



MnDRA News

Are we getting too soft?

Some miss the 'good old days'



Mosquito run makes sure their vets come back. Drs. Jeske and Dean taking a well deserved break.

Howdy all,

No, the title and pic do not really go together, I just thought that was such a cool pic that I needed to use it. I decided it would be a good segue into a future newsletter topic, are we challenging ourselves and horses enough in MN? I have heard many veteran riders talk about how the rides were tougher and more fun in the past because you really had to think during the ride. So start thinking about that; are rides tough enough that it is a challenge to finish, or have they gotten easy enough that they are becoming more social events than competitions? I'll send out an email in a few weeks soliciting comments.

Many of you answered my call for items, and you were creative with it. We have a top ten list about timing, a couple neat stories, two ride reports, a

couple recipes, a horse to adopt, and the continuing adventures of MnDRA's first gentleman, Dale.

There are also a couple suggestions in the letters section that should stir the pot a bit. So hopefully you find something interesting in here to talk about during your next training ride. To give you a little more to talk about, if you haven't read Dr. Elford's piece in the UMECRA newsletter you should. He offers up the comp vs LD discussion; doesn't answer any questions but summarizes the points nicely.. Also in the issue is a picture of Dean's grand-daughter, Piper on one hell of a horse. Enjoy your rides and I expect each of you to do at least an extra mile for me so I don't get out of shape.

=;{}} Happy trails. Ken

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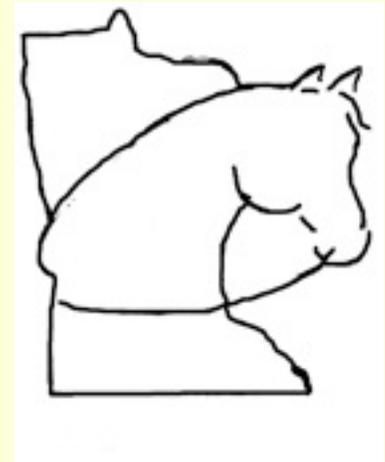
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VETTING IN: NEWS FROM THE MEMBERS

Its like a broken record but I wish that more members, especially the new ones would help out in the vet area at rides. It seems like it is always the same people doing the help. It is such a great way to learn a bunch about the sport and also get to know all the riders and their horses.

If more would help it would give the "regular" volunteers some relaxed camping time. Maybe we need to make vet area volunteering mandatory as part of the fee for novices to ride! ;) Holly

Or we could give a discount to novices and rookies for committing to helping at the vet area for one day, start to finish. Also, Dr. Dean suggested paying for the help like they do at shows. It would mean higher ride fees, but maybe the timer and at least one pulse taker and one scribe should be part of the cost of having a ride.
Ken

Here is a question for the people who make the rules for UMERCA and thus MnDRA. After the fabulous turn out for LD over the week-end at MR the subject of a weight division came up again. Here's the question. Can UMERCA make weight classes for UMERCA but still report LD to AERC as usual?

What a great week-end and turn out for the Mosquito Run!
Bev

A Story : (Category of Best Horse Names) One fall a friend Linda bought a Tennessee Walker* mare from people trying to breed her but having no luck. Linda boarded the mare over the winter and she was fat and happy. Come spring the owners of the boarding barn called Linda and told her to sit down--- they'd found a newborn colt in the pasture with the mare. She got right over there and met her beautiful black baby horse with white socks and blaze and was amazed. After some digging with the previous owners, it was discovered that the mare who was considered infertile had met up with a neighbor's Shire* stallion. She named her surprise Shocker* :) Karen

Top 10 reasons to VOLUNTEER as TIMER or

Don and Diane's Excellent Adventure @ Mosquito Run

- 10: GARNERING THE RESPECT AND ADMIRATION OF YOUR PEERS lol
- 9: A GREAT WAY TO LEARN ALL THE NAMES THAT GO WITH THE PEOPLE YOU HAVE SEEN FOR YEARS
- 8: MEETING ALL THE NEW RIDERS
- 7: AN OPPORTUNITY TO WORK ON MY TAN AND MY PATIENCE
- 6: LEARNING TO "PERSEVERE" ISN'T JUST FOR RIDERS
- 5: BRUSHING UP ON MY MATH SKILLS
- 4: LEARNING WHAT IT TAKES TO BE A TIMER AND HAVING MORE RESPECT!!!
- 3: LOTS OF STORIES TO TELL AT THE NEXT RIDE (TIMERS SEE A LOT)
- 2: A WONDERFUL "BONDING EXPERIENCE" WITH MY SPOUSE
- THE NUMBER ONE REASON?
- 1: FAST ACCESS TO THE BANQUET FOOD SATURDAY NIGHT

