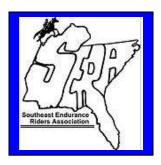
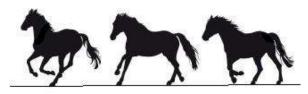
March 2012 Newsletter



Southeast Endurance Riders Association



# SERA 2012 Ride Season is here!!!

First things first -- be <u>SURE</u> to pay your SERA dues. SERA offers some pretty awesome year end awards. You can join by mailing in your payment or going online @ <u>www.seraonline.org/</u>

# WHY SHOULD I JOIN SERA?

In the Southeast region of the **AERC**, teamwork is synonymous with **SERA**. The Southeast Endurance Riding Association was founded when endurance riding in the Southeast was in its infancy. Today endurance riding in the Southeast is only behind the West region in number of opportunities for our members to participate in the sport. In the Southeast there are riding opportunities for riders interested in all aspects of our sport from LD to Multidays. While the opportunities for riders to participate in the historically foundation of endurance - the one-day one hundred mile ride - have declined to an alarming low level in the rest of the country, BUT the Southeast has maintained a steady number of eight over the last 10 years.

**SERA** has been a big factor. **SERA** promotes endurance riding, supports riders and ride managers. The **SERA** team is the members that ride the rides and the managers that sanction their rides through SERA. In addition to the horse scales, a speaker system, flood lights and blood analyzer, SERA will have at many rides their projector and screen available to display whatever you want the riders to see pre-ride (trail maps, ride

schedule, etc.) and/or post-ride (awards, etc.). If you have pictures (from previous years, or of the ride-site facilities or of significant trail intersections, or even from the ride photographer), we can put up a slide show during registration and/or the meals, for example. You can email Joe Schoech what you want to display beforehand or put the data on a thumb(zip)-drive at the ride. Documents can even be scanned directly into a display at the ride site. We can also hook the projector up directly to your laptop, if you wish. If you want to show movies, just provide the DVD (no Blu-ray) and we can have a "night at the movies", if you like. We just need a little setup time and then we can make all or any of this happen. Please contact Joe Schoech for the A/V availability.

If you want to be a part of the team that promotes the growth of endurance riding opportunities - you should join **SERA**. If you want to have the access of resources, scales to monitor your horse's weight and a blood analysis machine to help you understand the metabolic capabilities of your horse so you can better manage your horse you should join **SERA**. If you want a stable system of quality trails for not only running endurance rides but also for training and just hacking around you should join **SERA**. **SERA**'s goal is to make endurance riding in the Southeast region the best it can be. If this is what you want you should join **SERA**.

# **THANK YOU to our SERA Awards Sponsors**

SERA would like to thank the following for their generous sponsorships of our awards:

#### **New Sponsors**

Jana Smith - in Memory of Steffanie Waddington - sponsor of the LD Mileage Champion Foster Olson and Lela Nielsen - sponsor of the Freshman Rider of the Year Red Barn Run (Cheryl and Steve Perry) - Freshman Horse of the Year LBL endurance Ride-LD Best Condition

#### **Current Sponsors**

Running Bear/Teddy Lancaster - Consistent Condition Christo and Lori Dinkelmann - Grand Champion Junior

# President's Message~ Dr. Ike Nelson

I want to start by saying a big "Thank you" to all of you who worked for SERA last year, who renewed your memberships, who joined for the first time, who rode in an SERA ride, or who attended the SERA annual meeting!! SERA had a very good year in 2011 and it is because of all of you! We had more members last year, more SERA sanctioned rides, more rider starts, and a benefit ride for SERA. SERA sanctioned 24 rides, 10 one day rides, 11 two day rides and 3 three day rides. That's 34 opportunities to ride an SERA ride! This is reflected in the numbers of people who garnered an award in 2011. One of those rides was the Witch Dance Revival ride which was the SERA benefit ride and it brought in almost \$4000 for SERA!! Thank you Terry Price!! Terry worked hard to have awards and services donated for that ride and we do appreciate it!

We also in 2011 purchased AV equipment that we are now using at rides, and used at the annual meeting, instead of renting from the facility. We were fortunate to have Eric Rueter take over the SERA website and it is now up and running like a top! If you haven't looked at it lately I think you will be pleased with all the info now available there. Nina Barnett has taken over keeping track of placing for award purposes. That is a big undertaking and we thank Nina for volunteering to do it. Terry Price re-started our newsletter in 2011 and we now have Jody Rogers-Buttram taking over as editor. We thank both of them for agreeing to help with this effort.

