

Southeast Endurance Riders Association

# **SERA** NEWSLETTER

August  
Volume 2, issue 3

Finding and Keeping your farrier



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Dr. Ike Nelson

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## **A Word from our President~ Dr. Ike Nelson**

We are in the summer doldrums, but it hasn't been bad this year! At least here in Alabama. We have had a wetter than usual late spring and early summer with very mild temperatures as well. This milder weather has been great for a couple of the rides recently. I was privileged to be able to work the Biltmore "make up" ride in early July and the weather was exceptional. Another exceptional thing was the educational clinic sponsored by SERA that was held in conjunction with this ride!! We had some great speakers and much valuable information was disseminated! If any of you would be interested in attending such a clinic, please e-mail me and let me know. We would love to be able to have one of these 2 or 3 times a year.

We have some good rides coming up soon. Later this month is the Iron Mountain Ride in Ivanhoe, VA. September has Big South Fork and Scenic Spruce Creek. In October you can go to Yellowhammer, Barefoot Shine and Wine, or Fort Valley. Hope you will enjoy riding some of these rides or at least come and hang around and help.

I would ask that you start considering your role in our organization. I know there are a few people, currently on the board, that are planning to step down. We need **you** to step up and help this organization continue to be a positive force for endurance riding. Also Jody Rogers-Buttram has expressed a desire to turn over the newsletter to someone else, so please consider taking a stab at this. If you are interested in serving and have any questions please let me know. I will be happy to talk with you about it at any time. 256-431-6538 See you down the trail!

Ike

# Finding and Keeping a good Farrier

By Jody Rogers- Buttram



As endurance riders, we try to do everything we can to make our rides successful. We research the best supplements, feeds, spend years in the search of that one saddle that doesn't make either us or the horse uncomfortable. We fret over conditioning, ice boots and liniments and electrolytes. But, we may be overlooking one of the most important parts of the endurance team....the farrier.

Back in the day, endurance rides didn't have ride farriers. If you came to a ride, you had better have your shoes on like you need them, and keep them on. If not, you would be stuck out there on the trail, leading some horse in, hoping you can find someone in camp that could fix your huge problem. If you were lucky enough to find that someone, chances are, that they are NOT a farrier, a trained hoof care professional. But instead someone that has just picked up the ability to use nails to hold steel to a horse's hoof. And if you weren't that lucky, well you know what the other option would be...pulled. Today, we are fortunate enough to have trained individuals that are present at endurance rides to make sure that we can proceed down the trail. And in many cases, it doesn't even slow down our ride for the day.

But the best scenario is to come to a ride fully prepared. Not just the training that went into our program, but hoof care. The feet of our equine partners are the foundation of our horse.

If you think that the search for the right horse or saddle was tough, the right farrier can also be a nightmare. Some of the most common complaints about farriers are:

- Never show up on time.
- Abusive to the horse.
- Not willing to listen to the needs of the rider/horse.
- Work too fast/not particular to details.



A true hoof care professional, is one that is certified/attended a reputable horseshoeing school, not just someone that learned this on the side to make a little extra money, or graduated with honors from the local Hoof Butcher

Shoeing School. So, before hiring this farrier, do a little back ground checking. Contact some people that know of their work, or are already clients. Better to check around than to let this person have access to your horse's feet with sharp tools.

As the horse owner, one needs to be a working partner with the farrier. But, at the same time, a professional farrier will not have such an ego problem as to not try to work with the client to solve any issues with the horse or scheduling. It SHOULD be a two way street.

A good farrier is worth more than what they are being paid in many cases. They are the component of your endurance team that is going to know all about the health of your horse's feet. They will be the one to see a problem before it fully comes to light and take steps to stop it in its tracks. Your farrier is your horse's best friend. And can be yours as well.

A good farrier will listen to the owner when they try to explain how the horse is moving down trail or reacting to different terrain and try to solve any problems. They will not just come in flinging tools and hooves, and then packing up as fast as Santa with his toys and out the drive they fly.

If you are lucky enough to have such a farrier, be kind to him/her. It is ok to tell them when you are not sure about something, but let them explain what/why they have done it in a certain manner. If the horse doesn't work well with the way he was shod, let the farrier know, but in a nice way. They (we) do all tend to have a tiny little ego about our work. ☺

Once you have laid your hands on the elusive wonderful farrier, be sure to keep your horse on a REGULAR schedule. There is nothing worse than

clients that don't have their horses done on a certain week rotation. Regular scheduled appointments do several things: First, it lets the farrier know that he has X horse to shoe on a certain date. That way he can plan his other clients in that area to make his work most economical. Plus, this can cut down on any extra costs that the farrier may charge on trip fees, if the fees are shared with other clients. Second, it helps the farrier keep your horses' feet in the best shape. Doesn't give any time for unwanted imbalances or flares to start to form, keeps the angles correct, cutting down on the tendon/ligament strain that your horse is encountering on every training ride. And it also will give YOU a priority in any scheduling changes (such as to work around a certain ride) because you are a regular/preferred client.

