



MnDRA News

The Lazy, Hazy Days of Summer

The first half of the season has been great, if you don't count the soggy potlucks/awards.



Bob Zimmerman enjoying retirement and contemplating where he should sit on the trail at the next ride. The majority of pictures used in the newsletter are Bob's.

Howdy all,

The first half of the season is almost over and we have had great rides. As most of you know, the evening rains have stretched the ride managers' and riders' creativity in trying to figure out how to get through potluck dry, or at least our food staying dry.

A rider mentioned how they found it difficult to get the ride flyers online. While their solution was the UMECRA web site, which is great, I thought I'd add the UMECRA links in the calendar to the right. Just click on them and you will, hopefully, go to that flyer. Also they have a really cool map which I will include. When you scroll over the points, you get info about the ride and more links. Try it out. (Sorry snail-mailers, you can click all you want but nothing is going to happen. But if you can get it on video, I'd love to see it.)

I wrote an article about our dogs and the need to keep them on a leash. It is becoming a heated issue among some riders. There have even been suggestions of possible protests against riders due to loose dogs. So please read it. Also, if anyone has a suggestion how we can keep Ella from howling while we are out of camp, I'd love the feedback.

Taryn sent an interesting article on the results of her blood testing at MnDRA I. There is the usual collection of assorted news and a couple links to information on hydration.

Theresa and I are off to walk across a part of Spain for our 30th anniversary. We are hoping the rains in Spain fall mainly in the plains because we will be in the hills. Stay cool, everyone.

=;{} Happy trails, all. Ken

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SUMMER RIDE CALENDAR

For directions to any of the rides, [here is the link to the interactive map](#) created by Sibylla Fox on the UMECRA page

July 14-15, Mosquito Run. Rogers, MN [Ride flyer link](#).

July 21-22, Zumbro Bottoms Boogie, Wabasha, MN [Ride Flyer link](#)

August 18 - 19, Thistledown Run, Frazee, MN [Ride Flyer link](#)

DOGS BY KEN MEYER

I have been asked by a few folks to write a 'gentle' reminder to all of the folks who have their dogs join them at the ride. It is important that you know where your dog is at all times and if you are away from your trailer, your dog is on a leash. There are five important reasons for this.

1. Ride managers. Ask any ride manager how difficult it is to run a ride when the park/camp personnel are antagonistic toward them. Our rides are stressful times for the folks who work the parks: our sheer numbers, the added complaints from non-endurance park users, the extra work in campground maintenance, etc. Yes, we bring in money, but sometimes they may just prefer to not have us. It doesn't take much to push some over the edge and seeing a dog or dogs running around the campground without a leash may be the straw that broke the camel's back.

2. Other riders. Not everyone is a dog lover and even some of us who have dogs are not that comfortable around others' dogs. When a dog comes running up to 'greet' someone, the person may not know if the dog is friendly, or they may even be repulsed by them. They may be remembering an incident from the past where they were bitten. So we should have our dogs restrained when we are visiting other peoples' camping areas. It's not right to make someone uncomfortable in their own camping area or during potluck and awards.

3. Our equipment. Dogs pee. They pee a lot!. And it isn't just the males; our Ella will pee every twenty yards as we walk around camp. It is how they let everyone know they are there. Unfortunately, our hay bales, gear bags, and even saddles are excellent places to leave a message. Working the vet area often has given me the opportunity to watch a number of dogs regularly pee on hay left for the horses and the gear bags. I watched once when one male lifted his leg on a saddle dropped while the rider was being pulsed down. The horse's pulse was under 15, but not the rider's when they saw it. They also pee in other people's camps. I've had to chase dogs away from our hay beside our trailer as they begin to lift their leg or squat beside it. So the next time your horse sniffs the hay you have at the vet area and then turns toward another pile, this may be a clue that the hay has an additive in it. Also, let's not forget that dogs poop! Riders have enough manure to pick up without having to clean the dog poop from their camping area.

