

October 2013

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



Only 3 more rides to go...!

- 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

Applied Common Sense®

Sponsors of the UMECRA Top 10 Mileage Award

doesn't happen a lot, but it can happen. The board would like to clarify what the rider should do – go all the way back to the two mile marker and proceed from there into camp to the timer OR riders should go into camp and ask the ride manager where they got lost. There is always the possibility that the trail the rider traveled was correct – and no turns were missed. The board realizes either one of these choices may cause time penalties, but forward motion must be maintained after the 2 mile marker in competitive trail as the rule states. Thank you

- Your UMECRA BOD

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Attention College Bound and College Enrolled Students

Applications are now being accepted through Friday, November 15, 2013 for scholarships for post high school educational opportunities. Applicants must have at least two years' membership in the Upper Midwest Endurance and Competitive Trail Association. The applicants must have participated in at least 25 rides sponsored by UMECRA and intend to study for at least a two year program.

Former Wisconsin members Ray and Audrey Gehrig established this scholarship in 1996. Additional tax deductible contributions are welcome for anyone at any time. Many UMECRA members have made charitable contributions to support this scholarship fund in the past. We encourage members to continue to add memorial gifts and honorariums to the fund to support this worthy scholarship for youth and others returning to school. You can donate directly on-line at the website cfsw.org

For scholarship materials and/or information about making a contribution to the UMECRA Fund, please go to the website:

www.cfsw.org/scholarships/additional-opportunities/ and scroll down to UMECRA.

or contact:

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### 2014-2015 Rider Reps Candidates Sought

Are you interested in being a Rider Rep in UMECRA? Rider representatives are the rider's voice on the UMECRA Board of Directors. You must be a UMECRA rider member (but not a ride manager) and be able to attend at least 2 out of the three board meetings we have a year. This is a two year term which begins after the January 2014 General Meeting. Board meetings are typically in March, November and January. Nominations are due to the UMECRA secretary by the UMECRA November Board meeting.

Contact Jill Feller at: [jfeller@nconnect.net](mailto:jfeller@nconnect.net) or by regular mail at: Jill Feller, N9280 Cty Road TW, Mayville, WI 53050.

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What happens if you get lost or confused after 2 mile marker?

There was a protest filed in August when a group of riders in competitive trail were confused – and wondered if they were on the correct trail. This

UPPER MIDWEST ENDURANCE & COMPETITIVE RIDES ASSOCIATION SCHOLARSHIP FUND
 c/o Community Foundation of Southern Wisconsin
 Lindsey Hulstrom, Grand & Scholarship Manager
 26 S. Jackson St.
 Janesville, WI 53548
 Phone: 608-758-0883
 Fax: 608-758-8551
 Email: lindsey@cfsw.org

Going, Going.....Ride Results!

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

Charity Cup - 9/7/13 - 25 Mi Comp HW			
Jennifer	Velline	Sher Silver	1
Carmen	Steuck	Phoenix	2
Joan	Thiel	A Risky Encounter	3
Raven	Flores	Rothadis fra Tolthaven	Pull
Charity Cup - 9/7/13 - 25 Mi Comp Jr			
Jennie	Schreifels	SN Aladdin Abu	1
Charity Cup - 9/7/13 - 25 Mi Comp LW			
Candy	Barbo	CR Windsor	1
Theresa	Meyer	Queen Heartt	2
Suzanne	Warren	PPF Geyms Aurora	3
Mary	Lambert	High Tail Hanna	4
Karen	Kersten	Neapolitano Cisero	5
Victoria	Robison	SC Zhivago	6
Anne	Lagoo	Chant	C
Charity Cup - 9/7/13 - 50 Mi Comp HW			
Bethany	Borchert	Dun Adoby Fox	Pull
Charity Cup - 9/7/13 - 50 Mi Comp HW			
Emily	Meyer	Vallies Jazirah	1
Emily	Lindberg	Vallies Amerah	2
Charity Cup - 9/7/13 - 50 Mi End HW			
Joel	Hildebrandt	Chazzy	1
Janet	Sarver	Bashir	2
Mary	Baker	Lily Creek Rawen	3
Catherine	Cheesebrow	NW Wildcard	4
Sheryl	OBrien	Wild River Sundancer	5
Ed	Hauser	Stevie Ray	Pull
Charity Cup - 9/7/13 - 50 Mi End LW			
Jodi	Johannessen	PR Bay Muscrana	1
Angie	Mikkelson	Tango	2
Cody	Collins	Lazers Legacy	3
Danna	Theis	Vallies Hi Strider	4
Teresa	Fett	CR Mistiraaz	5
Colleen	Morgan	SC Casa Nova	6
Peggy	Pasillas	MRA Whirlwind	C
Diane	Schermerhorn	Iron Lady Hawk	C
Linda	Goddard	Regal Task	Pull

Charity Cup - 9/7/13 - 25 Mi LD Sr			
Diane	Merz	Sterling Illusion	1
Janette	Sasena	Caduceus Oriana	2
TJ	Edwards	Miss Molly Mule	3
Jason	Nicol	Fortunette Echo	4
Paula	Goligowski	Little Bay	5
Lynda	Zimmerman	Lluvia del Norte	6
Charlotte	Tuhy	Phantom Mirage	C
Ken	Meyer	Samarii	C
Rachel	Hill	Sunbeam	Pull
E John	Bruner	Dakota Dolly	Pull
Debra	Juettner	Rena	Pull
Charity Cup - 9/8/13 - 10 Mi Novice			
Kristen	Delk	DH Corbin Ace	1
Hannah	Delk	Ames Bayberry	2
Mark	Liebaert	Zeke	3
Calen	Kirkpatrick	Nash	4
Holly	Egerer	Diamond	
Charity Cup - 9/8/13 - 25 Mi Comp HW			
Bethany	Borchert	Dun Adoby Fox	1
Charity Cup - 9/8/13 - 25 Mi Comp LW			
Bev	Specht	Magna Cum Lowde	1
Jodi	Johannessen	Rushcreek Deb	2
Wendy	Hauser	Praire Park Alysa	3
Charity Cup - 9/8/13 - 25 Mi LD Jr			
Jennie	Schreifels	SN Aladdin Abu	1
Charity Cup - 9/8/13 - 25 Mi LD Sr			
Diane	Merz	Sterling Illusion	1
R Dale	Lunde	Images Princess Haily	2
Teresa	Fett	CR EastirLylle	3
Charlotte	Tuhy	Jets TAHR Mindy	4
TJ	Edwards	Miss Molly Mule	5
Joel	Hildebrandt	BE Sparticus	6
Paula	Goligowski	Willie Winchester	C
Darlene	Molitor	CR Infinite Pryde	C
E John	Bruner	Dakota Dolly	Pull
Michael	Powell	Chant Khoumkhemos	Pull
Lisa	Powell	TS Fames Allionce	Pull
Rachel	Hill	Sunbeam	Pull
Lynda	Zimmerman	HDR Petrolero de Nevado	Pull