Besides the good working relationship you need to have with the farrier and regular hoof care appointments, be sure to also have a well behaved horse. Now, not all horses have the best shoeing manners, but they can learn. It is your responsibility to work with and teach your horse to stand for shoeing. It is NOT the job of the farrier to train your horse.



There are some cases where the horse was abused, or has some other quirk, and in this case, farriers can be very patient to work with these horses. Be sure to let the farrier know up front when you first call them, that it is a young horse, one that has an issue (tell what the issue/reaction is) or if he is just an old hat at shoeing. It's no fun to climb under a horse that is going to jerk his leg, explode in all directions and run backwards at the same time. It does

help to know these kinds of reactions. This allows the farrier to schedule his time block long enough to deal with a special case and not run late on the next appointment.

Now, if you are at a ride, and no matter how good the farrier is that you have snagged, sometimes, well, crap happens. And if it does, and you find yourself doing the dreaded walk to the farrier's tent, remember, he is not familiar with the particulars of your horse. So, don't ask for any major corrections, just let him do a basic job of putting on a shoe that will let you slide through the rest of the ride. It is VERY helpful to take a set of shoes (ones that still have miles left in them and were removed recently) to the rides. This way, the farrier will be able to save valuable trail time for you because he doesn't have to shape a shoe. And in many cases, if you have a special type of shoe, you don't have to worry about the ride farrier having exactly what you need to keep your horse balanced. And by all means, be SURE to remember to pay them.

With all this said, farriers really are there to help you and your horse.

Reputable farriers care as much about your horse as you do, sometimes, maybe more. They want to do a good job, it helps the horse, keeps the client happy, and is the best advertisement out there.

There is one definite way to ALWAYS have your horse shod the way you want him, when you want him, and saved TONS of money. Attend horse shoeing school yourself !!! If anything goes wrong, then you only have yourself to blame. As Willie from Swamp People says, "If you think you can do it, Good luck to ya".



# Get that MONKEY off my back!

## The Curse of the OD Monkey

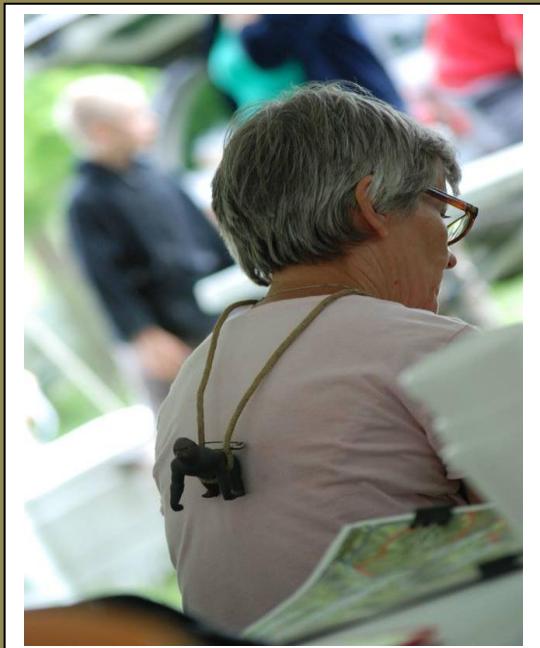
By Angie McGhee

Those of you that have considered attempting the Old Dominion 100 have probably heard the list of the things to dread. There are the rocks, the mountains, the rocks, the heat, the rocks, the humidity and of course the rocks. I had heard of all of these things before heading up for my first attempt in 2007, but there was one thing nobody warned me about. It's the Old Dominion "Monkey on the Back" curse...er...award.

Apparently, long long ago in a faraway corner of Virginia, Dr. Jim Baldwin, a veterinary icon, who many of today's competitors don't realize ever competed, completed the Old Dominion 100 on a day when endurance pioneer Maggie Price did not. Somewhere Jim found a little plastic gorilla which he used a safety pin to attach to a loop of nylon rope. He then draped it around Maggie's neck at the ride meeting proclaiming her cursed with the Monkey on the Back until she managed to complete that ride. Most perpetual awards are presented yearly, but due to the difficulty of the OD trail and the multitude of reasons a person may not even be able to enter on any given year, the OD Monkey on the Back award changes hands with little more regularity than racing's "Triple Crown".

