



## **A letter from the Editor....**

The ride season is well under way and I hope you are getting out there as much as you can and support the rides! Looking at ride results, there are some rides that are having huge numbers of riders, others - not so much. If you want to have opportunities to ride in the future, it's important to support the rides now.

Get out there and attend one more ride this year than normal – try a ride outside of your area if you can and see what else is out there! We have a lot of amazing trails here in the Midwest!

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### **ROCK RIVER CHARITY RIDE CANCELLED**

If you were planning on attending the Rock River Charity Ride managed by Tony Troyer, the ride has been cancelled for this year. Tony suffered a serious accident this spring. He's on the road to recovery, but managing a ride would be a bit too much right now.

Please join me in wishing Tony a speedy and complete recovery!!

Thank you,  
Peggy

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## **Diagnosing and Managing Equine GI Health Problems**

*Common clinical signs associated with gastrointestinal (GI) dysfunction include intermittent diarrhea, anorexia, and/or colic episodes.*

Practicing veterinarians too easily overlook digestive health in their equine patients. But gut

health is vital to the horse's overall health and performance potential.

When considering equine digestive health, practitioners might be inclined to think only of the stomach. But it is also important to remember the hindgut. The horse's ability to digest food and absorb nutrients requires the hindgut to function properly. The hindgut is also the source of many significant health conditions such as colic. The hindgut is also the home to the microbiota—literally trillions of bacteria and other microbes which play a significant role in the horse's digestive process, as well as overall health and well-being.

Common clinical signs associated with gastrointestinal (GI) dysfunction include intermittent diarrhea, anorexia, and/or colic episodes. But as these issues arise and diagnosis is more obvious, the options for treating them effectively diminish. This leaves practitioners with options that are more costly, more risky, more invasive, and possibly less effective. It is therefore beneficial to the horse and its caretakers to identify an issue sooner rather than later.

Diagnosing GI tract conditions accurately means being able to differentiate between foregut and hindgut conditions. A study published in 2005 introduced a colonic ulcer incidence rate of 63% among performance horses post-mortem (Pellegrini, 2005). Research also shows that ruling in gastric ulcers does not rule out colonic ulcers or other serious issues of the hindgut. Further, treatment approaches for stomach ulcers or other foregut issues are generally likely to be different from those for the hindgut. Thus, the ability to distinguish between foregut and hindgut pathology is important.

The SUCCEED Equine Fecal Blood Test (FBT) provides veterinarians with an easy, affordable, and reliable tool to support the diagnosis of GI tract conditions in equine patients, differentiating between foregut and hindgut issues (Pellegrini, 2009).

Once a horse is diagnosed with gastrointestinal disease, treatment approaches must be considered. For gastric ulcers, omeprazole remains the remedy of choice. It has been proven effective in multiple studies (McClure et al., 2005; Andrews et al., 1999). But this is all dependent on the client's ability and willingness to pay. Further, recent research has shown omeprazole to be less efficacious in glandular ulceration applications as compared with squamous gastric ulcers. (Sykes et al., 2014, 2015.) Proton pump inhibitors or other acid-reducing treatments are also generally ineffective in addressing hindgut conditions.

Dietary management, including supplementation, might provide an effective alternative method of managing and treating GI health in the equine patient.



Congratulations to UMECRA's own Barb Kurti and Kultra on their Tevis completion!

## Ride Results!

If you see an error in the results, please reach out to the ride manager for corrections.

APDRA - 6/12/21 - End HW - 50 miles			
Stephanie	Crispin	AllAboutMajestic	1
Jim	Andriakos	WBNelsons Thunderbyrd	2
Kimberly Ann	Fosler	BZ Cojeseryn Sahar	3
Deb	Searle	Sultann Sundance	4
APDRA - 6/12/21 - End LW - 50 miles			
Misty	Haumschild	Star Bar Skip	1
Linda	Jacobson	AE Gimli Strength	2
Tracy	Johnson	Mombo Number Five	3
Lori	Windows	Ella N Fires Jane Doe	P
APDRA - 6/12/21 - LD HW - 25 miles			
Daniel	Pakes	Remi	1
Frank	Langholf	BZ Sierra Sunrise	2
Ann	DeLang	Chocolate Martini	3
Marge	Dixon	Bethany Jet	4
APDRA - 6/12/21 - LD LW - 25 miles			
Wes	Elford	Suzie Q	1
Roberta	Harms	Lady Jane	2
Elizabeth	Frieders	UpUp And Away JIF	3
Mary	Otto	Noahs Serene Sunrise	4
Melinda	Stewart	McCues Miss Behavin	5
Melisa	Positeri	Marshall Tucker	P
Maxine	Bernsdorf	CH Shamm Bashire	P
Jane	Kirkeide	Noah	P
Nicole	Mausser-Storer	HS Wineglass Pik George	P
APDRA - 6/12/21 - LD Jr - 25 miles			
Ellie	Otto	Fred	1
APDRA - 6/12/21 - Comp HW - 25 miles			
Andrea	Pfeifer	Mytalisha's Titan	1
Sarah	Watts	Never Missed A Meal	2
Sarah	Mowrer	A Time To Shine	3
APDRA - 6/12/21 - LD Jr - 25 miles			
Ellie	Otto	Fred	1
APDRA - 6/12/21 - Comp HW - 25 miles			
Andrea	Pfeifer	Mytalisha's Titan	1
Sarah	Watts	Never Missed A Meal	2
Sarah	Mowrer	A Time To Shine	3
APDRA - 6/12/21 - Comp LW - 25 miles			
Devan	Lewer	Eternity Deville	1
Jennifer	Haras	Maverick	2
Gabrielle	Monty	Devilwood Robin Royale	3
Marta	Huss-Lederman	Hercules	P
Jessica	Recknagel	Onyx	P
APDRA - 6/12/21 - Comp Jr - 25 miles			
Tabitha	Kostreva	Stormy Weather	1
Alexis	Anagnopoulos	Layla	P
Vail	Amundson	Faith	P
Chesney	Potter	Bad Decisions	P
APDRA - 6/12/21 - Drive - 16 miles			
Wes	Licht	Rosali	1
Ray	Hubert	JimmyCrackedCorn	2
Alice	Hubert	Gridlock	3