4. The competition. This is a competitive sport. We do it to do as well as we can. Ride managers and vets go out of their way to keep everything as equal for every rider so it is a level playing field. It is frustrating when uncontrolled events change the conditions, like a brief shower that cools a hot humid day just before one group gets their P&Rs but after another one did. But it is maddening to riders when their dog-skittish horses won't drop because there is a dog

roaming around the vet area as it's owner is picking up their gear, or even on a leash while the owner is happily chatting away with the vets. So the vet area is one place where dogs should never be.

5. Our dogs. We have nice dogs. For many of us, they are a part of our family. Most like people, and want to be everyone's friends. So it is wrong to confuse them when someone who just stopped by and came up to pet them at their trailer is now yelling at them and chasing them when the dog came to their trailer to 'visit'. Plus more seriously, when we let them roam we put them at risk for serious injury or worse from trucks or horses. I don't know what has been happening in our paddock lately, but my horse not only hates dogs now, but will attack them. A couple weeks ago I watched Sam, my horse, chase Ella, our dog, across the paddock with his head down, mouth open, stretching toward her back. There is no doubt in my mind if he would have caught her, he would have killed her. Can you imagine the pain for everyone if a horse kicked and killed a stray dog in camp? Don't put your dog at risk.

So for the sake of everyone, please stop letting your dogs roam outside of your camp. They give us so much, we owe it to them.

EASTBOOTS GIVEAWAY

You might want to let Minnesota Distance Riders know that during the month of July, Action Rider Tack is giving away Easyboot Glove Back Country boots!

For July's Giddyup Giveaway, Action Rider Tack has partnered with Easycare to give away a full set of Easyboot Glove Back Country hoof boots. This new boot is another option

for keeping your horse barefoot while protecting his feet on the trail. It is recommended for medium to high mileage riding of 25 – 50 miles per week.

The Easyboot Glove Back Country has a soft, durable upper that combines softness and flexibility to protect soft tissue areas on the back of the hoof above the heels. The front shield on

this boot acts as an integrated power strap. The anatomically designed sole provides maximum flexibility and resists wear.

It's simple to enter. Go to www.ActionRiderTack/blog. Entries are due by July 31, 2012

Regards,
Sarah Crampton

MEET KAREN KERSTEN

Please introduce yourself and your family. Karen Kersten, husband Keith, daughter Amy (Rob son-in-law), son Dan (Michelle daughter-in-law) and grandson Ben, Chewy my 20 yr. old bay gelding and Vinny, 8 yr. old Friesian, Benny and Sammy, 9 yr. old miniature poodles

**Karen and Chewy**

FUN! I was on a huge high and knew this was the thing for my horse and me to do. I can't get enough! Now I ride mostly 25 comps.

What is the proudest moment so far in the sport?

That would have to be just last September at the Charity Cup ride. Chewy hadn't done much in the 2010 season due to a bad case of Lyme. I didn't ride him in a lot of rides in the 2011 season, just not being sure how he'd bounce back. At every ride I was prepared to be pulled after the first loop; he has always looked a tiny bit off on the right front, and I think it could have been more noticeable after his Lyme incident. As the places were being announced at the Saturday pot luck I truly thought we were out of the running....and then...first prize for 25 mile competitive was OURS! I was so surprised and proud for my Chewy! I knew it was the last ride I could do for our season and it ended with such joy..

What do you like to do other horse-riding?

Spending time with family and dogs, Bible study, volunteering at a pregnancy resource center.

What is something people might be surprised to know about you?

I plan to do Christian ministry using my horses!

How do you pay for your riding?

I'm an artist. www.KarenKersten.com (realistic, oil, pastel).

Who was your first or most memorable horse?

That would be Chewy, who I bought when I was 50, he was nine. I took my first lessons on him when I started leasing him--neither of us knew a lot, but over the years, we learned a lot together. We've been through the basics, dressage lessons, natural horsemanship clinics, trail riding, camping trips out west, ehrlichia, Lyme and lameness. We discovered endurance riding when he was 13 and we were both hooked--we'd found our niche that we love!

What was your most memorable moment on a horse?