SERA was a sponsor for the SETC in Auburn last summer and we have signed on to sponsor the 2012 meeting in Lexington, Kentucky. We will have 3 SERA members there manning a booth and helping educate people about endurance while learning more about trails and networking with other groups to help keep our trails open. If you are interested in going as one of SERA's representatives please let me know. Regardless, consider going and becoming a trails advocate.

This year has brought a couple of changes for SERA. At the annual meeting the membership rescinded the 8 year old rule. It is now up to each ride manager to decide if they want to continue not allowing juniors under 8 years old to ride. We were also asked by APEX to take their property and proprietary assets as they were disbanding. The board decided to accept this responsibility if we could find the right person to head up this committee. I am happy to report that we did! Lynn Kenelly has agreed to chair this committee and we are excited to have Lynn heading up this effort. We are looking forward to having some educational meetings in the near future.

Our awards recipients for 2011 were impressive, as I am sure you have or will see elsewhere in this newsletter. We also had 18 SERA riders who reached a mileage milestone of 5000 or more miles in 2011.

I hope 2012 will be as good for SERA as 2011. And I hope even more that it will be a stellar year for you and your horse!! See you on the trail! Ike

# CONGRATULATIONS TO THE WINNERS OF SERA'S AWARDS FOR THE 2011 RIDE SEASON 100 MILE CLUB

Debra Ivey and Raazyl Cha Stephen Rojek and Beaujolais Joni Buttram and The Boogie Man Angela McGhee and JA Hallys Eclipse

# BRONZE, SILVER AND GOLD 100 MILE AWARD

Joni Buttram and The Boogie Man (Bronze Level)

### **BEST CONDITION**

Tie between: Valarie Kanavy (Gold Raven) and Robert Gielen (FC Galaxy)

# MILEAGE CHAMPIONSHIPS

- OPEN DISTANCE MILEAGE CHAMPION JA Hallys Eclipse
- OPEN DISTANCE RESERVE MILEAGE CHAMPIONS:

CM Morrocco And Rockette Survivor

• LIMITED DISTANCE MILEAGE CHAMPION – TLC Eternal Warlord (Sponsored by Jana Smith, in Memory of Steffanie Waddington)

## **DIVISION AWARDS**

- TOP TEN OPEN DIVISON
- 1. Nicki Meuten
- 2. Cassandra Roberts
- 3. Cheryl Van Deusen
- 4. Farzad Faryadi
- 5. Valerie Kanavy
- 6. Ruth Anne Everett
- 7. Angie McGhee
- 8. Kyle Gibbon
- 9. Stephen Rojek
- 10. Sandy Thomson
- TOP FIVE LIMITED DISTANCE DIVISION
- 1. William Neal
- 2. Peggy Clark
- 3. Judy Clark
- 4. Johnny Petras
- 5. Jane Larrimore

# FRESHMAN RIDER OF THE YEAR

Steve Fox, riding Wind of Heaven

# FRESHMAN HORSE OF THE YEAR

MA Sharem Jabask, owned and ridden by Lela Nielsen

### JUNIOR AWARDS

- GRAND CHAMPION Lily Turaski (Sponsored by Christo and Lori Dinkelmann)
- OPEN DISTANCE CHAMPION -- Stephen Faryadi
- LIMITED DISTANCE CHAMPION -- Miranda Bellah

# MILESTONE RECOGNITIONS

- 10 CONSECUTIVE FINISHES
- Jane Larrimore and TLC Kopper Kadin
- William Neal and TLC Eternal Warlord
- Alice Farrar and Belesemo Zantar
- o Jenny Eilers and WF Felina
- Peggy Clark and TLC Chatta
- o Lily Turaski and Chance of Freedom
- o Judy Clark and Lightning
- o Jody Rogers-Buttram and PF Marty J
- Foster Olson and Rockette Survivor
- Lela Nielsen and MA Sharem Jabask
- o Tamra Schoech and Rushcreek SUV
- o Joe Schoech and Kamakazi Bay B

# • 350 MILES IN A SEASON

- Nelia Rueter and Cherwona
- Mallory Caps and Masterpiece Vlad
- o Theresa Carroll and More Than Faith
- Josie McGhee and TM Cade
- o Jane Larrimore and TLC Kopper Kadin
- o Scott Carroll and ATK Kalypso
- Lela Nielsen and MA Sharem Jabask
- o Karen Dely and AC Clint Easter
- Peggy Clark and TLC Chatta

