

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



Ready, Set, Go...!

- 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

A note from UMECRA's Vet Rep....

Dear all Ride Managers and Veterinarians,

As the season is getting into full swing, I just wanted to check in with everyone to address/bring attention to any veterinary issues, cases, problems, or even compliments to the vetting crew (we hope there are some right?!) At this current time, I am not aware of anything but wanted to more get an idea of how the season was doing so far and to be proactive on any issues that anyone may foresee or would like to discuss. If you have any comments/suggestions

you may contact me at anytime--either email or phone--I would be glad to discuss anything and take anything to the board for discussion if needed. I want to be able to keep us all in the loop on any issues and feel the more active we are up front, the more we can prevent any compounding issues in the future.

Thank you and happy riding/vetting/managing!

Olivia Rudolphi, DVM

Notice! Notice! Notice!

The location for the Endure for the Cure Ride has changed!!

Due to the heavy rains and extensive flooding at Farmland Park (its purpose is to manage floods after all) we have moved Endure for the Cure to Jim Edgar Panther Creek State Park by Chandlerville, Illinois. See the revised ride flyer or <http://www.endureforthecure.org> for details.

This is a wonderful Park with amenities like electric sites and a bath house with hot water!

It is also an opportunity to practice the logistics and some of the trails that will be used for the AHA National Championship ride in October.

Don't forget, this is a fundraiser for the Susan G. Komen Foundation. The top three money raisers will earn great prizes with the top earner winning an Endurance Sports Saddle donated by Tim and Ruth Casserly. With the help of Donna Lee Ozment, Robin Schadt, and Deb Searle we will again have the drawing on Saturday evening.

AERC Funding of Necropsies

A subject that no rider likes to think about is the possibility of his or her horse dieing as a result of participating in an endurance ride. Fortunately, horse fatalities are a rare occurrence in endurance riding today. However, should you as a rider experience the loss of a horse as a result of participating in an AERC sanctioned

endurance ride, you should be aware that AERC will fund the costs associated with a necropsy.

AERC funds necropsies on horse fatalities associated with endurance rides because much valuable information can be obtained from necropsies. Determining specific causes of death and identifying predisposing conditions will help educate both endurance veterinarians and riders as to what may be done in the future to prevent a similar fatality. Every fatality associated with an AERC ride is evaluated by the Veterinary Committee and reported on to the membership by the Welfare of the Horse Committee. Much more useful information on a fatality can be obtained, used and communicated to the membership for educational purposes when a necropsy is performed.

You as an endurance rider will likely never experience a horse fatality associated with an endurance ride. In the rare incidence you do experience the loss of a horse participating in an endurance ride, please keep in mind and also remind the treating veterinarian either at the ride or at the referral clinic that AERC will fund costs associated with a necropsy. The amount of reimbursement will be limited to \$300.00 and can be used for transport, laboratory, veterinary, and/or disposal fees.

The AERC Veterinary Committee would like to encourage every rider who experiences the loss of a horse at an endurance ride to request a necropsy. We know the loss of a horse is very tragic and is a very emotional time for the owner. Considering a necropsy can be very difficult during such a distressing time. Please keep in mind, though that such a tragedy can be positively used as a learning experience for others in the future if useful information is obtained through all the tools we have such as a necropsy.

Only slightly less than half of the reported fatalities have undergone a post-mortem exam. Some of the findings (an enterolith or large stone like obstruction in the bowel, for example) are completely missed without a post-mortem exam. While a formal university post would likely include histopathology, less formal and exhaustive examinations are often very informative. In remote isolated regions where the horse must be buried on site, simply opening the abdomen may identify a ruptured stomach or small bowel that has undergone a catastrophic event like a torsion or something similar. Information from these exams helps treatment of those horses that become sick at ride sites.

AERC Veterinary Committee



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## Maintaining Hydration in Horses: The Roles of Water and Salt

By Mary Beth Gordon, PhD JUN 03, 2013  
<http://www.thehorse.com>

Horses' water intake can double under these circumstances, so make sure they have enough fresh, clean water; refilling water receptacles frequently or add buckets/troughs as necessary to account for this increase in water intake.

The old adage is accurate: "You can lead a horse to water, but you can't make him drink." That's especially true for severely dehydrated horses in medical crisis. But there are ways to keep your horse well-hydrated from the start and avoid these potentially dangerous scenarios.

First, provide fresh, clean water in clean troughs or buckets at all times. Check frequently for dirt, debris, manure, dead animals, or other contaminants. (These truly are deterrents: I have seen horses dehydrated and colicking in a paddock because they would not drink water from a trough with a dead opossum in it.) Scrubbing dirty troughs and buckets and refilling them is part of the nitty-gritty of horse keeping—don't overlook this important first step.

In cold weather horses drink less water, especially if the water is cold as ice (or literally is ice). Warm up the water in the wintertime by regularly adding hot water or by using bucket or

trough heaters. Studies have shown that horses prefer drinking water that is around 50°F.

