 Mosquito Run, Rogers, MN
- 7/12-14 AHDRAII Endure for the Cure, Washington, IL
- 7/20-21 Grand Island North, Limestone, MI
- 7/20-21 AHDRA2.5 Zumbro Bottoms Boogie, Wabasha, MN
- 7/26-28 Wildcat, Palmyra, WI
- 8/4 Warm-up, Oscoda, MI
- 8/5-9 Shore to Shore, Lake Huron/Michigan, MI
- 8/10 Cool Down, Empire, MI
- 8/10-11 Louise Reidel Memorial, Arkdale, WI
- 8/17-18 Thistle Down Run, Frazee, MN
- 8/17-18 Rock River Charity, Utica, IL
- 8/24-25 Northern Highland, TBD in WI
- 8/31-9/2 White River Fall-Labor Day, Hesperia, MI
- 9/7-8 Charity Cup, Pillager, MN
- 9/7-8 Keweenaw, Lake Linden, MI
- 9/7-8 Lincoln Trail, Kinmundy, IL
- 9/14-15 Colorama Classic, Greenbush, WI
- 9/14-15 Tin Cup Springs, Luther, MI
- 9/21-22 Run for the Ridge, Fairfax, MN
- 9/28-29 Pine Martin Run, Nahma Junction, MI
- 10/3-6 DRAWarama, Palmyra, WI
- 10/12-13 Iron Oak, Arkdale, WI
- 10/12-13 Oak Leaf Run, Hamilton, MI
- 10/19-20 Point Chaser, Wabasha, MN
- 10/24-28 AHA National Distance Championship Ride  
Chandlerville, IL
- 11/1-3 Brush Creek Fall, Fort Dodge, IA

**FREE LEASE OR POSSIBLE OWNERSHIP TO APPROVED HOME. WINNING SWEEPSTAKES COMPETITIVE HORSE--DS ARISTOI**

**Owners will sign over all sweepstakes winning to lessee. Prefer featherweight rider. Other free horses available. Please call Michelle or Joe Mattingley for more details at 815-541-0041 or 815-845-2800.**

**Applied Common Sense®**

**Sponsors of the UMECRA Top 10 Mileage Award**

## What if you took out a novice group?

I attended a distance clinic in April near Hastings, MN. It was the first clinic we've had in Minnesota in many years. Wisconsin has had a spring clinic annually for a number of years - doing great work. There were many, many energized and eager new riders ready to try distance riding. And for someone who's been doing this for a dozen years, it brought a lot of excitement to my heart too.

Well these new folks need mentors, because our sport is quite likely very different than anything they've tried before. We have quite a few novice rides around the region. If you've ridden a couple years or more, consider talking to the ride manager and volunteering to take out a novice group. The smaller the group, the better the experience with the new riders. Even if you've not

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## Offering a Distance Clinic?

UMECRA will provide a FREE one year membership to all new riders! This is a full membership with electronic newsletter and ridebook! A copy of the special new member form is available later in the newsletter and at UMECRA.com! Let the recruiting begin! ☺

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been doing this long, you still have some experience and some stories to share. Riding your 25 mile one day, and riding another 10 - 15 miles the next is a great way to condition for a two-day 50 or a regular 50 mile ride. Doing a 75 or 100 mile ride this year - ride 50 one day - and the novice on Sunday!

If you notice someone new, introduce yourself, your horse, your dog. Ask them if they have any questions. Volunteer as a drag rider to follow the last group out after 5 or 10 minutes in case someone has to leave their group or can't keep up with the pace, has a tack malfunction or other issues that they may need assistance with.

If you are a new rider - WELCOME! And if you've been around for a few years or more - thanks in advance for volunteering this year!

Theresa Meyer  
UMECRA President

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## Important Information Regarding the use of Equine Supplements

**RELEASE: April 1, 2013**  
**AUTHOR/ADMINISTRATOR: USEF  
Communications Department**

Lexington, KY - The United States Equestrian Federation does not certify, endorse, nor approve specific equine nutritional supplements as safe for use during recognized competitions. As a service to USEF Members, and upon request, the USEF Drug and Medication Program office will review product labels to determine if forbidden substances are amongst the specific ingredients listed. However, all competitors are advised that the manufacture of equine nutritional supplements is not currently subject to formal regulation by any government agency; therefore the proportions, source, and quality of their ingredients may not be consistently controlled during the production process and may be highly variable from manufacturer to manufacturer. In the unfortunate event that a forbidden substance is present in a sample collected by the USEF Drug & Medications testing program, the owner and trainer will be subject to the provisions outlined in

GR404 and GR406 and will be held accountable as defined in Chapter 4 of the USEF Rule Book.

