

From The Horse's Mouth

Southeast Endurance Riders Association Newsletter

March 2007



PRESIDENT'S MESSAGE

Let me begin by saying that I am pleased to be serving you and SERA as your new President. I hope that as a group we can work together to ensure that SERA remains a strong organization which grows in new directions to benefit its members and their horses. Along those lines, I have a goal. My goal is also a challenge for each and every member. I want to challenge each member to do something different this year. As your President, my challenge will be to perform my duties to the best of my abilities.

As for your challenge, I want you to reach out and do something different. I think we all are aware that each and every one of us is different. We may ride a different breed of horse, ride in a different weight division, ride a different distance, camp in luxury, or sleep out in a tent. The point is, that the individual members of SERA are different. This difference is also our strength because each of us brings something "special" to the table. We have different views and ideas which spawn concepts that can be turned into great outcomes. So, go out and experience something that you don't normally do.

If you ride LD, volunteer to crew for a 100 miler. If you pit crew, volunteer to help out management the day before the ride. If you arrive 2 days early to a ride, offer to help mark trails. If you have never sponsored a junior, say that you would gladly help a kid get through the ride. After you finish your ride, ask the vet team if you can get them something. If you walk past the timer at the finish line, offer them a cold drink and a friendly greeting. If you have an extra horse, loan it to a new rider that may not have theirs ready just yet. If we all did something different, just once, it could open our eyes.

This sport is evolving, and I have experienced this for the past 30 years. Nothing is ever static in the world. I challenge you to embrace our differences, and in doing so, enhance your knowledge and grow with the sport. Support each other, help each other and respect each other. Let's go out and put some fun back into the competition. It will still be competition, with winners, finishers, and those who just didn't have it all together that day. But it is still the love of the trail, those familiar perked ears looking ahead, the helpful faces of the timers at the finish line and sometimes, nothing more than a small group cheering on a 100 miler alone on a dark last loop. We came to this sport because it was fun and enjoyable. I challenge you to have fun at all the rides you attend this year.

Many of you may not know this, but I am a worrier. I fretted for months before the OD 100 this past year. I fretted right up until the day we pulled out to travel to the ride. Once there, I was totally relaxed. And that is what other people see. But I don't live that way. A very good friend of mine has told many times over, that I "shouldn't sweat the small stuff because it's all small stuff." So, I wanted to pass on that bit of advice from my vet friend up north.....Here's to seeing you on the trail and remember, "Don't sweat the small stuff."

Jody



Happenings from the SERA List

A brief summary of what the board is thinking:

We, the board members and officers of SERA have proposed, discussed and voted on a 100 mile jacket award. All state representatives voted in favor of said award.

The following is the criteria for this award:

1. Any SERA member entering their first one day 100 mile ride at a SERA sanctioned ride and completing said ride will receive from SERA a monogrammed jacket in celebration of their accomplishment. This jacket will be delivered at the SERA Convention.
2. Any SERA member entering their first one day 100 mile ride at a SERA sanctioned ride will only have to pay the entry fee to the 50 (55 or 60) mile ride. SERA will cover the difference between the 50 and 100. The details of how the reimbursement will be worked out.
3. Funds for this program will be raised at a silent auction at the next SERA convention (2008). The shortfalls from this auction will be covered out of SERA general funds.

This program will not take affect until the 2008 ride season (starting Dec. 1, 2008). If any member would care to voice their opinion in favor or against such a program, I strongly urge you to contact your state representative and be heard. SERA is your organization and I want to encourage each of you to become involved.

Submitted by: Jody Rogers-Buttram



APEX Spring 2007 Endurance Clinic

A Partnership for Endurance Xcellence (APEX)

31 March – 1 April 2007, Asheville, NC

ADVANCE YOUR ENDURANCE PERFORMANCE BY JOINING CLINICIANS:

- John Crandell III, winner of 2006 “Triple Crown” (Tevis, Old Dominion [OD], AERC Championship), 5 time winner OD
- Stagg Newman, winner of 20 100-Milers, 2006 Canadian Championship, 2 Team Golds
- Dr Ann Stuart, Vet for the US Endurance Team to the 2006 World Equestrian

Games (WEG), Chef D'Équipe - USA East (gold)