On the other hand, horses drink more water in hot and/or humid weather conditions, especially if they have been exercising and sweating. Horses' water intake can double under these circumstances, so make sure they have enough fresh, clean water; refilling water receptacles frequently or add buckets/troughs as necessary to account for this increase in water intake.

Next, make sure your horse's diet is meeting his sodium requirements; correct sodium balance in the horse is necessary for proper thirst response and body water equilibrium. There are multiple ways to provide salt to your horse. Salt blocks or salt licks are an affordable and convenient approach. However, researchers have shown that individual intake of salt from these blocks is highly variable, and horses might not consume enough salt from these sources to meet their daily sodium requirements, especially if they are exercising and sweating regularly.

Offering plain, loose table salt free-choice or along with daily concentrate meals is another way to supplement sodium in a ration. This is also relatively convenient and inexpensive, but it's important to consider these points when choosing this option as well: Top-dressing large quantities of salt can lead to inconsistent intake (some horses can sort salt from the feed with their lips, leaving the supplement uneaten) or palatability problems (top-dressed salt can reduce feed consumption because some horses might not like the taste).

Additionally, researchers at Oklahoma State University showed that feeding repeated daily doses of electrolytes (which are compounds typically used in a similar fashion to salt, usually containing sodium, potassium, and chloride) correlated with an exacerbation of gastric ulcers. If you have a horse prone to ulcers, discuss the type and amount of salt or electrolytes you feed with your veterinarian to help prevent additional damage.

At this point, you might be wondering, "Do I need to supplement at all? Doesn't my feed and hay cover the sodium requirements for my horse?" And this is a great question, to which the answer is: Maybe. Sodium content varies widely among hays—with most offering low amounts—and horse owners should not rely on hay for meeting horses' sodium requirements. Commercial concentrate feeds usually contain some sodium, typically as added salt at 0.1 to 1.0%. This might be enough for some horses at rest, in addition to their hay, but once horses begin exercising and sweating, sodium requirements must be met with supplementation. In these cases, provide salt or seek a product that offers sodium in sufficient amounts to meet body hydration requirements and maintain thirst response while, importantly, retaining palatability.

In conclusion, it's simple to keep your horse hydrated if you follow some simple steps: Provide plenty of clean, fresh water and ensure horses' diets meet their sodium requirements. If concerns arise about a horse's hydration or sodium status, contact a veterinarian or equine nutritionist for further advice.

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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 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 ☺). Don't forget to 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 contact Sharon Hahn (Sharon.hahn@usa.com or 612-770-

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

Please send payment for your ad to:
Peggy Pasillas, UMECRA Newsletter
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Checks should be made payable to UMECRA.

Got a horse who is IR or PSSM Type 2? Barb Kurti has an 11 year old Arabian mare that she competes with who has been diagnosed with PSSM Type 2 by muscle biopsy along with IR. She would be happy to talk with you about it. Contact Barb at: silverheartsfarm@yahoo.com

UMECRA Shout Outs...

Many thanks to my heroes at the SE Minnesota ride. I arrived on Thursday afternoon, unloaded my horse, and immediately recognized that I needed a miracle to park the truck and trailer in that reserved campsite. Hero #1 was Paul Strick from Missouri, who made it a goal to stick the landing in one try. Well, it didn't quite work that well; Paul

worked and worked to get the truck into Reverse, then into Low, then back into Reverse. "So how long have you been having clutch trouble?" "Oh rats, I was hoping that I was imagining it." "Nope, you'd better get this fixed or you might not make it home." Ugh.

Hero #2 was our friend Barry Saylor. Barry called his favorite mechanics until he found one who could fit me into his Friday schedule. I drove the truck to Eyota late Thursday afternoon, where Barry arranged for

Beth Lecy (Hero #3) to drive me back to camp. After many phone calls on Friday, (and riding 30 miles,) the truck was fixed. Beth took me back to Eyota to pick up the truck and drive it back to Forestville. We have some wonderful folks in UMECRA! Please remember- Pay It Forward!!

Ruth Casserly

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

(Note: Light blue highlights indicate non-UMECRA rider status at the time of the ride)

Oops! I missed some results from MnDRA1 – my apologies! Here are the updated results!