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Are you getting the most current information from UMECRA? If you haven't gotten an email from us recently announcing a special Jr Rider promotion, then maybe your email address isn't correct! The following email addresses come back as a "BOUNCE"....

[ammyleon525@gmail.com](mailto:ammyleon525@gmail.com)  
[dsuarez@wildblue.net](mailto:dsuarez@wildblue.net)  
[rockymoorarabians@gmail.com](mailto:rockymoorarabians@gmail.com)  
[montaleearabians@gmail.com](mailto:montaleearabians@gmail.com)  
[galjibilol@aol.com](mailto:galjibilol@aol.com)  
[jfarvi0914@gmail.com](mailto:jfarvi0914@gmail.com)  
[sue.arab@directv.net](mailto:sue.arab@directv.net)  
[susan@toadmaintain.com](mailto:susan@toadmaintain.com)  
[foxbrushfarm@gmail.com](mailto:foxbrushfarm@gmail.com)  
[kblgaze42@gmail.com](mailto:kblgaze42@gmail.com)  
[edhueners@peoplepc.com](mailto:edhueners@peoplepc.com)  
[thelians@hotmail.com](mailto:thelians@hotmail.com)  
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[helinoretonsor@earthlink.net](mailto:helinoretonsor@earthlink.net)  
[vhollingsworth@jkkeller.com](mailto:vhollingsworth@jkkeller.com)  
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[cocomiller@hotmail.com](mailto:cocomiller@hotmail.com)  
[palerider65@ah.net](mailto:palerider65@ah.net)  
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[straw@cvm.msu.edu](mailto:straw@cvm.msu.edu)  
[hora546@my.nhcc.edu](mailto:hora546@my.nhcc.edu)

Please send an email to [UMECRAnews@gmail.com](mailto:UMECRAnews@gmail.com) to correct your email address.

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### *UMECRA Senior Equine Nominations*

The equines below have been nominated for the UMECRA Senior Equine Award (\* = prior winner). Please contact Sharon Hahn ([Sharon.hahn@usa.com](mailto:Sharon.hahn@usa.com) or 612-770-5846) if your equine is listed but is permanently retired from competition (or is now traveling the trail beyond the Rainbow Bridge ☺). Also, please nominate your equine for the award if he/she will be 20 or older before the end of the season. It's free and you only have to do it once. Please see website or contact Sharon for the form.

Maximillion  
Miska Sohn Sharif

Monique Lafite  
 My Cameo Love (Cameo)  
 NWs Eklipsse  
 Occident Al Skky  
 Proud Rageyma (Ruby)  
 Rakahsa  
 RCF Comanche (Rambo)  
 RFR Northern Thunder (Thunder the Barbarian)  
 RR Ghazrael (Gazzy)  
 Samarii  
 Sha-Win  
 Shes My Destinee (Destinee)  
 Synerator\*  
 Woodside Heather  
 Arrakis Karime  
 Badal Selena  
 Badal Dart  
 Calyphas Radiance  
 Chewy  
 Chub Lake Jack Daniel\*  
 Cipher  
 Dude  
 ELD Jetta Bee  
 EVCount Valentino  
 Honey\*  
 Ikea  
 JA Bannar (Bannar)  
 Just Jimmy  
 Magna Cum Lowde (Maggie)  
 Matuk's Legend+/

## 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:

Peggy Pasillas, UMECRA Newsletter  
 9928 Rich Valley Blvd  
 Inver Grove Heights, MN 55077

**Checks should be made payable to UMECRA.**

### Grand Island Ride – Special Jr Rider Promotion!

To promote endurance & competitive riding in the Midwest, all JR riders in 25 mile rides and under, entries are free when sponsored by an adult.

### Spring Pasture -Laminitis and Colic

Katherine Williamson, DVM

It's been a long cold winter and we are all looking forward to spring. It's time to get out of the indoor arena, hit the trails again or start legging up for the summer show season.

Unfortunately, the long-awaited changing of the seasons can spell danger to horses on pasture. But by being aware of the potential problems and taking steps to protect your horses from them, you can still enjoy the season.