- Jesse Jarrett and Itinerent Majestic
- o Cheryl Van Deusen and Precious Beaunita
- o Tamra Schoech and Rushcreek SUV
- Judy Clark and Lightning
- o Terry Wyatt and Emmanuel Battyr
- o Farzard Faryadi and Hot Desert Knight
- o Deborah McClary and Psyches Traveler
- o Victoria Willcox and Seyleyna Proof
- Nicki Meuten and FYF Dutch
- Jenny Eilers and WF Felina
- o Cassandra Roberts and Psyches Fire
- Alisa Waxman and AA Xephyra
- o Lila Turaski and Chance of Freedom
- o Joni Buttram and The Boogie Man
- Karen Bell and Prince Sam

Please remember that some SERA awards require nomination by December 15<sup>th</sup> (see SERA's website at www.seraonline.org for more details). A great example is the 2011 Freshman Horse of the Year award winner, MA Sharem Jabask, owned and ridden by Lela Nielsen, who wrote:

#### Cheryl,

I would like to nominate my horse, MA Sharem Jabask, "Poppy" (H46952) for Freshman Horse of the Year. I have owned Poppy for nine years now. When I first got him, he was 3 years old. He had just been halter broke and gelded. You couldn't pick up any of his feet and couldn't touch him from his hip point back. So needless to say we have come a long way! We have tried many different disciplines over the years, but finally found our niche in endurance. I did a 25 @ Yellowhammer in September 2010 and his first 50 was at Broxton in 2010. After his first 50, I felt like it was time to compete him in 50s for the 2011 season.

I took Poppy to Gator Run to do a 50 on 01/15/2011. I had never been to an endurance ride in Florida so naturally I was super excited. Our ride was pretty uneventful until right before our last loop. The horse Foster was riding got pulled and so I had to ride our last loop by ourselves. Naturally, I was nervous, as I had never ridden totally by myself during an endurance race or on a training ride. So I thought, well here goes nothin, and me and Poppy booked it on down the trail. It was amazing! We really connected that day and we completed our ride in 32nd place.

Our next ride was the Camp Osborn Boy Scout Pow Wow on 02/12/2011. Poppy practically pulled my arms out of their sockets for much of the ride. He managed to hit me in the face with his poll, splitting my lip, but we continued on in the cold and finished in 34th place.

Our next ride was Ride The Low Country on 04/23/2011. For the end of April, it was super hot, but we dealt with it and rode smart and came in 16th place.

We did the USA Southeast Fundraiser ride on 05/28/2011. What a ride! Friday before the ride the worst storms came through camp. I don't think the poor horses got much sleep with the driving rain, thunder, and lightning that went on all night. The rain did some good by packing down all that thick sand and Poppy was a star all day! We came in 11th place and I couldn't have been more proud!

Our next ride was the GERA Fundraiser Elevator ride on 06/18/2011. Boy was it HOT! Poppy has never been much of a fan of going through water, but he sure grew up a lot when he had to go through the river - it was so much fun! We finally completed the ride and came in at 7th place, my first top ten and Poppy's as well!

We went to the Blalock Lakes ride on 09/04/2011. Another hot ride but its always fun to do a new ride! Poppy was ready to go and we completed the ride, coming in 8th place! Second top ten in a row and going strong.

Poppy had done so well at his previous rides, we felt like he was ready for the Biltmore Fall Fling. So on 09/17/2011, we completed 50 miles and finished in 8th place. I was so proud of Poppy, as Biltmore is such a difficult ride. And to top ten again, I was on cloud nine!

I decided to go to the Sand Hills Stampede on 10/22/2011 to do my first 55 by myself. Foster stayed at home, so I went to the ride without him. What an experience! I sure grew up a lot at that ride, and even survived an away vet check. Poppy was a rock star and we came in at 8th place!

Poppy and I had managed to complete 405 consecutive miles in his first full year of competition, which is just amazing to me! I couldn't be more proud of my Poppy pony and couldn't have done it without him and Foster's input. Even if Poppy doesn't win Freshman Horse of the Year w/ SERA, he is still MY Freshman Horse of the Year.

