

March 2015

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



KS Massage and Bodywork



Kathi Soukup NCTMB, LMT

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Letter from the President:

We've gone from frigid to fairly nice in a week. I hope everyone has gotten out to ride. I know I've enjoyed the warm weather after not getting in the saddle at all in February.

Spring also brings Horse Fair season. Thanks to those who have book spaces, recruited volunteers and managed time tables, brought in handouts, supplied pictures and other goodies to make the spaces look fabulous. The Illinois Horse Fair booth looked marvelous and I'm told there was a steady stream of visitors. Michigan Expo is taking place as I write this, and the Wisconsin and Minnesota Fairs are still to come. I hope you can take the time to help out those who are organizing the booths and volunteer a few hours to talk about the sport we love and get more people involved. It's a lot of fun to see someone you have had contact with show up at a ride and complete it with a big smile on their face!

Also we have a number of clinics coming up as well. These events also require a few hands on deck and are UMECRA's best pipeline to getting riders started correctly in the sport. Loads of questions are answered in a

friendly and informative environment. Thanks to those who host the clinics and get involved.

These two areas are one of our best ways of introducing folks to distance riding and driving. We appreciate the time and effort of our expo and clinic hosts!

BoD Code of Conduct

The UMECRA Board adopted a Code of Conduct for the board at its November 2014 meeting. Here is what each board member has signed.

CODE OF CONDUCT REVIEW:

UPPER MIDWEST ENDURANCE AND
COMPETITIVE RIDE ASSOCIATION - UMECRA
BOARD OF DIRECTORS CODE OF CONDUCT
The UMECRA Board adopted a Code of Conduct during its November 2014 Board Meeting. This is what every board member has signed:

As an elected or appointed representative of the UMECRA Board of Directors I acknowledge and accept the scope and extent of my duties, as well as my responsibilities as a role model, mentor and ambassador for the sport. I have a responsibility to carry out my duties in an ethical and business-like manner. I have an obligation to act within the scope of my authority, as set forth in the Bylaws of UMECRA. I am entrusted with and responsible for overseeing the assets and business affairs of UMECRA, in an honest, fair, diligent and ethical manner. I may only act within the bounds of authority conferred upon me. I have the duty to make informed decisions.

UMECRA



PERSEVERE

UPPER MIDWEST ENDURANCE AND
COMPETITIVE RIDE ASSOCIATION

MEMBERSHIP FORM

Membership year: 2015

CIRCLE ONE:

Single \$35 Family* \$45 - hard copy newsletter and/or ride book

Single \$ 25 Family* \$35- electronic newsletter and CD for ride book

If you do NOT want ANY newsletter sent to you- please check this box:

If you do NOT want a CD or Ridebook sent to you- please check this box:

If you do NOT want your name and contact info in the membership book, check this box:

NOTE: to receive the reduced rate, you MUST receive the newsletter electronically AND receive a CD for the ride book. **If you have either the newsletter or ride book delivered via USPS you MUST pay the higher membership fees.**

Check one: RENEWAL _____ NEW MEMBERSHP _____

***Family memberships shall consist of one or more related, or coupled as significant other, adults and/or children of such adults who are less than 18 years of age, all of whom reside in the same household.**

Please include all names of eligible family members.

PRINT CLEARLY

Date: _____

AERC MEMBER NUMBER(s)(if applicable): _____

AERC HORSE NUMBER(s)if applicable: _____

UMECRA MEMBERSHIP NUMBER(S): _____

Name(s): _____

Address: _____

City, State, Zip: _____

Phone number (s): _____

Email: _____

Please mail completed form and check made out to UMECRA to: Jill Feller, N9280 Cty Hwy TW, Mayville, WI 53050

2015 Entry Agreement Wording Revised

It is very important that everyone use the 2015 entry agreements. Not only do they have updated UMECRA rider & horse number areas. They also have revised and updated wording. Here it is for your review:

READ THIS CAREFULLY BEFORE SIGNING

I wish to participate in the above-named ride, attending the event premises with my horse(s) and possibly with family or other support. All references herein to "e", "I" or "my" or such other designations shall include my family and support group, together with my equine(s) or other pets or animals. I acknowledge I am speaking for them in making my entry and am responsible for their behavior and safety. In participating I fully understand and recognize the inherent risks and dangers involved (whether directly explained but certainly as reasonably foreseeable or as should have been reasonably foreseeable to a prepared participant), as well as the fact that significant unanticipated, uncontrollable and unexpected risks may arise during the ride. I understand competitive and endurance riding involves being in remote areas for extended periods of time, far from communications, transportation, and medical facilities. I recognize other persons may be in the vicinity of the event and whether or not they are participating directly or merely bystanders, I accept that I personally owe them a duty of reasonable care to prevent damage or injury to them, their families or property arising from my participation or the care, custody or control of my equine(s) or other animals or family or friends. I recognize ride management cannot eliminate or control all potential hazards to me or my horse or act to guarantee our safety. I agree to abide by the rules of the ride and UMECRA, which incorporate the rules at AERC for endurance riding, and am familiar with those rules.

WARNING: Under the Equine Activity Liability Act, each participant who engages in an equine activity expressly assumes the risks of engaging in and legal responsibility for injury, loss, or damage to any person or property resulting from the risk of equine activities.

WARNING: Under applicable state laws, an equine professional or event organizer, manager or staff is, or may not be, not liable for an injury to, or the death of, a participant in equine activities resulting from the inherent risks of equine activities.

WARNING: Under applicable state laws and other recreational or equine activity liability act(s), an equine professional or event organizer, manager or staff is, or may not be, liable for an injury to or the death of a participant or the horse(s) of a participant in an equine activity resulting from an inherent risk of the equine activity.

NOTICE: A person who is engaged for compensation in the rental of equines or equine equipment or tack or in the instruction of a person in the riding or driving of an equine or in being a passenger upon an equine may not be liable for the injury or death of a person involved in equine activities resulting from the inherent risks of equine activities, as defined in applicable state laws.

NOTICE: Riders and equine owners must carry their own personal liability, equine liability and personal healthcare coverage. UMECRA insurance does NOT cover ride participants for personal liability or their family or supporters personal health or emergency or veterinary care.

I know and understand competitive or endurance riding is an inherently dangerous sporting event and agree to assume the complete risk of injury or damage which I or my horse might sustain **or cause** in competing in **or attending** this ride. As a result, I agree to indemnify and hold harmless the ride management, ride landowners, veterinarians, ride members, and agents from and against all loss or damage, including property loss, suffered during or in connection with the loss resulted directly or indirectly from negligent acts or omissions of the ride management, ride landowners, ride veterinarians, UMECRA, AERC, their directors, officers, committee members or agents.

I HAVE READ AND UNDERSTAND THIS RELEASE.

Rider's

Signature _____ Date _____

As parent and/or legal guardian of the above-named junior rider, for and in consideration of this child's participation in this ride, I agree to the terms above-stated as well on behalf of myself, my family and this child, and will hold harmless anyone so consenting.

I HAVE READ AND UNDERSTAND THIS RELEASE.

Signature _____ Date _____

I have agreed to **SPONSOR** the above named junior and promise to abide by all the AERC and UMECRA rules covering the sponsor-junior relationship.

Signature _____ Date _____



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The advertisement features a bronze sculpture of a horse in a rearing position on a rectangular base. The text is arranged in a vertical layout on the left side of the image, with the artist's name in a stylized font.

******RIDE SCHEDULE!******

Download all the ride flyers at UMECRA.com!



Date	Ride Name	Location
4/18-19	Brighton Springs CTR	Howell, MI
5/2-3	MnDRA1	Orrock, MN
5/2-3	White River Spring	Hesperia, MI
5/2-3	Kettles & Bits	New Prospect, WI
5/9-10	Glacier Trails	Palmyra, WI
5/16-17	Border Battle	Cushing, WI
5/23-25	Grand Island	Rapid River, MI
5/29-31	AHDRA's Endure	Chandlerville, IL
5/30-31	Maplewood West	Pelican Rapids, MN
6/13-14	White River Summer	Hesperia, MI
6/13-14	ApDRA	Palmyra, WI
6/19-21	SE MN	Forestville, MN
6/27-28	Hopkins Creek	Manton, MI
6/27-28	Dead Dog Creek	Kinmundy, IL
7/3-4	Endless Valley	Spring Green, WI
7/11-12	AHAM	Augusta, MI
7/11-12	Mosquito Run	Roger, MN
7/18-19	Grand Island North	Limestone, MI
7/18-19	AHDRA's My Back Yard	Wyanet, IL
7/25-28	Bonecrusher Ride	Palmyra, WI
8/2	Warm Up	Oscoda, MI
8/3-7	Shore-to-Shore	L.Huron to L.Michigan MI
8/8	Cool Down	Empire, MI
8/8-9	Louise Reidel Memorial	Arkdale, WI
8/22-23	Northern Highland	Merrill, WI