April showers bring May flowers...and lots of green, green grass. During this time of year, as pastures come out of winter dormancy their photosynthesis activity greatly increases. As a result, the grass becomes full to bursting with the byproduct of all this activity – sugars.

Grass contains numerous different types and amounts of sugars depending on the species. Glucose, sucrose and fructose are produced through photosynthesis to be used for energy and as building blocks of other plant components. Excess sugars are stored in the plant as starch and fructan. Simple sugars, starch and fructan in plants are referred to as non-structural carbohydrate (NSC).

Warm season grasses, such as Bermuda grass, crab grass and native grasses, store excess sugar as starch. Starch levels in these grasses may increase when they are grown under heat stress. Cool season grasses such as rye grass, orchard grass, timothy grass and fescue primarily store sugars as fructan.

Studies have shown that there is a considerable variability in NSC levels in grasses depending on the season, ambient temperature, light intensity and time of day. In fact, NSC concentration is primarily a function of these environmental factors. NSC concentrations are highest during late spring, cool temperatures, bright sun and late afternoon. Interestingly, studies have also shown that there is an inverse relationship between nitrogen and NSC content. You would think that fertilized pastures that grow more robustly would have higher NSC content and on a per acre basis you would be correct. However, the concentration of NSC within the grass itself is lower if it has been fertilized.

When horses consume grass, starch is digested to glucose by enzymes in the small intestine and absorbed, along with the simple sugars contained in the plant. If too much starch is ingested, it may overwhelm the capacity of the small intestine to digest and absorb it, resulting in overflow into the hindgut (cecum and colon). Fructans and structural carbohydrates (cellulose, hemicellulose and pectins), pass undigested through the small intestine and into the cecum and colon where the microbial populations ferment them. Abnormal or elevated levels of fermentation within the cecum and colon may lead to increased production of gas which can result in colic.

If large amounts of fructan and starch reach the hindgut, a shift may occur in the microbial population favoring lactic acid-producing organisms. Excess lactic acid may decrease the pH in the hindgut, which can result in increased permeability of the intestinal wall, allowing various toxins and other substances into the blood stream where they may be carried to the hoof and incite laminitis.

Since not all horses grazing a spring pasture will experience problems like colic and laminitis, it is reasonable to assume that certain horses are more susceptible than others to the ingestion of NSC (especially fructan) in grasses. Horses that are obese or insulin resistant due to disease (such as Equine Cushing's Syndrome or Equine Metabolic Syndrome), appear to be more susceptible than those with more moderate body condition and normal insulin sensitivity. Several conditions associated with being overweight or insulin resistant could exacerbate the effect of fructan and starch in the hindgut, including increased stress on the hoof due to high body weight; the existence of a pro-inflammatory state which makes them more apt to produce an extreme inflammatory response; reduced glucose delivery to the cells of the lamina of the hoof; alteration in blood flow to the hoof; and/or changes in the function of the cells lining the blood vessels in the hoof.

Prevention of pasture-associated laminitis and colic is relatively simple in theory but can be very challenging in practice. Limiting access to pastures during periods when NSC levels can be expected to be high (late spring, days that are sunny and cool, and during the late afternoon) is ideal.

However, for many horse owners this may not be practical. Alternatives to restricting pasture access include mowing pastures, building partitions in the pasture to limit the space where horses may graze lush grass, moving horses to shaded pastures, using grazing muzzles, limiting turnout times (2 to 4 hours per day), and feeding supplemental hay and concentrates to curb hunger with the hope of limiting pasture consumption.

Maintaining horses in ideal body condition (BCS 4.5 to 6) may be one of the most important ways to minimize the risk of pasture associated laminitis and colic. (*Go to [www.horse.purinamills.com](http://www.horse.purinamills.com) for more information about body condition scoring and weight management techniques.*)

A regular, consistent exercise program is beneficial in controlling weight as well as stimulating gut motility which may help decrease the risk of colic. Being aware of the dangers associated with spring pastures and taking steps to protect your horses from them helps everyone to enjoy the season.