Mosquito Run Rundown

The Mosquitoettes of Mosquito Run would like to thank everyone who made our ride a smashing success:

- The Mosquito Men: Greg "La-Z-Boy" Pasillas, Rich "Water Boy" Elbert, and Driving Safety Officer Philip Jansen (we love you!)
- Our friendly and talented veterinarians, Dr. Dean Peterson and Dr. Jeske Noordergraaf
- Trail Boss/Tough Mudder Lynn Reichert and her trusty helper Joan Thiel
- Timers Dianne Schmidt and Team Schermerhorn
- The people who helped set up and tear down - Sarah Keiser, and Sami Radamacher
- Those who helped out in the vet area: Theresa Meyer, Carmen Stueck, Darren Jorgenson, and newbie, Lisa Molitor, (We know we missed a couple. Next year we will learn to write the names down during the ride.)
- Photographer Henry Gruber



- Three Rivers Park District for allowing us to use their camp and trails for this event, and especially for performing a huge amount of maintenance WITHOUT being asked just days before our ride, resulting in great trail conditions with just a few boggy spots they didn't finish to keep things challenging.
- Elizabeth Laurie and Ben Harriman, whose massive donation of overstock camping goods took the award tent to an unprecedented level of awesomeness
- The massage people from HealthSource of Rogers, who spoiled many of us for FREE after Saturday's ride.
- Our many generous sponsors who contributed to food and awards.

- The many new riders and drivers (nearly 20!) that came to experience our sport for the first time - we hope you all had a great time and can't wait to go to your next ride.
- Everyone who came, rode, drove, helped, said kind words, played well with others, leashed their dogs, squeezed into tight parking areas, and took good care of themselves and their equine friends, resulting in a fun and mostly uneventful weekend that is sure to add to MNDRA's bank account (numbers are unofficial until validated).

Here are the Mosquito Run Numbers!

- 50 Mile Endurance - 12 entries
- Saturday 25 Mile LD - 34 entries
- Sunday 25 Mile LD - 23 entries
- Saturday/Sunday Comp - 15 entries
- Saturday/Sunday 50 Comp - 1 entry
- Novice - 12 novice riders, 8 leaders or Miles only riders
- 6 riders rode their first comp or LD ride!

Joan, Peggy, and Sharon.



SISU ON THE BORDER UPDATE

Sisu is a Finnish word meaning to persevere in the face of all obstacles . This fits distance riding in general, but was certainly applicable to Sisu on the Border this year.

Record snows, a cold and rainy spring challenged Distance riders. Add to this a serious outbreak of EHV-1 and it looked like Wendy and I would not be able to host our ride this spring. These events did combine to force the cancellation of MnDRA I. After a storm of emails between Wendy and me, the MnDRA BOD, and Theresa Meyer we all agreed that we could hold Sisu on the Border if it were moved from Gov. Knowles State Forest, WI to the Sand Dunes State Forest, MN. This move could not have happened if Theresa had not generously volunteered to be co-ride manager. She was the one who knew who to contact and where to mark the trails. I thank her for her work. We were even luckier than we had thought. After this decision had been made, torrential rains forced the closing of a key bridge over the Trade River. This would have forced a complete revamping of the route in Gov. Knowles State Forest if we had not moved the ride.

We ended up with great weather for the ride - pleasant temperatures and sunny. The only other thing we could have requested would have been to move the rains a few days closer to the ride. As a result, there was good water on the trail, but the sand had dried out so footing was a bit soft. Our riders persevered, rode smart and we had a great completion rate.