MnDRA1 - 5/4 50 Mile Endurance - HW			
Walter	Freiberg	Chazz	1
MnDRA1 - 5/4 50 Mile Endurance - LW			
Roxi	Welling	Shezgotleggo	1
Jodi	Johannessen	PR Bay Muscrana	2
Teresa	Fett	CR Mistiraaz	3
Hope	Misner	InSync	4
Morgan	Watson	CRR Emma	4
Lori	Lori	MI Kalypto	Pull
MnDRA1 - 5/4 25 Mile Competitive - HW			
Ed	Barbo	Psyche on Fire	1
Sheryl	O'Brien	Truimage of Gold	2
Bethany	Borchert	Dun Abby Fox	3
MnDRA1 - 5/4 25 Mile Competitive - LW			
Candy	Barbo	CR Windsor	1
Mary	Baker	Synaptic	2
Peggy	Pasillas	MRA Whirlwind	3
Dawn	Johnson	Luvs Bayfire	4
Bev	Specht	Magna Cum Lowde "Maggie"	5
Darlene	Molitor	CR Infinite Pryde	6
MnDRA1 - 5/4 25 Mile Competitive - JR			
Allison	Brooks	Maxx (Maximum Echo)	1
Sarah	Kieser	Never A Fantahcee	2



MnDRA1 - 5/4 25 Mile Limited Distance - SR			
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

MnDRA1 - 5/5 25 Mile Limited Distance - SR			
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

MnDRA1 - 5/5 25 Mile Competitive - HW			
Ed	Barbo	Psyche on Fire	1

MnDRA1 - 5/5 25 Mile Competitive - LW			
Candy	Barbo	CR Windsor	1
Victoria	Robison	SC Zhivago	2

MnDRA1 - 5/5 12 Mile Competitive - Novice			
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 Sonsy	MO

Brighton Spring 4/20 - 15 Mile Competitive Novice			
Maggie	Pearson	Brandy Sioux Smokey	1
Kristen	Wiseman	Idol Fusion	2
Sarah	George	Diego	3
Kristine	Bricky	Snickers	4
Amy	Scharmen Burgdolf	Coosa Valley Idiana Jones	MO
Lisa	German	Over Brooks Image+/ MO	

Brighton Spring 4/20 - 25 Mile Competitive HW			
Ken	Wright	LW Raajrsflection	1
Diane	Maxey	BKA Tiffany	Pull

Brighton Spring 4/20 - 25 Mile Competitive JR			
Whitney	Meinders	Honey	1
Emma	Roggenbuck	Noway's Norther Star	2

Brighton Spring 4/20 - 25 Mile Competitive LW			
Cathy	Cook	Red Cloud	1
Diane	Meinders	Lacy's Game	2
Erin	Adderley	Autumn Bliss	3
Taylor	Rogers	Junior	4
Katy	Byrne	Makin' Art Wonder	5

Brighton Spring 4/20 - 35 Mile Competitive JR			
Rachael	Meinders	Amduallah	1

Brighton Spring 4/20 - 35 Mile Competitive LW			
Becke	Grams	Bear's Northern Light	1

Brighton Spring 4/21 - 15 Mile Competitive Novice			
Laura	Roberts	Justice	1
Sarah	George	Diego	2
Alicia	Mansuetti	Patralana	3
Maryse	Robertson	Annie	4
Kristen	Wiseman	Idol Fusion	5
Barbara	Henningsen	Cexstremely Lucky	6
Mindi	Maddox	Liberty in Motion	C

Brighton Spring 4/21 - 25 Mile Competitive HW			
Melinda	Capuano	Rico	1
Deb	Searle	WOA Raven's Premier+/ 2	
Ken	Wright	Samaha Gameela	3
Sandra	Wright	LW Raajrsflection	4
Kristine	Brickey	Snickers	5
Marina	Bakhmustsky	Quin	Pull

Brighton Spring 4/21 - 25 Mile Competitive JR			
Emma	Roggenbuck	Noway's Norther Star	1
Whitney	Meinders	Honey	2
Rachael	Meinders	Amduallah	3

Brighton Spring 4/21 - 25 Mile Competitive LW			
Cathy	Cook	Red Cloud	1
Diane	Meinders	Lacy's Game	2
Amy	Scharmen Burgdolf	Coosa Valley Idiana Jones	3

Glacier Trails 5/11 - 12 Mile Competitive Drive			
Ray	Hubert	Penguin Beware	1
Alice	Hubert	K-Macaroni	2

Glacier Trails 5/11 - 25 Mile Competitive HW			
Tom	Lisi	Ice	1
Jon	Wagner	Mi Victory Dance	2
Donna	Ozment	Bayiffics Two K Gold	3
Art	Espe	Sundance	Pull