## And So It Begins.....Ride Results!

<b>Kettles N Bits - 5/4 50 Mile Endurance LW</b>			
Lori	Windows	Ella N Fires Jane Doe	1
Roberta	Harms	Lady Jane	2
Linda	Jacobson	Majer Ridge Scarlet Debut	Pull
<b>Kettles N Bits - 5/4 50 Mile Endurance HW</b>			
Kathi	Soupkup	GSF Frankie	1
Jen	Allen	Salero's Legacy	Pull
<b>Kettles N Bits - 5/4 25 Mile Limited Distance SR</b>			
Allison	Willemkens	SHF Zarefed Star	1
Bonnie	Mielke	PsI Lakota Chief	2
Jacki	Ollhoff	Felix	3
Jean	Allen	Walor	4
Leah	Savatski	My Low Rider	5
Noelle	Reinke	Storm	6
Amber	Erickson	Simon the Magic'n	C
Maxine	Bernsdorf	Mi Lucky Charm	C
Carol	Wagner	Partner	C
Pam	Cotton	Cherokee Diamond Bunny	C
Laurie	Henschel	Bravo	C
<b>Kettles N Bits - 5/4 25 Mile Limited Distance JR</b>			
Ainsley	Suskey	MRK Annie Oakley	1



<b>Kettles N Bits - 5/4 25 Mile Competitive LW</b>			
Laura	Husser	CDWD Margarita	1
Ruth	Casserly	Sam	2
<b>Kettles N Bits - 5/4 25 Mile Competitive HW</b>			
Jon	Wagner	Mi Victory Dance	1
Jennifer	Prouty	Polly's Irish Knight	Pull
Bart	Versteegh	Remember the Magic	Pull
<b>Kettles N Bits - 5/4 12.5 Mile Competitive Drive</b>			
Tim	Casserly	Bach/Harley	1
<b>Kettles N Bits - 5/4 12.5 Mile Competitive Drive</b>			
Tim	Casserly	Bach/Harley	1
<b>Kettles N Bits - 5/4 12.5 Mile Competitive Novice</b>			
Maggie	Pearson	Brandy Sioux Smokey	1
Andrea	Pfeifer	Whisper of Jazz	2
Melinda	Stewart	McCues Miss Behavin Missy	3
Laura	Savatski	Montana	MO
Holly	Kemmis	Wineglass Remeny	MO
Katie	Krueger	Zurhama de Washoe	MO
<b>Kettles N Bits - 5/5 25 Mile Limited Distance SR</b>			
Roberta	Harms	EV Vount Valentino	1
Melodie	Sprecher	AR Namani	2
Larissa	Sprecher	Sobreviva	3
Allison	Willemkens	Trouble MHF	4
Jen	Allen	Princess Deelites MHF	5
Jeannie	Crispin	Tioga Peak	6
Stephanie	Crispin	Jebel Razi	C
<b>Kettles N Bits - 5/5 25 Mile Limited Distance JR</b>			
Brenna	Crispin	CR Tequila Rose	1
<b>Kettles N Bits - 5/5 25 Mile Competitive LW</b>			
Laura	Husser	CDWD Margarita	1
Lori	Windows	JA Bannarr	2
Laura	Savatski	Murphy	3
<b>Kettles N Bits - 5/5 25 Mile Competitive HW</b>			
Deb	Searle	WOA Ravens Premier+/-	1
Donna	Ozmet	Bayriffic Twok Gold Kasey	2
Jason	Fullerton	RFR The Ice Man	3



Bob Zimmerman and Janette Sasena working the MnDRA booth at the MN Horse Expo!

