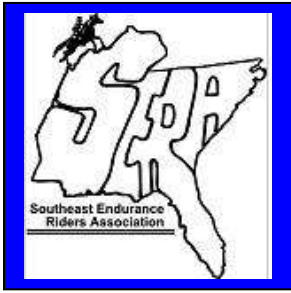
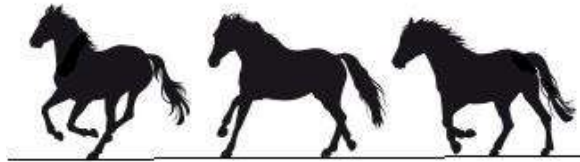


May
2012
Newsletter



Southeast Endurance Riders Association



WHY SHOULD I JOIN SERA?

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 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**.

Remember, you can easily join/renew by going online @
www.seraonline.org/new_membership.htm

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 Dinkelman - Grand Champion Junior

Please remember that some SERA awards require nomination by December 15th (see SERA's website at www.seraonline.org for more details).



President's Message~ Dr. Ike Nelson

Here we are 3 weeks from the halfway point of the ride year and I don't know how we got here!! I feel as if we have just not had rides to go to. I rode Blazing Saddles and Pow Wow and have worked a couple and just got back from LBL (where my crew of volunteers, timers and vets did a stellar job!!) but it seems like there just haven't been the number of rides there should have been. After checking I find that we have had the same number of rides as last year for the first 5+ months of the ride year! Amazing!! We actually have a couple more coming in the next 3 weeks with Leatherwood and Broxton and then the new Blue Ridge ride coming up the first weekend of June. I would love to go to one of these rides but the same kind of things that have kept me from others will keep me from these also. I have to attend a continuing education meeting while Leatherwood and Broxton are happening and one of Rebecca's best friends is getting married on June 2nd so there goes Blue Ridge. Seems to be the way my year has run so far. I am hoping the second half of ride year will be more accessible to my schedule!

Having said all that I hope your year is going well. Don't forget the SETC (Southeastern Equestrian Trails Conference) is coming up in July in Lexington, KY. And be making plans now for the AERC National Championship ride at Biltmore September 20 and 22. I hope all of you get to ride in the national championship ride but if not please come and be one of the SERA volunteers and help this be a memorable championship ride! And thanks for your support of the SERA rides this year!!

See you on the trail!! (I hope!!!)

Ike

SERA 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.** The decision is up to the Ride Management if they wish to enforce *any* minimum age limit at their sanctioned rides.

SERA Board of Directors

OFFICERS

- PRESIDENT: Troy (Ike) Nelson
- VICE PRESIDENT: 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
- TENNESSEE: Trish Harrop
- 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

Latest from The Talladega National Forest

High Five for High Tie

Thanks to a grant from the American Quarter Horse Association and a partner-ship with the Southeastern Endurance Rider's Association, Shoal Creek District employees will soon be installing a set of ten high ties at the Warden Station Horse Camp. High ties are posts with a line strung through the top. Horse owners tie their horses to these lines to allow for greater movement by the horses, to provide for a safer manner for securing the animals, and to protect trees and shrubs from damage caused by ropes.

Warden Station Horse Camp is open year-round for equestrian and mountain bike use. More than 43 miles of trails lead from the campground and offer a scenic and challenging ride for equestrians and mountain bikers.

We will soon be seeking hosts for War-den Station Horse Camp. If you are interested in volunteering as a camp-ground host or if you would like to participate in workdays to maintain the multiple use trails, please call Lesley Hodge at (256) 463-2272.

Introducing the Friends of the Talladega National Forest

By Karen McKenzie

I am so pleased and excited about our new Friends Group for the Talladega National Forest. Thanks to the dedicated effort of a small group of individuals, the Friends of the Talladega National Forest is now a reality.

Friends member Renee Morrison said, “Developing and establishing this friends group is an effective way to work collaboratively with local partners and members toward a common goal: to celebrate, enjoy and protect unique forested lands. Friends of the Talladega National Forest will strive to enhance conservation awareness and to promote environmental education and outdoor recreation opportunities.

The Board is composed of individuals who have worked as volunteers or partners with the U.S. Forest Service. They include: Renee Morrison, with Jacksonville State University Field School; Kristi Smith, with Forte; Steven Lines, WM Groceries; Terri Daulton, City of Heflin Clerk; Tammy Perry, with the Heflin Parks and Recreation Department; and Ray Bittle. The Group will pursue grants and look for partnership opportunities to allow the Forest Service to implement projects that we just wouldn’t be able to do on our own. Revenue for this non-profit organization will come through a variety of methods including membership fees, grants, and the sale of firewood and ice at National Forest Recreation sites on the Shoal Creek Ranger District this year.