APDRA - 6/13/21 - LD HW - 25 miles			
Samantha	Miller	Bey Gaalan	1
Jim	Andriakos	Afsaar	2
APDRA - 6/13/21 - LD LW - 25 miles			
Nicole	Mauser-Storer	Sosas Playboy at Sonset	1
Elizabeth	Frieders	Hotsprings Fandango	2
Sally	Hoff	Gloryius Trinity	3
APDRA - 6/13/21 - Comp HW - 25 miles			
Allison	Goetz	Shadowtrax	1
Amber	Erickson	Ottalia Mystic	2
Andrew	Ruzka	Falling For a Fire	P
APDRA - 6/13/21 - Comp LW - 25 miles			
Debby	Weisbecker	JM Cest La Vie	1
APDRA - 6/13/21 - Comp Jr - 25 miles			
Alice	Erickson	Ophelia Kkan	1
Logan	Erickson	A Kings Delivery	2

White River Summer - 6/12/21 - End HW - 50 miles			
Tom	Gower	Massimiliano	1
Stephanie	Boomgaard	Cowboy	2
Joann	Dible	I'm A Little Beamer	3
Joelynn	Ferris	Rebel Cavalry	P
White River Summer - 6/12/21 - End LW - 50 miles			
Diane	Meinders	Lumiere WW	1
White River Summer - 6/12/21 - LD HW - 25 miles			
Charles	Bramel	AK Magnums Awesar	1
Don	Fehrs	Player's Choice	2
Brandy	Green	Six X Cowboy	3
Grace	Willer	Playmors Black Diamond	P
Diane	Maxey	LW Constant Sohn	P
Katie	Kadzban	Smokem May Hancock	P
White River Summer - 6/12/21 - LD LW - 25 miles			
Sara E.	Hall	WP Yippe Ki Yay	2
Barbara	Hubler	The Fourth Estate	1
White River Summer - 6/12/21 - Comp LW - 25 miles			
Jan	Wylie	Dose	1
Lisa	Germann	Ainia DCR	P
Taylor	Walker	Phantomz Mirazh	P
Lisa	Moorhouse	LSA Dark Son Rising	2
White River Summer - 6/13/21 - End HW - 50 miles			
Tom	Gower	HK Xpress Avenue	1
Chris	Marks	Thokkadis from Winterhorse	P
White River Summer - 6/13/21 - End LW - 50 miles			
Diane	Meinders	Yo Dusty	1
White River Summer - 6/13/21 - LD HW - 25 miles			
Charles	Bramel	AK Magnums Awesar	1
White River Summer - 6/13/21 - LD LW - 25 miles			
Laura	McCormack	Coal	1
White River Summer - 6/13/21 - Comp LW - 25 miles			
Jan	Wylie	Dose	1
Soraya	Saatchi	Atreyu	2

*Isn't it amazing... No matter how dark my day has been, a ride on my horse has the power to clear my mind and soul!*

Grand Island North - 6/19/21 - End HW - 55 Miles			
Bettina	Koehn	JBK Nadja	1
Grand Island North - 6/19/21 - End LW - 55 Miles			
Diane	Meinders	Yo Dusty	1
Grand Island North - 6/19/21 - LD HW - 30 Miles			
Tiffany	Peterson	Frango	1
Rebecca	Bond	Quincey QT	2
Carmen	Dahlhoff	Rose	3
Grand Island North - 6/19/21 - LD LW - 30 Miles			
Julia	Newton	Lucca	1
Karen	Jarvi	Sony De Mayo Rose	2
Karen	Bahrman	Westwind Little Big Man	3
Emily	Seidler	Shaneequah	4
Samantha	Smith	Baskadena KSR	5
Laurie	Henschel	Bataania KSR	6
Audrey	McMurry	Powerofthetriangle	P
Wendy	Maas	Renegade Raja	P
Grand Island North - 6/19/21 - LD Jr - 30 Miles			
Ilona	Jarvi	Liberdee	1