There was one metabolic pull which required treatment. The horse recovered quickly and is doing fine. The outcome of this event made me happy that I am a Minnesota ride manager. Here we take for granted that there will be a treatment vet and the MnDRA trailer with all the necessary supplies. Last winter the AERC vet committee spent much time wrestling with how to better protect horses. One of their proposed rules is that all rides be required to have an on site treatment vet available. I was personally dismayed when I lived in the West to find that many rides could only give you directions to a clinic. I also wish to give an "atta-boy" to Dr. Mary Lambert for stepping up and helping Dr. Jeske Noordergraaf with the treatment. This freed Dr. Dean to keep the ride going normally.

We had a great group of volunteers. A distance ride can't be held without everyone pitching in to help. I am sure that I have missed some people. If you are not mentioned, I apologize.

Candy Barbo provided Friday supper. Sharon Hahn and Phil provided Sunday breakfast and unmarked the trail. Henry Gruber did a great job taking photos of the ride. There was also the usual "cast of thousands" to handle the P&R, scribing, novice mentoring, and "gofer" tasks. These include Angie Mikkelson (search and rescue), Holly Eggerer, Jan Rivard, her Granddaughter Ravyn, Chip Jack, Bev Specht, Dianne Merz, Carmen Steuck, Ken Meyer and Dylan Meyer.

Ed Hauser

My eye update

As most of you know, I've been having issues with my retina in my left eye. Over our vacation on our farm, I started to notice a black spot in my vision and knew my retina was detaching. We came home and I had surgery where they put a silicon band around my eye (to keep it perky) and changed the oil (literally.) I had to do the head down position for a day and now I'm just not allowed to do anything that might stress the blood vessels. In six months they'll take the oil out and fix the cataract that will develop and then I hope I'm good.

This has given me an appreciation of how lucky we are to be able to ride like we do. Being in a position where I can only do something for a few minutes before I need to rest my eye is very frustrating. However, I see this as a non-life threatening condition (unless I keep riding my motorcycle) and others have faced the same or a lot worse. So I'll consider myself lucky to have so many friends who I can turn to for support and adjust to it.

I do thank everyone for the well wishes. My goal is to ride at Point Chaser if it is safe.

RECIPES FROM THE HERD

The good news is I finally received a couple recipes from the group. I often hear during potluck people asking for the recipes of this dish or that. If you have a dish that is always empty at the end of potluck, please share it. I'm sure others will want to try it. If you have tasted a dish you'd like to make yourself, send me a request and I'll try to get the cook to send it.

Here are two from Carmen and Karen.

Salsa

- 2 cans Del Monte Stewed tomatoes with garlic, cumin and jalapenos (I find at King's County Market)**
- (drain about 2 T of juice off of each can)**
- 3 green onions, chunked**
- Handful of fresh cilantro leaves**
- 1/2 t salt**

Whirl in blender or food processor. Eat it up--after a day or so it's not as good
Karen Kersten

Coconut Oatmeal Cookies

- 1 C butter or lard**
- 2 C brown sugar**
- 2 eggs beaten**
- 1.5 tsp vanilla**
- 1 tsp soda**
- 2 C flour**
- 2 C quick oats**
- 1 C coconut**

Cream shortening and sugar. Add eggs and vanilla. Mix soda into oatmeal and coconut. Beat it in. Add flour last, kneading into rolls. Chill for several hours or overnight. Slice and bake at 375 for 9-11 min.

Carmen Steuck

Substituting the coconut for shaved Godiva dark chocolate would improve them greatly. Ken

Available for adoption and ready to go... bay 14 yr old registered part arabian gelding. He is well trained, rides out in a bitless bridle, and is currently in a conditioning program. Saturday he competed in a 3 mile pony express race (in his bitless) and did fantastic! This is a nice gelding, suitable for a light handed rider with some experience.

Charlotte Tuhy
 Executive Director
 High Tail Horse Ranch & Rescue
 701-526-3734
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CHALLENGES

It seems like this year has been full of ups and downs. The virus that forced a cancellation of MnDREA I, problems with the SISU event in Wisconsin, rains and stormy weather across the region, finding a dry spell to get hay put up, parks closed due to flooding, and now it is mid-July., Where has the summer gone?

