

May 2016

UPPER MIDWEST ENDURANCE AND COMPETITIVE RIDES ASSOCIATION



Welcome to UMECRA!

We've had a big couple months in the organization with several clinics and the beginning of the ride season. There are new riders everywhere! First thanks for trying out distance riding. It's really a unique sport. You get to spend hours on horseback seeing different parts of the Upper Midwest. You can ride every weekend if you want, every other week, once a month or whenever you have time. There are several goals you can set: just completing the ride on a happy, healthy horse or mule, you can have a goal of getting across that loud scary bridge or through a water crossing, riding with a group or riding by yourself. You can have mileage goals, placing goals, and just wanting to have a great time goals!

Don't be afraid to ask questions if you are new. If there is a big line waiting to register for the ride, you might want to wait until later to ask the ride manager what's the main dish for the potluck, but questions like where is the rider meeting or where can I get water for my horse - the ride manager or ride secretary can answer quickly. Please introduce yourself to your camping neighbor and ask them questions. The same is true in the vet area, if there is a big long line waiting to vet in, that is probably not the time to ask the control judge/vet how they grade attitude and impulsion. Please DO TELL the vets or pulse takers that you are a new rider and they will take time and be more specific with their requests and not presume you know the trot patterns.

If you've been riding for a season or two or twenty, please make yourself available to answer questions and share stories and experiences. It's one of my favorite parts of the sport; trotting down the trail talking to my friends I haven't seen all winter and catching up, discussing problems and perhaps finding a solution to try.

I hope to see and meet many of you. And
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thanks for attending a clinic and/or a ride. It's great to have you as a UMECRA member!

See you on the trail - *Theresa Meyer*, President

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your area and beyond?**

Check out <http://trailmeister.com/>

Lots of information there on trails and all things trails! Search by city, state, even zip codes! You can even add trails that you know about!

Ride Name	Ride City	State	Date
Border Battle	St Croix Falls	WI	5/21-22
Grand Island	Rapid River	MI	5/28-29
Endure Ride	Chandlerville	IL	6/3-5
Maplewood West	Pelican Rapids	MN	6/4-5
White River Summer	Hesperia	MI	6/11-12
ApDRA	Palmyra	WI	6/11-12
SE MN	Preston	MN	6/17-18
Grand Island North	Limestone	MI	6/25-26
Dead Dog Creek	Kinmundy	IL	6/25-26
Endless Valley	Spring Green	WI	7/2-3
AHAM/Hopkins Creek	Manton	MI	7/9-10
Mosquito Run	Rogers	MN	7/9-10
AHDRA I - My Backyard	Wyanet	IL	7/23-24
Bonecrusher Ride	Palmyra	WI	7/29-31
Shore-to-Shore	L Huron to L Michigan	MI	8/7-13
Louise Reidel Memorial	Arkdale	WI	8/13-14
Rock River Charity	Utica	IL	8/20-21
Huron River Ride	Milford	MI	8/20-21
Run for the Cactus	Granite Falls	MN	8/20-21
Northern Highland	Conover	WI	8/27-28
White River Fall-Labor Day	Hesperia	MI	9/3-5
Charity Cup	Pillager	MN	9/10-11
Keweenaw	Marquette	MI	9/10-11
Lincoln Trail	Kinmundy	IL	9/10-11
Colorama Classic	Greenbush	WI	9/17-18
Tin Cup Springs	Luther	MI	9/17-18
Run for the Ridge	Fairfax	MN	9/24-25
Pine Marten Run	Wetmore	MI	9/24-25
DRAWarama	New Prospect	WI	9/30 -10/2
Iron Oak	Arkdale	WI	10/8-9
Oak Leaf Run	Hamilton	MI	10/15-16
Point Chaser	Theilman	MN	10/21-22
AHDRA III-Big River	Keithsburg	IL	10/29-30

White River Summer and Labor Day Rides update:

The 2016 White River Summer and Labor Day rides will have two separate loops with very little overlap. Hopefully, many of you can fit one or both of the WR rides into your 2016 schedule. Looking forward to seeing you there. Donnie and Linda Hamrick

Arabian horse owners,

My Arabian mare, Tryllerika (Trika), had a muscle biopsy done in 2012 at MSU to see if it could be diagnosed of why she kept having

muscle tightness during training and competition. The results came back as a moderate case of Polysaccharide Storage Myopathy Type 2 (PSSM2). It's a disease that occurs when excess glycogen (storage form of glucose) or glucose-6-phosphate (form of glucose taken into cells) is present in muscles. Polysaccharide Storage Myopathy can be a scary disease until it is properly managed. Knowledge of the disease allows you to manage it through diet and exercise.