- Jeff Pauley, farrier for the US endurance team to the 2006 WEG
- Lisa Maxwell, the "Zen Master" with horses and equitation instructor of champions

Who does what

John Crandell – will help you develop achievable goals, assess your current and future training program, identify time frames with milestones and target competitions

Stagg Newman – will provide "on mountain trail" assessment, analyzing working and recovery pulse rates to examine your horse's fitness level, and options for improvement

Dr Ann Stuart, DVM – will evaluate horse suitability and way of going (form, function, soundness), issues (if any) and makes suggestions to optimize performance

Jeff Pauley – will evaluate horse's shoeing, suitability, and way of going with respect to legs and feet, issues (if any), and makes suggestions for shoeing, particularly focused on upcoming competitions

Lisa Maxwell – will look at how you and your horse move together, making suggestions for balance, 'things to work on' to make endurance easier on both you and your horse.

Options for participation:

Gold Weekend (\$400): Horse and rider full, individualized evaluation by all clinicians. Participate in lectures, in individualized or paired rotations with the clinicians, and in trail groups to practice and assess. Gold Weekend attendees get a written report covering program for conditioning, evaluation of your riding, evaluation of your horse's shoeing, and evaluation of your horse's suitability and way of going, with suggestions for things to work on as appropriate in all areas. Limited to 12 participants.

Silver Weekend (\$275): Participate in lectures; associate with a Gold participant through the individualized sessions, listen, ask questions, learn; plus, participate in the on-trail assessment of your horse's condition; finally, go for a mountain ride to enjoy the area. Limited to 12 participants.

Bronze Weekend (\$175): Participate in lectures; associate with a Gold participant through the individualized sessions, listen, ask questions, learn; crew on-trail and monitoring P&R recoveries. Limited to 12 participants.

Contact: Anne Ayala via kenayala@charter.net (828-274-5121) or Cheryl Newman via cherylnewman@charter.net (828-665-1531)



USEF/FEI Steward/Judge Introductory Clinic

In hope that you, or some of your friends, will be interested in becoming a USEF/FEI Steward or Judge, we will be holding a Steward/Judge Introductory Clinic on Thursday, May 3, in connection with the Biltmore Challenge. There will be an especially strong need for Stewards at the 2010 World Equestrian Games in Lexington, KY, and this is a good opportunity to get your licensing process underway. Being a Steward at WEG usually involves access to many of the activities of other disciplines when you are not actively serving in Endurance.

If you will email Anne Ayala (kenayala@charter.net), she will send you details on the Procedure for becoming a Steward, an application for the Clinic, and the Pre-Reading list for the Clinic. There will be opportunity to do your first apprenticeship at Biltmore if you choose, or you can attend the Clinic and then do 4 apprenticeships at other rides (two must be FEI).

Hope to see many of you at the ride and some of you at the Clinic!!



AHA Region XII 2007 Endurance Challenge

In an effort to induce the Arabian / Half-Arabian Endurance community to join and participate in the organization which protects and governs the heritage of the very horses that they ride, Region XII of the Arabian Horse Association is presenting the following challenge to the Arabian / Half-Arabian Endurance community.

Join an AHA Region XII "local" club as a "Competition" member, ride a registered Arabian / Half-Arabian in a Endurance Ride (LD's included) in three (3) Region XII states (AL, FL, GA, MS, NC, SC, TN,) and receive a Region XII Endurance Challenge Bronze Level Polo Shirt. Ride in four (4) states and receive a Region XII Endurance Challenge Silver Level Jacket. Ride in five (5) states and receive a Region XII Endurance Challenge Gold Level Fly Sheet. Ride in six states and receive a Region XII Endurance Challenge Platinum Level Rain Sheet. A Region XII Endurance Challenge Championship Blanket will be awarded to the rider with the highest mileage occurring within the region, which has ridden in at least five (5) states. There will be one high mileage award for endurance and one high mileage award for limited distance. The miles track with the rider. Sound easy? That is how it should sound. This is Region XII's way of asking for your support in promoting Arabian / Half-Arabian horses as the world's most lovable, and versatile breed. QUESTIONS: Call Eric Reuter 865.599.3594 (eric@rueterconsultinginc.com) or Cheryl Van Deusen 386.566.4820 (cvandeusen@gmail.com) for more information or R12endurance@gmail.com

The Arabian / Half-Arabian Endurance community has complained long and hard that AHA does not do anything for them. Well now is your chance! Become an AHA member through your local AHA affiliate club, load up your horse and RIDE! There will be local club AHA membership forms available or you can join through Arabian Distance Riders Club (AHA # 12277) by filling out a form or joining on line through www.arabianhorses.org – a one year membership costs \$45 for adults.