<b>MnDRA1 - 5/5 12 Mile Competitive - Novice</b>			
Ravyn	Swanson	Proud Ragyma (Ruby)	1
Melissa	Prokup	Aelie Meadow Maxwell	2
Kristin	Christian	Whiskey	2
Jennifer	Klitzke	Indian's Legend	4
Allie	Kern	Sadat	4
Susan	Boline	Ranger	6
Erica	Burman	Gus	C
Allie	Nelson	Charlie	C
Karen	Sharpe	Prissy	C
Anita	Beckman	Eli	C
Leslie	Stensted	Faden Gazad	C
Eric	Sireno	Lead By Example	C
Raven	Flores	Rothadis Fra' Tolthaven	C
Emily	Groeneweg	Allegretto	C
Suzy	Warren	PPF Geyms Aurora	MO
Ken	Meyer	Samarii	MO
Lise	Lunde	Mystic Morning	MO
Lois	Griman	Shilhouette	MO
Jan	Rivard	Jewell	MO
Joan	Thiel	A Risky Encounter	MO
Stacy	Denfeld	Eblen Warrior	MO
Peggy	Pasillas	MRA Whirlwind	MO
Dale	Lunde	Images Princess Hailey	MO
Karen	Kersten	Cisero	MO
Sue	Schedin	Joey	MO
Linda	Goddard	PPF Geyms Sonly	MO
<b>MnDRA1 - 5/4 25 Mile Competitive - JR</b>			
Allison	Brooks	Maxx (Maximum Echo)	1
Sarah	Kieser	Never A Fantahcee	2
<b>MnDRA1 - 5/4 25 Mile Limited Distance - SR</b>			
Darlene	Molitor	CR Infinite Pryde	1
Diane	Merz	Sterling Illusion	2
Diane	Schermerhorn	Iron Lady Hawk	3
Taryn	Dentinger	TKO Rhio Bask	4
Paula	Goligowski	Willie Winchester	5
Cathe	Cheesebrow	NW Wildcard	6
Colleen	Morgan	SC Cassa Nova	C
TJ	Edwards	Miss Molly Mule	Pull
<b>MnDRA1 - 5/5 25 Mile Competitive - LW</b>			
Candy	Barbo	CR Windsor	1
Victoria	Robison	SC Zhivago	2
<b>MnDRA1 - 5/5 25 Mile Competitive - HW</b>			
Ed	Barbo	Psyche on Fire	1
<b>MnDRA1 - 5/5 25 Mile Limited Distance - SR</b>			
Jodi	Johannessen	Denndi Moore	1
Teresa	Fett	CR Eastirlylee	2
Janet	Sarver	Bashir	3
Jannette	Sasena	Caduceus Oriana Bain "Baile	4
Debra	Juettner	Rena	5
Mary	Baker	Lily Creek Ravven	6
Paul	Goligowski	Little Bay	C
Morgan	Watson	Ghost	C
Roxi	Welling	Fafala	Pull
Hope	Misner	Simenor	Pull

# High Point Standings!!!

<b>White River Spring - 5/4 25 Mile Competitive HW</b>			
Ken	Wright	Raajsrflection	1
Sandra	Wright	Occidental Skky	2
<b>White River Spring - 5/4 25 Mile Competitive JR</b>			
Emma	Roggenbuck	Noval's Northern Star	1
<b>White River Spring - 5/4 25 Mile Competitive LW</b>			
Cathy	Cook	Red Cloud	1
Leslie Rae	Bennett	Lis's Love	2
Jean	Miller	Wren	3
<b>White River Spring - 5/4 50 Mile Endurance HW</b>			
Guy	Worthington	Fast William	1
Stacey	Cooper	Haley	2
Jim	Rawski	Andyn TBK	3
<b>White River Spring - 5/4 50 Mile Endurance JR</b>			
Rachel	Meinders	Amadnllah	Pull
<b>White River Spring - 5/4 50 Mile Endurance LW</b>			
Linda	Hamrick	RTM First In Line	1
Rebecca	Grams	Bear's Northern Light	2
Diane	Meinders	Lacey's game	3
Amy	Yatsko	Captain	4
Deborah	Dwan	Hidden Bonus	5
<b>White River Spring - 5/4 30 Mile Limited Distance Jr</b>			
Shelby	Moucha	SB bit O Honey	1
<b>White River Spring - 5/4 30 Mile Limited Distance Sr</b>			
Myra	Fleming	SUF Magida Sunn	1
Andrea	Redman	Is It Bold	2
Barbara	Lecouteur	Mattingley Rocket	3
Rodne	Lecouteur	Mattingley Minute Man	4
Kelly	Moucha	Odys April Sunset	5
James	Prueter	Freedom	6
Gene	Dake	Lu-Nor Ny Kabey	C
Shelley	Dake	Crucian	C
Debra	Mead	Al IBN Torero	C
Patty	Wood	The Cabana Boy	C
Karen	Graham	Ruit Beau's Adios	Pull
Diane	Maxey	BKA Tiffany	Pull
Rose	Pann	Suede	Pull
<b>White River Spring - 5/5 - 25 Mile Competitive HW</b>			
Sandra	Wright	LW Raajsrflection	1
<b>White River Spring - 5/5 - 25 Mile Competitive JR</b>			
Whitney	Meinders	Honey	1
Emma	Roggenbuck	No Way's Northern Star	2
<b>White River Spring - 5/5 - 25 Mile Competitive LW</b>			
Cathy	Cook	Red Cloud	1
Leslie Rae	Bennett	Catchulater WLA	2
Diane	Meinders	Lacey's Game	3
<b>White River Spring - 5/5 - 50 Mile Endurance HW</b>			
Carol	Steiner	Zarif La Magic	1
<b>White River Spring - 5/5 - 50 Mile Endurance LW</b>			
Linda	Hamrick	Mattingley KC Heart	1
<b>White River Spring - 5/5 - 50 Mile Endurance SR</b>			
Guy	Worthington	Rerun	1
Jennifer	Aloff	Starstruck Eclipse	2
Patty	Wood	The Cabana Boy	Pull