Chewy and I were at a riding clinic. There was an exercise which involved cantering a circle around the rest of the group of horses and riders, and when done well, everyone would applaud. The next day there, I got Chewy groomed, tacked up and warmed up on the ground; he was antsy, prancy and dancy, unlike his usual quiet self. He hurried us over to the arena and I got on--right away, on his own, he began cantering a circle for me, just like the day before! I just know he was so excited that he'd pleased me and wanted to do what he had learned again for me.

How did you get started in MnDRA?

I tried a novice ride at Mosquito Run on the advice of a friend. Lise Lunde was our excellent guide. Chewy and I just had SO MUCH

MNDRA I REPORT

Another year of MnDRA I has come and gone. The ride started and ended with some great weather. We got a little wet in the middle, but had a fabulous time with makeshift potluck and awards. Anyone want to write to the MN Horse Council and request money for a people shelter at the Sand Dunes Horse Camp?

It was a very successful ride this year, as we had a fabulous spring for conditioning. There were only six endurance riders – thought we'd have more, but the amount of LDers riding Saturday made up for it.

Thanks to this year's vets – Dr. Dean Peterson and Dr. Bonnie Miller came back – and we should feel very lucky to have them with us for this ride. Also thanks to timers Terri McCarthy and Kelsey Becklin. We had a gaggle of P&R people who stood with us through the sun, rain and clouds: Donna Hajek, Gesa Zinn, Beckie Kilvington, Linda Goddard, Jen Wuertz, Lynn Reichert, Chip Jack, Janet Sarver and Linda Zimmerman. Thanks to Sharon Hahn and Phil Jansen for cooking fabulous tacos for the potluck and coming back on Sunday morning to cook scrambled egg burritos. A warm breakfast really hit the spot after the rain. And thanks to their chickens for making those eggs we ate. We had 3 novice groups – Bev Specht, Char Tuhy and Karen Kersten

led the novices. Everyone came back smiling and happy. We hope to see more new folks on the trail! Thanks to Candy Barbo for cooking the vet & volunteer meal on Friday night. Bob Zimmerman took some nice pictures of riders. And last but not least – Holly Egerer and Bob! Holly is always my right and left hand at these rides and MnDRA I would not function without out her. And Bob generously lets the club borrow the generator so we have easy water for horses.

I'd also like to thank those of you who stepped up to try out vet scribing and P&R. Volunteer your time at another ride soon, as it's good to keep those skills up. And finding that baseline on your own horse is a valuable tool as the weather gets warmer.

Hope to see you all on the trail – it was good – as Ken said to see old friends hug after a long winter away from each other. Good to see regulars back in the saddle. Good to see folks we haven't seen a lot of pull into horse camp. And especially good to have three nice novice groups on Sunday morning.

Thank you everyone for coming to MnDRA I and riding!
Theresa Meyer – Ride Manager

**MAPLEWOOD WEST REPORT**

Thank you to all who attended our ride this year at Maplewood. As you all know, you riders are what makes a ride a success!

We had a record turn out this year. Our new volunteers and our faithful return volunteers were tremendous and Joel and I are so grateful for all of you! We couldn't have asked for better weather, park rangers were wonderful to work with, horses and riders did great, vetting was, as usual top notch, and, in spite of my gluten induced illness Sunday happened without a hitch.

A special thanks to Bev Specht. Bev often takes out novice groups and this year the group included a couple of riders from our ranch (both on Hightail Rescue Horses FYI). They reported back that they felt they were in good hands and very much appreciated their experience. This first event for our new riders can often make or break the sport for them and a positive experience helps our organization to grow, so KUDOS to Bev!