SE MN - 6/19/21 - End HW - 50 Miles			
Sherry	Aune	Lily Creek Rhythm	1
Debra	Moe	Indian Grey Ghost	2
Sheryl	O'Brien	Wild River Sundancer	3
Rebecca	Horihan	LC Ernani	4
Melonie	Driese	Justaemageof	5
SE MN - 6/19/21 - End LW - 50 Miles			
Lindsay	Jackson Nichols	Ravenswood Nevermore	1
Sophie	Gustafson	Tryggr	2
Eileen	Kirsch	Hansi	3
Elizabeth	Frieders	UpUp And Away JIF	4
SE MN - 6/19/21 - LD HW - 25 Miles			
Janet	Sarver	Legacy of Khourage	1
Judy	Hoeft	Romeo	2
Crystal	Esqueda	Lopin in Diamonds	3
Mandie	Roggenkamp	The Outlander	4
TJ	Edwards	Heritage Hills Clare	5
Barry	Saylor	Victoro GRK	P
SE MN - 6/19/21 - LD LW - 25 Miles			
Bobbi	Belz	Duke	1
Linda	Jacobson	AE Gimli Strength	2
Suzanne	Warren	CR Zohlaraaz	3
Jesse	Shaddrick	Jinjersnapp	4
Colleen	Hueners	Thee Magicman HT	5
Debra	Schroeder	Mexicali Mac V	6
Dannielle	Lease	Boo Kids Aster Knight	C
Steffanie	Arneson	Noble Defender	C
Shea-Lynn	Ramthum	SS Butter Me Up	C
Hannah	Knutson	SB Sedona	C
Chip	Jack	Brunello NA	C
Donnamarie	Temple-Burgess	Litla	C
Paula	Goligowski	Good Thunder	C
Michelle	Fedewa	Rose	P
Kaitlyn	Fedewa	Ms Lightening	P
Laurie	Hoepner	Gai Caravel	P
Debra L	Juettner	Lacy	P

SE MN - 6/19/21 -LD Jr - 25 Miles			
Evie	Sellner	Shorty	1
Adin	Esqueda	Mustang Salli	2
Grace	Carter	Corona Breeze	3
SE MN - 6/19/21 -Comp HW - 25 Miles			
Bonnie	Mielke	BNB Khrome Azrael	1
Carmen	Steuck	Phoenix	2
Mary	Mulholland	Quest	3
Taryn	Lindbeck	TKO Rhio Bask	P
SE MN - 6/19/21 -Comp LW - 25 Miles			
Katie	Vogl	My Name Is Bob	1
Peggy	Pasillas	Remy	2
Kaylian	Welsh	Whiskey in a Tee Cup	3
Bev	Specht	JH Arabalest	P
SE MN - 6/20/21 - LD HW - 25 Miles			
Karin	Lupo	VC Premier Eddition	1
Crystal	Esqueda	Lopin in Diamonds	2
Kristen	Delk	Firecreek Casper	3
SE MN - 6/20/21 - LD LW - 25 Miles			
Bonnie	Mielke	PSL Lakota Chief	1
Darlene	Molitor	VC Arieon	2
Bobbi	Belz	Duke	3
Lindsay	Jackson Nichols	Thorhastrachan	4
SE MN - 6/20/21 - LD Jr - 25 Miles			
Grace	Carter	Corona Breeze	P
SE MN - 6/20/21 - Comp HW - 25 Miles			
Katja	Wiedrich	Noble Adventure	1
Laurie	Brown	VC Makita	2
Becki	Sanford	Stryka Major Chord	3
SE MN - 6/20/21 - Comp LW - 25 Miles			
Jodi	Johannessen	SC Izzabella	1
Candy	Barbo	Psyche On Fire	2
Diane	Merz	Sterling Illusion	3
Karla	Ovsak	Dobella NPA	4
Kaylian	Welsh	Whiskey in a Tee Cup	5
Olivia	Christenson	Tamanni BLM	6
Peggy	Pasillas	Remy	C
Colleen	Morgan	Batman SH	C
SE MN - 6/20/21 -Novice - 15 Miles			
Jessica	Sonnek	Jazmine	1
Rebecca	Dubois	MLM Agua Bella	2
Mitch	Dubois	CPR Christina	3
Becca	Johnson	Bullet's Black Rain	4
Ellie	Niebeling	Talk Talk Talk "Quinn"	5
Janet	Sarver	Legacy of Khourage	MO
Emily	Kibler	Mr Major General	MO

Dead Dog Creek - 6/26/21 - End HW - 75 miles			
Gerald	Cummings	Bethany GreyC+//	1
Dead Dog Creek - 6/26/21 - End HW - 50 miles			
Leah	Scharfetter	Kedar WRF	P
Michelle	Gilday	Dandy's Moonlight Serenade	P
Sarah	Fleming	RTM Triple Threat	1
Keith	Kibler	Silver's Wild Kate	2
Dead Dog Creek - 6/26/21 - End Jr - 50 miles			
Logan	Scharfetter	KF Sweet Lyric	P
Natalie	Joyner	KF Amber Chiffon	1

Dead Dog Creek - 6/26/21 - LD HW - 30 Miles			
Julia	Binder	Kamar Nahhab HLA ( )	1
Tracy	Bridges	Dark Behr Rising	2
Kimberly	Rosecrans	Magic	3
Dead Dog Creek - 6/26/21 - LD LW - 30 Miles			
Nicole	Mausser-Storer	Sosas Playboy at Sonset	1
Christina	Byman	DB Fatin	2
Pamela	Garrison	Sky Setter	3
Hanna	Osborne	MRAMOR	4
Jenny	Applegate	CL Samboni	P
Dead Dog Creek - 6/26/21 - LD Jr - 30 Miles			
Katarina	Martin	Polly	1
Dead Dog Creek - 6/26/21 - Comp LW - 30 Miles			
Joshua	Mowrer	KW Magnum Archie	1
Aaron	Mowrer	EAF Sweet Clementine	2
Mike	Mocilan	Cheveyo FM	3
Kim	Rumpsa	R Secret Anniversary	4
Dead Dog Creek - 6/26/21 - Novice - 15 Miles			
Ed	DeRousse	Danny Najem	1
Addie	Patterson	RSR Sarah's Lilly	2
Greg	Garrison	Reboe	3
Trudy	Horsman	Shahniah Norsk	MO
Kaylie	Hulsey	Lilly	MO