Glacier Trails 5/11 - 25 Mile Competitive LW			
Roberta	Harms	JM C'est La Vie	1
Linda	Jacobson	Stone Bridge Chillax	2
Glacier Trails 5/11 - 50 Mile Competitive HW			
Deb	Searle	WOA Raven's Premier	1
Glacier Trails 5/11 - 50 Mile Competitive LW			
Laura	Husser	CDWD Margarita	1
Glacier Trails 5/11 - 50 Mile Endurance HW			
Tom	Gower	HK Xpress Avenue	1
Guy	Worthington	PA Hi Spirit	2
Bonnie	Mielke	Ola Loki	3
Sherry	Aunne	Cabernet Sauvignon	4
Walter	Friberg	Chazz	5
Joslyn	Seefeldt	DSD Starstruck	6
Glacier Trails 5/11 - 50 Mile Endurance LW			
Lori	Windows	Ella N Fires Jane Doe	1
Eryn	Rapp	Noslos Roady To Go	2
Ellen	Olson	Noslos Mesozoic	3
Jessi	Zirbel	RFR Silver Crescent	4
Tracy	McIntosh	MA Candy Cane	5
Amber	Erickson	Simon the Magic'n	6
Alvin	Grabill	Crad War Angle	C
Michael	Liang	WMA Shekinah	C
Glacier Trails 5/11 - 25 Mile Limited Distance JR			
Makrea	Rapp	RC Josiah	1
Brenna	Baemmert	Cheyenne	2
Glacier Trails 5/12 - 25 Mile Competitive LW			
Lori	Windows	Mahrtina	1
Linda	Jacobson	Chub lake Jack Daniels	2
Glacier Trails 5/12 - 25 Mile Limited Distance JR			
Brenna	Baemmert	CR Tequila Rose	1
Glacier Trails 5/12 - 25 Mile Limited Distance SR			
Megan	Lutz	SHF Zareeta D Star	1
Guy	Worthington	Rerun	2
Sherry	Aune	Lily Creek Rhythm	3
Roberta	Harms	EV Count Valentino	4
Stephanie	Crispin	EE Vning Shade	5
Shirley	May	Twinkle	6
Michael	Liang	BZ Isabella	C
Jen	Allen	Juma Shadrach	C
Jean	Allen	Walor	C
Jim	Andriakos	Lu-Nor Soverign	C
Jan	Worthington	Golden Amir JD	C
Colleen	Morgan	SC Cassa Nora	C

Glacier Trails 5/11 - 25 Mile Limited Distance SR			
Megan	Lutz	WMA Overboard	1
Jen	Allen	Tango	2
Peter	Dordal	Grace	3
Jean	Allen	Walor	4
Colleen	Morgan	SC Cassa Nora	5
Jackie	Ollhoff	Telly	6
Leah	Savatski	My Low Rider	C
Erin	Anderson	Prince	C
Tracy	Johnson	Faris	C
Kimberly	Fosler	BZ Coleseryn Sabar	C
Craig	Olson	Dynasty J	C
Jim	Andriakos	Cosmic Eclipse CR	C
Julie	Oldenburg	Selket Magnum	C
Jan	Worthington	Mistu Bonded in Gold	C
Ann	Delang	Chocolate Martinei	C
Stephanie	Crispin	Tazman Comelatly	C
Kathi	Soukup	TSF Time	C
Glacier Trails 5/12 - 12 Mile Competitive Novice			
Maggie	Pearson	Brandy Sioux Smokey	1
John	Smith	Way Denied	1
Jeri	Schantz	Santos	2
Sarah	Sickels	Tschalimaar	2
Stacy	Eide	Ranger	3
Andrea	Pfeifer	Whisper of Jazz	4
Lucy	Krueger	Midnight	5
Katie	Carlton	Plaudit McUle	5
Jolene	Trapp	Memphis Minnie	C
Katie	Krueger	Zurhamade Washoe	MO
Jackie	Ollhoff	Luke	MO

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SISU On The Border 5/18 - 50 Mile Endurance LW			
Jodi	Johannessen	PR Bay Muscrana	1
Darlene	Molitor	CR Infinite Prde	2
Teresa	Fett	CR Mistiraaz	3
Salazar	Nancy	Peanut	4
Tracy B.	McIntosh	Amigo Rissar	5
Danna	Theis	Vallies Hi Strider	6
Teri	Olson	Faydin Halim	C
Dawn	Keast	Californiadreamon	C
Pasillas	Peggy	MRA Whirlwind	C
Mary	Lambert	Psyches Amore	C
Candy	Barbo	Luvs Bayfire	Pull
Colleen	Morgan	SC Cassa Nova	Pull

SISU On The Border 5/18 - 50 Mile Endurance HW			
Marge	Dixon	Kenlyn Intrigue	1
Walter	Freiberg	Chazz	2
Taryn	Dentinger	TKO Rhio Bask	3
Tuhy	Charlotte	Raffimas Image	4
Baker	Mary	Lily Creek Ravven	5
Janet	Sarver	Pswoosh	6
Barry	Saylor	Thee Magicman HT	C
Sheryl	O'Brien	Wild River Sundancer	C
Joel	Hildebrandt	Chazzy	PULL

SISU On The Border 5/18 - 25 Mile Limited Distance SR			
Bonnie	Mielke	PSL Lakota Chief	1
Catherine	Cheesebrow	NW Wildcard	2
Debra L.	Juettner	Rena	2
Janette	Sasena	Caduceus Oriana	4
Sprecher	Melodie	AR Namani	5
Sprecher	Larissa	Sobreviva	6
Lynda	Zimmerman	HDR Petrolero de Nevado	C
Beckie	Klivington	Badgers Bay Boy	C
Sherry	Aune	Lily Creek Rythm	C
O'Neil	Beth	AW Michiah	

