

April 2015

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



Welcome!

Because we had clinics in many states in the past month, this may be your first UMECRA newsletter. Thank you for attending a distance riding or driving clinic. You are off to a great start! If you are a renewed member for 2015 Welcome Back!

There was a lot of information to take in if you attended one of the clinics. There are some helpful links on umecra.com. One is frequently asked questions:

<http://umecra.com/NewRiderInfo/UMECRA%20Frequently%20Asked%20Questions.pdf> This link

covers things like the difference between Competitive, LD (Limited Distance) and Endurance. Novice rides are run as competitive rides if you choose to start there. There is a list of what you should bring to a ride, electrolyting, is my horse ready for a ride, and several other topics. There is a whole page on umecra.com devoted to new riders with many links:

<http://umecra.com/newrider.html>

If you are an experienced rider, consider putting a sign on the windshield of your vehicle or camp post when you get to Ridecamp that says MENTOR if you are willing to answer questions from new riders. It's hard for the ride manager, vet scribes and timers to answer questions, because someone is always waiting for their form, P&R or exam. We'll also need novice group leaders at various rides this summer. I certainly appreciate the folks who volunteer to do this, and let me add that novice ride leaders are some of the most wonderful folks in the sport! Thanks for your participation and time.

We'll see you ALL on the trail this spring, summer & fall.

Theresa Meyer, UMECRA President

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RIDE NEWS

Contrary to what you might have heard:

As of now the White River Spring, Summer & Fall Rides remain in the schedule and we expect them to happen at the same trails and campground as indicated on the website and ride flyer.

We expect Shore to Shore will also take place. Please watch umecra.com for the latest news and notices.

Attention Junior Riders !!!

Announcing the Donna Lee Ozment Junior Rider Award!!

To support and encourage Junior Riders to pursue the sport of Distance Riding, Donna Lee Ozment is offering a Junior Rider a \$300 award to cover the cost of ride entries.

To be eligible to apply for this award the Junior must:

- Be under the age of 18 at the start of the ride season,
- Write a brief essay on what riding means to them, why they participate in this sport, how long they have been riding, etc., and
- Include a letter of support from at least one sponsor.

The Junior's application must be sent to:

Donna Lee Ozment, 3040 Halsted, Steger, IL 60475

Deadline: Applications must be postmarked by May 1, 2015



won't do it. Clinical signs generally appear two to five months or more following disease transmission.

Clinical signs of Lyme disease are nonspecific in horses and include chronic weight loss, low-grade fever, sporadic or shifting leg lameness, muscle tenderness, and arthritis. Wagner said some horses also develop poor performance, high sensitivity to being touched, behavioral changes, or neurologic signs.

"Owners sometimes like to use this as an excuse for horses' bad behavior in endemic areas," Wagner said with a smile, but noted that Lyme-induced behavioral changes are typically sudden and significant (a horse going from quiet to untouchable in a day or so, for instance).

She also noted that researchers have recently identified *Borrelia*-associated pseudolymphoma (a benign disorder of lymphoid cells) and uveitis (inflammation of the eye's uvea).

Diagnostic Options

"Clinical diagnosis can be difficult," Wagner said, and practitioners generally rely on a combination of factors, including:

The horse's potential for infection (i.e., does he live in or has he traveled to an area in which Lyme disease is diagnosed regularly?);

His clinical signs;

An absence of other causes of disease; and

Positive tests of *B. burgdorferi* antibodies.

There are several tests veterinarians can use to detect antibodies. Previously they have relied on an indirect fluorescent antibody (or IFA) test, an enzyme-linked immunosorbent assay (or ELISA), and a Western blot. And while these options remain effective, some newer tests have proved effective in detecting Lyme disease.

One option is the C6 SNAP test, a qualitative assay (meaning it only indicates the presence or absence of antibodies, rather than how many there are) that detects *B. burgdorferi* antibodies. The test was developed for dogs and has been used in horses. It is a popular test with veterinarians because they can use it on-site for a quick initial answer, though it has been known to yield some false positive and also false negative readings. Thus, veterinarian should always confirm a positive C6 SNAP test result with a quantitative Lyme assay, especially if treating the horse for Lyme disease, Wagner said.