Maah Daah Hey - 6/26/21 - End HW - 50 Miles			
Tom	Gower	Massimiliano	1
Isac	Dymesich	Lindah Jefe	2
Maah Daah Hey - 6/26/21 - End LW - 50 Miles			
Jessie	Finnila	Sterlings Starstrider	1
Jessi	Vinkemeier	FT Firestorm	1
Bridget	Helms	Unduniably Up To Par	3
Kelly Ann	Kennedy	Ali Gazali WLF	4
Emma	Christopherson	Integritys Deluxx	5
Susie	Jones	GLW Reklassic Whisper	6
Jane	Malischke	Hollywoods Brightest	C
Rachel	Zander	Limitless	P
Michele	Seaman	Me Encanta Dinero	P
Maah Daah Hey - 6/26/21 - End Jr - 50 Miles			
Emily	Dymesich	Scout	1
Maah Daah Hey - 6/26/21 - LD HW - 30 Miles			
Vickie	Kissack	Alfano Matinee Rossa	1
Debra	Moe	UTCS Aur Mojito	2
Janet	Sarver	Legacy of Khourage	3
Judy	Hoelt	Romeo	4
Christina	McCarthy	Thor	5
Julie	Elijah-Barker	Arrow E Yellow Dog	6
Sarah	Carlson	FPH Second Badge	C
Monicka	Remboldt	IBN Al Riyah Razeel	C
Carol	Weber	Belsema Exclusiva	C
Becca	Johnson	Bullet's Black Rain	P
Ericka	Achberger	Yetlanesi	P

Maah Daah Hey - 6/26/21 - LD LW - 30 Miles			
Cindi	Jacobs Weist	Tezeros Annie Sue	1
Adrienne	Dymesich	Reille	2
Krista	Kester	All Gone MHF	3
Vonnie	Brown	Royals Bey	4
David	Brown	Tezeros Hot Shot	5
Margaret	Reynolds	VA Caradelle	6
Travis	Brinck	Envy My Fame	C
Angela Flores	Hershey	Pavaratti	C
Amy	Morrison	Gideon	C
Roberta	Grieger-Nimmo	GZ Aur Nitro Sunshine	C
Sandi	Hanly	Whatsupbuttercup	C
Candy	Barbo	Psyche On Fire	C
Jodi	Johannessen	SC Izzabella	C
Stephanie	Granke	Ruby	C
Dawna	Bernhagen	Luna	C
Maah Daah Hey - 6/26/21 - LD Jr - 30 Miles			
Elliot	Dymesich	Fantasia	1
Savannah	Hasskamp	Frank	2
Maah Daah Hey - 6/26/21 - Novice- 10 Miles			
Marsha	Jorgenson	Charlie	1
Hannah	Morse	Clover	2
Heather	Brower	Artistz Temptation	3
Remi	Morse	Lady	4
Maah Daah Hey - 6/27/21 - End HW - 50 miles			
Tom	Gower	HK Xpress Avenue	P
Maah Daah Hey - 6/27/21 - LD HW - 50 miles			
Jessie	Finnila	Sterlings Starstrider	1
Jessi	Vinkemeier	FT Firestorm	2
Emma	Christopherson	Integritys Deluxx	3
Bridget	Helms	Unduniably up to Par	4
Maah Daah Hey - 6/27/21 - LD HW - 30 miles			
Monicka	Remboldt	IBN Al Riyah Razeel	1
Hannah	Johnson	RedRock Wyatt	2
Christina	McCarthy	Thor	3
Maah Daah Hey - 6/27/21 - LD LW - 30 miles			
Vonnie	Brown	Royals Bey	1
David	Brown	Sadie	2
Susie	Jones	GLW Reklassic Whisper	3
Cindi	Jacobs Weist	Tezeros Annie Sue	4
Margaret	Reynolds	VA Caradelle	5
Roberta	Grieger-Nimmo	RedRock Sam	6
Rachel	Zander	AF Go For Gold	C
Maah Daah Hey - 6/27/21 - Novice - 10 miles			
Logan	Erickson	A Kings Delivery	1
Alice	Erickson	Ophelia Kkan	MO
Amber	Erickson	Lilly	MO