The following rides are included in the Year-To-Date points:

Mndra 1	Kettles & Bits	White River Spring

Please report any errors ASAP! Thanks - robinschadt@aol.com

<b>Limited Distance - Sr.</b>				
1	Guy	Worthington	Rerun	13.2
2	Darlene	Molitor	CR Infinite Pryde	11
3	Allison	Willemkens	SHF Zareefed Star	11
4	Roberta	Harms	EV Vount Valentino	11
5	Jodi	Johannessen	Denndi Moore	11
6	Diane	Merz	Sterling Illusion	10
7	Bonnie	Mielke	PSL Lakota Chief	10
8	Teresa	Fett	CR Eastirlylee	10
9	Melodie	Sprecher	AR Namani	10
10	Jacki	Ollhoff	Felix	9
11	Diane	Schermerhorn	Iron Lady Hawk	9
12	Janet	Sarver	Bashir	9
13	Larissa	Sprecher	Sobreviva	9
14	Jean	Allen	Walor	8
15	Taryn	Dentinger	TKO Rhio Bask	8
16	Jannette	Sasena	Caduceus Oriana Bain "Bailey"	8
17	Allison	Willemkens	Trouble MHF	8
18	Paula	Goligowski	Willie Winchester	7
19	Leah	Savatski	My Low Rider	7
20	Jen	Allen	Princess Deelites MHF	7
21	Debra	Juettner	Rena	7
22	Cathe	Cheesebrow	NW Wildcard	6
23	Gene	Dake	Lu-Nor Ny Kabey	6
24	Shelley	Dake	Crucian	6
25	Noelle	Reinke	Storm	6
26	Mary	Baker	Lily Creek Ravven	6
27	Jeannie	Crispin	Tioga Peak	6
28	Maxine	Bernsdorf	Mi Lucky Charm	5
29	Pam	Cotton	Cherokee Diamond Bunny	5
30	Amber	Erickson	Simon the Magic'n	5
31	Laurie	Henschel	Bravo	5
32	Colleen	Morgan	SC Cassa Nova	5
33	Carol	Wagner	Partner	5
34	Stephanie	Crispin	Jebel Razi	5
35	Paul	Goligowski	Little Bay	5
<b>Competitive - HW</b>				
1	Ed	Barbo	Psyche on Fire	22
2	Sandra	Wright	Occidental Skky	21
3	Deb	Searle	WOA Ravens Premier+	11
4	Jon	Wagner	Mi Victory Dance	11
5	Ken	Wright	Raajsrflection	11
6	Sheryl	O'Brien	Truimage of Gold	10
7	Donna	Ozment	Bayriffic Twok Gold Kasey	10
8	Bethany	Borchert	Dun Abby Fox	9
9	Jason	Fullerton	RFR The Ice Man	9
<b>Competitive - LW</b>				
1	Candy	Barbo	CR Windsor	22
2	Cathy	Cook	Red Cloud	22
3	Laura	Husser	CDWD Margarita	22
4	Leslie Rae	Bennett	Lis's Love	20
5	Mary	Baker	Synaptic	10
6	Ruth	Casserty	Sam	10
7	Victoria	Robison	SC Zhivago	10
8	Lori	Windows	JA Bannarr	10
9	Diane	Meinders	Lacey's Game	9
10	Peggy	Pasillas	MRA Whirlwind	9
11	Laura	Savatski	Murphy	9
12	Bev	Specht	Magna Cum Lowde "Maggie"	7
13	Darlene	Molitor	CR Infinite Pryde	6