Happy Trails!
Charlotte and Joel

SELENIUM AND VIT. E TEST RESULTS AND INFO

BY TARYN DENTINGER

Vitamin E and Selenium Testing Results – MnDRA I

Selenium Testing: 8 horses Vitamin E Testing: 6 horses

| Horse Location | Soil Selenium | Selenium Level | Vitamin E Level |
|---------------------------------|---------------|-----------------|-------------------|
| St. Louis Cty, MN | 0.237 ppm | High | n/a |
| Cass Cty, ND | 0.434 ppm | High | Adequate |
| Pine Cty, MN | 0.373 ppm | Normal* | Adequate* |
| Crow Wing Cty, MN (2) | 0.201 ppm | Normal | Adequate |
| Anoka Cty, MN (2) | 0.155 ppm | Normal & Low* | Adequate & Low* |
| St. Croix Cty, WI | 0.166 ppm | High | Adequate |
| * horses without pasture access | Normal range: | 160 – 275 µg/mL | 2.00 – 4.00 µg/mL |
| | Test ranges: | 194 - 344 | 2.07 – 4.77 |

Testing was performed at the Diagnostic Center for Population and Animal Health at Michigan State University. The published laboratory normal range for selenium does not apply to distance horses. The general recommendation for distance horses is whole blood selenium levels at least 250 µg/mL and up to 300-350 µg/mL. In the table above, “high” in the selenium column designates that the level was above the laboratory normal. All of the horses testing “high” were within the normal range for distance horses.

Vitamin E

Vitamin E is a fat-soluble vitamin that works in conjunction with selenium in the body to prevent damage by free radicals. Muscle contraction produces free radicals naturally, and long-duration, low-intensity work such as distance riding produces a lot of free radicals. While clinical vitamin E deficiency causes severe neurological signs and is uncommon, subclinical vitamin E deficiency is not well researched. More studies are becoming available indicating that better performance may be correlated to higher vitamin E levels. Also, horses with higher vitamin E levels have increased antibody production and therefore, possibly, better immune

responses. Muscle stiffness/soreness and “tying up” can be related to low levels of vitamin E and/or selenium in horses.

Freshly cut hay and green grass are excellent sources of vitamin E and no supplementation is typically required for horses with pasture access. However, vitamin E levels drop rapidly in stored hay, and a hay-based diet is frequently too low in vitamin E. Traditional vitamin E recommendations for equine diets are thought to be too low, especially for hard working horses.

I recommend vitamin E in the diet at a rate of 2000 – 3000 IU per day if a horse isn’t grazing at least 12 hours a day. Additional vitamin E is not harmful, and these recommendations are flexible. If a horse has had any signs of muscle stiffness/soreness or fatigue with work, I would supplement at least 5000 IU per day, regardless of whether the horse has pasture access or not. The best source of vitamin E for horses is natural vitamin E, d-alpha-tocopherol.

Selenium

Selenium is an essential mineral in the equine diet. Certain soils contain large amounts of selenium, and horses grazing in these areas or fed hay from these areas should NOT be fed additional selenium. Other areas have low selenium in the soil, and therefore low selenium in the pastures and hay. These horses will require supplemental selenium. Most of Minnesota is selenium-deficient, with the exception of the far western portion of the state. Selenium over-supplementation can be a concern, as selenium toxicity is a serious health risk.

You can check your county’s soil selenium content at <http://tin.er.usgs.gov/geochem/doc/averages/se/upper-midwestern.html>

The most absorbable form of selenium is selenium yeast. For horses in selenium-deficient areas, their daily selenium intake from all sources should be 3mg – 5mg. Distance horses should definitely be around 5 mg/day unless you know your horse’s blood level is currently adequate. If you are feeding a commercial grain or any supplements, check the selenium levels and calculate the amount per day your horse receives before considering additional selenium supplementation.

TWO-MILE MARKER

- I just want to say a big THANK YOU to Bob Zimmerman for the terrific photos on the website of our members and horses at the rides--there are thousands of great photos and Bob has certainly put a whole lot of time and talent out for us! It’s not often I get a photo of me on my horse, but I was able to save several beautiful memory photos. Karen Kersten

Here are two links from Joan Elbert on horse and human hydration:

- Horse, http://www.equisearch.com/horses_care/health/first_aid/heat_stress_prevention_strategy_080609/
- Human, <http://actionridertack.us1.list-manage.com/track/click?u=cdc0081c876008899f4fe956b&id=e73e165d05&e=b4c366bc31>