SISU On The Border 5/18 - 25 Mile Competitive LW			
Lori	Windows	JA Bannarr	1
Victoria	Robison	SC Zhivago	2
Linda	Jacobson	Mi Precious Ruby	3
Sonia	Borg	Love	4

SISU On The Border 5/18 - 25 Mile Competitive HW			
Ed	Barbo	Psyche on Fire	1
Joan	Thiel	A Risky Encounter	2
Suzy	Warren	Turbolation	3
Jen	Allen	Zephyrus TF	4
Raven	Flores	Rothadis Fra' Tolthaven	5

SISU On The Border 5/19 - 25 Mile Competitive HW			
Ed	Barbo	Psyche on Fire	1
Becki	Sanford	Affirmmed Stardust	2
Katja	Wiedrick	Sweet Honey De	3

SISU On The Border 5/19 - 25 Mile Competitive LW			
Candy	Barbo	Nobel Annie HA	1
Renee	McArthur	Evita	2
Lori	Windows	Mahrtina	3
Theresa	Meyer	Shes My Destinee	4
Karen	Kersten	Cisero	4
Bev	Specht	Magna Cum Laude	6
Linda	Jacobson	Chub Lake Jack Daniel	C

SISU On The Border 5/19 - 25 Mile Limited Distance JR			
Kadi	Zishka	Tizzy	1

SISU On The Border 5/19 - 25 Mile Limited Distance SR			
Jodi	Johannessen	Denndi Moore	1
Diane	Merz	Sterling Illusion	2
Teresa	Fett	CR Eastir Lyllee	3
Nancy	Salazar	Steady's Bad Boy	4
Ben	Zishka	Aerial	5
Sherry	Aune	Lily Creek Rythm	6
Jen	Allen	WMA Shadrach	C
R. Dale	Lunde	Images Princess Haily	C
Kenneth	Meyer	Samarii	C

Here's a couple of recipes for make your own bug spray!

Making your own offers a safe and natural alternative to commercial sprays and is popular and cost-effective.

Recipe 1 –

*1 Qt. Raw Apple Cider Vinegar and

*1 tsp. Citronella Essential Oil

Both of these ingredients can be found at natural food stores. Both products are very reasonably priced.

Recipe 2 -

*4 oz Skin So Soft *1 oz citronella oil *12 oz vinegar *12 oz water

Recipe 3 -

U.S. Forest Service Bug Spray Recipe

*1 cup water *1 cup Avon Skin So Soft Bath Oil *2 cups vinegar *1 tbs. Eucalyptus oil (found in health food stores)

*Optional: few tablespoons of citronella oil.

Anyone have other suggestions for providing some relief to our equine friends? Send them along and we'll share it with the rest of the UMECRA family!

Feed's Effect on Horses' Dehydration Response

By Kristen M. Janicki, MS, PAS JUN 17, 2013
www.thehorse.com

A research team concluded that providing food without water can actually increase dehydration in horses.

Horse owners are fully aware of the importance of free-choice water in a horse's diet. However, in some situations, such as during transportation for domestic horses or during droughts for wild horses, horses might have access to feed but not water. How do these situations affect a horse's hydration status?

A group of researchers led by Moira Norris, DVM, of the Cornell University College of Veterinary Medicine, set out to answer this question when they conducted a study evaluating horses' fluid balance changes due to water deprivation, with and without available feed.

The team employed six Shetland-type pony geldings in their study, housing each in a stall for 24 hours during each experiment to allow for urine collection and returning them to pasture between experiments. The team subjected each pony to each of the following treatments:

Control (both water and food available ad libitum, WWWF)

No water but with food (NWWF)

No water and no food (NWNF)

Water but no food (WWNF)

The team offered ponies in the food groups free-choice hay and ponies in the water groups a water bucket. They measured the amount of water each pony consumed and collected blood samples hourly up until 22 hours and whenever the pony urinated. For Hours 23 and 24, the team only collected blood samples when the pony urinated.

The team analyzed the blood samples for packed cell volume (PCV) and plasma protein concentration, both of which they used to estimate blood volume changes. They analyzed blood and urine samples for osmolality and sodium and potassium levels to determine fluid and electrolyte balance change versus time zero.

Upon reviewing their study results, the team found that ponies drank more water (13.1 kg) when offered food compared to when not offered food (3.5 kg). Simply put, "Horses drink more when food is available and eat more when water is available," said researcher Katherine Houpt, VMD, PhD, a professor emeritus at Cornell University. The team believes this is because the digestive system releases isotonic secretions when food is offered, so there is less fluid available as circulating blood.