Lincoln Trails 9/7 - 30 Mile Competitive Jr			
HALEY	ELLIOTT	ZEPHYRUS TF	1
NOAH	MOCILAN	SKIPPY	2
JACOB	MOCILAN	CHALLENGER	3
Lincoln Trails 9/7 - 30 Mile Competitive LW			
LORI	WINDOWS	JA BANNARR	1
JOYCE	MOCILAN	SPECIAL EDISHAHN	2
RUTH	CASSERLY	AMIR SAM PMR	3
KELLIE	ECKMANN	LEGACY'S IMAKEEPER	4
Lincoln Trails 9/7 - 15 Mile Competitive Novice			
LEON	DORSEY	CUTTER	1
CHRIS	POWER	WINEGLASS DEBONAIR	MO
MARTY	POWER	SA TE JAT	MO
Lincoln Trails 9/7 - 50 Mile Endurance HW			
PAULA	KAIGH	DB DAHMAN	1
JENNIFER	WHITTAKER	EPIC ROSE	2
CRAIG	RAUSCH	KOOL JADE	3
KAREN	GERKEN	DKG IMPATIENCE Lance	4
LUCIE	HESS	SANDBAR SPARKLE	5
LISA	GUIFFRIDA	RM CRUIZER	Pull
JOSH	MOWRER	KW MAGNUM ARCHIE	Pull

Lincoln Trails 9/7 - 100 Mile Endurance HW			
ALEXIS	JONES	AJ SHE RA	1
GERALD	CUMMINGS	BETHANY GREY C	2
KEITH	KIBLER	SILVER'S WILD KATE	Pull
Lincoln Trails 9/7 - 100 Mile Endurance LW			
JUSTIN	SHERMAN	MATRIX	1
Lincoln Trails 9/7 - 50 Mile Endurance LW			
JULIE	JACKSON-BIEGART	ACE	1
ALEX	SMITH	LITTLE MAN	2
JAN	WORTHINGTON	GOLDEN LIGHTENING	3
LAURA	MARSHALL	IMPACT PSY	4
MICHAELA	COSTELLO	KHADIIJA BINT MOCHA	5
KATHY	TORGESSEN	JASMINE	6
BELINDA	COOK	BF FOUR BY FOUR	C
LAURIE	DURBIN	JETTA	C
NICOLE	MAUSER-STORER	PESO	C
JOANNA	MOSLEY	D B FATIMA	C
BROOKE	THIBEAULT	MINNATRIX	C
CATHERINE	HODGSON	SPIRITUAL SAGA	Pull
SANDRA	KIBLER	TRAVELER'S DANDY SAMBA	Pull
Lincoln Trails 9/7 - 30 Mile Limited Distance Jr.			
HALEY	ELLIOTT	SEGGERS ACCOMPANY ME	1
Lincoln Trails 9/7 - 30 Mile Limited Distance Sr			
MEGAN	LUTZ	WMA OVERBOARD	1
LUCY	BAGOT	AUTUMN MAVERICK	2
TRUDY	HORSEMAN	HM BELLE STARR	3
GREG	WATKINS	CR MIGHTY KHELBEL	Pull
Lincoln Trails 9/8 - 30 Mile Competitive HW			
MIKE	MOCILAN	COUNT ON PSYCHE	1
GREG	WATKINS	CR MIGHTY GRACE	2
CHRIS	POWER	WINEGLASS DEBONAIR	3
Lincoln Trails 9/8 - 30 Mile Competitive Jr			
HALEY	ELLIOTT	ZEPHYRUS TF	1
Lincoln Trails 9/8 - 30 Mile Competitive LW			
LORI	WINDOWS	JA BANNARR	1
MARTY	POWER	H WINEGLASS SOAVE	2
JOYCE	MOCILAN	SPECIAL EDISHAHN	3
NICOLE	MAUSER-STORER	SOSAS PLAYBOY AT SON SET	4
RUTH	CASSERLY	AMIR SAM PMR	5
Lincoln Trails 9/8 - 30 Mile Limited Distance Sr			
JOSH	MOWRER	TIME TO SHINE	1
SARAH	MOWRER	ARAZI'S THUNDER ROSE	2
KEITH	KIBLER	INIGO SPIRIT	3
MICHAELA	COSTELLO	ANGELENA AMURA	4
LAURA	MARSHALL	MANA	5
JAN	WORTHINGTON	MISTER BONDED IN GOLD	6
MEGAN	LUTZ	ESCUDRON	Pull

Keweenaw 9/7/13 -50 Mile Endurance HW			
Wes	Eflord	Suzie Q	1
Joslyn	Seefeldt	DSD Starstruck	2
Keweenaw 9/7/13 -50 Mile Endurance LW			
Jessie	Dux	Renegade Raja	1
Wendy	Maas	Silver Russian	2
Carol	Wagner	Tripl Blackburn King	3
Keweenaw 9/7/13 - 25 Mile Limited Distance Sr			
Barbara	LeCouteur	Mattingley Rocket	1
Rodne	LeCouteur	Mattingley Minuteman	2
Julia	Newton	Lucca	3
Grace	Michaud	Magic	4
Kathy	Macki	WA Diamond Jubilee	5
Karen	Bahrman	Prada SF	6
Deb	Taylor-Lan	Selket Khan	C
Jenilee	Pellegrini	Export	C