Most of the signs and symptoms of PSSM have to do with the muscles, which makes sense, as the disease affects the muscles. Common signs and symptoms include:

► Exertional Rhabdomyolysis*

*(*An acute, fulminant, potentially fatal disease that destroys skeletal muscle and is often accompanied by the excretion of myoglobin in the urine.)*

► Exercise Intolerance

► Muscle Stiffness

► Shifting Lameness

► Back Pain

► Camped-out stance - standing with legs behind or in front of body instead of directly under

► Muscle atrophy

► Colic like symptoms

I recently reached out to Dr. Stephanie Valberg, who is now in Michigan at MSU, to let her know that as far as I know, Trika is the only confirmed Arabian endurance horse competing in Michigan that has PSSM Type 2. She informed me that Trika was part of a recent national study that looked into the muscle disease in endurance horses and would like a follow up biopsy to see where she is at now. She is reaching out for your help. Please see attachment. Without this research and new information, I would still be treating her for PSSM2 and trying to figure out how to continue to beat this challenging disease.

Barb Kurti

Discovery of a new form of exercise-associated muscle disease in Arabian endurance horses:

Discovery of a new form of exercise-associated muscle disease in Arabian endurance horses

Background: Muscle pain and cramping are part of a syndrome called tying up that can affect up to 18% of Arabian endurance horses. Although tying up is common in endurance horses, a specific basis

for tying up has not been found in this breed. We have made an important breakthrough by identifying a specific form of tying up in Arabian endurance horses that we have called myofibrillar myopathy (MFM). Horses with MFM can be high performing horses and may finish races well but show dark colored urine and mild to moderate stiffness post-race. Horses with MFM often develop muscle cramping during training especially when rested after an endurance race and then put back to work.

What did we discover? We discovered that this unique muscle disease in Arabians is caused by a structural weakness in their muscle contractile proteins which make up 80% of the muscle cell. We used a new technique to identify a characteristic indicator of MFM called desmin which formed clumps in the horses muscle cells. Desmin's job is to keep all of the contractile proteins in an orderly alignment and Arabians with MFM show disorganization of the contractile proteins and more desmin trying to compensate for the underlying weakness. Abnormal desmin seems to appear by the time horses are 7 years of age. This new discovery was based on tremendous support by endurance horse owners in the Pacific Northwest, collaborations with Oregon State and University of California Davis and funding from the Morris Animal Foundation.

Why is this important? If you don't know what causes a muscle disease you don't know how best to treat it. Some of the horses with MFM were previously identified as having polysaccharide storage myopathy (PSSM) and owners worked to decrease sugar in the horse's diet. The diet did not work well because we found that horses with MFM have normal amounts of sugar in their muscle and no genetic indicators of PSSM. To develop the best treatment for MFM we need to drill down further and identify the genes that cause this disease. Identifying the genes involved in MFM will help us to develop targeted treatments and will lead to a DNA based hair test that will identify the disease in horses of any age.

What can you do? In order to develop a DNA test we need blood and small muscle samples from Arabian horses that are healthy to compare to samples from horses with tying up. We have developed a technique where we can use an instrument the size of a pen to take a small muscle sample from the rump of a horse. We are willing to

travel to areas where we can obtain samples from several horses. Horses can exercise within a few hours after the biopsy and training schedules are not impacted by the biopsy. We have done thousands of these biopsy procedures without complications. Endurance owners from the Pacific Northwest participated in our study with biopsy samples taken before and after exercise and we could have you contact then for assurances. Horses need to be 7 years of age or older in order to know if they will have abnormal desmin.