The team also determined that:

Treatment significantly affected changes in fluid and electrolyte balance. The team noted the most significant plasma osmolality change after 22 hours of treatment in the NWWF group, compared to the other treatment groups. The team explained that the ponies in that group appeared to be physiologically "more dehydrated" when food was provided without water. The team hypothesizes that osmolality could be a primary stimulus to drink when food is present, as plasma osmolality changes remained significantly lower when NWWF was compared to WWWF. Plasma osmolality decreased in both WWNF and NWNF treatments. In contrast to dehydration, low osmolality stimulates a decrease in water absorption and an increase in water excretion, meaning the ponies in these groups were physiologically responding as if they were hydrated, even when water was not present.

PCV declined when food was not available to the ponies and in all treatments during the evening hours when food and water intake slowed. Additionally, by Hour 22, NWNF ponies had significantly lower PCV compared to NWWF and WWWF. The researchers explained that PCV is a measure of the percentage of red blood cells in a whole blood sample; in equids, the spleen releases red blood cells in response to a meal. When the ponies weren't offered food, the team believes the spleen removed red blood cells from the circulation for storage or dilution of the PCV by an increase in plasma volume.

There were no significant differences in blood volume during the 24-hour period for all treatment groups. The team believes the ponies maintained this balance even without water intake due to the large amount of fluid contained in the hindgut.

Ponies' total urine volumes during the 24-hour treatment periods were similar in all groups and averaged seven to eight liters per day. Osmolyte excretion, however, was affected by treatment, and water clearance was higher in WWWF, NWNF and WWNF conditions compared to the NWWF group. This suggests a vasopressin effect, meaning the body was retaining more water and constricting the blood vessels, the team noted.

Take-Home Message

The team found that the ponies in this study could mitigate dehydration when not provided with water by possibly increasing fluid absorption from the hindgut and reducing water loss through urine. With the addition of food, however, it appeared these physiological changes were more difficult for the ponies to make, which could negatively impact their ability to respond to dehydration. In simple terms, the team concluded that providing food without water can actually increase dehydration in horses.

The best way to combat dehydration is to prevent it from happening in the first place by always ensuring horses have access to a clean water source.

The study, "Effect of Food Availability on the Physiological Responses to Water Deprivation in Ponies," appeared in the Journal of Equine Veterinary Science in April.

High Point Standings!!!

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

Brighton Spring	Kettles & Bits		
Mndra 1	Glacier Trails		
White River Spring	SISU on the Border		

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

Rookies are highlighted in blue.

Competitive - HW

1 Ed	Barbo	Psyche on Fire	44
2 Deb	Searle	WOA Raven's Premier+/ Rookie	43
3 Ken	Wright	LW Raajsrfflection	22
4 Jon	Wagner	Mi Victory Dance	21
5 Donna	Ozment	Bayiffics Two K Gold	19
6 Sandra	Wright	LW Raajsrfflection	19
7 Tom	Lisi	Ice	11
8 Sheryl	O'Brien	Truimage of Gold	10
9 Becki	Sanford	Affirmmed Stardust	10
10 Joan	Thiel	A Risky Encounter	10
11 Sandra	Wright	Occidental Skky	10
12 Bethany	Borchert	Dun Abby Fox	9
13 Jason	Fullerton	RFR The Ice Man	9
14 Suzy	Warren	Turbolation	9
15 Katja	Wiedrick	Sweet Honey De	9
16 Ken	Wright	Samaha Gameela	9
17 Jen	Allen	Zephyrus TF	8
18 Raven	Flores	Rothadis Fra' Tolthaven	7

Competitive - LW

1 Cathy	Cook	Red Cloud	44
2 Laura	Husser	CDWD Margarita	44
3 Candy	Barbo	CR Windsor	33
4 Diane	Meinders	Lacy's Game	29
5 Lori	Windows	JA Bannarr	21
6 Leslie Rae	Bennett	Lis's Love	20
7 Victoria	Robison	SC Zhivago	20
8 Lori	Windows	Mahrtina	20
9 Becke	Grams	Bear's Northern Light	15.4
10 Linda	Jacobson	Chub Lake Jack Daniels	15
11 Bev	Specht	Magna Cum Lowde "Maggie"	12
12 Roberta	Harms	JM C'est La Vie	11
13 Mary	Baker	Synaptic	10
14 Ruth	Casserly	Sam	10
15 Linda	Jacobson	Stone Bridge Chillax	10
16 Linda	Jacobson	Mi Precious Ruby	9
17 Peggy	Pasillas	MRA Whirlwind	9
18 Laura	Savatski	Murphy	9
19 Amy	Scharmen Burgdolf	Coosa Valley Idiana Jones	9
20 Sonia	Borg	Love	8
21 Karen	Kersten	Cisero	8
22 Theresa	Meyer	Shes My Destinee	8
23 Darlene	Molitor	CR Infinite Pryde	6

Competitive - JR

1 Emma	Roggenbuck	No Way's Northern Star	42
2 Whitney	Meinders	Honey	32
3 Rachael	Meinders	Amdullah	24.4
4 Allison	Brooks	Maxx (Maximum Echo)	11
5 Sarah	Kieser	Never A Fantahcee	10