Endless Valley - 7/2/21 - End HW - 50 Miles			
Sherry	Aune	Lily Creek Rhythm	1
Stephanie	Crispin	AllAboutMajestic	2
Guy	Worthington	PA Hi-Spirit	3
Robin	Schadt	Kayheart	4
Kimberly Ann	Fosler	BZ Cojeseryn Sahar	5
Brandon	Brunner	La Grange RTA	6
Endless Valley - 7/2/21 - End LW - 50 Miles			
Diane	Meinders	Lumiere WW	1
Marianne	Guilfoyle	Gianni Ali Oops	1
Jan	Worthington	Golden Lightning	3
Bobbi	Belz	Duke	4
Elizabeth	Frieders	UpUp And Away JIF	5
Misty	Haumschild	Star Bar Skip	6
Eileen	Kirsch	Hansi	C
Ann Marie	Barnett	VA Chazzmyne	C
Shanon	Ployhart	BBA Fahad Al Hadi	C
Endless Valley - 7/2/21 - LD HW -25 Miles			
Wes	Elford	Suzie Q	1
Ann	DeLang	Chocolate Martini	2
Marge	Dixon	Bethany Jet	3
Daniel	Pakes	Remi	4
Ruth	Blyth	Heritage Hills Clare	5
Amy	Broadie	No Flash Photography	6
Frank	Langholf	BZ Sierra Sunrise	P
Endless Valley - 7/2/21 - LD LW -25 Miles			
Suzanne	Warren	CR Zohlaraaz	1
Vera	Betzelberger	Lexus	2
Amy	Betzelberger	Starr Quest	3
Ainsley	Suskey	RAL Khastaway (Khasper)	4
Amy	Broadie	No Flash Photography	5
Carol	Wagner	Tripl Blackburn King	6
Katie	Bachhuber	Indiana	C
Melinda	Stewart	McCues Miss Behavin	C
Laurie	Henschel	Bataania KSR	C
Melissa	Coolich	CE Cool Chazzanova	C
Adrienne	Dymesich	KTM Eclipse The Win	C
Crystal	Hexum	Presario	C
Pam	Cotton	Wyatt's Dire Straits	P
Endless Valley - 7/2/21 - LD Jr -25 Miles			
Grace	Carter	Corona Breeze	1
Emily	Dymesich	Scout	2
Endless Valley - 7/2/21 - Comp HW -25 Miles			
Bonnie	Mielke	BNB Khrome Azrael	
Endless Valley - 7/2/21 - Comp LW -25 Miles			
Debby	Weisbecker	JM Cest La Vie	1
Susan	Grossenbacher	NW Otono Blue Sky	2
Endless Valley - 7/3/21 - LD HW -25 Miles			
Samantha	Miller	Bey Gaalan	1
Sherry	Aune	Gab Almost Foolish	2
Peter	Dordal	Amaz'n Grace	3
Daniel	Pakes	Remi	4
Samantha	Echaves	Ritzy Rozarita	5
Amy	Broadie	No Flash Photography	6
TJ	Edwards	Heritage Hills Clare	C
Brooke	Moeller	Rusty Chris-te	C

Endless Valley - 7/3/21 - LD LW - 25 Miles			
Roberta	Harms	Lady Jane	1
Bonnie	Mielke	PSL Lakota Chief	2
Elizabeth	Frieders	Hotsprings Fandango	3
Melissa	Coolich	Rumor SWA	4
Laurie	Hoepfner	Gai Caravel	5
Endless Valley - 7/3/21 - LD Jr - 25 Miles			
Grace	Carter	Corona Breeze	1
Endless Valley - 7/3/21 - Comp HW - 25 Miles			
Sarah	Mowrer	A Time To Shine	1
Endless Valley - 7/3/21 - Comp LW - 25 Miles			
Jennifer	Haras	Maverick	1
Susan	Grossenbacher	NW Otono Blue Sky	2
Jessica	Sweeten	Lord Canela	3
Devan	Lewer	Eternity Deville	P

Mosquito Run - 7/10/21 - End HW - 50 Miles			
Sheryl	O'Brien	Wild River Sundancer	1
Rebecca	Horihan	LC Ernani	2
Debra	Moe	Indian Grey Ghost	3
Erica	Hollen	AW Banderas	4
Karin	Lupo	VC Premier Eddition	5
Melonie	Driese	Justaemageof	P
Mosquito Run - 7/10/21 - End LW - 50 Miles			
Lorrie	Beaulieu	Aint No Plain Jane	1
Maria	Enge	Eleanor Ambrosia B	4
Krystyna	Eischens	Ozzy	5
Jane	Malischke	Hollywoods Brightest	2
Theresa	Meyer	Sirius Encore	3
Darlene	Molitor	VC Arieon	6
Mosquito Run - 7/10/21 - End Jr - 50 Miles			
Miley	Eischens	Chips Diamond Rehalla	1
Mosquito Run - 7/10/21 - LD HW - 25 Miles			
Daniel	Pakes	Remi	1
Judy	Hoefl	Romeo	2
Brad	Langlais	Sunny (R Witex Moongold)	3
Jennifer	Frerichs-Ramon	Lads Switch Blade	6
Joshua	Ramon	Halley's Comet	5
Janet	Sarver	Legacy of Khourage	4
TJ	Edwards	Heritage Hills Clare	C
Mandie	Roggenkamp	The Outlander	C
Jesselyn	Grimshaw	Snow	C
Mosquito Run - 7/10/21 - LD LW - 25 Miles			
Pamela	Coolidge	Snappy	1
Jessi	Vinkemeier	Mystic Dynasty PF	2
Angela	Flores Hershey	Pavaratti	3
Anne	Anderson	SH After Midnite	4
Valerie	Poyer	Jackpot	5
Karla	Ovsak	Dobella NPA	6
Ruby	Filhart	Frank's Port of Call	C
Dawna	Bernhagen	Luna	C
Hannah	Knutson	SB Sedona	C
Shea-Lynn	Ramthum	SS Butter Me Up	C
Lindsay	Lundby	Golden Buttercup	C
Chip	Jack	Brunello NA	C
Amy	Morrison	Gideon	C
Debra	Schroeder	Quantum Chromatic Abberation	C
Abbie	Schramm	Nobel Defender	C
Dannielle	Lease	Boo Kids Aster Knight	C
Sherry	Legatt	SBF Capaccino	C
Tracy	Haelterman	Captain Jack Sparrow	C
Steffanie	Arenson	Trixie	P