Official Rules:

1. Horse MUST be a registered Pure Bred, Half-Arabian or Anglo-Arabian.
2. Current horse registration owner MUST be an AHA competition member in good standing for this year.
3. Rider MUST hold a current AHA Competition Card and be a recognized member of a Region XII affiliated club (i.e. be counted as member through the AHA).
4. For a ride to count the competitor must only earn a completion. Placements have no meaning in this challenge. Provide your AHA membership number to RM.
5. The period of the challenge will coincide with the AERC ride year (December 1 through November 30).



SETC-Southeastern Equestrian Trails Conference

I would like to extend an invitation to the SERA membership to attend this year's Southeastern Equestrian Trails Conference. This conference will take place in Knoxville, Tennessee, this year on July 19-21. Both SERA and AERC sponsor this conference each year. At this time, the agenda has not yet been published, but there are always very interesting presentations. I will have more information as the year progresses. If you would like to attend, please email me at lori@lorisumrall.com.

The purpose of SETC is "to bring together people who are concerned about the future of the natural and cultural heritage of the trail experience from the back of a horse."

Lori Sumrall, Southeast Trails Chair



News from the States

TENNESSEE'S FOR ME

Hi all!!! Well I think I can see through the winter tunnel to a very pleasant spring, which means excellent riding weather here in the Southeast.

We are all probably getting ready to or have already put together a plan for the forthcoming ride season, which gives me the opportunity to refresh your memory about 2 of the upcoming TN rides which I am very excited about.

City Slickers is March 23 and 24th and it will be a two day ride this year. We are very excited about this as it will be our first year ever at City Slickers for a multi day ride. Ride manager Terry Silver is hard at work in order to bring you an exciting lineup, one of which will include new trails of the various scenic areas of the Wolf River; also she has put together for our educational purposes a seminar about gastric ulcers in performance horses. This seminar will be given by Ulcer Guard representatives. This is an excellent ride for first time riders as the trails are relatively easy, camping is comfortable with the convenience of electric hook-ups and stalls for the horses. There will also be a new riders clinic. Of course this all leads up to one question: Will ELVIS be present? That remains to be seen!! For more ride info go to www.SFEAonline.org.

The Trace Tribute ride is April 7th and ride manager Angie Fura is at this moment in the process of putting the finishing touches on the exciting lineup we have for our riders. The trails this year will be different than last year as there will be far less road and much more trail on the Natchez Trace Parkway Trails. The trails will take you from Williamsport to Franklin, TN. These trails are very scenic with a hint of the adventurous, infamous turbulent nostalgic past of bygone days. Camille Riley has put together a silent auction that is hard to beat, which will provide the funds to continue supporting the

maintaining of the Natchez Trace Trails. We are also excited to announce we will be featuring a live rock n' roll band "TOMMY CRAIN AND THE CROSSTOWN ALLSTARS", so we can have lots of fun dancing the night away. This ride is also a great opportunity for first time riders and will be featuring a new riders clinic. For more ride info go to www.tracetribute.com.

These are two great rides you can mark on your ride planning schedule. Have a great ride season!!

Your Tennessee representative,
Debra LaComette
n2theblu@earthlink.net

Greetings from Your Kentucky Director:

Well...spring is on the way...hope you are all out riding!

Not too much to report as of now!

First ride in Kentucky sanctioned with SERA & SEDRA:

LBL EXPRESS

May 18th & 19th, 2007

25 & 50 and 2-day 100

Hope to see some of you there this year, may be the last year for Jerry and I managing it at LBL:(

Till next month,

~Diane Fruth

KY Trail News:

Hello everyone - I'm writing to tell you of some exciting news! John Riley and I have spoken with Brian Pharis, Park Manager for Taylorsville Lake State Park. We are pushing forward to submit a federal grant for \$100,000 to be dedicated to trail maintenance and expansion for the park.