Competitive - Novice

1 Maggie	Pearson	Brandy Sioux Smokey	17.38
2 Kristen	Wiseman	Idol Fusion	10.2
3 John	Smith	Way Denied	5.28
4 Ravyn	Swanson	Proud Ragyma (Ruby)	5.28
5 Sarah	Sickels	Tschalimaar	4.8
6 Melinda	Stewart	McCues Miss Behavin Missy	4.5
7 Stacy	Eide	Ranger	4.32
8 Allie	Kern	Sadat	3.36
9 Lucy	Krueger	Midnight	3.36
10 Anita	Beckman	Eli	2.4
11 Raven	Flores	Rothadis Fra' Tolthaven	2.4
12 Leslie	Stensted	Faden Gazad	2.4

<i>Competitive - Drive</i>			
1 Tim	Casserly	Bach/Harley	11
2 Ray	Hubert	Penguin Beware	5.28
3 Alice	Hubert	K-Macaroni	4.8
<i>Limited Distance - Jr.</i>			
1 Brenna	Baemmert	CR Tequila Rose	11
2 Brenna	Crispin	CR Tequila Rose	11
3 Ainsley	Suskey	MRK Annie Oakley	11
4 Kadi	Zishka	Tizzy	11
5 Brenna	Baemmert	Cheyenne	10
<i>Endurance - HW</i>			
1 Marge	Dixon	Kenlyn Intrigue	22
2 Kathi	Soupkup	GSF Frankie	22
3 Guy	Worthington	Fast William	22
4 Guy	Worthington	PA Hi Spirit	20
5 Taryn	Dentinger	TKO Rhio Bask	18
6 Bonnie	Mielke	Ola Loki	18
7 Sherry	Aunne	Cabernet Sauvignon	16
8 Tuhy	Charlotte	Raffimas Image	16
9 Baker	Mary	Lily Creek Ravven	14
10 Janet	Sarver	Pswoosh	12
11 Joslyn	Seefeldt	DSD Starstruck	12
12 Sheryl	O'Brien	Wild River Sundancer	10
13 Barry	Saylor	Thee Magicman HT	10



<i>Endurance - LW</i>				
1	Lori	Windows	Ella N Fires Jane Doe	44
2	Jodi	Johannessen	PR Bay Muscrana	42
3	Teresa	Fett	CR Mistiraaz	36
4	Linda	Hamrick	Mattingley KC Heart	22
5	Linda	Hamrick	RTM First In Line	22
6	Roxi	Welling	Shezgotleggo	22
7	Rebecca	Grams	Bear's Northern Light	20
8	Roberta	Harms	Lady Jane	20
9	Darlene	Molitor	CR Infinite Prde	20
10	Diane	Meinders	Lacey's game	18
11	Hope	Misner	InSync	16
12	Salazar	Nancy	Peanut	16
13	Amy	Yatsko	Captain	16
14	Jessi	Zirbel	RFR Silver Crescent	16
15	Deborah	Dwan	Hidden Bonus	15
16	Amber	Erickson	Simon the Magic'n	12
17	Danna	Theis	Vallies Hi Strider	12
18	Dawn	Keast	Californiadreamon	10
19	Mary	Lambert	Psyches Amore	10
20	Michael	Liang	WMA Shekinah	10
21	Teri	Olson	Faydin Halim	10
22	Pasillas	Peggy	MRA Whirlwind	10
<i>Limited Distance - Sr.</i>				
1	Guy	Worthington	Rerun	23.2
2	Jodi	Johannessen	Denndi Moore	22
3	Jean	Allen	Walor	21
4	Bonnie	Mielke	PsI Lakota Chief	21
5	Sherry	Aune	Lily Creek Rhythm	20
6	Diane	Merz	Sterling Illusion	20
7	Teresa	Fett	CR Eastirlylee	19
8	Roberta	Harms	EV Count Valentino	19
9	Colleen	Morgan	SC Cassa Nora	17
10	Cathe	Cheesebrow	NW Wildcard	16
11	Debra	Juettner	Rena	16
12	Jannette	Sasena	Caduceus Oriana Bain "Bailey"	16
13	Leah	Savatski	My Low Rider	12
14	Megan	Lutz	SHF Zareeta D Star	11
15	Megan	Lutz	WMA Overboard	11
16	Darlene	Molitor	CR Infinite Pryde	11
17	Allison	Willemkens	SHF Zareefed Star	11
18	Jen	Allen	WMA Shadrach	10
19	Jen	Allen	Tango	10
20	Melodie	Sprecher	AR Namani	10

Note: Top 20 only is listed for LD-Sr. Check www.UMECRA.com for full listing.