Mosquito Run - 7/10/21 - LD LW - 25 Miles			
Brak	Shramm	Shakers On The Rocks	1
Grace	Carter	Corona Breeze	2
Mosquito Run - 7/10/21 - Comp HW - 25 Miles			
Bonnie	Mielke	BNB Khrome Azrael	1
Laurie	Brown	VC Makita	2
Sarah	Carlson	FPH Second Badge	3
Mary	Mulholland	Quest	MO
Mosquito Run - 7/10/21 - Comp LW - 25 Miles			
Jodi	Johannessen	SC Izzabella	1
Candy	Barbo	Psyche On Fire	2
Katie	Vogl	My Name Is Bob	3
Suzanne	Warren	PPF Geysms Sonly	4
Diane	Merz	Sterling Illusion	5
Megan	Thomas	Baskin Dream	6
Colleen	Morgan	Batman SH	C
Olivia	Christenson	Tamanni BLM	C
Peggy	Pasillas	Remy	C
Kaylian	Welsh	Whiskey in a Tee Cup	C
Ron	Thomas	Chloe	C
Mosquito Run - 7/10/21 - Comp Jr - 25 Miles			
Audrey	Thorp	Nightmare Blues	1
Ruby	Thorp	Jupiter	2
Mosquito Run - 7/10/21 - Novice - 15 Miles			
Michelle	Deboer	MH Jolie	1
Aga	Lisa	Noble Emotions CRF	2
Jessica	Sonnek	Jazmine	2
Cassandra	Prince	Mirage	4
Linda	Pakes	KoKo	5
Rebecca	Dubois	MLM Agua Bella	6
Mitch	Dubois	CPR Christina	6
Elena	Aragon	Cadys Roll in the Thunder	C
Hannah	Jorgenson	Clover	C
Anthony	Bendjeber	Good Thunder	C
Ellie	Niebeling	Ouch My Stitches	C
Marsha	Jorgenson	Charlie	C
Remi	Jorgenson	Lady	C
Jennifer	Frerichs-Ramon	Lads Switch Blade	MO
Paula	Goligowski	Ms Lightening	MO
Emily	Kibler	Mr Major General	MO
Debra L	Juettner	Lacy	MO
Mosquito Run - 7/11/12 - LD HW - 25 Miles			
Judy	Hoefl	Romeo	1
Erica	Hollen	Dixie Chick	3
Daniel	Pakes	Remi	2
Janet	Sarver	Legacy of Khourage	4
Catherine	Cheesebrow	NW Wildcard	5
Debra	Moe	UTCS Aur Mojito	P
Mosquito Run - 7/11/12 - LD LW - 25 Miles			
Karla	Ovsak	Dobella NPA	1
Jesse	Shaddrick	Jinjersnapp	2
Maria	Enge	Tru Reventon	3
Pamela	Coolidge	Snappy	4
Colleen	Hueners	Thee Magicman HT	5
Kelly	Hazledine	Whirlygirl	6
Amy	Morrison	Gideon	C
Donnamarie	Temple-Burgess	Litla	C
Anne	Anderson	Jets TAHR Mindy	P
Krystyna	Eischens	AW ClassiKa	P
Mosquito Run - 7/11/12 - LD Jr - 25 Miles			
Colton	Eischens	Sir Fettuccine Alfredo Tortellini	1
Hunter	Driese	Sea Breeze	2
Grace	Carter	Corona Breeze	3
Mosquito Run - 7/11/12 - Comp HW - 25 Miles			
Taryn	Lindbeck	TKO Rhio Bask	1
Bev	Specht	JH Arabalest	2
Carmen	Steuck	Phoenix	3

Mosquito Run - 7/11/12 - Comp LW - 25 Miles			
Kaylian	Welsh	Whiskey in a Tee Cup	2
Michelle	Carroll	Mattanahs Joker	1
Tracy	Haelterman	Captain Jack Sparrow	3
Mosquito Run - 7/11/12 - Comp Jr - 25 Miles			
Audrey	Thorp	Nightmare Blues	1
Ruby	Thorp	Jupiter	2
Anna	DeSouza	Peyton Afire	3
Mosquito Run - 7/11/12 -Novice - 10 - Miles			
Rebecca	Dubois	Agua Bella	1
Jessica	Sonnek	Jazmine	2
Valerie	Waller	Patriot	3
Brak	Shramm	Shakers On The Rocks	4
Linda	Pakes	KoKo	5
Rebecca	Dubois	CPR Christina	6
Remi	Morse	Lady	C
Leslie	Atkins	Riot	C
Cameryn	Allen	Jasper	C
Lily	Atkins	Skye	C
Deb	Blackburn	Shaker's Rain Dancer	C
Jennifer	Boettcher	Cooper	C
Sam	Blackburn	Sarge	C
Marsha	Jorgenson	Charlie	C
Hannah	Jorgenson	Clover	C
Carl	Hoeft	Chase	C
Denise	Retka	Time Bandit	C
Michelle	Fedewa	Rose	MO
Emily	Kibler	Mr Major General	MO
Abbie	Schramm	Cye's Mark of Praise	MO
Mandie	Roggenkamp	Trixie	MO
TJ	Edwards	Decorah's Double Delight	MO
Lise	Lunde	Khasmo	MO
Dale	Lunde	Mattingley Hour Glass	MO
Katie	Vogl	My Name Is Bob	MO
Cara	Dohl	Junebug	MO
Kelly	Murphy	Kokomo	MO