Keweenaw 9/7/13 - 25 Mile Competitive HW			
Jon	Wagner	Mi Victory Dance	1
Keweenaw 9/7/13 - 25 Mile Competitive LW			
Julie	Roe	WMA Silver Sword	1
Leslie	Bennett	Catchu Latr WLA	2
Katy	Byrne	CEA Aaron Halim	3
Keweenaw 9/8/13 - 25 Mile Limited Distance Jr			
Clara	Churchill	Silver Russian	1
Keweenaw 9/8/13 - 25 Mile Limited Distance Sr			
Jessie	Dux	Renegade Raja	1
Carol	Kolinsky	National Idol	2
Barbara	LeCouteur	Mattingley Rocket	3
Rodne	LeCouteur	Mattingley Minuteman	4
Juliaq	Newton	Lucca	5
Katy	Byrne	CEA Aaron Halim	6
Kathy	Macki	WA Diamond Jubilee	C
Keweenaw 9/8/13 - 25 Mile Competitive HW			
Jon	Wagner	Mi Victory Dance	1
Keweenaw 9/8/13 - 25 Mile Competitive LW			
Leslie Rae	Bennett	Lis's Love	1

Colorama 9/14 - 25 Mile Competitive HW			
Allison	Goetz	Shadowtrax	1
Deb	Searle	WOA Ravens Premier +	2
Jon	Wagner	Mi Victory Dance	3
Colorama 9/14 - 25 Mile Competitive LW			
Laura	Husser	CDWD Margarita	1
Lori	Windows	Mahrtina	2
Laura	Savatski	Murphy's Law	3
Ruth	Casserly	Sam	4
Carol	Wagner	Partner	5
Karen	Tellef	Okai Extraordinaire	C
Colorama 9/14 - 50 Mile Endurance HW			
Bonnie	Mielke	Ola Loki	1
Sherry	Aune	Cabernet Savignon	2
Marge	Dixon	Kenlyn Nexus	3
Jim	Andriakos	CR Cosmic Eclipse	4
Joslyn	Seefeldt	Bey Berry Fizz	5
Jill	Feller	JG Hamdah	Pull
Colorama 9/14 - 50 Mile Endurance Jr			
Brooke	Koehn	JBK Zum Bayou	1
Zane	Baker	Baskin Attache	Pull

Colorama 9/14 - 50 Mile Endurance LW			
Roberta	Harms	Lady Jane	1
Katie	Bachhuber	JG Sammy	2
Jean	Allen	Walor	3
Sally	Jellison	Golden Amir	4
Jan	Worthington	JG Btash	5
Eileen	Kirsch	Sabins Scooter	6
Jennifer	Baker	WF Chevez's Rainbow	C
Bonnie	Jost	Ashquar	C
Michael	Liang	WMA Shekinah	C
Coleen	Morgan	SC Cassa Nova	C
Ann	Usher	HL Kasterspell	C
Colorama 9/14 - 100 Mile Endurance HW			
Kathi	Soukup	GSF Frankie	1
Stephanie	Crispin	Tazman Comelately	Pull
Colorama 9/14 - 100 Mile Endurance Jr			
Brenna	Baemmert	Cheyenne	1
Colorama 9/14 - 100 Mile Endurance LW			
Sheila	Schneider	Gypsy B Miss Behavin	1
Colorama 9/14 - 25 Mile Limited Distance Jr			
Ainsley	Suskey	MRK Annie Oakley	1
Colorama 9/14 - 25 Mile Limited Distance Sr			
Leah	Savatski	Milo	1
Jason	Fullerton	RFR Polar Reign	2
Jen	Allen	WMA Shadrach	3
Ann	Delang	Chocolate Martinei	4
Shirley	May	Twinkle	5
Laurie	Henschel	Ebony's Bravo Moon	6
Rachael	Boxill	Mi Dance Partner	C
John	Lewis	Canadensis	C
Kathy	Skoza	RMA McCord	C
Colorama 9/15 - 12.5 Competitive Novice			
Paige	Bruggink	Raja	1
Lucy	Krueger	Midnight	2
Andrea	Pfeifer	Night Trip	2
Stacy	Eide	Ranger	4
Anna	Bluma	Majic	5
Jeri	Schantz	Santos	5
Adam	Fermanich	MML No More Rebel	C
Lynn	Haase	Fuzz	C
Stephanie	Jacobsen	French Kiss	C
Lisa	Koenig	Keanu's Quest	C
Mary	Paul	Cinnamon	C
Lily	Paul	Sara	C
Maggie	Pearson	Brandy Sioux Smokey	C
Kylie	Romro	Elliott	C
Gini	Rortuedt	Twister	C
Melinda	Stewart	Missy	C
Ruth	Williams	Sommer	R/O

Colorama 9/15 - 25 Mile Competitive Drive			
Tim	Cassery	Auran Bachlava/Harley	1
Colorama 9/15 - 25 Mile Competitive HW			
Marge	Dixon	Kenlyn Intrigue	1
Tom	Lisi	Ice	2
Colorama 9/15 - 25 Mile Competitive LW			
Laura	Savatski	Murphy's Law	1
Colorama 9/15 - 25 Mile Limited Distance Jr			
Ainsley	Suskey	MRK Annie Oakley	R/O
Colorama 9/15 - 25 Mile Limited Distance Sr			
Michael	Liang	BZ Isabella	1
Sally	Jellison	JB Hessa	2
Jan	Worthington	JG Mana	3
Laurie	Henschel	Ebony's Bravo Moon	4
Shirley	May	Atalissa	5
Josh	Gilson	Al	6
Sherry	Aune	Lily Creek Rhythm	R/O
Tin Cup 9/14 - 25 Mile Competitive HW			
James	Yell	Shadow	1
Teresa	Yell	TC	2
Jeanne	Aslakson	Quincey QT	3
Tin Cup 9/14 - 25 Mile Competitive Jr			
Eden	Killingbeck	SH Prince Solomon	1
Tin Cup 9/14 - 25 Mile Competitive LW			
Jean	Miller	Wren	1
Julie	Roe	WMA Silver Sword	2
Leslie Rae	Bennett	CatchuLatr WLA	3
Tin Cup 9/14 - 50 Mile Competitive HW			
ken	Wright	Samaha Gameela	1
Sandra	Wright	LW Raajrsflection	2
Tin Cup 9/14 - 50 Mile Endurance LW			
Linda	Hamrick	RTM First in Line	1
Cathy	Cook	Red Cloud	2
Tin Cup 9/14 - 25 Mile Limited Distance Jr			
Faye	Kollig	Claire	1
Tin Cup 9/14 - 25 Mile Limited Distance Sr			
Carl	Dosmann	Paper Icon	1
Myra	Fleming	SRF Maglda Sunn	2
andrea	Redman	Is It Bold	3
Diana	Anderson	HJH McCoys Magic	4
Barb	Kurti	Tryllerika	5
Karen	Graham	Rainbeau's Adios	6
Diane	Maxey	Shattos Sir Lance lot	7
Beverly	Thatcher	Bears Northern Light	8
Gene	Dake	Lu-Nor Nykaboy	9
Shelley	Dake	Crucian	10
Thomas	Kollig	Roxy	11
Shannon	Weston	Spirit	12
Maggie	Mieskie	Samah Azeem bin Malik	Pull
Pattie	Wood	The Cabana Boy	Pull
Tin Cup 9/15 - 25 Mile Competitive Jr			
Whitney	Meinders	Honey	1