<i>Competitive - JR</i>				
1	Emma	Roggenbuck	Noval's Northern Star	21
2	Allison	Brooks	Maxx (Maximum Echo)	11
3	Whitney	Meinders	Honey	11
4	Sarah	Kieser	Never A Fantahcee	10
<i>Competitive - Novice</i>				
1	Maggie	Pearson	Brandy Sioux Smokey	5.5
2	Melinda	Stewart	McCues Miss Behavin Missy	4.5
<i>Competitive - Drive</i>				
1	Tim	Cassery	Bach/Harley	11.0
<i>Endurance - HW</i>				
1	Guy	Worthington	Fast William	22.0
2	Kathi	Soupkup	GSF Frankie	22.0
<i>Endurance - LW</i>				
1	Linda	Hamrick	RTM First In Line	44
2	Roxi	Welling	Shezgotleggo	22
3	Rebecca	Grams	Bear's Northern Light	20
4	Diane	Meinders	Lacey's game	18
5	Amy	Yatsko	Captain	16
6	Deborah	Dwan	Hidden Bonus	15
<i>Limited Distance - Jr.</i>				
1	Ainsley	Suskey	MRK Annie Oakley	11.0
2	Brenna	Crispin	CR Tequila Rose	11.0

## Tying-Up in Horses: A Review

By Erica Larson, News Editor JUN 15, 2011

Halfway through your arena workout, your horse simply isn't acting normal: He's sweating and his muscles are shaking. He doesn't want to move, and discomfort is evident in his posture and facial expressions. Many horse owners and their veterinarians are all too familiar with the signs of tying-up (also known as exertional rhabdomyolysis) in horses. Repeated episodes of this disorder, which affects horses of all shapes and sizes, can be a frustrating problem for owners and riders. Erica McKenzie, BVMS, PhD, Dipl. ACVIM, associate professor of large animal medicine at Oregon State University, gave an overview of tying-up during the 2011 Western Veterinary Conference, held Feb. 20-24 in Las Vegas, Nev.

### Manifestations

Horses exhibit a variety of different forms of exertional rhabdomyolysis, and what signs they show often depend on breed type.

McKenzie explained that polysaccharide storage myopathy (commonly referred to as PSSM) is thought to be the "most common condition associated with chronic exertional rhabdomyolysis in horses." The disorder occurs in 36-50% of Belgian Draft horses, 30% of halter-bred Quarter Horses, and about 8% of Quarter Horse-related breeds (i.e., Paints and Appaloosas). The disorder also affects Warmbloods and other light-breed horses, McKenzie said.

A genetic disorder, PSSM is a debilitating and occasionally life-threatening disease in horses characterized by abnormally high glycogen (the storage form of glucose) concentrations in skeletal muscles.

Thoroughbreds, Standardbreds, and Arabians are also prone to tying-up, however they generally do not suffer from PSSM. Instead, McKenzie said, these lighter breed horses most likely have a disorder involving disturbed muscle calcium regulation, referred to as 'recurrent exertional rhabdomyolysis' (RER).

Recurrent exertional rhabdomyolysis causes affected horses to suffer recurring episodes of muscle cramping, stiffness, excessive sweating, and a reluctance to move after exercise.

McKenzie explained that researchers have found that both PSSM and RER are hereditary, so breeding affected horses is generally discouraged.

Finally, McKenzie added, healthy horses with no underlying genetic disorders can experience episodes of tying-up "if they are exerted beyond their level of conditioning."

### Clinical Signs of Tying-Up

McKenzie said typical clinical signs of exertional rhabdomyolysis occur soon after exercise begins or ends. She reviewed these, including:

- Excessive sweating;
- Muscle tremors,
- Muscle stiffness;
- Reluctance to move;
- A stretched-out hind-limb stance, as if trying to urinate;
- Firm muscles that are painful to the touch; and
- Dark colored or red urine.

### Management

McKenzie suggested that managing diets of horses with PSSM and RER carefully might be helpful in reducing the number of exertional rhabdomyolysis episodes a horse suffers.

"Controlled clinical trials have demonstrated that reducing soluble carbohydrate intake in horses with either PSSM or RER can significantly improve clinical signs, despite the different etiologies for these diseases," she said.

She continued to say that the most effective means of controlling the diseases includes feeding a balanced, low-starch diet, adding necessary calories with fat sources (such as oils) and fiber.

In addition to an appropriate diet, owners should keep horses with PSSM and RER on a regular exercise schedule, as breaks in the exercise routine can be a significant triggering factor in horses that are prone to tying up. McKenzie said that there is evidence that consistent exercise is beneficial to these horses, and such activity "appears to provide additional beneficial effects and is probably very important for horses with repeated episodes."

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