Through all these challenges, endurance riders "Persevere" and keep looking ahead. SISU's Ed and Wendy combined forces with Theresa and put on an excellent first event of the season. Maplewood's new ride managers, Don and Diane did a great job despite having a downpour during the potluck. Mosquito Run with their tri-managers of Joan, Sharon, and Peggy overcame some water issues and were rewarded with some nice temps for riders and horses alike.

I have had my own challenges this season with horse health and behavior issues. I hooked up with Darlene at Maplewood and she has made Lyllee and I go back to school but we are gaining ground with her behavior. Teaching a horse new technique is one thing but teaching an "old" rider new habits is a battle.

I missed Mosquito Run as I took vacation to travel to Wyoming for the Bighorn endurance ride. Ozzy had been pulled at SISU with dehydration issues and only ran an LD at Maplewood so I was concerned how he would handle the altitude and terrain. I was so happy that a tired boy pulled me through to a 3rd LWT placing in the 50 endurance over such challenging terrain.

Thanks to all the riders who have supported and attended the rides this season. It is this type of "Perseverance" that keeps our organization going. Now to meet my next challenge and get ready for Thistle Down Run as I look ahead to seeing everyone after this mid-summer break.

Teresa Fett



Thistle Down Run

Thistle Down Run is coming up so mark it on your calendar.

NEW trail – no more highway ditch riding

Great marking keeps you on trail

Lots of smiling faces, both old and new

Fun trails with something for everyone

Introductory Ride for newbies on both days

Face Book Up Dates, stay connected

The Honorable Bob Zimmerman will have camera in hand

BE THERE!

CREWING IN WYOMING FOR A MINNESOTA BOY

This year we once again vacationed at the Bighorn 100 in Wyoming. Teresa had decided to run the 50 but this year had a new twist. They would start with the 75 and 100's at base camp (4,000 feet) and climb 5,000 feet for 25 miles to the first remote vet check. Remote vet checks take some planning and would prove to be an adventure.

The base camp is in the high desert with a camp area of dried grass and cactus. A hot 95 degrees greets me (cooler than previous day of 106) and as I step out a cactus spike jabs into my tennis shoe. I remove shoe/sock, pull out 1" spike, and put on boots.

At vet check time, the temp drops, wind picks up and we are blasted with dirt. New sights/sounds, strange horses/people, make the line for check-in resemble a rodeo as everyone tries to hang onto papers and horses. No rain has fallen for weeks but now it starts with just enough to make the flour like dirt stick to everything. Dark storm clouds rise toward the mountains so it will be slippery and wet up there tomorrow.

We rise at 3:30 A.M. for 5:00 start and already 75 degrees. We load one horse (Lyllee) and Teresa takes off on the other (Ozzy). Now I load rest of gear and drive 25 miles up the mountain to 40 degrees at 8,000 feet. At upper camp (2nd vet check) I unhook trailer, unload Lyllee (feed and water), double check supplies in pickup box and hurry to the first vet check. The storm had hit the night before and hail is still on the ground.

I was told to follow paved road 4 miles, turn left on #10 trail and go to the end. The heavy rain had turned this dirt trail/road into a mud pit. Axle deep ruts required 4 wheel drive and hidden rocks made it a slow, rough ride. What I didn't know was the end of road was 9 miles so this turned into an hour drive. At check the truck is full of mud and supplies are in a big pile. Teresa arrives, we vet through, hold for one hour (I didn't forget anything), and then I spend another hour creeping back to camp.

Back at camp I am relieved to see Lyllee is still tied to the trailer. Unload and when Teresa arrives, we vet through, she leaves on final loop, and I finish chores. She finishes a happy but exhausted 3rd place and heads to shower, eat, and in bed by 6:00 P.M. I have to feed, water, exercise, and blanket horses for the night and then pack up gear for trip home at 5:00 A.M. in the morning.

I had driven 13 hours to get here, saw temps from 40 to 95 degrees, made elevation changes of 4,000 to 10,000 feet (sometimes in the same day), rain, snow, hail, wind, mud, kept guard for a moose cow/calf in camp, rode horse for 25 miles, forked plenty of manure, and now thinking about the 13 hour drive home in the morning as I head to bed at 9:00 P.M. When I enter the trailer she asks from beneath the blankets, "What time are we leaving tomorrow?" Crewing in Wyoming can almost drive you crazy!