What's in it for me? We will evaluate the muscle sample under the microscope and give you a profile of your horses conditioning based on the types of fast and slow contracting fibers and stains for aerobic capacity. We will let you know if the horse has MFM and provide the most up to date recommendations for managing the disorder if it is present.

Please consider helping us with this research to better the Arabian endurance horse.

If you would be interested in participating in our study please email us at valbergs@msu.edu.

Donations to Forestville State Park and Pillsbury State Forest are only possible with your membership and participation in this sport! Thank you UMECRA Members!!

Minnesota Department of Natural Resources

Forestville/Mystery Cave State Park
21071 County 118
Preston, MN 55965
507-452-5111



April 28, 2016

Ms. Jill Feller
UMECRA-TRAIL
90200 County Road TW
Mayville, WI 53050

Dear Jill:

Thank you for the \$300 donation from UMECRA for crushed rock repairs to equestrian trails at Forestville/Mystery Cave State Park. The funds will be deposited directly into the Forestville equestrian account.

As you know, competitive endurance riding has a long history here, with events conducted for over 40 years. The competitive riding community has been especially supportive of trail improvements at Forestville over the years.

We look forward to another successful riding event this season. Ride safe.

Sincerely,

Mark White
Park Manager

Thank you so much for
your donation to Pillsbury
Hob Forest.

I will be writing into
the 2017 FRTP grant
so the federal match will
be \$900 for a total of \$1200
for Pillsbury.

Terry Leary

Free Feeding Hay: When Will My Horse Slow Down?

It is important to pay attention to your horse's body condition and weight. I would recommend performing a condition score and weight estimate on your horses every two weeks so that you can determine objectively if any are gaining weight. Some horses might be gorging and yet their weight might not change. Excessive weight gain, especially in breeds at risk of metabolic disorders, is always a concern no matter how hay is fed. Pay particular attention to the formation of neck crest fat.

Some things that might help this transition include:

Consider hay quality and getting it tested— Ideally when free feeding hay you want a hay with low in nonstructural carbohydrates (NSC, or starch and water soluble carbohydrates less than 12% on a dry matter basis) and on the lower end for calories (under 1 Mcal per pound better yet closer to 0.8 to 0.9 Mcal/lb). This means that, despite having free access to the hay, the hay being fed has less nutritional value than a forage with higher NSC and calorie content. This will help prevent your horses from gaining weight while eating free choice.

The acid detergent content (ADF) will help indicate the amount of the hay that's indigestible. Generally staying with an ADF between 35-40% tends to be good options for horses eating free choice. A lower ADF is preferable for competition horses and breeding/young stock. Be careful not

to get hay that is so indigestible that there's a risk that it might cause impaction colic due to poor digestibility. If testing hay is not feasible look for bales that have a lower leaf to stem ratio, because hay with more stem generally the hay is lower in NSC and calories.

Typically alfalfa is not recommended as a hay for free feeding due to its higher calorie content. As long as you do not experience weight gain I think it is fine to continue the alfalfa. However, if weight gain starts to creep in consider dropping the alfalfa hay or at least reducing the amount fed. If you'd like to feed some alfalfa for example as a source of higher quality protein or to mitigate ulcer risk, then perhaps switch to pellets that can be more carefully weighed out.

Understanding that horses might appear "fat" when they aren't—Increased forage consumption leads to greater gut fill and more indigestible fiber throughout the digestive tract. This can lead to an increase in the horse's barrel and can be misinterpreted as the horse getting fat when fat levels have not changed. Additionally, fiber encourages water consumption and holds more water in the digestive tract, adding the appearance of bulk. If in doubt use a weight tape and body score condition your horse every other week to keep track of any weight fluctuations. Again I would be particularly concerned a horse experienced an increase of crest fat, which could indicate metabolic function issues.



Slow feeders—If you are currently feeding hay completely loose as well as free choice, using a slow feeder might be a good idea. These come in many forms from rigid plastic feeders to small holed nets. The benefit of these systems is that they help slow consumption and regulate intake. They also save on a great amount of waste.

