

MnDRA NEWS

The Second Half Has Started

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Thank You!

I want to thank everyone who tried to help this stubborn old guy at Cactus. My problem was I knew I wasn't seriously hurt and I was mad. To those on the road who were checking me, those who tried to find vetting out help, and Nurse Sophie; I do appreciate what you did. I just wanted to make sure Zannah knew which of us was the boss and not reward her for what she did. My MnDRA family is the best!

Ken

Link to RFTR New Ride Flyer

[Ride Flyer](#)



Novices and leaders at Mosquito Run. Photo by Bob Z

Hi everybody,

Well, fate takes a strange turn. I was going to write about bringing a new horse into the sport here, and my new horse let me know at Cactus she wanted an upgrade to a full article; she gets it. I'm just including what I put on Facebook for those who don't go on FB often or at all. I made some modifications based on comments from others. The problem with teaching bio for close to thirty-eight years is I know how close that bullet was that I dodged. Please, when you ride anytime with someone who doesn't have a helmet, share my story or the many others we know. Make them uncomfortable.

The picture above shows the number of novices at Mosquito Run on Sunday. Even if they are paying about half price, they saved our group this year. All of the MnDRA rides have had great novice participation and we are indebted to them. That is why it is so important to us to be welcoming and helpful to new riders. Some of these riders did full rides at Cactus. MnDRA turned thirty last year. (my bad, we should have had a party) If we want MnDRA to reach our current median age (50?) we need the growth that the above people represent. So remember, play nice please.

Happy trails

Ken

Old Guys Can Bounce



As the picture shows, I came off my horse. Was there any warning? No. We were a couple hundred yards from camp coming in after our first 30 mile together. We were walking, Zannah was

tired, my feet

were just resting in the stirrups, the reins were just draped over one finger as I struggled a bit to open a water bottle. Some water splashed onto her neck and it was an explosion. She went into immediate rodeo mode and while I think I at least made six seconds this time, she wasn't going to stop until she had me off her. When I came off, I came off hard, onto a gravel road. Due to my HitAir vest and Zannah, I have learned to relax if I come off and that is what I did. While that probably prevented my not breaking any bones, my head hit as hard as I have ever had in my life. The helmet didn't crack, but I will replace it.

I do know that if I didn't have the helmet on, my life would have been changed that day. I would either be severely compromised physically or more likely, dead. I am not being overly dramatic. I hit that hard and my head hit almost simultaneously as my back.

I have been thrown by every horse I've owned; but I'm not really a bad rider. It happens no matter how good a rider you are. One horse, Teddy, a pinto was the definition of bombproof. I could mount him Lone Ranger style, stand on his back, joust with another rider in a pond, and take a full blown nap on him as he made his way home from the neighbors. He could also buck if he did not

want to leave the farm. Sam and I rode for over fifteen years with almost 4000 competition miles before he exploded without warning and sent me to the hospital with broken bones in my back. My head was fine; no vest but had a helmet. There is no such thing as a bomb-proof horse. They are individual organisms with their own brain. They evolved as prey animals. Fight or flight is hardwired into them. Before flight, they will fight and that usually involves a buck so they can kick out at the perceived danger. No amount of training will completely get rid of that response. It might just damp it down so that the stimulus needs to be bigger. And as my examples show, you will never know when that stimulus will happen. In Zannah's case, the threat was from above, so she had to get rid of me.

That night as I was trying to get to sleep over the pain, I started to think about what might have been and the impact it would have had on my wife, kids, and friends. Also, we were riding with a new rider to our sport; what would have been the impact on her if I was seriously hurt? I'm pretty sure the sport would not get a ringing endorsement from her to her friends. I know my eye surgeon looked at me like I'm a nut when I described relaxing when you come off a horse. Not everyone thinks what we do is normal.

When you decide to not wear a helmet, you are not just making a decision for yourself, you are making it for everyone who loves you. Maybe you should ask them if it is ok if you smash your head up. I think we know the answer. Please, wear a helmet. The vest helps, too. I'm thinking of buying a case of cylinders.