Tin Cup 9/15 - 25 Mile Competitive LW			
Diane	Meinders	Lacey's Game	1
Leslie Rae	Bennett	Lis's Love	2
jean	Miller	Wren	3
Tin Cup 9/15 - 50 Mile Endurance HW			
Stacey	Cooper	Haley	1
Tin Cup 9/15 - 25 Mile Limited Distance Sr			
Carl	Dosmann	Paper Icon	1
Stacey	Cooper	Lil Nikki	2
Cathy	Cook	Red Cloud	3
Jeanne	Aslakson	Cinbob Go Chief	4
Barb	Kurti	Kulta	5

Run For The Ridge 9/21 - 35 Mile Competitive HW			
Ed	Barbo	Psyche On Fire	1
Bethanty	Borchert	Dun Adobe Fox	2
Carmen	Steuck	Phoenix	3
Raven	Flores	Rothadis Fra' Tolthaven	Pull
Run For The Ridge 9/21 - 35 Mile Competitive Jr			
Allison	Brooks	Maxximum Echo	1
Run For The Ridge 9/21 - 35 Mile Competitive LW			
Suzanne	Warren	PPF Geyms Aurora	1
Candy	Barbo	CR Windsor	2
Theresa	Meyer	Queen Heartt	3
Run For The Ridge 9/21 - 55 Mile Endurance HW			
Michael	Hartman	Count on Tessie Flyin	1
Walter	Freiberg	Chazz	2
Sheryl	O'Brien	Wild River Sundancer	3
Joel	Hildebrandt	Chazzy	4
Janet	Sarver	Bashir	5
Catherine	Cheesebrow	NW Wildcard	6
Run For The Ridge 9/21 - 55 Mile Endurance LW			
Jodi	Johannessen	PR Bay Muscrana	1
Linda	Goddard	Regal Task	2
Kristine	Hartman	Klassy Sam	3
Mary	Lambert	Psyches Amore	4
Julie	Jackson-Biegert	SHF Zareefa D Star	5
Teresa	Fett	CR Mistiraaz	6
Tracy	McIntosh	MA Candy Cane	C
Emily	Meyer	Vallies Jazirah	Pull
Peggy	Pasillas	MRA Whirlwind	Pull
Run For The Ridge 9/21 - 25 Mile Limited Distance JR			
Amber	Larson	Missing Memory	1
Jennie	Schreifels	SN Aladdin Abu	2

Thinking About Next Year's Schedule....

Dr. Wes Elford emailed me early this summer with a wonderful suggestion for Ride Managers who put on Novice Rides and LD riders (and maybe comp riders too.). Sometimes it's tough for ride managers to recruit mentors to lead novice rides. And novice rides are a much better experience for new riders if they have someone that can guide them and answer questions during a ride. It's wonderful when there are so many new folks that more than one leader is needed and sometimes 2, 3 or 4

mentors are needed!

Run For The Ridge 9/21 - 25 Mile Limited Distance SR			
Diane	Merz	Sterling Illusion	1
John E	Bruner	Dakota Dolli	2
Jason	Nicol	Fortunette Echo	3
Charlotte	Tuhy	Jets TAHR Mindy	4
Janette	Sasena	Caduceus Oriana	5
Elizabeth	Laurie	Vallies Shooting Star	6
Karen	Faust	Faden Gazad	C
Dawn	Keast	Californiareamon	C
Teri	Olson	Faydin Halim	C
Darlene	Molitor	CR Infinite Pryde	C
Debra	Juettner	Rena	C
Paula	Goligowski	Little Bay	Pull
Dale	Lunde	Images Princess Haily	Pull
Lynda	Zimmerman	HDR Petro Lero De Nevado	Pull
Run For The Ridge 9/22 - 25 Mile Competitive HW			
Ed	Barbo	Psyche On Fire	1
Ed	Hauser	Sisu Superletiw	2
Sheryl	O'Brien	Truimage of Gold	3
Jenny	Vee	Sher Silver	4
Bethany	Borchert	Dun Adoby Fox	Pull
Run For The Ridge 9/22 - 25 Mile Competitive JR			
Jennie	Schreifels	SN Aladdin Abu	1
Run For The Ridge 9/22 - 25 Mile Competitive LW			
Mary	Lambert	High Tail Hanna	1
Wendy	Hauser	Praire Park Alysa	2
Candy	Barbo	Nobel Annie	3
Darlene	Molitor	CR Infinite Pryde	4
Bev	Specht	Magna Cum Lowde	5
Jodi	Johannessen	Rushcreek Deb	6
Linda	Goddard	Luv's Bayfire	C
Victoria	Robison	SC Zhivago	C
Run For The Ridge 9/22 - 15 Mile Competitive Novice			
Ravyn	Swanson	Proud Rageyma	1
Crystal	Esqueda	Spirit	2
Leslie	Lloyd	Bullet	3
Kelsey	Sarver	Faden Gazad	4
Jan	Rivard	Jewell	MO
Janet	Sarver	Bashir	MO
Sue	Schedin	Joey	MO
Deanna	Froberg	Tracy's Mighty Cpt.	Pull

Dr. Wes suggested moving novice rides to Saturday afternoons to more easily get experienced riders to step up and lead novice rides. By moving novice rides to an afternoon spot, LD riders who are already back in camp can help lead novice groups. Many horses have enough left to do another loop at a moderate pace. This is especially advantageous to riders who are wondering if their horse is ready for a 50. Competitive riders may also be available, depending on the timing of the start of the novice ride and the finish of comp rides.