Thank you for your consideration! Lela Nielsen

# **SERA Convention News**

At the SERA membership convention this past January, the membership voted to revoke the "8 year old rule". Which means that SERA no longer requires that all riders be at least 8 years old in order to sanction with SERA. SERA does however wish to remind the individual Ride Managers that it is their prerogative to place that restriction at their ride. SERA also wishes to remind Ride Managers that it is still a SERA sanction requirement that rides have at least two vets, with one being designated as the treatment vet.

Welfare of the Horse" – SERA strongly suggests that the veterinary treatment options be available on a document for the riders before the pre-ride vet exam and directions to the nearest treatment facilities be on this document. Your head vet should be discussing his/her treatment protocol at the pre-ride meeting. This will better insure that the treatment vet gets properly compensated for their efforts and more importantly, expedite the proper treatment of the horse in need. The riders should clearly understand the horse treatment expectations at your ride.

This is the listing of the newly elected 2012 SERA Officers:

# **SERA Board of Directors**

#### **OFFICERS**

- PRESIDENT: Troy (Ike) Nelson
- VICE PRESIDNT: Terry Price
- SECRETARY: Laurie Underwood
- TREASURER: Alison Bailey
- PAST PRESIDENT: Tamra Schoech

#### STATE REPRESENTITIVES

- ALABAMA: Troy (Ike) Nelson
- FLORIDA: Helen Koehler
- GEORGIA: Patty Gale
- KENTUCKY: Amy Whelan
- MISSISSIPPI: Jack Price
- NORTH CAROLINA: Ruth Anne Everett
- SOUTH CAROLINA: Patsy Gowen
- <u>TENNESSEE: Trish Harrop</u>
- VIRGINIA: Mary Howell

#### **AERC REPRESENTITIVES**

- SANCTIONING DIRECTOR: Susan Kasemeyer
- DIRECTOR: Joe Schoech

# **National Championship News**

This year, the Southeast Region will be the host to the 2012 Adequan AERC National Championship and AHA National Distance Champion rides. Please take the time to look at the webpage for this fantastic event. The Biltmore Estate is totally awesome for competitors, vendors, volunteers and crew alike. It takes a LOT of people to put on any endurance race, much less one of this caliber. If you have no plans to compete but would like to experience and be a part of a National Championship event, volunteering at this ride is a perfect way to start. Please see the following link for more information about the upcoming championship ride:

www.aercatbiltmore.com/index.html

# Young Riders News~ written by Kyle Gibbon

Well, a few days have gone by since I last wrote. What an amazing whirlwind this has all been. Unfortunately, Misu did not vet in. That was really hard to accept but I knew that I needed to immediately jump in to support the team. I just felt terrible that I decreased our chances of winning a team medal. Misu was given ample opportunity to present to the vets. We trotted in 2 different lanes and they allowed us to trot 3 times and gave us a few minutes to warm him up again before presenting the final time. I really thought he was alright...he felt extremely good under saddle. I couldn't feel any unsoundness. As Emmett put it, he's not a lame horse, but just moves funny until warmed up. I did ride him up to the vetting and did some nice relaxing canter and really felt he never felt better. Perhaps I should have warmed him up even more ... or perhaps not. It may or may not have been a management issue throughout the race. We will never know and there is no reason for me to wonder. It is what it is.

The day before the race, some of us drove to the Sheikh Zayed Grande Mosque. What a masterpiece! Steven Hay took a lot of good photographs there that I will share. We had a difficult time trying to find the entrance. It's the 3rd largest Mosque in the world. Its beauty is unbelievable. By the time we parked, it was prayer time, so we could not actually get a tour. We did use the bathrooms which got us into the Mosque a little bit. Even the bathrooms were incredible, as well as the ablution rooms where men wash their feet before praying. Forest and I took that opportunity and washed our feet.

The race day went very relaxed and smooth. I can't believe how well we all worked together and crewed everyone. Just quick and smooth. We did have a lot of help from local guys with dumping water buckets and the horses and filling them up again. Out on the trail was a whole other world...I drove out several times on the loops with others. It was quite a workout jumping out of the truck and running bottles to our riders. The first time I drove out with Mark and two local guys. Achmed and Suhail, brothers. Suhail is a very well known trick rider apparently. They do a lot of touring around the world. They were rowdy and we just had a blast ripping through the sand at 120 kph!