## Assessing Your Equine's Overall Fitness

By *Terre O'Brennan*

Sooner or later, we all find ourselves asking the question: "Just how fit is my horse?" We may be bringing our horse back after a winter layoff -- he's mostly shedded out and no longer pins his ears at the sight of a hill, but is he ready for a slow 50?

Or we may be looking towards our tenth straight month of attending rides and asking ourself, "Does this horse perhaps need some time off?" Or, after years of building a base and months of intense training we are wondering,

"Do we dare risk racing for the 'big win'?"

We have been doing our best to prepare our partners for the job we want them to do -- but how can we tell if we have succeeded? We have a number of tools available to help us make this assessment; the first and most important one must always be observation. It does little good to increase your partner's cardiovascular fitness at the cost of his soundness or his comfort. Most training programs concentrate on heart, lungs, and cooling,

but we must never neglect the legs, mind, and overall well-being. Fitness shouldn't hurt.

### *Body weight*

One excellent way to keep track of your horse's general condition is to monitor his body weight. Each horse -- like each rider -- has a body weight at which he feels and performs his best. We would ideally like to keep our partners close to that weight during our competitive season, even if we allow or encourage them to gain weight during a winter layoff. (In northern climates many of us feel our horses spend a more pleasant winter if they have a good layer of fat under all that hair!)

It is a long-accepted practice to "feed by eye" -- if the horse is losing weight with work, feed a little more; if he isn't losing his off-season fat fast enough, or is gaining weight on pasture, feed a little less. However, by the time you can see a gain or loss of weight, you may be in the region of 50 or more pounds. This much weight can be difficult to replace during ride season, or to take off a horse on pasture.

It is therefore a very good idea to actually measure the diameter of your horse's body periodically. Use a weight tape or a standard tape measure at the girth area (just behind the withers) and record the measurement. Changes will indicate a gain or loss of weight much sooner than the naked eye will see them.

### *Cardiovascular fitness*

Our biggest concern, however, is cardiovascular fitness -- have we prepared our partner adequately for the job we have planned for him? We are conditioning regularly, but is it enough? We know he comes back to his former level of fitness fairly quickly after a layoff -- but is he there yet? It is possible, and not particularly difficult, to actually measure

the effects of your conditioning program. Improved fitness is the result of adaptation to stress; researchers measure this using treadmills and monitoring pulses during precisely defined workouts. This is obviously not practical for the average endurance rider! There is, however, a simple and effective way for us to do the same thing: we can measure cardiac recovery.

Essentially, we need to standardize a workout, and keep track of how rapidly our partner recovers from it. Here is a formula given to me by Gayle Ecker of the University of Guelph (you will need a stethoscope and stopwatch or heart rate monitor):

Measure off a known distance that will remain fairly constant in footing from one repetition to another. A five-mile section of trail, a one-mile gravel road up a gradual slope, a five-mile distance around a series of fields. Use an ATV, dirt bike, or vehicle to measure off the mileage (or kilometers).

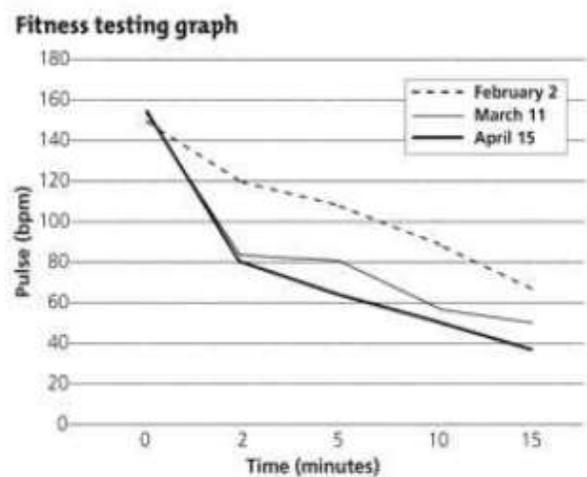
After a warm-up of 15 to 20 minutes that includes walking, trotting, a bit of cantering, until the body temperature of the horse is warm, start the fitness test. Trot your horse over the distance and, using the stopwatch, time your duration over the chosen trail. You can trot some, canter some, even walk some, according to the fitness level of the horse. The overall intensity/duration should not be harder than your general training miles. At the end of the distance, record the time in a little notebook that you carry in a pocket. Start the watch again at the stop of exercise. At two minutes, take the heart rate using the stethoscope for 15 seconds. Record this number. While dismounted, walk the horse along and re-take the heart rate for 15 seconds at five minutes, 10 minutes and 15 minutes. Record these numbers. Cool out your horse (or continue with training miles, depending on the fitness level and your targets for training).