Brian is committed to trails maintenance and expansion, but of course will need our help. With this grant we can improve or re-route the existing trails as well as add another 10-15 miles of trails. If we accomplish this, Brian has indicated he may have state support to renovate the current day parking area for horses into 35-40 horse camp sites!

Now, here's what we need from you. We need groups, *not individuals*, to write letters of support for the funding of this project and send them to Brian by email

Brian.Pharis@ky.gov or by snail mail to ATTN: Park Manager, Taylorsville Lake State Park, PO Box 205, Taylorsville, KY 40071

If you want more information regarding this grant, please go to

<http://gold.ky.gov/grants/federal/rtp.htm>. The letter needs to contain the following, if possible:

1. Be on the organization's letterhead
2. Be signed (if not written) by a leader in the organization (Exec. Dir., Board President or other officer)
3. Indicate benefits of this trail project in terms of boosting local economy, increased tourism, family recreation with emphasis on healthier living, etc.

By way of this email, I'm contacting TREK, KEEP, Kentucky Horse Council, Spencer County Saddle Club, Kentucky Trail Riders Association and Kentucky Quarter Horse Association. John Riley will be contacting local government officials in Spencer County, and Jerry will be contacting the Kentucky Mountain Breed Groups. If you know of other saddle clubs and/or breed groups that would be willing to write a letter, please forward this on. Please remember our strategy to promote multi-use trails as opposed to equine only trails.

I've sent this email to multiple people that represent the same organization; please coordinate who will draft your letter of support and who will sign it. There should only be one letter per organization.

Now here's the tough part. This grant must be submitted no later than March 15th. This means all letters of support need to reach Brian by March 10th to give him time to put all this together and send it off. Please let me know if you will *not* be able to send the letter due to time constraints; we may be able to find another representative to do so for your group.

Thanks so much! If you have any questions, please email me at lkaneredmon@kyhumane.org or call me at (502) 553-1284. I'm tough to reach by phone, so email is best. Talk to you soon,

Lori Redmon
T.R.E.K.

Hello Friends,

Thanks to the efforts of Valerie Stokes, (MCETRA Treasurer) we now have our website back! Please note however, the address has changed slightly - it is now a ".com" instead of a ".org". The website has a new look - check it out!

Here is the address: <http://www.mammothcavehorsetrails.com/>

Also - **our next Backcountry Summit Workday is on Saturday, March 17**. We will meet at Maple Springs Trailhead/parking area at 9:00 am CST. The workday will end early afternoon. All tools are provided. See:

<http://www.mammothcavehorsetrails.com/events.htm>

We will also be having a **benefit trail ride on May 12**. This ride is being sponsored by TWHEBA (Tennessee Walking Association) & the Edmonson County Saddle Club.

Don't forget to mark your calendars and plan to attend these events!

Thanks,

Bonnie Fields,
MCETRA Secretary

Subject: Mammoth Cave Trail Workdays

Hello all, below is a list of scheduled trail workdays for all interested

parties at Mammoth Cave National Park for 2007. The first workday this year is March 17, and will meet at the Maple Springs trailhead/parking area at 9AM CST, near the new restrooms and bulletin board. (Departing shortly thereafter.) The first project will be continuing with work on Raymer Hollow Trail, (chainsaw, signage, trimming, and possibly working on reroutes.)

Please distribute this notice to all who might be interested, and please come if you can!!

March 17, Backcountry Summit Committee Workday

April 21, Backcountry Summit Committee Workday

May 19, Backcountry Summit Committee Workday

September 15, Backcountry Summit Committee Workday

October 20, Backcountry Summit Committee Workday

November 17, Backcountry Summit Committee Workday

-All workdays start at 9AM CST, and will meet at Maple Springs. Most workdays last til early afternoon. All tools provided.

Larry Johnson
Park Ranger
Mammoth Cave NP
(270)758-2150



Attention Ride Managers!