I'm currently crunched in the back seat of our SUV headed for Dubai. It kind of feels good to be squashed, almost like a massage after all the running and crewing yesterday. I feel as if I raced 75 miles yesterday. Probably ran several miles in sand crewing! Most everyone has fallen asleep right away. We're all tired, but just some of us aren't ready to let down yet! I'm sure I'll be stumbling through some airports with my eyelids closed. Steven Hay and I went to the barn after breakfast with a few others, and got all of our stuff prepared to load with the horses on the 13th. We'll get back to the Hotel in time for the closing ceremonies at 20:00. Awards and Dinner are right after. Then, many of us have to jet to the airport for 2 AM flights. Kimblers and a couple of others are staying until the horses leave of course, then Lori Shifflet will fly home with them. Cheryl Van Deusen is back at the barn today while we all go to Dubai. We are very thankful for her generosity.

All 3 of our American starters completed the race, and the USA team finished 4th.

We just got back from Dubai, what an amazing city. The world's tallest building is very impressive. We'll be off to Closing Ceremonies in a few minutes now and then to the Abu Dhabi Airport. I can't believe we are leaving already. I want to stay!

# From your State Representatives:

# Georgia~ Patty B. Gale

I had the honor of representing SERA as the Georgia Representative this past weekend at Boy Scout Pow Wow in Sylvester, GA. Kim Williams and Eric Gunter did a terrific job. There were a lot of riders present so I took the opportunity to remind them of the 2/29/12 deadline for having retroactive points.

I encourage each of the Georgia members to keep an open line of communication. I want to be your voice on the SERA Board. Please feel free to e-mail, call or text me. My cell # is 912-429-0348.

#### **North Carolina~** Ruth Anne

I am pleased to have the opportunity to represent North Carolina on the SERA Board. As a new member, I was informed at the recent SERA annual meeting of the need for increased SERA membership from our state. This will be one of my priorities. Informing horseback riding and horse enthusiasts about the sport of endurance riding is another priority. I was asked by Stagg Newman to speak to a group in Greensboro about endurance riding. I will focus the information on how our sport has something to offer everyone, from volunteering, to riding limited distance or participating in 50 and 100 mile rides, and the opportunity to be involved as a family. The enthusiasm I have for the sport is easy to share with others and I look forward to being more involved in SERA.

#### Florida~ Helen Koehler

The Goethe Challenge Endurance Ride is held every December, just before Christmas. This popular Florida Ride has a loyal following and also draws in the first timers.... anxious to see for themselves what it's all about. The 2011 Ride was a special one!

For the first time ever, we had two raffles for great causes...one for Alzheimer's and another for Levy County Fire Rescue. This Ride also had an FEI division and was one of two "pre rides" for the North American Endurance Team Challenge; which will be held at Goethe on Friday, December the 13<sup>th</sup>, 2013.

There were over 100 entered for this one-day event, which had all 4 distances. The Ride did well financially, so well that the non-profit; The Goethe Trail, Inc. could donate a John Deere XUV 550 to the Florida Forest Service. The Goethe Endurance Ride and the FFS have had a cooperative relationship from day one...going back to the mid 1990's. Proceeds from past Rides have paid for three wells at Trailheads, numerous picnic tables and fire rings, digital cameras, all of the trail markers and a four wheeler. Many dedicated volunteers help year after year that make this all possible.

If you have been to the Goethe Ride before, please come back; if you have never been, put it on your Christmas List.

# **Tennessee~** Trish Harrop

Hi, My name is Trish Harrop. I am the new SERA TN state representative. I have been endurance riding since the early 1980's and have completed over 8,500 endurance miles since then. I believe that my horse "Slam the Book", a registered quarter horse, still holds the longevity record of about 22 continuous years in a row of endurance competitions. I have been a ride manager, trail marker, ride veterinarian, and treatment vet when I lived in the Central region. Since I have lived in the Southeast region, I have primarily concentrated on riding in the competitions and occasionally helping mark trails

and vetting some rides. I have been a past SERA TN state representative and vice president. Now as the TN representative, I plan to try to attend more rides and encourage more riders to become SERA members and help out with the pre ride meeting for new riders. I am very proud of the leading role that SERA has taken to educate endurance riders with seminars at the conventions and talks at the ride meetings. The minimum two veterinarian rule which SERA has allows the ride to continue without jeopardizing the treatment of a horse with medical problems. Also SERA has improved the safety of the competitions by providing horse scales and blood analysis equipment to rapidly evaluate fluid loss and potentially life threatening electrolyte imbalances. The scales allow extremely accurate evaluations of the horse's actual fluid losses both during and after the ride. The blood analysis results can be a great aid for the rider to help tailor their electrolyte use and composition for future rides. It is a potential life saver for horses requiring treatment, because the treatment vet can determine with much more accuracy exactly how much fluids and which particular minerals and electrolytes are need at that time.