Once back in the barn, construct a graph (you can purchase graph paper from a stationery store to make this easier). Along the bottom of the graph (the x-axis), put the time (0 to 15 minutes). On the upright axis (the y-axis), place heart rate. Record the heart rates above the appropriate time (HR at two minutes, five, etc.). Connect the dots. Note the slope of the line. Repeat the same test, keeping the distance/duration as much the same as before. If you start this now, and repeat it in the spring, you will have an objective measurement of how much conditioning has been lost over the winter, and then you can track the fitness gains over the season next year.

As an example, I often ride in a park with a seven-mile-long trail. When I do this fitness test, I warm up for two miles -- walking, jogging, tightening my girth, etc. At a set landmark I start my stopwatch and ride the next five miles in as close to one hour as I can manage. I use that rather slow pace (5 mph) because it is one I can achieve even in bad footing, early in the year. Later, when the horse is fitter and the footing is drier, I can ride faster, but take more breaks to end up with the same speed. This course ends with a mile-long hill -- steep at the beginning and then more moderate. I make sure I trot or canter

from the bottom of this hill to the top -- and that's where my five miles ends. I should have a near-anaerobic heart rate at that point. I can then dismount and walk downhill to my trailer while taking the pulse at two, five, 10 and 15 minutes. I can then graph the recovery. Note that the rate of recovery is pretty much independent of how high the initial pulse was -- this can vary with temperature or excitement. As the horse gains fitness, the slope of the line should become steeper, i.e., recovery improves. If it does not, I am not accomplishing much in the way of improvement. If it actually became shallower -- indicating recovery was worsening -- I would know this was a red alert; either I was training too hard and the horse was unable to adapt to the workload, or I had a lameness or illness brewing below the surface. Time to back off!

The graph shows a steady improvement in fitness between February and April -- not only are the pulses lower, but the slope of the line is steeper. If you begin this testing at the start of the new season with a record of your partner's past recovery rate, you can more accurately judge how quickly he is regaining his former fitness. Attitude The final method of assessing the effects of our conditioning program is difficult to quantitate, but is perhaps the most important of all -- weighing our partner's attitude. Endurance horses love their work (perhaps a little too much, in some cases!). If we see them become sour, unwilling to be caught or reluctant to load, we need to question our program. There is no sight more beautiful than a fit, happy horse doing work he enjoys -- this should be our ultimate goal.

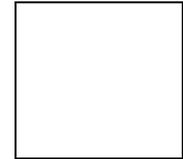


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## Plan the Rest of Your Ride Season!!

Ride Dates	Ride Name	Ride City	Contact	Email
July 31 - Aug 1	<a href="#">AHDRAs Field of Dreams Dash</a>	<a href="#">Farmington, IA</a>	Brooke Moeller	guianowriter@gmail.com
Aug 6-8	<a href="#">Detroit Horse Power Metropark Express</a>	<a href="#">Milford, MI</a>	Alicia Mansuetti	romira@me.com
Aug 7-8	<a href="#">Louise Riedel Memorial</a>	<a href="#">Arkdale, WI</a>	Elinore Tonsor	helinoreltonsor@earthlink.net
Aug 14-15	<a href="#">Bearfoot Boogie</a>	<a href="#">Hinckley, MN</a>	Katie Vogl	<a href="mailto:katie.fleming661@gmail.com">katie.fleming661@gmail.com</a>
Aug 28-29	<a href="#">Northern Highland</a>	<a href="#">Gleason, WI</a>	Laurie Henschel	ridgeviewwalkers@frontiernet.net
Sep 4-6	<a href="#">White River Fall</a>	<a href="#">Hesperia, MI</a>	Becke Grams	beckeg@aol.com
Sep 11-12	<a href="#">Charity Cup</a>	<a href="#">Pillager, MN</a>	Darlene Moliter	valleycreekfarm1@gmail.com
Sep 11-12	<a href="#">Keweenaw</a>	<a href="#">Marquette, MI</a>	Karen Jarvi	kjarvi0914@gmail.com
Sep 11-12	<a href="#">Lincoln Trail</a>	<a href="#">Kinmundy, IL</a>	Linda Mowrer	ridedeaddog@hotmail.com
Sep 17-19	<a href="#">Colorama</a>	<a href="#">New Prospect, WI</a>	Barb Gardner	barb@doublebarallc.com
Sep 25-26	<a href="#">Pine Marten</a>	<a href="#">Wetmore, MI</a>	Karen Bahrman	kbahrman@gmail.com
Oct 2-3	<a href="#">DRAW Finale</a>	<a href="#">Palmyra, WI</a>	Ann Marie Barnett	annmariealchemy@gmail.com
Oct 2-3	<a href="#">Huntersville Hundred</a>	<a href="#">Menagha, MN</a>	Sarah Maass	sarahmass@hotmail.com
Oct 9-10	<a href="#">Iron Oak</a>	<a href="#">Arkdale, WI</a>	Ruth Casserly	casserlytimruth@gmail.com
Oct 9-10	<a href="#">Oak Leaf Run</a>	<a href="#">Hamilton, MI</a>	Barb Kurti	oakleafrun@gmail.com
Oct 22-23	<a href="#">Point Chaser</a>	<a href="#">Theilman, MN</a>	Holly Egerer	regerer287@aol.com
Oct 30-31	<a href="#">AHDRAs Big River</a>	<a href="#">Keithsburg, IL</a>	Jim Andriakos	cgswwimcoach@yahoo.com

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