All SERA sanctioned ride managers should make sure they put into their ride flyer the statement:

"Juniors Must be Eight Years Old to Participate"

I know a lot of you do that already, but some don't and it should be there to be in compliance with the AERC rules.



CLASSIFIED ADS

Have a horse, saddle, trailer, or other stuff to sell? Send in your ads!



SERA Membership

Membership runs from December 1st through November 30th. Single membership is \$25 for the year. Family membership is \$30. If you haven't renewed already, please do so now. You must renew by March 1st in order for the rides prior to that date to count for year-end awards.

Renew online! Go to:

https://linux9.domainnameservers.net/~serao2/new_membership.htm

Renewal forms can be downloaded and printed from
http://www.seraonline.org/sera_web_application.htm.



Ride Managers

Your ride flyer may be posted to the SERA website. There is no limitation on the number of pages. To add your ride flyer to the website, please submit it in Word, txt, or PDF format to teri@websbyteri.com and place in the subject of the email line "SERA Ride Entry Form." For publication in the newsletter that is distributed through the US Postal Service, the ride flyer must be no more than two pages and must be sent to Tamra Schoech at SERAgA@bellsouth.net or 4050 Buck Smith Rd, Loganville, GA 30052.



SERA SANCTIONED RIDES

As listed on the SERA Website
Check the website for updates

2007 Ride Calendar

March 17/18, Sand Hills Stampede, 55/30 & endurance intro clinic, 55/30, H Cooper Black Field Trial and Recreation Area, Patrick, SC; Ride Managers: Patsy Gown and Tim Worden, 803-329-0077

March 23/24, City Slickers, 50/25, 50/25, Shelby Farms, Memphis, TN; Ride Manager: Terry Silver, 901-268-1127, turquoisehorses@aol.com

April 7, Trace Tribute, 50/30, Primm Springs, TN; Ride Manager: Angie Fura, 931-682-2772, trailsend@hughes.net

April 14, Leatherwood Mountain Extreme Challenge, 50/30, Leatherwood Mountains, Ferguson, NC; Ride Manager: Abbie Hanchey, 336-973-5044, abbie@goleatherwood.com

April 21, Million Pines Classic Elevator, 50/30, Soperton, GA; Ride Manager: Wesley Crowe, 912-529-3956, soppharm@planttel.net

April 28, Witch Dance I, CANCELLED, Rowlandhardware@bellsouth.net

May 5, Biltmore Challenge, 100/50, Biltmore Estate, Asheville, NC; Ride Manager: Cheryl Newman, 828-665-1531, cherylnewman@charter.net

May 12, Blazing Saddles, 50/25, Longleaf Horse Trails, Laurel, MS; Ride Manager: Terry Price, 601-605-6079, farmerprice@earthlink.net

May 18/19, LBL Express, 2-day 100/50/25, 50/25, Land Between the Lakes, Golden Pond, KY; Ride Manager: Diane Fruth, 812-985-2151, hikryrdg@evansville.net

June 22/23, GERA Fundraiser, 50/25, 50/25, Dawson Forest, Dawsonville, GA; Ride Manager: Raylin Patterson & Sandy Thomson, 770-844-0344, gamudduck@aol.com & sandyatdock@aol.com

September 6/7/8, Big South Fork Pioneer, 50/30, 55/30, 100/50/30, Big South Fork NRRRA, Oneida, TN; Ride Manager: Eric Rueter, 865-986-5966, Eric@RueterConsultingInc.com

October 4/5/6, Alabama Yellowhammer Pioneer, 55/30, 100/50/25, 50/25/Fun Ride, Talladega National Forest, Heflin, AL; Ride Manager: Tamra Schoech, 770-554-1545, tschoech@bellsouth.net

October 13, Red Barn Run, 50/25, Chester, GA; Ride Manager: Cheryl Perry, 229-686-2278, cperry@alltel.net

October 27, Witch Dance II, 55/35, Tombigbee National Forest, MS; Ride Manager: Raymond Rowland, 662-456-3854, Rowlandhardware@bellsouth.net

October 27, Hampton Classic, 50/25, Lakeland, FL; Ride Manager: Teri Hunter, 863-859-4005, teri@distancehorsegear.com