8/29-30	Rock River Charity	Utica, IL
9/5-7	White River Fall – Labor Day	Hesperia, MI
9/12-13	Charity Cup	Pillager, MN
9/12-13	Keweenaw	Marquette, MI
9/12-13	Lincoln Trail	Kinmundy, IL
9/18-20	Colorama Classic	Greenbush, WI
9/19-20	Tin Cup Springs	Reed City, MI
9/25-27	Run for the Ridge	Fairfax, MN
9/26-27	Pine Marten Run	Welmore, MI
10/1-4	DRAWarama	Palmyra, WI
10-3-4	Legendary Run	Leonard, ND
10/10-11	Iron Oak	Arkdale, WI
10/10-11	Oak Leaf Run	Hamilton, MI
10/16-17	Point Chaser	Wabasha, MN
10/24-25	AHDRA's Big River	Keithsburg, IL

Are You Ready to Move Up to 100s?

By Kim Fuess / www.aerc.org

A question that often comes up when riders are thinking about moving up to a longer competition distance is, "How do I know my horse can go that far?" It is a legitimate concern whether you are moving your horse from the LD distance to the endurance distance or from 50-mile rides to 100-mile rides.

Most endurance riders do not take their horses on 100-mile training rides before attempting their first 100-mile competition. But there are several things you can do to maximize your success both in training and conditioning before the competition and during the ride itself.

This article will focus on moving up to the 100-mile distance but the suggestions given will work when moving up to any distance.

Strengths and weaknesses

A good place to start when thinking of moving up to a 100-mile ride is to ask yourself two questions:

- What strengths does a good 100-mile horse need?
- How does my horse rate in those areas?

There are several traits you might want in a 100-mile horse depending on your personal goals but the following are necessary to ensure success at this distance:

- A 100-mile horse needs to be free of any metabolic or mechanical abnormalities.
- The 100-mile horse should be able to maintain a steady and efficient pace that does not waste energy.
- A 100-mile horse needs to be able to take care of himself on the trail. He should be comfortable eating and drinking on the trail and in vet checks.

If you have been conditioning and competing with your horse at lesser distances for a couple of seasons you probably have a very good idea about how your horse rates in these three areas.

If you find weaknesses work on resolving these as they will only become more of an issue as you increase the competition distance. For example, a horse that does not eat or drink well in vet checks may be able to finish 50-mile rides but most likely will not have enough reserves to successfully complete a 75- or 100-mile ride. Likewise, a horse that finishes 50-mile rides with a slight hitch or poor metabolic scores will be less likely finish 100s.

Two suggestions for improving your horse's weaknesses are:

Simulating competition conditions at home. If your horse does not eat well in rides, incorporate eating on trail as part of your regular routine. If your horse cannot maintain a steady pace in competition, ride with others at home and practice having your horse in different positions in the group, leap-frogging, and being passed while maintaining a steady pace.

Using AERC competitions as training rides. When you enter a competition think of it as a catered training ride with feedback on your horse's metabolic and physical condition. Take this opportunity to work on the quality of your ride, not the speed, placing, or even completion. For example, if your horse is not eating at lunch or the one-hour hold, take some extra

time to get him eating. When you leave the vet check, take every opportunity to let the horse eat on the trail.

Know when your horse is ready

There really is no foolproof formula for knowing if your horse will complete his first 100. There are several ways to ensure that the odds of finishing are in your favor. Here are some suggestions that will increase the odds for success at your horse's first 100. It is assumed that your horse has a LSD (long, slow distance) base of conditioning/training.