Another benefit of utilizing some kind of slow feeder, especially nets, is that you can place them strategically around the horse's living space encouraging movement. The more the horses move the more calories they burn and movement is good for encouraging the passage of feed through the digestive tract. Nets that you can fit an entire bale in are available but smaller nets make for easier distribution.

Ensure the hay does not run out—Initially the rapid consumption of hay when fed free choice is due to the habit of meal feeding. If feed runs out once switched to free feeding the horse is going to experience the lack of hay as a break down in the feeding system and could become stressed and as a result go back to rapid consumption. Therefore it's vital, especially for the first weeks, to ensure that hay does not run out day or night. When using nets I like to see a soccer ball sized amount of hay left in the net when I next come to feed. This tells me that the horse had access to hay that could have been consumed if desired but that the choice was made not to eat it. You mention that they are pigging out during the day. Does this mean that they do not have free access to hay at night? If so, then the gap in hay availability might be why they have not yet self-regulated their intake.

Pay attention to behavior—Take note of your horse's behavior at feeding time. Are they waiting for you to come and feed and eager to get eating or are they pretty nonchalant about feed arrival? The latter typically suggests that they are moving towards regulation of intake. They are realizing that hay is always available so there is no reason to stand anxiously awaiting the next meal arrival. I have had clients also report horses that used to be banging at the stable door each morning become far more relaxed around feed time and interestingly they also observed changes in personality under saddle. A greater willingness to work and the sense that the horse was less tense and on edge. While anecdotal it does make sense that being generally more relaxed about life could impact behavior when ridden.

Make sure that you have plenty of fresh clean water available. Increased forage intake increases water consumption, so it's very important to make a constant supply of fresh clean water available at all times.

To ease your mind weigh what they are eating— If you're using smaller nets this is pretty easy. Weigh the nets when full and then even if not empty weigh them again before refilling and calculate the difference to determine how much was consumed. If there are multiple horses eating from the same nets average the consumption across the number of horses to estimate intake per horse. Then compare this to the average weight of the horses. I've had clients do this and what has been interesting is that the horses have all consumed about 2% of their body weight per day. This is right around the amount of voluntary forage consumed by the horses in numerous grazing studies quoted in the National Research Council nutrient requirements of horses.

Be sure to provide necessary micronutrients—As you would when feeding limited forage you need to ensure a quality course of additional trace minerals and vitamins. When feeding the hay with a slightly lower nutritional value as recommended above insuring a source of quality protein in the ration is a good idea. This is because the more mature hays that have the lower NSC and calorie levels also tend to have lower crude protein contents. For this reason I recommend feeding a high-protein ration balancer as a way of not only meeting the mineral and vitamin requirements but also of providing the necessary quality protein.

Focus attention less on the actual act of hay consumption and rather on the body condition and weight of the horses. Some moderate weight gain is to be expected initially; however, if weight gain continues unchecked this would be an indicator that free choice hay is not a viable option for that particular horse.



Please find attached to the newsletter the second installment of bylaw reviews for members to look over
Review of Proposed Changes to Bylaws

In accordance with the bylaws, notice is hereby given that the following bylaw changes will be considered
at the general membership meeting to be held in January 2017.