Dr. Trish Harrop and her appaloosa horse, Joker



Appaloosa National Championship ride at the Alabama Yellowhammer ride this past fall. We were 3rd place and Best Condition Appaloosa. Three of the Appaloosa entries finished in the top 10. Overall we were 9th place and second in line for overall BC. The completion award for the ride was a lovely tiedyed t-shirt in memory of Tommy Crain.

# Blazing Saddles 2012~Not just any endurance ride By Jody Rogers-Buttram

There is a very special place in southern Mississippi where endurance riders of the modern age can come and visit what endurance was like two decades ago in the southeast region. The Blazing Saddles endurance ride, hosted by Jack and Terry Price and held in the Desoto National Forest near Laurel, Mississippi is that special place and ride. It just so happens to be my favorite ride of those which are currently held. Would I ever miss this ride? Not on your life!

So, what makes the ride so different? Well, there are many things, could be the food, the trails, the people, etc. and all of that does come into play in making it a "must do ride". But I believe the special magic comes from the old Southern hospitality and just plain home feel that oozes out of the surroundings.

The camp is a beautiful wranglers camp, dotted with grand ole southern pines that loom into the air. The ground is carpeted with soft pine needles, and for some reason the weather always is on its best behavior. Almost like the earth itself knows how special this ride is, and doesn't want to disturb it. The trails are winding single and double wide with plenty of water, dry firm footing except for a few low places, and those spots where you must slow down are down are a welcome to get a drink and relax for a second.

Along to help out with the ride, are Jim and Holly Gage....the "You can't afford it catering". I mean, you can't afford catering of this caliber food. Friday night riders and crew are provided with a traditional Southern catfish fry, with fried jalapeno peppers and all the fixin's. You are treated to an entertaining riders' meeting and then off to bed under those gently swaying pines that sweep you away to sleep.

The vet staff and volunteers are the best that the Southeast region has to offer. Timers this year were Samm Bartee, Lance McCoy and Nancy Gooch, with the vet staff of Dr. Otis Schmitt, Dr. Dee Dee Huff and new veterinarian, Dr. Amber Burton, an endurance rider from the Central region who is attending Mississippi State Vet School. That volunteer crowd is always good for a joke or a smile.

This year there were 17 starters in the 100 mile ride, with 14 completions. Ruth Anne Everett not only won, but took home best condition as well, great job by a super nice lady and her wonderful horse Jumpin' Jax. The 50 miler was won by Amanda

Meade who is part of the Carraway clan, so she has plenty of experience to guide her. Eva Kucerova took the best condition in the 50, riding Khorvet, owned by Suzanne Solis. There were 28 starters and 22 finishers in the 50. In the LD ride, out of the 33 starters, Dr. Ike Nelson won and also took best condition with his home bred horse, ABA Kamaals Zarafe, a/k/a Spiderman.

Ride management Jack and Terry Price are the best !!! These are ride managers who have been involved in endurance for many years. That means they have experience in marking trails, laying out loops, arranging a vet check and providing great awards.

One of the best is the hard luck awards...there are a CD of the movie "Blazing Saddles" produced and directed by Mel Brooks.

The awards meal is like none other. Jim and Holly cook up a true Cajun Jambalaya, served with yummy tossed salad, French bread and desserts. Did I say that they feed you well at this ride?

So if you want to come south in the month of February and enjoy some of the best of the best that endurance has to offer, I would strongly suggest Blazing Saddles. I promise you that you will be very pleased with the entire experience there in the deep south. ©

If you would like to contribute to the SERA newsletter by writing a pre or post ride write up, please keep the write ups to around 650 words. Also, you may submit short stories of your first LD ride, or about how you stepped up to the next distance. Let your success be some one else's goal and inspiration !!!!

....and last but not least, what has Ms. Sera been up too.

The Endurance
Adventures of Ms.
Sera
Featuring~
Crowheart.
By Jody RogersButtram







Please send any write ups, state news, etc, to the editor of the SERA Newsletter by the first of each month in order for you contribution to be in that month's newsletter. The next newsletter will be for the month of May. At this point, the newsletter will be every other month. Thanks !!!!

Send with topic in Subject line "SERA Newsletter" To:

3jfarm@earthlink.net

# Out of here !!!