Back in 2007, when I made my first attempt, I was in the middle of a long "Don't have a 100 mile horse" drought. The only reason I was

able to attempt the OD was that Jody Buttram offered me her mare Aries to enter. Aries and I made it 75 miles, and we even got to see Sherman's Gap, but no completion. At the awards breakfast I was paying more attention to the gravy and biscuits than to the presentations when I heard Stagg Newman say my name. Apparently Stagg had completed the ride and was happily passing the monkey on to its next victim: me. When I realized what it was I tried to explain to them that I not only didn't have a 100 mile horse right now, but I didn't even have a prospect in the wings. On top of that it's a LONG way to Virginia for me and chances are I might never get to return. They were undeterred and insisted on sending their beloved icon home with me. When I got home I put the monkey on the mantle, next to my grandfather's clock for safekeeping and there he put down roots. For the next SEVEN years he looked through the garland at Christmas and suffered through Georgia summers. Even after I finally got another 100 mile horse going it happened to be one that won't take electrolytes AT ALL and seemed dangerous to attempt the OD. Of course by now I was dodging anyone remotely associated with the OD because they always asked "When are you going to bring our monkey back?" but refused to accept my offers to mail it.



Finally, this Spring when my horse Tally finished the Biltmore 100 it seemed like I might have a chance to rid myself of the monkey. Bill & I planned the trip, tried to stack all the odds in our favor and headed out. Originally, the forecast called for some rain and I studied the map a LOT imagining what it would be like to be on one of those ridge tops in a thunderstorm, but on ride day a miracle happened.

The best weather EVER for Old Dominion rolled in with a crisp morning and fall like temperatures all day. It looked like my chances for completion were as good as I could possibly hope for.

The start that morning was uneventful and though the climbs were as tough and the rocks as numerous as I had expected, I was feeling pretty good about our first loop as we approached the vet check. Just before reaching the check however, there was a road crossing. One look at the skid marks all over it let me know it was slick so we came to a complete halt and eased out onto the pavement. Next thing I knew there was a whole lot of zip zip zipping of metal shoes on pavement and we went down on our left sides. Then of course my horse lunged to his feet in the standard fashion and did the “horrified horse attached to some stranger on the ground that won’t turn loose of the reins” backing thing and dragged me across the road applying some road rash to my left shoulder. Once we were both up and took inventory it appeared he just had a few scrapes and my left aluminum stirrup was flattened. I had one toe in it and got on without too much trouble, then was just relieved he didn’t show any signs of limping as we rode into the check. Unfortunately, when I went to get off at the check I realized my left arm was no longer functional. It really wasn’t painful if I just left it at a 90 degree angle, but I couldn’t straighten or bend it. It was most painful if I rotated my wrist right or left or tried to push down (like you have to do to get on or off I soon discovered). Considering how it felt, I thought something in the elbow area was dislocated. I had another stirrup in the truck so that wasn’t a problem. Fortunately, I had Bill to lift my

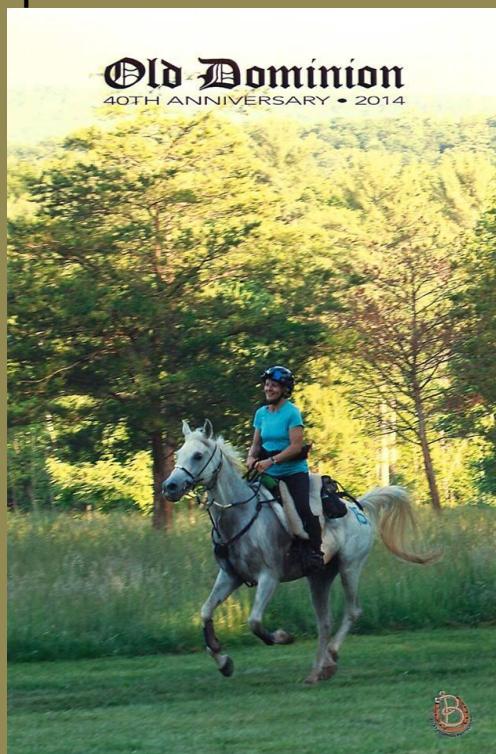


saddle for me and it looked like I would be fine to continue on. We tried making a sling from vet wrap and found out that stuff is sort of spring loaded, so I just learned to tuck my fingertips of my left hand under my right armpit and keep it steady as I rode. I did learn some tricks in the next 85 miles. In order to get off a horse without a left arm you have to be able to rest your sternum on the front of the saddle to swing your right leg off. To get on you have to do the same as you swing your leg over. It really helps to have a cooperative horse and a high pommel on your saddle. Lean too far across it and there's not much to keep you from summersaulting off the other side. I learned it's hard to pull your tights down with one hand...especially when holding a horse out on the trail, but possible with proper incentive. I also found that the trick to handling the reins going down the trail was to hold them in the useless hand. Then when you need to take up you can grab high with the good one. You *can* sponge if you let the horse keep moving, but no way you can hold him still in a creek and do it. And finally, if you manage to finish, you definitely need help getting out of your jog bra. All day long at every vet check, regardless of whether I was worried about pace, my horse eating, or markings, Bill just kept telling me "Remember, it's ALL about the MONKEY"! The dread of having to take that monkey back to Georgia with me was definitely stronger than any urge to call it quits. Most people are trying not to count their chickens as they near the finish line by picturing receiving that buckle. For me the last 15 miles were spent fighting off the urge to decide whose neck I was going to hang that monkey around at the ride meeting. We finished strong a little after 3 AM and as soon as the vet declared him completed I started trying to make up my mind who would get the honor.