Current Bylaw	Bylaw Changes (words inserted/added are <u>underlined</u> ; Words removed are struck-out)	Rationale
<p style="text-align: center;">ARTICLE III</p> <p>SECTION 6. VOTING PROCEDURES AT MEETINGS OF THE CORPORATION. Delegates shall be chosen by each endurance/competitive ride sanctioned and held the previous season or year as follows, including:</p> <p>a. The members of the Board of Directors, Officers, Veterinary Representative and Rider Representatives of the Corporation shall serve and be accredited as voting delegates of the Corporation. However, Advisory Positions on the Board may not serve as voting delegates unless otherwise qualified herein.</p> <p>b. Each ride membership shall be entitled to appoint a single voting delegate for each ride-day of their ride/event. For example, for a ride held over a Friday, Saturday and Sunday, that event shall be entitled to three (3) voting delegates, regardless of whether they have multiple divisions or events on a particular ride day. However, the ride must have at least one sanctioned event or division on a day for it to qualify as a ride -day for purposes of assigning voting delegates. Additionally, the Board shall reserve the right to confirm appointment of voting delegate(s) to the spirit of this Section, in order to avoid splitting of days at the same ride location time and place in an effort to increase</p>	<p style="text-align: center;">ARTICLE III</p> <p>SECTION 6. VOTING PROCEDURES AT MEETINGS OF THE CORPORATION. Delegates shall be chosen by each endurance/competitive trail ride sanctioned and held the previous season or year as follows, including:</p> <p>a. The members of the Board of Directors, Officers, Veterinary Representative and Rider Representatives of the Corporation shall serve and be accredited as voting delegates of the Corporation. However, Advisory Positions on the Board may not serve as voting delegates unless otherwise qualified herein.</p> <p>b. Each <u>sanctioned and held endurance/competitive trail ride sanctioned and held from the immediate preceding year/season</u> shall be entitled to appoint a single voting delegate for each ride-day of their ride/event. For example, for a ride held over a Friday, Saturday and Sunday, that event shall be entitled to three (3) voting delegates, regardless of whether they have multiple divisions or events on a particular ride day <u>up to a maximum of seven (7) delegates. Any endurance/competitive trail ride which schedules itself to exceed seven (7) days must apply for as a separate event for those additional days, and in the case of consecutively scheduled events shall be limited to seven (7) voting delegates.</u> Any eligible</p>	<p>Proposed language specifies that rides held in the previous season/year are entitled to appoint a single voting delegate for each day of their ride. Said delegates would be considered as official voting delegates at all Annual/Special Meetings. Proposed language also limits the maximum number of potential voting delegates to seven (7) preventing any one or two rides from establishing a majority of the quorum at an Annual/Special Meeting.</p> <p>The last portion of proposed language in paragraph b prohibits ride managers from artificially increasing their amount of delegates by sanctioning an Endurance and LD ride in the morning and a Competitive ride in the afternoon and calling the afternoon ride a new and different ride.</p>

appointment of voting delegates.

c. Although one person may serve in a combination of the above positions, s/he may exercise only one vote as a delegate. Said delegates shall elect the Officers and Directors of the Corporation and shall, by majority vote of the delegates present at any such meeting, approve rule changes proposed by the Board of Directors or decide whether to permanently adopt interim rules previously made by the Board of Directors, together with such other powers as may be authorized under these Bylaws.

endurance/competitive trail ride event must have at least one sanctioned event or division on a day for it to qualify as a ride-day for purposes of assigning voting delegates. Additionally, the Board shall reserve the right to confirm appointment of voting delegate(s) to the spirit of this Section, in order to avoid dilution or the artificial increasing of voting delegates by an event organizer or its ride management (such as splitting of days at the same ride location time and place in an effort to increase appointment of voting delegates).

c. Although one person may serve in a combination of the above positions, s/he may exercise only one vote as a delegate. Said delegates shall elect the Officers and Directors of the Corporation and shall, by majority vote of the delegates present at any such meeting, approve rule changes proposed by the Board of Directors or decide whether to permanently adopt interim rules previously made by the Board of Directors, together with such other powers as may be authorized under these Bylaws.

COMMENTS;

Section 6 originally was a part of Article VII, (MEMBERSHIP), and was titled as Section 4 in the 2014 version of the Bylaws. When the "housekeeping" changes of 2016 were approved, the language was moved to Article III, NOTICE OF MEETINGS, QUORUMS, & VOTING This realignment of the language was suggested by UMECRA's attorney.

Review of Proposed Changes to Bylaws

In accordance with the bylaws, notice is hereby given that the following bylaw changes will be considered at the general membership meeting to be held in January 2017.