So ride managers, think about the scheduling of your novice ride, and would a Saturday afternoon start. And I highly encourage LD riders to find time in their year to lead a novice ride (or two) and further the sport of distance riding. *Many Thanks! Theresa Meyer UMECRA President*

Run For The Ridge 9/22 - 25 Mile Limited Distance Jr			
Kade	Zishka	Tizzy	1
Cassidy	Wiethoff	Black Jack	2
Grace	Steffl	Indiana Jones	3
Madeline	Hull	Mateo	4
Amber	Larson	Zia	5
Hanna	Mork	Chocolate	Pull
Run For The Ridge 9/22 - 25 Mile Limited Distance Sr			
Diane	Merz	Sterling Illusion	1
Teresa	Fett	CR Easter Lylle	2
Janette	Sasena	Caduceus Oriana	3
Ben	Zishka	Aerial	4
Julie	Jackson-Biegert	Princess Deelites MHF	5
Debra	Juettner	Rena	6
Paula	Goligowski	Willie Windchester	C
Eileen	Kirsch	Wineglass Rez	C
Ken	Meyer	Samarii	C
Dana	Gasner	Remington	C
Joel	Hildebrandt	BE Sparticus	C
Christine	Lebens	Ames Maestro	C
Charlotte	Tuhy	Phantom Mirage	C
Erika	Achberger	Kashan	Pull
Pat	Swenson	Ultimate	Pull
Lynda	Zimmerman	Lluvia del Norte	Pull

Drawarama 10/3 - 10 Mile Competitive Drive			
Tim	Casserly	Harley/Bach	1
Alice	Hubert	K-Macaroni	2
Drawarama 10/3 - 25 Mile Competitive HW			
Deb	Searle	WOA Ravens Premier	1
Jon	Wagner	Mi Victory Dance	2
Allison	Goetz	Shadowtrax	3
Drawarama 10/3 - 25 Mile Competitive LW			
Carol	Wagner	Tripl Blackburn King	1
Lori	Windows	JA Bannarr	1
Linda	Jacobson	Chub Lake Jack Daniel	3
Drawarama 10/3 - 50 Mile Competitive LW			
Laura	Savatski	Murphy's Law	1
Drawarama 10/3 - 55 Mile Endurance HW			
Walt	Freiberg	Chazz Seleeta	1
Kathy	Torgesen	Jasmine	2
Craig	Rausch	Kool Jade	3
Chris	Power	Wineglass Debonair	Pull
Joslyn	Seefeldt	Bey Berry Fizz	Pull
Drawarama 10/3 - 50 Mile Endurance LW			
Roxi	Welling	Insane	1
Roberta	Harms	Lady Jane	2
Katie	Bachhuber	JG Sammy	3
Sylvia	Sazama	Desprado Victry	4
Morgan	Watson	Simon	5
Cassandra	Roberts	Fafala	6
Jean	Allen	Walor AF	C
Colleen	Morgan	SC Cassa Nova	C
Nicole	Mauser-Storer	Peso	C
Belinda	Cook	BF Four By Four	C
Shelia	Schneider	Gypsy B Miss Behavin	C

Drawarama 10/3 - 25 Mile Limited Distance Jr			
Brenna	Baemmert	EE Vning Shade	1
Drawarama 10/3 - 25 Mile Limited Distance Sr			
Sherry	Aune	Lily Creek Rhythm	1
Debra	Juettner	Rena	2
Janette	Sasena	Caduceus Oriana	3
Stephanie	Crispin	Missy	4
Frank	Langholf	B2 Sierra Sunrise	5
Linda	Rudolphi	Wineglass Dubonnet	6
Jim	Andriakos	WB Nelsons Thunderbyrd	C
Olivia	Rudolphi	Wineglass Sherry	C
Ann	Delang	Chocolate Martinei	C
Shirley	May	Twinkle	C
Jessi	Zirbel	Kenlyn Rondevous	C
Drawarama 10/4 - 10 Mile Competitive Drive			
Tim	Casserly	Harley/Bach	1
Alice	Hubert	K-Macaroni	2
Drawarama 10/4 - 15 Mile Competitive Novice			
Lucy	Krueger	Midnight	1
Melinda	Stewart	McCues Miss Behavin	2
Stacy	Eide	Ranger	3
John	Smith	Way Denied	4
Lisa	Koenig	Keanus Quest	5
Maxine	Bernsdorf	CH Shamm Bashire	MO
Nicole	Mauser-Storer	Sasas Playboy at Sunset	MO
Drawarama 10/4 - 20 Mile Competitive Drive			
Tony	Troyer	EL Minster	1
Drawarama 10/4 - 25 Mile Competitive HW			
Deb	Searle	WOA Ravens Premier	1
Drawarama 10/4 - 25 Mile Competitive LW			
Lori	Windows	JA Bannarr	1
Drawarama 10/4 - 50 Mile Endurance HW			
Sherry	Aune	Cabernet Sauvignon	1
Jim	Andriakos	CR Cosmic Eclipse	2
Kathy	Torgesen	Jasmine	3
Karen	Gerken	DKG Impatience Lace	4
Joslyn	Seefeldt	DSD Starstruck	5
Catherine	Cheesebrow	NW Wildcard	Pull
Stephanie	Crispin	Tazman Comelately	Pull
Drawarama 10/4 - 50 Mile Endurance Jr			
Brenna	Baemmert	Cheyenne	1
Drawarama 10/4 - 50 Mile Endurance LW			
Morgan	Watson	Fafala	1
Julie	Jackson-Biegert	Ace	2
Jan	Worthington	Golden Lightning	3
Sylvia	Sazama	Nordik Star	4
Jessi	Zirbel	Style N Attitude	5
Laurie	Durbin	Pocos Praire Princess	6
Shelia	Schneider	Gypsy B Miss Behavin	C