The most popular choice for serologic (blood) "Lyme testing" in horses is the Lyme multiplex assay, which Wagner was instrumental in developing at Cornell. The multiplex test detects three different antibodies produced in response to *B. burgdorferi*. These antibodies are found in the body at different stages of infection, and the test distinguishes and measures those differences. By using these three antibody patterns, the equine Lyme multiplex assay can distinguish early *B. burgdorferi* infection stages from chronic infection and at the same time distinguish vaccine antibodies. Additionally, she said, the multiplex is quantitative, meaning it tells veterinarians the quantity of antibodies present. Quantitative antibody values allow veterinarians to evaluate treatment success and whether horses cured infection after treatment. They also help to identify if the horse developed sufficient antibodies after vaccination.

Because the multiplex test can identify several different antibodies, it ultimately allows veterinarians to detect Lyme disease earlier than with other types of tests. If it detects the antibody against the *B. burgdorferi* protein OspC, for example, the horse has early stage Lyme infection. OspF antibody presence, on the other hand, means the horse has been infected for a longer period of time.

Wagner said that research indicates that the SNAP test and the Lyme multiplex assay have good agreement, with a combined 93% sensitivity (the probability that the test will be positive when the horse has Lyme disease) and 96% specificity (the probability the test will indicate a horse does not have a Lyme when, in fact, he does not). Still, she recommended confirming SNAP results with a multiplex test because SNAP test results do not allow accurate treatment follow-up.

Treating Lyme with Testing's Help

Veterinarians have three antibiotics to choose from when it comes to treating Lyme disease: doxycycline, oxytetracycline, and minocycline. There's not one particular standout, Wagner said, noting that if a horse doesn't respond to one treatment, vets can try another. Some veterinarians also use combinations of these antibiotics, she said.

"Research to determine which treatment works best is largely missing in horses, and there have been treatment success and failure reports with each of the treatments," she added.

To determine if treatment is working, she recommends evaluating the animal's clinical signs and employing the multiplex test to determine if his antibody levels have decreased and by how much. After about three months, she said, the horse's antibody levels should have dropped about 50% compared to the pretreatment values, indicating the bacteria has diminished and, thus, the antibodies have declined, as well. This, she said, is why having a quantitative antibody measure is so crucial.

Wagner also explained that the antibodies the multiplex detects can help guide veterinarians' treatment protocol from the beginning. If a horse tests positive for OspC or OspC and F and has no clinical signs, many veterinarians will implement successful treatment. If a horse tests negative for OspC but positive for OspF and has no clinical signs, the veterinarian might still treat in some cases. In other cases, veterinarians monitor the Lyme multiplex antibody values on an annual basis, she said, as "not all infected animals develop disease, and if antibody values do not change in quantity over time, the infection is not active and can be handled by the horse's immune system.

"For many horses there is no need (for treatment) because they will likely never develop clinical signs and can handle the persistent infection," Wagner explained. "Other horses will develop clinical signs. We don't know to which group the horse belongs until after the disease (clinical signs) shows up."

This, she said, is why many veterinarians and owners opt to treat nonclinical (not showing signs) horses—to avoid potential disease.

"Monitoring a chronically infected horse annually—or in high endemic areas every six months—with the Lyme multiplex assay provides an alternative," she continued. "Increasing antibody values over time indicate reactivation of the bacteria, and treatment should be started. Equal antibody values over time indicate the opposite: The horse can handle the infection, or there's no active infection."

Despite treatment, some horses remain chronically infected and can have lasting signs of disease. In general, *B. burgdorferi* infection is more difficult to treat the longer it persists, but there are always exceptions to this rule.

Prevention

Prevention centers around reducing horses' tick exposure, checking them regularly for the arachnids, and removing any that might be feeding, Wagner said.