MnDRA 2012 Point Standings

through Prairie Smoke (excluding SE MN - don't have results yet)

| | Rider | Horse | Points | Miles |
|-------------|---------------------|-----------------------|--------|-------|
| C HW | Carmen Steuck | Phoenix | 25.0 | 75 |
| | Laurie Brown | VC Premier Eddition | 25.0 | 75 |
| | Ed Barbo | Psyche on Fire | 22.0 | 50 |
| | Sherry Scheibelhut | Vallies SharDonae | 22.0 | 50 |
| | Rich Elbert | Faloo | 21.0 | 50 |
| | Taryn Dentinger | TKO Rhio Bask | 20.0 | 50 |
| | Beth ONeil | Jules Ms Mitzi | 20.0 | 75 |
| | R Dale Lunde | Images Princess Haily | 20.0 | 50 |
| | Sheryl OBrien | Truimage of Gold | 19.0 | 50 |
| | Vicki Rostollan | Scamper | 18.0 | 75 |
| | Ken Meyer | Samarii | 9.0 | 25 |
| | Bethany Borchert | Dun Adoby Fox | 9.0 | 25 |
| | Beckie Kilvington | Badgers Bay Boy | 5.0 | 25 |
| C JR | Lina Geiger | Queen Heartt | 22.0 | 50 |
| | Sarah Kieser | Never A Fantahcee | 22.0 | 50 |
| | Olivia Goddard | Luvs Bayfire | 21.0 | 50 |
| | Justin Vannurden | TS Fames Allionce | 11.0 | 25 |
| C LW | Kris Ausland-Saari | Regal Task | 48.0 | 125 |
| | Darlene Molitor | Vallies Amerah | 31.0 | 75 |
| | Joan Elbert | Lucky | 20.0 | 50 |
| | Candy Barbo | Nobel Annie | 19.0 | 50 |
| | Mary Lambert | Psyches Amore | 19.0 | 50 |
| | Linda Goddard | Khourageous Komet | 17.0 | 50 |
| | Tracy Cannon | Skyline Lucky Strike | 16.0 | 50 |
| | Lise Lunde | Mystic Morning | 14.0 | 50 |
| | Victoria Robison | SC Zhivago | 12.0 | 50 |
| | Danna Theis | Vallies Hi Strider | 11.0 | 25 |
| | Candy Barbo | Psyche on Fire | 11.0 | 25 |
| | Terri McCarthy | Joey | 11.0 | 25 |
| | Emily Lindberg | Vallies Kastiel | 10.0 | 25 |
| | Stephanie Collins | VC Sundae Edition | 8.0 | 25 |
| | Theresa Meyer | Shes My Destinee | 8.0 | 25 |
| | Debra Juettner | Bashir | 7.0 | 25 |
| | Nicole Eller-Medina | PPF Geyms Quinta | 6.0 | 25 |

| | | Rider | Horse | Points | Miles | |
|----|----|---------|-------------|-----------------------|--------|-------|
| E | HW | Walter | Freiberg | Chazz | 55.0 | 125 |
| | | Taryn | Dentinger | TKO Rhio Bask | 52.0 | 125 |
| | | Joel | Hildebrandt | Chazzy | 42.0 | 100 |
| | | Peggy | Pasillas | Mattanahs Joker | 30.0 | 100 |
| | | Lisa | Powell | Bezannas Orphan Annie | 26.0 | 100 |
| | | Scott | Campbell | Monachers Charm | 20.0 | 50 |
| | | T. J. | Edwards | Miss Molly Mule | 20.0 | 50 |
| | | Jen | Wuertz | VO Raahin | 18.0 | 50 |
| | | Suzanne | Warren | Turbolatian | 16.0 | 50 |
| | | Barry | Saylor | Ultra Psuede | 10.0 | 50 |
| E | JR | Amber | Larson | Missing Memory | 22.0 | 50 |
| E | LW | Jodi | Johannessen | PR Bay Muscrana | 82.0 | 200 |
| | | Sarah | Maass | GP Cali-Rooz | 42.0 | 125 |
| | | Cody | Collins | Lazers Legacy | 42.0 | 100 |
| | | Candy | Barbo | CR Windsor | 32.0 | 100 |
| | | Darlene | Molitor | CR Infinite Pryde | 30.0 | 75 |
| | | Teresa | Fett | CR Mistiraaz | 28.0 | 100 |
| | | Deb | Kolegraf | Rushcreek Newt | 20.0 | 50 |
| | | Lynn | Reichert | WH Procrastinator | 12.0 | 50 |
| | | Kym | Life | Rome | 12.0 | 50 |
| | | Rachel | Hill | Sunbeam | 10.0 | 50 |
| | | | Rider | Horse | Points | Miles |
| LD | JR | Amber | Larson | Missing Memory | 23.2 | 55 |
| | | Kade | Zishka | Tizzy | 22.0 | 50 |
| | | Justin | Vannurden | TS Fames Allionce | 11.0 | 25 |