At the ride meeting Sunday morning my arm was accurately diagnosed as a fracture of the radial head by none other than the

owner of Asgaard Arabians, Dr. Tom Sayvetz who happens to specialize in emergency medicine. Fortunately it's a very common injury that doesn't require a cast, just four weeks of rest and some physical therapy to restore the range of motion. All in all it was worth it to get that monkey back north of the Mason Dixon line. I've decided that my mishap was all for the best since I earned my OD buckle with atypical OD weather. Just in case someone comments that I earned my buckle on a day with extremely nice weather I'll just smile and say, "With a fractured arm".

I had a great time and recommend the ride to anyone who has that urge to beat the Beast of the East. But I'm warning you, don't enter if you don't intend to complete...sooner or later.



**Angie McGhee and Fadjurs Talisman**

**Photo Credit: Becky Siler Pearman**

# The Endurance Adventures of Ms. Sera

By Jody Rogers-Buttram



# SERA AWARDS

## THANK YOU to our SERA Year end 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

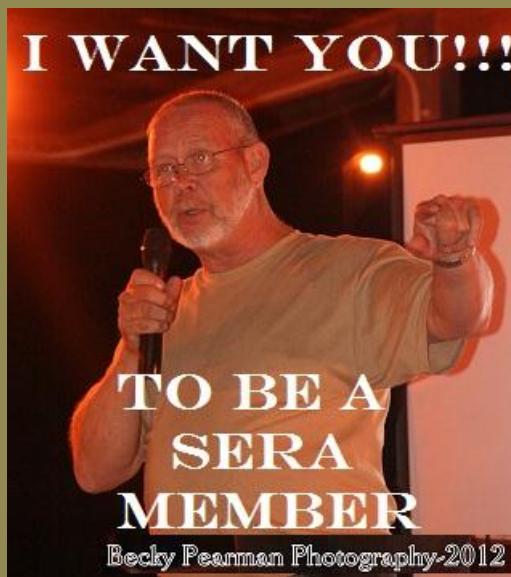
### Current Sponsors

Running Bear/Teddy Lancaster - Consistent Condition

Christo and Lori Dinkelmann - Grand Champion Junior

Please remember that some SERA awards require nomination by December 15th

for more details, see SERA's website at: [www.seraonline.org](http://www.seraonline.org)



# WHY SHOULD I JOIN SERA?

Remember we are on  
the Web:  
[www.seraonline.org](http://www.seraonline.org)

## SERA Board

**President**  
Dr. Ike Nelson

**Vice President**  
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**Secretary**  
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Trish Harrop-TN  
Mary Howell-VA

**Sanctioning Director**

Susan Kasemeyer

**Director**  
Joe Schoech

In the Southeast region of the **AERC**, teamwork is synonymous with **SERA**. The Southeast Endurance Riders 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 Multi-days. 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 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**.

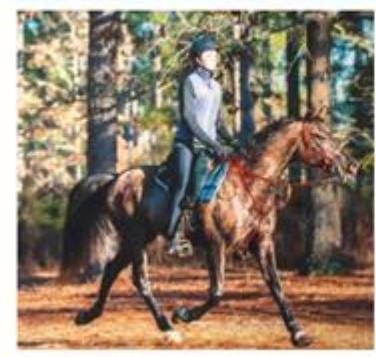
# SERA Classifieds

## 3JFarm Training/Conditioning Services

Let us do your conditioning for you, or start your green endurance prospect.

- Over 21,000 competition miles of experience
- 49 one day 100 mile ride experience
- Numerous wins and BCs
- Endurance farrier with 27+ years of experience - owner/operator.

Email [3Jfarm@earthlink.net](mailto:3Jfarm@earthlink.net) for more info.



\*\*\*\* SAND CONDITIONING STARTING THIS  
WINTER !!!!! \*\*\*\*

# **Please be sure to make THIS newsletter YOUR newsletter !!!!**

Send in any pictures, articles about upcoming rides, best way to get the word out about your rides guys!!! Stories of rides in the past that are informative and fun. Advertise you items, such as horses, tack, etc. that you have for sale free.

**Send to: [3jfarm@earthlink.net](mailto:3jfarm@earthlink.net)**



**Outta here till Next time !!!!**