Pioneer rides and two-day 100s. Multi-day rides are a great way to prepare for a one-day 100. Not only is this a good way to add additional mileage to your horse's training, it is a great opportunity to make sure that saddles, equipment, tack, hoof protection, and the rider's gear fit and work properly. It is quite common to have to make a few tack adjustments because what works for a shorter one-day ride may not work as you add more miles.

If you are not able to enter multi-day rides try to do some longer distance (25 mile-plus) back-to-back training rides at home along with some 50-mile competitions.

75-mile rides. Use 75s as stepping stones to the 100-mile distance. This distance is an excellent way to increase one-day competition distance.

Plan several 50s. Do a series of four or five 50-mile rides spaced three to four weeks apart at 100-mile pace before your 100-mile ride. Be sure to leave enough rest time between your last competition and the 100.

Some other suggestions to use to prepare for success at the 100 mile distance are:

Rider fitness. The more fit you are as a rider on competition day the more you will be able to help your horse. As you condition your horse, work on your own fitness. You don't need to be able to be on the ground tailing up every hill (although your horse would appreciate that) but you should be able to maintain good riding posture for the duration of the 100-mile ride. Be sure to experiment with human electrolytes, ride food, etc., so you know what works for your body.

Train to the conditions you will be competing in. If you choose a 100 where you will be riding at night on narrow trails make sure your horse has been ridden

on narrow trails at night. If you choose a flat 100-mile ride make sure you have practiced on flat changing leads and diagonals.

Never increase speed and distance at the same time. This holds true for competition as well as training and condition rides.

Take a fresh horse to competition. One of the most common errors riders make is to bring a tired horse to competition. In the quest to get ready for a 100, riders will over-condition their horse. Plan your training/competition calendar around the 100-mile event and schedule in a tapering or easy riding for at least three to four weeks before the 100. You will gain no fitness these last few weeks and will lessen your chances of completion if you continue hard training or hard competition.

Just do it. If you have done your homework and if you use common sense during your ride, your odds of success increase. But, even if you do not complete your horse's first 100, you have come away with a wealth of information. Use this information to adjust your training and conditioning program.

Still not sure?

If you are still not comfortable about when to move your horse up to the 100-mile distance AERC has several resources available to members. The AERC website has a wealth of information on competing and moving up to the 100-mile distance. There are also AERC mentors available with expertise in 100-mile rides.

Senior Horse Feed: Not Just for Seniors

By Katherine K. Williamson, DVM Nov 13, 2014

High-quality senior horse feeds are highly digestible, and can provide complete and balanced nutrition to horses that could be experiencing health challenges.

Senior horse feeds have now been on the market for more than 20 years and their use has contributed significantly to the extended lifespan horses enjoy today. But the usefulness of senior diets is not limited to horses in their 20s, 30s, and 40s. Senior horse feeds can also be a critical tool in providing nutritional support to horses of all ages that may be affected by a range of medical conditions. High-quality senior horse feeds are highly digestible, and

can provide complete and balanced nutrition to horses that could be experiencing health challenges.

Following are five situations when veterinarians should consider recommending a senior horse feed.

Dental abnormalities

Chewing is the first stage of the digestive process. Effective chewing breaks down fibers and grinds grains into a smaller particle size making them more susceptible to acidic and enzymatic digestive processes. Chewing also stimulates saliva production. Saliva contains digestive enzymes and acid buffering agents, and also moistens and lubricates ingesta aiding in bolus formation.

Horses of any age can experience dental abnormalities that result in difficult or inadequate chewing. Malocclusions, missing incisors or molars, and tooth root abscess are just a few dental conditions that could affect the chewing process. Senior feeds were designed to help overcome the dental issues frequently seen in older horses. They are generally nutritionally complete (including adequate fiber to eliminate the necessity of feeding hay or pasture grass), highly digestible, and break down easily to form a mash when mixed with water. All of these attributes can benefit horses of any age with dental abnormalities.

Poor digestive function

Horses could have poor digestive function for many reasons, including age-related dysfunction and medical issues, resulting in bowel inflammation and/or malabsorption/maldigestion. For horses with poor digestive function, it is critical that the diet provided be highly digestible and low in bulk. The goal is to maximize the limited absorptive functionality of the affected intestine, reduce the mechanical load on the tract and minimize mucosal irritation from stemmy fiber.