Drawarama 10/4 - 25 Mile Limited Distance Sr			
Olivia	Rudolphi	H Wineglass Syrah	1
Cassandra	Roberts	Sheikh Yobudi	2
Janette	Sasena	Caduceus Oriana	3
Marty	Power	H Winesglass Soave	4
Linda	Rudolphi	Wineglass Dubonnet	5
Shirley	May	Atalissa	6
Linda	Jacobson	Majer Ridge Scarlet Debut	C
Debra	Juettner	Rena	Pull
Drawarama 10/5 - 10 Mile Competitive Drive			
Tim	Casserly	Harley/Bach	1
Drawarama 10/5 - 15 Mile Competitive Novice			
Melinda	Stewart	McCues Miss Behavin	1
Ceara	Mulvey	Never Cross Samantha	2
John	Smith	Way Denied	3
Arthur	Andersoon	Picasso Pick n Asset	4
Maxine	Bernsdorf	Ch Shamm Basire	MO
Holly	Kemmis	Wineglass Dora	MO
Marty	Power	Sa Te Jat	MO
Carol	Wagner	Tripl Blackburn King	MO
Drawarama 10/5 - 20 Mile Competitive Drive			
Tony	Troyer	Heart of Valparasso	1
Drawarama 10/5 - 25 Mile Competitive HW			
Deb	Searle	WOA Ravens Premier	1
Drawarama 10/5 - 25 Mile Competitive LW			
Lori	Windows	JA Bannarr	1
Laura	Husser	CDWD Margarita	2
Roberta	Harms	JM C'est La Vie	3
Drawarama 10/5 - 35 Mile Competitive HW			
Jon	Wagner	Mi Victory Dance	1
Drawarama 10/5 - 50 Mile Endurance HW			
Bonnie	Mielke	OLA Loki	1
Peter	Dordal	Amaz'n Grace	2
Drawarama 10/5 - 50 Mile Endurance LW			
Katie	Bachhuber	JG Sammy	1
Shelia	Schneider	Gypsy B Miss Behavin	2
Laura	Marshall	Impart Psy	3
Jean	Allen	Walor AF	Pull
Drawarama 10/5 - 25 Mile Limited Distance Jr			
Brenna	Baemmert	CR Tequila Rose	1
Haley	Elliott	Segers Accompany Me	2
Drawarama 10/6 - 25 Mile Competitive LW			
Lori	Windows	JA Bannarr	1
Linda	Jacobson	Chub Lake Jack Daniel	2
Drawarama 10/6 - 25 Mile Limited Distance Jr			
Haley	Elliott	Segers Accompany Me	1

Drawarama 10/5 - 25 Mile Limited Distance Sr			
Cassandra	Roberts	Shaikh Yobudi	1
Sherry	Aune	Lily Creek Rhythm	2
Olivia	Rudolphi	Wineglass Sherry	3
Stephanie	Crispin	Tioga Peak	4
Julie	Jackson-Bieget	Princess De Lites MHF	5
Doug	Bieget	Halsteads Firesky	6
Kathy	Skoza	BMA McCord	C
Shirley	May	Twinkle	C
Kim	Fosler	BZ Cojeseryn Sahar	C
Tracy	Johnson	Faris	C
Laurie	Henschel	Ebony's Bravo Moon	C
Debra	Juettner	Rena	Pull
Morgan	Watson	Simon	Pull
Jessi	Zirbel	Hidalgo	Pull
Drawarama 10/6 - 10 Mile Competitive Drive			
Alice	Hubert	K-Macaroni	1
Drawarama 10/6 - 25 Mile Competitive HW			
Deb	Searle	WOA Ravens Premier	1
Drawarama 10/6 - 25 Mile Limited Distance Sr			
Olivia	Rudolphi	H Wineglass Syrah	1
Julie	Pershing	Edge	2
Linda	Rudolphi	Wineglass Sherry	3
Marty	Power	H Wineglass Soave	4
Chris	Power	Wineglass Dubonnet	5
Michael	Liang	BZ Isabella	6
John	Lewis	Canadensis	C
Shirley	May	Atalissa	C
Andrew	Raczka	Putting on the Ritz Carl	C
Laura	Marshall	TG Rusty	C
Jessi	Zirbel	Cookie	C
Jill	Feller	Trouble MHF	Pull

Important! Errors must be reported within 30 days of being printed in the newsletter. Contact Robin Schadt if you see any errors.

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)

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Past winners have been: Louise Riedel, Dr. Bob Beecher, Grace Ramsey, Joanne Gernant, Wayne Gastfield, Bob Mielke, Rick Nelson, Dr. Dean Peterson, Jan Worthington and Maxine Bernsdorf.

Rider's Choice. The guidelines to be considered when nominating and voting for a horse for this honor are: a horse that has shown superior ability in its division, a horse that has been a consistent competitor, a horse that has shown ability to overcome setbacks, any horse for any reason the nominator admires and feels is a superior representative of the "distance horse." Please send nominations to Theresa Meyer at tmeyer@tpt.org Award is sponsored by John Sturm.

Don't forget to nominate for the Charles Phillips Versatility Award
http://www.umecra.com/AwardForms/Versatility_Award.pdf sponsored by GLDRA if you and your horse are eligible.

+++++
High Point Standings!!!

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

Brighton Spring	Hopkins Creek	Northern Highland
Mndra 1	Ahdra I - My Back Yard	White River Fall/Labor Day
White River Spring	Endless Valley	Charity Cup
Kettles & Bits	Ahdra II - Endure for the Cure	Lincoln Trails
Glacier Trails	Mosquito Run	Keweenaw
SISU on the Border	Ahdra 2.5 Zumbro Bottoms	Colorama
Maplewood West	Grand Island North	Tin Cup Springs
Grand Island	Wildcat	Run For The Ridge
ApDra	Warm Up	Pine Martin Run
White River Summer	Shore to Shore	
Double Eagle Dance	Cool Down	
SE Minnesota	Louise Reidel Memorial	
Dead Dog Creek	Thistle Down Run	
AHAM	Rock River Charity	

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

!!!ERRORS MUST BE REPORTED WITHIN 30 DAYS OF THE NEWSLETTER MAILING!!!

Note: Top 20 are posted. Go to www.umecra.com for full point standings

Rookies are highlighted in blue.