CHARITY CUP

Charity Cup 2018 is shaping up to be another memorable event. It will be held September 8 & 9, 2018 in the beautiful rolling hills of Pillsbury State Forest.

Thanks to the generous donations we have received so far, we will have lots of **great rider prizes**. Be sure to come ready to bid on the excellent selection of unique crafts, tack and other silent auction items. Some of the highlights of the silent auction include a gift certificate for a brand new pair of **Scoot Boots** and a **beautiful hand-crafted rocking horse** for your youngest riders. And don't be surprised if you also find yourself bidding on the not so silent auction items.

If you would like to donate items for the auction, please contact Darlene Molitor or bring to the ride.

We will also once again be making your ride weekend easier by offering delicious meals at a great price.

Charity Cup is always a fun ride to attend, with proceeds raised being donated to the Coborn Cancer Center in St. Cloud, MN. Please be sure to check in on Facebook for updates.

See you at Charity Cup!

Darlene Molitor and the Valley Creek Crew

Season 2: Click link to go to Google Maps directions for the campsite.

Run for the Cactus, Aug 18 - 19 Upper Sioux Reserve State Park

Charity Cup, Sept 8 - 9. **Pillsbury State Forest**

Run for the Ridge, Sept 21 - 22. **Spring Creek Motocross Park**

Point Chaser, Oct 19 - 20. Zumbro Bottoms - West Assembly

RUN FOR THE RIDGE UPDATE:

The state DNR officials have put an end to vehicle traffic on the new bridge that connects the Fort Ridgely State Park horse campground to the overflow parking area. Without that extra space, we simply can't expect enough riders to come in order to cover costs. September 21-22, 2018 Friday and Saturday. (Stay till Sunday and relax!!)

WE HAVE A NEW LOCATION:

Spring Creek Motocross Park
298th Avenue, Millville, MN.

This park is 6 miles west of Zumbro Bottoms. I apologize to those riders who are from SW Minnesota, but we tried very hard to find a venue closer to us; there just isn't anything big enough.

1) No, there won't be any motocross bikes there that weekend.

2) CAMPING will cost the same as State Park sites. No reservations, but the camping area is HUGE: 55 electric sites with water spigots, and almost unlimited primitive camping.

a) NO reservation fees, no vehicle permit fees, no trail pass fees.

b) You will need to bring your own horse-containment, or tie to your trailer. there are no hitching rails or hi-ties.

c) There will be water available for the primitive camping sites.

d) Bathrooms on the grounds. One outdoor shower (very visible - bring your bathing suit!), and one indoor shower.



e) If you plan to ride the 75 or the 100, let me know. I will be blocking off a few of the sites closer to the vet area for those riders.

3) TRAILS. Wooded, Hilly, with some flat riding. Not huge climbs, but numerous smaller hills. 2-track trails that are grass or dirt. A few rocks, but nothing as rocky as Zumbro. We will cross a couple of gravel roads, and the vet area is dirt with some gravel, so if you're wondering about shoes, I'd suggest fronts at least. If your horse has really hard feet and is conditioned barefoot, you might be able to get by without shoes. There are several places for crew to meet you.

4) The MILEAGES and the DATE will stay the same. We will be working hard to make this very do-able for everybody. Example: Saturday afternoon's LD will be a 12.5-mile loop on the flat with a couple easy little creek crossings. You'll do that same loop (in the dark) and we'll put out glow-sticks. That will be the same loop that the 100-milers do for their last loop.

5) There is an indoor building for registration and potluck.

6) This should be a SUPER FUN ride!!

7) A big big THANK YOU to Jodi Johannessen and her hubby for setting this up. Wylie knows the trails like the back of his hand, and will be getting them ready for us...a huge undertaking. I'll have more pictures as the trails get cleared.

**If you have reservations for RFTR here at Fort Ridgely, call the state park and ask them for a refund. Call instead of doing it online, and you should be able to also get the reservation fee back. 507-426-7840.