There are currently no licensed Lyme disease vaccines for horses; however, there are several canine options that some veterinarians have used off-label in horses in endemic areas, she added. Still, research has yielded mixed results regarding the products' efficacies in horses.

"We don't know if it protects for sure," she said. "It likely protects suboptimally in horses that develop very low OspA antibody responses after vaccination."

She noted that if a vaccine could interfere with future diagnostics (i.e., produce a false positive result on a Lyme test, as was common with the older testing options), veterinarians should avoid administering the product to horses.

Take-Home Message

Lyme disease is a very real concern for horse owners in several parts of the country. But improved diagnostic testing is leading to more successful treatments. Contact your veterinarian for an exam if you suspect your horse could have contracted Lyme disease.



Minnesota Distance Clinic – Mock Ride - April 4th!



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

******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	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

MN Distance Clinic – March 21st



Spring Liming of Horse Pastures

By Alayne Renée Blicke 10 Apr 2015

www.thehorse.com

Fertilizers can actually cause problems if applied at the wrong time of the year, but lime can be applied at anytime.

It's spring and our pastures are finally growing – and we want to help them get healthier. Liming horse

pastures is one big way you can help most horse pastures become more productive.

Many parts of North America have acid (low pH) soils which need liming. While using fertilizer is often unnecessary, using lime is crucial with these types of acidic soils. To grow crops and pasture successfully, soil pH need to be raised to somewhere between 5.8 and 7 throughout the top six to eight inches of soil. If the soil pH is wrong, many of the nutrients in the soil cannot be used by pasture plants. Overusing fertilizer can further acidify the soil – and waste money for you, plus potentially pollute surface waters with runoff of unused nutrients.

Agricultural lime is made from naturally occurring limestone and is primarily calcium and magnesium. Limestone is ground very fine so it can react with soil acidity to raise pH—the finer the ground, the faster it will work.

However, ground limestone is very dusty which makes it difficult to handle so manufacturers offer prilled, pelletized and granulated lime. In these products the very fine particles are bonded to a carrier such as clay to make the lime easier to spread. Just remember to use an agricultural lime (naturally occurring) and not a caustic lime (a chemical compound) such as calcium oxide, hydrated lime or quicklime which can burn plants.

Using lime does a number of things:

It increases the effectiveness of any fertilizers you eventually apply.

It encourages the activity of soil bacteria thus releasing valuable nutrients such as nitrogen, phosphorus, and sulfur.

It supplies calcium and magnesium to the soil. How much compost, fertilizer and lime you apply and the time of year you apply should be based on the results of a soil test. Contact your local Conservation District, Extension office or Natural Resources Conservation Service for information on how to take a soil test, where to have it analyzed and how to get help with interpreting results.

Fertilizers can actually cause serious problems if applied at the wrong time but lime can be applied anytime. On a pasture it is best to apply lime before a rainy period so it breaks down faster. Aerating and/or mowing the pasture before applying lime will help the lime work its way into the soil.

“I recommend spreading lime twice a year; pearled dolomite lime in the spring and slow-release dolomite

in the fall,” says Phil Marks, a Pacific Northwest seed distributor.

Useful tools for spreading lime include a drop seed spreader (for pelletized lime) or lime spreader (for powder). Feed stores sell lime by the bag under labels such as “Dolopril” (a prilled calcium/magnesium product), “Calpril”(a calcium only lime if your soil doesn’t need magnesium) and “Dolomite” (powdered lime).

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Do you have your ride season planned out? Help out the ride managers by sending in pre-entries! It makes their job (and yours) much easier!

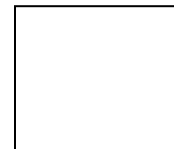
Sending in your entries ahead of time, simplifies the paperwork when you get to camp. The ride manager benefits by being able to get some of the paperwork done ahead of time!

That’s a big WIN, WIN for everyone!

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Deadline for Next Newsletter:
5th of each month
Send news to:
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