SEDRA Ride and Event Calendar

South Eastern Distance Riders Association upcoming ride season will be very busy! Now is the time to plan for your winter riding, endurance or CTR or driving. Go to www.BlackProng.com if you would like to stay for a while--an awesome camping/training facility in the Goethe State Forest. Come and have some fun in the sun! This calendar will be updated soon so look for updates at www.distanceriding.com. Please look at what's scheduled so far for this year:

South Eastern Distance Riders Association (SEDRA) 2006-07 Ride Calendar

Mar 17/18, Sand Hills Stampede, 55/30, 55/30, H Cooper Black Field Trial and Recreation Area, Patrick, SC; Ride Managers: Patsy Gowen and Tim Worden, 803-329-0077, FireFoxRun@Comporium.net

Apr 21, Million Pines Classic Elevator, 50/25, Soperton, GA; Ride Manager: Wesley Crowe, 912-529-3956, soppharm@planttel.net

May 5, Biltmore Challenge, Biltmore Estate, Asheville, NC; Ride Manager: Cheryl Newman, 828-665-1531, cherylnewman@charter.net

May 18/19, Maggie's Gallivant CTR, 25 miles, Cross FL Greenway; Ride Manager: Brandi Bobst, 352-302-3804, racengirl@yahoo.com

SEDRA SPRING CLINIC

April 27-29, 2007

Lake Louisa State Park

“Things Your Father Never Taught You
(Because he was busy teaching your brother)”

Join us for a weekend of Riding, Learning, and Camaraderie.

Clinic will be limited to 50 participants and equines 4 years or older. Each class will be 45-60 minutes each, taught in small groups that will involve hands on training for subjects regarding distance riding, trucks, trailers, and the wildlife you may encounter! We encourage you to bring your horse, though you do not have to! Proof of horse Coggin's test must be up to date and negative.

After the classes, we can ride until dark. Lake Louisa State Park has 20 miles of permanently marked horse trails. Stay the night, enjoy the pot luck dinner, and ride again Sunday morning. Clinic fee include classes, lunch on Saturday, and Pot Luck dinner. Hamburgers and hot dogs will be provided at Saturday night's Pot Luck, please bring a side dish or dessert to share.

The park campground is reserved exclusively for our use for the whole weekend. Plan to come for the clinic, and stay to ride. Horse water, a few paddocks, bathrooms are available. No electric. Park rules will be enforced. All dogs must be on leash.

Tentative subjects to be covered:

- TIRES: selection, rotation, changing a flat, greasing the bearings
- 12 volt electrical systems: learn the basics for installing tack and loading lights, fans, and a battery operated water pump
- Easy boots: Fitting your horse and foaming
- Toxic plants
- Distance Training with a GPS and Heart Rate Monitor (concentrating on Garmin 201, 205, 301 and 305).
- Horse feet and horse shoes: Selection of horse shoes for the terrain and hoof type, angles for front and hind; help your farrier help you.
- Emergency Preparedness: Horse first aid kit, Roadside requirements.

Maris Ramsay, Clinic Manager 352-394-1286 (evenings please) or MarisR@aol.com



**2007
BOARD OF DIRECTORS**

Officers:

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seraboard@lists.theneteffect.com
www.seraonline.org

Send newsletter submissions to: Debbie Parsons sabalpalmfarm@tampabay.rr.com



NEWSLETTER SUBMISSIONS

Debbie Parsons, 1803 E Trapnell Rd, Plant City, FL 33566
(813)754-6197 sabalpalmfarm@tampabay.rr.com

All articles must be received by the 25th of the month to be published in that month's newsletter. If provided electronically just type into an email message or a file attachment in Microsoft Word or Excel.

SERA sanctioned rides are entitled to a single printing of a ride flyer, front and back, one page only or a full-page ad, free of charge (8 ½ x 11). Multiple printings, or a longer ride flyer, will incur additional charges. All sanctioned rides are listed on the SERA website.



ADVERTISING RATES

SERA members - 25 word classified ad (personal items only) free for 3 months pending space availability.

Non-members - \$.20/word, with a \$5.00 minimum

Display ad - Camera ready copy (per insertion, discounts for multiple runs).

1/8 page - \$10

1/4 page - \$15

1/3 page - \$20

1/2 page - \$50