Competitive - Drive				
1	Tim	Casserly	Bach/Harley	88.6
2	Ray	Hubert	Penguin Beware	28.2
3	Tony	Troyer	Heart of Viaparaiso	25.6
4	Sharon	Hahn	My Cameo Love	24.48
5	Alice	Hubert	K Macaroni	17.76
6	Susan	Keating	Amabelle	16.72
7	Terry	Delke	Georgette	16.28
8	Aaron	Mowrer	Arazi	11.6

Competitive - LW				
1	Laura	Husser	CDWD Margarita	327.2
2	Cathy	Cook	Red Cloud	220.4
3	Leslie Rae	Bennett	Lis's Love	178.4
4	Diane	Meinders	Lacey's Game	113.2
5	Candy	Barbo	CR Windsor	106.2
6	Ruth	Casserly	Amir Sam PMR	106.2
7	Victoria	Robison	SC Zhivago	99.2
8	Lori	Windows	JA Bannarr	83.4
9	Lori	Windows	Mahrtina	82.8
10	Laura	Savatski	Murphy's law	78.4
11	Leslie Rae	Bennett	Catchulater WLA	77.2
12	Jodi	Johannessen	Rushcreek Deb	56.6
13	Carol	Wagner	Partner	50.6
14	Julie	Roe	WMA Silver Sword	50
15	Bev	Specht	Magna Cum Laude	47
16	Lisa	Germann	Backstreetsrutter USA	46.4
17	Roberta	Harms	JM C'est La Vie	43.6
18	Mary	Lambert	High-Tail Hanna	42.2
19	Theresa	Meyer	Queen Heartt	41.6
20	Danielle	Eller Hollerud	PPF Geyms Quinta	40.6

Competitive - HW				
1	Deb	Searle	WOA Raven's Premier+/-	160.6
2	Jon	Wagner	Mi Victory Dance	151.6
3	Ed	Barbo	Psyche on Fire	140.8
4	Ken	Wright	Samaha Gameela	139.6
5	Sandra	Wright	LW Raajsflexion	123.4
6	Bethany	Borchert	Dun Adoby Fox	96.6
7	Bonnie	Mielke	BNB Nemesi Chindhi	81.6
8	Jeanne	Aslakson	Cin Bob Go Chief	81.4
9	Carmen	Steuck	Phoenix	65.8
10	Tom	Lisi	Ice	56.2
11	Joan	Thiel	A Risky Encounter	50
12	Sheryl	O'Brien	Cherry Rebel BFV	41.2
13	Jennifer	Veel (Velline)	Sher Silver	39
14	Timothy	Germann	Just Kidding around +/-	36
15	Raven	Flores	Rothadis fra Tolthaven	35
16	Mike	Mocilan	Count on Psyche	35
17	Allison	Goetz	Shadow Trax	32
18	Chris	Power	Wine Glass Debonair	28.6
19	Jason	Fullerton	RFR The Iceman	27
20	Lousie	Northrop	Just Peps Cheyeen	24.2

Competitive - JR				
1	Emma	Roggenbuck	Noway's Northern Star	154
2	Whitney	Meinders	Honey	141.2
3	Haley	Elliott	Zephyrus TF	83.6
4	Rachael	Meinders	Ahma Dullah	69.6
5	Allison	Brooks	Maximum	39.6
6	Jennie	Schreifels	SN Aladdin Abu	33
7	Rachael	Meinders	Brittany	26.4
8	Haley	Elliott	Rasulithemagnificent	13.2
9	NOAH	MOCILAN	SKIPPPY	12
10	JACOB	MOCILAN	CHALLENGER	10.8
11	Sarah	Kieser	Never A Fantahcee	10

<i>Limited Distance - Jr.</i>				
1	Haley	Elliott	Sege's Accompany Me	60.6
2	Kelsey	Shope	Rabba	58
3	Brenna	Baemmert	EE Vning Shade	54
4	Amber	Larson	Missing Memory	49.6
5	Kadi	Zishka	Tizzy	44
6	Ainsley	Suskey	MRK Annie Oakley	42
7	Jennie	Schreifels	SN Aladdin Abu	36
8	Makrae	Rapp	RC Josiah	33
9	Brenna	Baemmert	CR Tequila Rose	22
10	Brenna	Baemmert	Cheyenne	10
11	Joan	Fisher	CC Lois	10
12	Grace	Steffl	Indiana Jones	9

<i>Endurance - HW</i>				
Walter	Freiberg	Chazz		168
Kathi	Soukup	GSF Frankie		138.8
Sheryl	O'Brien	Wild River Sundancer		133.4
Bonnie	Mielke	Ola Loki		128.2
Michael	Hartman	Count on Tessie Flyin		118.8
Joslyn	Seefeldt	DSD Starstruck		114
Catherine	Cheesebrow	NW Wildcard		106.6
Guy	Worthington	Fast William		105.6
Janet	Sarver	Bashir (Pswoosh)		101.2
Joslyn	Seefeldt	Bey Berry Fizz		89.2
Ed	Hauser	Stevie Ray		88.2
Larissa	Sprecher	Sobreviva		76
Joel	Hildebrandt	Chazzy		71.6
Jim	Andriakos	CR Cosmic Eclipse		66
Guy	Worthington	PA Hi Spirit		64
Mary	Baker	Lily Creek Ravven		58
Stephanie	Crispin	Tazman Comelately		56
Marge	Dixon	Kenlyn Lexus		53
Kathi	Soukup	TSF Time		50
Sherry	Aune	Cabernet Sauvignon		46

<i>Competitive - Novice</i>				
1	Lisa	Koenig	Keanu's Quest	47.46
2	Maggie	Pearson	Brandy Sioux Smokey	40.26
3	Ravyn	Swanson	Proud Ragyma (Ruby)	20.68
4	Melinda	Stewart	McCues Miss Behavin	19.96
5	Kristen	Delk	DH Corbin Ace	19.4
6	Kristen	Wiseman	Idol Fusion	18.2
7	Brenna	Starch	Mersades	15.64
8	Juanita	Fields	Nizhoni	13.92
9	Jeri	Schantz	Santos	13.08
10	Lucy	Krueger	Midnight	12.68
11	Stacy	Eide	Ranger	12.16
12	Aaron	Kern	Sadat	7
13	Hannah	Delk	Ames Bayberry	6.4
14	Anita	Beckman	Eli	6
15	Jake	Mocilan	Challenger	6
16	Penny	Lode	X Zmeron	5.4
17	John	Smith	Way Denied	5.28
18	Susan	Seiler	Remingtons Casanova	5
19	Sarah	Sickels	Tschalimaar	4.8
20	Debra	Hagler	Bingo	4.5