INFORMATION ON ENDURE FOR THE CURE, July 12-14, 2013

The Park Superintendent at the new ride location, Jim Edgar Panther Creek Fish and Wildlife Area near Chandlerville, Illinois, approved the trails we plan to use and gave us some information to share with those of you planning on attending this ride:

- The horse campground for Jim Edgar Panther Creek Fish and Wildlife area is Questing Hills. About 75% of the sites can be reserved through <http://www.reserveamerica.com/> and the rest are on a first come basis
 - o The ride office/check in will be by site # 23 and the vendor will be at that site
 - o The start and crew area will be south/below site # 11
 - o The bathrooms are north/above site # 35

- Do not bring firewood into the park
- The camp host will have firewood as well as ice for sale at the campground
- The vet check area will be in an open field with no shade, so prepare accordingly
- The 50 mile/2-day 100 rides will consist of three loops: 18.6 miles, 15.7 miles, 15.7 miles
- The 12.5 and 25 mile rides will consist of one or two 12.5 mile loops
- All vet checks will be in camp
- Tony Troyer checked out the suitability of the trails for the driving events and gave his o.k., and enough drivers have committed to participating so we will hold the driving events at Endure this year
- Remember to raise money for the Komen Foundation and bring it to the ride (do not send it directly to Komen; the ride will not get credit for the donations if you do so). Remember that the top fund raiser will receive a \$1000 certificate donated by Tim and Ruth Casserly for an Endurance Sport Saddle!
- Also, volunteers are always welcome and needed! Volunteers for leading Novice Rides will receive a free entry for the Novice Ride plus a \$55 credit toward their other event entries at Endure. Contact us if you are interested in leading a Novice Ride.

Drop us a note (power@dtnspeed.net) or call (217-871-1889; 217-871-1890) with questions.

Marty and Chris

Preparedness is Key to Surviving Tornadoes with Horses

By Pat Raia MAY 26, 2013
www.thehorse.com

When faced with a tornado owners can execute an equine evacuation plan, which involves removing horses from at risk areas before a storm arrives and transporting them to a previously determined location.

In tornado-prone areas, some residents construct storm shelters in order to ride out dangerous ordeals safely. When it comes to protecting horses, however, designing a "tornado-proof" barn is a more complicated matter, one authority said. That's why preparedness is crucial for helping horses survive potentially life-threatening storms.

According to the National Weather Service, a series of strong storms swept through the Southern Plains May 18 through May 20, cutting a swathe of devastation through Oklahoma. The storms were particularly damaging to parts of the Oklahoma City metro area and nearby regions. More than 20 people were killed, according to official estimates and published reports, and an estimated 100 horses at one equestrian facility are feared dead after a tornado demolished their barns.

Some human survivors rode out the Oklahoma storms and tornadoes in storm shelters, which are bunkers constructed underground or built into hillsides that provide safe havens from tornado-force winds and flying debris. Rebecca Gimenez, PhD, primary instructor and president of Technical Large Animal Emergency Rescue, said that building a similar shelter for livestock is virtually impossible. "There is no such thing," she said.

Still, Gimenez said there are techniques for constructing barns that can help render them more likely to stand up to severe weather, including tornadoes. Constructing such a barn involves using of heavy materials (such as concrete blocks and heavier-weight wood), installing hurricane clips and nails instead of gusset plates, and placing shorter beams between construction members, she said. Such construction is expensive, Gimenez said, and can sacrifice some barn features many horse owners desire.

"This heavier construction contributes to poorer ventilation and light, higher humidity, and (potentially) a poorer quality of life for the horses," Gimenez said. "In other words, you're damned if you do and damned if you don't."

Instead, Gimenez recommends owners either create an equine evacuation plan in case of dangerous weather or shelter the animals in place on their own properties. The former requires removing horses from at risk areas before a storm arrives and transporting them to a previously determined location, while the latter requires owners to prepare their properties so animals can weather storms as safely as possible.

Gimenez said that with minor retrofitting, such as installing hurricane clips and reinforcing support beams and tie-ins, most equine facilities can survive minor to mid-range tornadoes. Owners who stable their horses during a storm should remove from the barn any items or implements that might become projectiles.

If a barn collapse is likely, Gimenez advises that owners with sufficient space turn their horses out in advance of a storm. She also recommends owners remove any items or debris from pastures that could injure nearby animals.

Meanwhile, Sally Vivrette, DVM, PhD, Dipl. ACVIM, a veterinarian from North Carolina's Triangle Equine who attended to horses after a tornado swept through Lee County, N.C., in 2011, advises that horses pastured during a tornado should wear fly masks to avoid eye injury. She also recommends owners paint their phone numbers on their horses' bodies or braid a note containing their contact information into their horses' manes.

"That way people will know who to call (if the storm drives the animal from its pasture)," Vivrette said.

Finally, Gimenez reminds horse owners that protecting human life should be a priority when strong storms are predicted. She recommends establishing a tornado room in the center of the barn to accommodate people who might be trapped there when the storm strikes. She also recommends that owners become familiar with basic first-aid techniques to apply in the storm's aftermath if necessary.

"Remember: In a disaster like this, it's people first," Gimenez said.



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