LD SR

| | | | | |
|-----------|-----------------|-----------------------|------|-----|
| Teresa | Fett | CR EastirLylle | 44.0 | 105 |
| Diane | Merz | Sterling Illusion | 25.0 | 75 |
| Diane | Schermerhorn | Iron Lady Hawk | 22.6 | 80 |
| T. J. | Edwards | Miss Molly Mule | 22.0 | 50 |
| Jan | Sasena | Caduceus Oriana | 19.0 | 75 |
| Lynda | Zimmerman | Lluvia del Norte | 18.2 | 80 |
| Char | Tuhy | Raffimas Image | 18.2 | 55 |
| T. J. | Edwards | JBK Tara | 17.0 | 50 |
| Lynne | Triplett-Benson | Helen Jane-Niso | 16.0 | 80 |
| Paula | Goligowski | Little Bay | 14.6 | 55 |
| Mary | Baker | Synaptic | 14.0 | 50 |
| Catherine | Cheesebrow | NW Wildcard | 14.0 | 50 |
| Jutta | Schmidt | Gandolph K | 13.4 | 55 |
| Paula | Goligowski | Willie Winchester | 12.2 | 55 |
| Deb | Kolegraf | Rushcreek Jerdee | 12.0 | 30 |
| Janet | Sarver | Bashir | 12.0 | 50 |
| Ben | Zishka | Aerial | 12.0 | 50 |
| Mary | Baker | Lily Creek Ravven | 10.0 | 50 |
| Sandra | Fett | SN Shaherrizadd | 10.0 | 25 |
| Cathy | Mitchell | Haywires Mikalene | 10.0 | 50 |
| Walter | Freiberg | Laser | 10.0 | 25 |
| Joan | Thiel | A Risky Encounter | 10.0 | 50 |
| Danna | Theis | Vallies Hi Strider | 10.0 | 25 |
| Danielle | Eller-Hollerud | Kara Myst | 10.0 | 50 |
| Amber | Preisler | Eclectic | 10.0 | 50 |
| Teresa | Fett | CR Mistiraaz | 9.0 | 25 |
| Jen | Wuertz | VO Raahin | 9.0 | 25 |
| Sue | Schedin | Faden Gazad | 9.0 | 25 |
| Dana | Gasner | Jerico | 8.0 | 25 |
| Jutta | Schmidt | Watch Me IMA Big Star | 6.0 | 30 |
| Jodi | Johannessen | Denndi Moore | 6.0 | 25 |
| Barry | Saylor | Thee Magicman HT | 5.0 | 25 |
| Suzanne | Warren | PPF Geyms Aurora | 5.0 | 25 |
| Suzanne | Warren | Kikkoman's Geym | 5.0 | 25 |
| Stephanie | Collins | VC Sundae Edition | 5.0 | 25 |
| Scott | Campbell | Monachers Charm | 5.0 | 25 |
| Peggy | Pasillas | Mattanahs Joker | 5.0 | 25 |
| Nicole | Eller-Medina | PPF Geyms Quinta | 5.0 | 25 |
| Michael | Powell | Chant Khoumkhemos | 5.0 | 25 |
| Lisa | Powell | Jets Satin Queen Zoe | 5.0 | 25 |
| Kym | Life | Jedwab | 5.0 | 25 |
| Beth | Lecy | Fancy T Basko | 5.0 | 25 |