<i>Endurance - Jr</i>				
1	Brenna	Baemmert	Cheyenne	130
2	Rachael	Meinders	Mattingly KC Heart	90.2
3	Brooke	Koehn	JBK Zum Bayou	64
4	Zane	Baker	Baskin's Attache Java	60
<i>Endurance - LW</i>				
1	Linda	Hamrick	RTM First In Line	280.4
2	Lori	Windows	Ella N Fires Jane Doe	213.7
3	Jodi	Johannessen	PR Bay Muscrana	154.2
4	Kristine	Hartman	Klassy Sam	134.4
5	Sheila	Schneider	Gypsy B Miss Behavin	129.4
6	Katie	Bachhuber	JG Sammy	110
7	Colleen	Morgan	SC Cassa Nova	105.8
8	Roberta	Harms	Lady Jane	104.8
9	Jean	Allen	Walor	101.2
10	Teresa	Fett	CR Mistiraaz	94.2
11	Mary	Lambert	Psyches Amore	77.6
12	Diane	Meinders	Lacey's game	67.4
13	Melodie	Sprecher	AR Namani	64
14	Cody	Collins	Lazers Legacy	62.2
15	Julie	Jackson-Biegert	Ace	60
16	Linda	Goddard	Regal Task	58
17	Nicole	Mauser-Storer	Peso	58
18	Mary	Wills	Mister Majestic Tstar	58
19	Diane	Schermerhorn	Iron Lady Hawk	56
20	Sarah	Kieser	Never A Fantahcee	49.6

SAVE the DATE!
 The UMECRA convention will be held Jan. 17-19, 2014, at the Crowne Plaza Hotel, 4402 East Washington Ave., Madison, WI. Room rate is \$89 per night. Registration info to follow!

<i>Limited Distance - Sr.</i>				
1	Debra	Juettner	Rena	132.4
2	Diane	Merz	Sterling Illusion	126.8
3	Janette	Sasena	Caduceus Oriana	122
4	Sherry	Aune	Lily Creek Rhythm	113.2
5	Teresa	Fett	CR Eastirlylee	70
6	Guy	Worthington	Rerun	66.2
7	Carl	Dosmann	Paper Icon	61.4
8	R Dale	Lunde	Images Princess Haily	58.8
9	Jen	Allen	WMA Shadrach	56.8
10	Lynda	Zimmerman	HDR Petrolero de Nevado	53
11	Angel	Chmurynski	Yankee Zarr	46.2
12	Barbara	Kurti	Tryllerika	46
13	Ann	Delang	Chocolate Martinei	45.6
14	Shirley	May	Twinkle	44.4
15	Gene	Dake	Lu-Nor Ny Kabey	44
16	Linda	Hamrick	Mattingley KC Heart	44
17	Paula	Goligowski	Willie Winchester	43.8
18	Shelley	Dake	Crucian	43
19	Jacki	Ollhoff	Felix	40
20	Laurie	Henschel	Ebony's Bravo Moon	39

Note: Make sure you check www.UMECRA.com for all your points. Report any corrections to Robin Schadt: email: robinschadt@aol.com

Study: Horses Able to Stay Fit When Kept at Pasture

By Kristen M. Janicki, MS, PAS Oct 01, 2013

Researchers found that pastured horses maintained a similar level of fitness as the stalled, exercised horses, but had greater bone mineral content at the end of the study.

There are many theories on how to best manage performance horses during periods with no forced exercise (whether after sustaining an injury or just for a rest period), and owners are often left with a dilemma: stall rest or pasture turn-out? To find the answer, a team of researchers recently completed a study evaluating how well horses maintain a certain fitness level with either pasture turnout or stall confinement.

Patricia M. Graham-Thiers, PhD, and a team of Virginia Intermont College researchers assigned 16 horses in light to moderate work to one of three groups: pasture turnout (P), stalled and exercised (E), or stalled with no exercise (S). During the 14-week study, horses in the P group roamed on approximately 100 acres of pasture, while horses in the S and E groups stayed in stalls during the day and were allowed access to a one-acre paddock at night.

The researchers exercised horses in the E group five days per week for one to two hours per day at the walk, trot, and canter. The team also used GPS units attached to the horses' halters to estimate the distance each horse traveled in a 24-hour span at intervals throughout the study period.

The team put each horse through a standardized exercise test (SET, lasting 20 minutes, with consistent increments of walk, trot, canter and hand-gallop work, and a 10-minute cool down period) at the beginning and end of the 14-week study. Researchers took blood samples and rectal temperatures before the SET, at peak exercise, and during recovery; they recorded horses' heart rates at intervals throughout the SET.

Also before and after the treatment protocol, researchers evaluated each horse's body fat via an ultrasound of rump fat (to estimate total body fat percentage) and took radiographs of one of each horse's cannon bones to measure bone

mineral content--an important determinant of bone strength. Additionally, the team evaluated horses' weights and body condition scores every other week during the study.

Key findings included:

Rump fat measurements and bone mineral content did not differ between treatments at the start of the study; however, P horses had greater bone mineral content compared S and E horses at the end of the study.

At one minute into recovery after the SET, S horses showed a 63% increase in heart rate from start to finish of the treatment, whereas P horses showed minimal difference (4%) and E horses' heart rates decreased (-21%).

S horses' rectal temperatures were higher at peak exercise, and their plasma lactate and rectal temperatures were significantly greater during the 10 minute recovery compared to the E and P horses. The team did not observe any other differences in blood parameters.

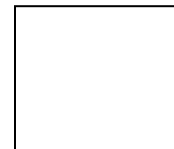
Based on GPS readings, P horses traveled a greater distance on a daily basis compared to the E or S horses. Interestingly, the team noted, the P horses even traveled further than the E horses during exercise days.

The team concluded that horses on stall rest for 14 weeks lost fitness, as indicated by the increase in heart rate and blood lactate levels after the final SET. But more importantly, they noted, pastured horses were able to maintain a similar level of fitness as the stalled, exercised horses in addition to having greater bone mineral content at the end of the study.

Graham-Thiers concluded, "Letting horses be horses—as in putting them in their natural setting—allows them to maintain fitness better, which may make their transition back to competition easier and likely more successful."

The study, "Improved Ability to Maintain Fitness in Horses During Large Pasture Turnout," was published in August in the *Journal of Equine Veterinary Science*.

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