Run For The Ridge - NEW SCHEDULE!! NEW LOCATION!!!

Friday and Saturday, September 21st & 22nd, 2018

**Spring Creek Motocross Park
63633 298th Ave, Millville, MN 55957**

The park is located about 6 miles – as the crow flies - west of Zumbro Bottoms. It has a HUGE campground, large enough to host thousands of motocross riders. The sites are first-come, first-served, but there will be plenty of space for everyone. There are 55 electric sites that also have water. There aren't any high-ties, so bring your own containment or plan to tie to your trailer. Solid or electric fences permitted. Trails have good footing – grass, dirt, very little gravel. A few rocky places, but a horse that is used to conditioning barefoot might be ok without hoof protection. Wonderful hills, water crossings and scenic overlooks. Natural water and tanks available on the trail and in camp. All vet checks are in camp. **Morning coffee provided for everyone!**

****Please note that this is a Friday-Saturday ride, with potluck on Saturday evening.**

We will have a food stand throughout the weekend. The menu will include a variety of choices.

FRIDAY		
100 mile endurance	pre-dawn	Sr. \$110 Jr. \$20
75 mile endurance	pre-dawn	Sr: \$100 Jr: \$20
50 mile endurance	07:00:00 AM	Sr: \$75 Jr: \$20
25 mile LD	07:30:00 AM	Sr: \$60 Jr: \$20
25 mile competitive	08:00:00 AM	Sr: \$60 Jr: \$20
25 mile LD	04:00:00 PM	Sr: \$60 Jr: \$20
SATURDAY		
50 mile endurance	07:00:00 AM	Sr: \$75 Jr: \$20
25 mile LD	07:30:00 AM	Sr: \$60 Jr: \$20
25 mile competitive	08:00:00 AM	Sr: \$60 Jr: \$20
15 mile Novice	09:00:00 AM	Sr: \$35 Jr: \$20

FYI: Ties across the finish line are not allowed.

Copy of current negative coggins required: to be left with ride management.

Bring current AERC card : Non-members pay \$15 surcharge for LD and Endurance.

Jr. Riders are required to wear helmets.

Ride and Park Management absolutely require that dogs be leashed or tied.

Food stand with menu items for all meals and snacks available throughout the weekend.

Potluck Supper **Saturday** night. Main dish provided; please bring a dish to pass.

Camping fees: \$23 w/o electric, \$31 w/electric in main campground

Vets – Dr. Jeske Nordergraaf, Dr. Tracey Westegaard

Ride managers: Sarah Maass ph: 507-340-7859 60693 State Hwy 4, Fairfax, MN 55332
Dana Gasner ph: 507-240-0600
Other contact: Wylie Johannessen: 507-424-9710

****Ride sanctioned by UMECRA, AERC, and MnDRA****

Directions:

From the South (Rochester or Iowa)

1. Take HWY 63 North through Rochester to Zumbro Falls – about 13 miles north of Rochester
2. In Zumbro Falls, turn right at MN 60 E – 8.7 miles
3. Turn right at County Rd 11 – look for appropriate signs & entrances

From the West

1. Take I-90 to Hwy 63 North (Rochester)
2. Take HWY 63 North through Rochester to Zumbro Falls – about 13 miles north of Rochester
3. In Zumbro Falls, turn right at MN 60 E – 8.7 miles
4. Turn right at County Rd 11 – look for appropriate signs & entrances

From the East – See details about detour below

1. I-90 West into Minnesota
2. Take Hwy 61 North – 46.1 miles
3. Turn left at County Rd 81 – 4.8 miles
4. Turn left at MN-60 W – 10.7 miles
5. Turn left at County Rd 11 – look for appropriate signs & entrances

From the North (Twin Cities Metro)

1. Take HWY 52 south to Zumbrota
2. On south side of Zumbrota take HWY 60 EAST
3. Follow HWY 60 East 21 miles to CTY RD 11
4. Right onto CTY RD 11 – look for appropriate signs & entrance



ENDURANCE FUELS
& SUPPLEMENTS