Current Bylaw	Bylaw Changes (words inserted/added are <u>underlined</u> ; Words removed are struck out)	Rationale
<p>ARTICLE III Section 5. DELEGATES Each endurance/competitive trail ride sanctioned the immediately preceding year/season, by one of its ride managers as listed on its sanctioning form shall submit the names of its official voting delegates or its authorized alternate voting delegate(s) [also referred to as proxies] to be recorded by the Corporate Secretary prior to any meeting of members.</p>	<p>.ARTICLE III Section 5. Each endurance/competitive trail ride sanctioned the immediately preceding year/season, by one of its ride managers as listed on its sanctioning form shall submit the names of its official voting delegates or its authorized alternate voting delegate(s) [also referred to as proxies] to be recorded by the Corporate Secretary prior to any meeting of members. <u>Official voting delegates must have actively participated in the management of the endurance/competitive trail ride and be listed on the sanctioning application. Ride managers of cancelled rides, who have paid their sanctioning fees before the ride has been cancelled and where the cancellation occurred for good cause shown, shall retain voting rights for the next Annual Meeting.</u></p>	<p>Ride sanctioning forms listing the names of the ride managers of particular rides have been used for many years to associate ride managers with a ride. Communication between UMECRA and ride managers has gone to those people listed on the original sanctioning applications and these people have been considered as voting delegates of their ride. Occasionally, different names from those listed on the sanctioning forms will be listed on ride flyers which have caused some confusion when identifying actual voting delegates of a ride. The proposed language requires voting delegates to be listed on the previous year's sanctioning application and to have actively participated in the management of the ride they are listed with. The proposed language also guarantees that the ride managers of record will retain his/her voting rights through the next Annual Meeting should their ride be cancelled. Cancellations must be for "good cause" and the rides sanctioning fees must be paid prior to the cancellation.</p>
<p>COMMENTS;</p>		
<p>NOTE: Article III, Section 5 language of the 2014 Bylaws was changed when the "housekeeping" changes were approved at the 2016 Annual Meeting. A portion of the 2014 language of Section 5 was removed at this time from the Section because the language is embedded as "housekeeping changes" in other Articles and Sections of the 2016 bylaws.</p>		

Review of Proposed Changes to Bylaws

In accordance with the bylaws, notice is hereby given that the following bylaw changes will be considered at the general membership meeting to be held in January 2017.

Current Bylaw	Bylaw Changes (words inserted/added are <u>underlined</u> ; Words removed are struck out)	Rationale
<p>ARTICLE III SECTION 4. Business transacted at all Special Meetings shall be confined and limited only to the purposes stated in the call to the Special Meeting. These limitations do not infringe upon the powers enumerated in Article V, herein.</p>	<p>SECTION 4. Business transacted at all <u>Annual Meetings shall include all purposes allowed under these rules and as accepted by a majority of a quorum of the Board of Directors from its previous fall meeting and at its morning meeting, or as raised and accepted by the President or other person presiding over the Annual Meeting during discussion of "new business" items.</u> Special Meetings shall be confined and limited only to the purposes stated in the call to the Special Meeting. These limitations do not infringe upon the powers enumerated in Article V, herein.</p>	<p>Current language <u>only</u> refers to <u>Special Meetings</u>; any business transacted at a Special Meeting must be confined and limited to the sole purpose, (item), of the meeting being called. Having and/or holding a Special Meeting does not limit or infringe on the powers given to the Board of Directors via Article V (see Article V for those powers). Proposed language would be added to the current language. The proposed language includes <u>Annual Meetings</u> in Section 4 and is specific to Annual Meetings. Proposed language allows all purposes, (items), presented to the Board during "new business" to be discussed if: 1) permitted by the rules, 2) accepted by a majority of a quorum of the Board of Directors from the previous fall meeting and at the morning meeting, (held on the morning of the Annual Meeting), or 3) if the item, as raised, is accepted by either the President or other person presiding over the Annual Meeting.</p>
<p>COMMENTS;</p>		
<p>As mentioned in the rationale column above, the current language only deals with the business of Special Meetings. Proposed language is specific to Annual meetings and addresses how "new business" items will be accepted as an agenda item at both the morning meeting of the Board of Directors and at the Annual Meeting. NOTE: The Board of Directors brought this proposal forward as the proposed language is the current method/practice used by the Board to determine if items are acceptable as agenda items.</p>		

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5th of each month
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