Recovering from choke

Horses suffering from esophageal obstruction (or choke), regardless of the inciting cause, will experience some degree of mucosal irritation after the obstruction is relieved. A standard recommendation for feeding the post-choke patient is to provide small frequent meals of wetted-down pelleted feed. The consistency and texture of the mash can be tailored to the patient's need by adjusting the amount of water added.

Recovering from colic surgery

Post-surgical horses require careful reintroduction to feeding but it is a critical step in the recovery process in order to stimulate motility. An appropriate post-surgical diet should be easily digested and low in bulk, which should reduce mechanical stress on the gut. It should also provide as much oral hydration as possible.

Difficulty chewing and/or swallowing

Chewing difficulties aren't always related to dental condition. Mandibular (lower jaw) or maxillary (upper jaw) fractures, neurologic deficits, tongue injuries, and abnormalities of the pharynx and larynx can all impact a horse's ability to chew and swallow. In these cases, a senior feed might be most appropriate, as the texture and consistency of the senior feed can be easily tailored to address the intake limitations resulting from the clinical condition of the horse.

Make Nutrition Part of Your Standard Protocol

Proper nutrition has a significant impact on health and can extend the life of the horse, and veterinarians are a key resource for nutritional information for horse owners. Making nutrition a routine part of your practice will provide you with the experience and confidence needed to guide horse owners in the proper feeding of their horses. Here are a few easy suggestions for integrating nutrition into equine practice.

Take a thorough dietary history. Record the specifics of what each horse is eating each day, including concentrates, forage, pasture and supplements. This information allows the practitioner to assess whether the diet is appropriate, and opens avenues to discuss the management of the patient's nutrition and body condition. Making nutritional assessment a part of every patient interaction, will allow the veterinarian to gain experience and confidence in making the appropriate dietary recommendations for patients.

Assess the patient's body condition at each visit. Maintaining ideal body condition is critical to joint and metabolic health. Body condition scoring should be included in the minimum database for each patient interaction. Assessing and recording body condition takes only minutes and is as important as taking temperature, pulse, and respiration.

Observe the horse eating. When assessing a patient for weight loss, it's absolutely essential to observe eating behavior as part of the workup. Even brief observation will allow the practitioner to determine if the horse is properly prehending, chewing, and swallowing, thereby providing important diagnostic information.

It has long been recognized that nutrition and health go hand in hand. Taking the time to do a nutritional assessment during visits provides important information about the patients' management and health. Additionally, it allows veterinarians the opportunity to expand their services to providing nutritional counsel.

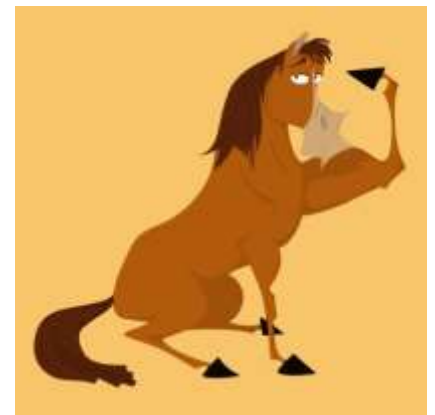
Do you take a hardcopy of the UMECRA Newsletter?

If you have a ** next to your last name – this will be your last newsletter!! Don't forget to renew before the ride season starts! Please mail completed form and check made out to UMECRA to:
Jill Feller, N9280 Cty Hwy TW,
Mayville, WI 53050

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Are you and your horse ready for ride season?

Time to get Busy!!



Did you know....

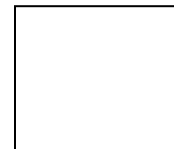
Endurance riding was first developed in the early 1900s as a military test for cavalry mounts. Horses were required to go on a 5-day, 300 mile (483 km) ride carrying at least 200 lbs. The cavalry test became a civilian sport in the early 1950s. Over time the reduction of distance and time increased the number of riders and rides, and in 1978 the Federation Equestre Internationale (FEI), the international governing body for World and Olympic equestrian events, recognized endurance riding as an international sport. In 2006 over 353 FEI endurance competitions were held in Europe, Asia, and the American continents incorporating over 49 countries worldwide.

%%%%%%%%%

Just a reminder of how fun much fun you are going to have this ride season!!



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5th of each month
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