If you would like to support the efforts of the Friends of the Talladega National Forest, you can become a member for a low annual membership fee. Becoming a member of the Friends of the Talladega National Forest is easy. The membership fees are:

- \$50 - business membership
- \$35 - non-profit organization
- \$35 - family membership
- \$25 - individual membership

Please send your check made out to the, Friends of the Talladega National Forest, to 45 Highway 281, Heflin, Al 36264 along with your name, address and email address. You will

receive in return your member-ship card along with your coupon for one night's free camping at Coleman Lake, Warden Station or Pine Glen Campground.

More great things will follow as the Friends Group gets up and running! If you are on

Facebook, please check out the "Friends of the Talladega National Forest" page.

The group will hold an annual meeting for members in the Fall or Winter. Be a part of the beginning of our Friends Group. Be a part of something worth-while.

The Healing powers of Manuka honey and Cash Pony

~ by Jody Rogers-Buttram

On August 20, 2011, on a training ride near Red Bay, Alabama with friends Bud Davidson and Tina Davidson-Cochran, Cash Bonus+/, better known to all in the endurance world as Cash Pony, received what the vets deemed to be a career ending cut. Only a couple miles in the ride, he was lunging up a hill that had some deep sand, and there must have been "something" in the loose dirt that cut him. The initial diagnosis was a 45% cut to the superficial medial branch and a 33% cut to the deep digital tendon. When it occurred, we didn't know how badly he was hurt, he went on like a trooper and traveled another 4 miles or so on some very steep, nasty power line trails. At this point, Joni said, "Mom, Cash doesn't seem right". Sure enough, we came out onto a paved road, and I had her trot him down the road....he was lame. So she began to lead him down the road to Bud's house, and the horse trailer. We returned home with Cash and I cleaned up the cut, which was very small, only about ¼ inch deep and maybe one inch long. It was so precise that it looked almost like a surgical cut.

I left Cash in the stall and when I went out later to check on him, he was laying out flat and was obviously in pain, so I took Cash to Dr. Lowe, who is within thirty minutes of our house and is an equine-only vet. He examined Cash, and gave us the grim report.



Cash with Joni at Dr. Lowe's office

Dr. Lowe gave us three options: (1) Put him down to save him from the pain, (2) spend \$10,000+ on him at a specialized clinic and still possibly have a lame horse, or (3) put him on antibiotics to try and prevent a tendon infection, stall rest, and *maybe* have a sound pasture pet in a year. In any case, Dr. Lowe said Cash would never be a competition horse again, that he would have too much scarring in the tendons for him to ever go down the trail. So, we took Cash home with \$500 worth of antibiotics and bandages.

On the way home I called my very good friend, Dr. Tom Dombroski, a Michigan State University grad who practices in Michigan. He has come down a couple of times to crew for us at the Old Dominion 100, he KNOWS Cash, and admires the little stinker. He was upset that I chose to take him home and not spend the money for the surgery, but I explained that I simply didn't have it.

Cash went into a stall with tons of fluffy shavings, and was given some Bute. Meanwhile, Dr. Tom called me back and asked me to read a link he had sent me. By now it was late Saturday evening, and I had spoken with Dr. Dee Dee Huff, and Angie McGhee and Angie had forwarded an offer to try and fix Cash from Bobbie Jo Lieberman, editor of Trail Blazer magazine. Bobbie had referred me to a Dr. David Jolly, located in Hot Springs, Arkansas. He specializes in traumatic horse tendon injuries and getting them back to work. His website is www.stepaheadfarm.com. Trail Blazer was running an on-going article on healing severed tendons featuring this man's clinic, and Cash was just what they wanted; a successful horse in an extremely physical sport that was injured now and facing early retirement.

I was about to take them up on the offer, which was very generous, and they were going to get to use Cash for their poster child, but that's when Dr. Tom called me back and asked if I had bothered to read the link he sent me. "No" I answered. Dr. Tom was not happy with me, told me to get off the phone right then and read the *blankety blank* link (<http://bio.waikato.ac.nz/honey/evidence.shtml>) then and call him back. I did, and I was sold on what I read. There is a lot of information in this study, but most of all, the Manuka honey can and will heal and prevent scarring and infections in cuts and burns. Infection prevention, and little scarring was what I was after...even if Cash was only to be a pasture ornament.

First thing that I did was to put Cash in an elevated shoe (as requested by Dr. Lowe) to relieve the pressure on the tendons. He had an upside down type bar shoe that stood him up

about one inch in the heel. This shoe was lowered about each 4-5 weeks by a ¼ inch, until he was barefoot later in his rehab.

Since Dr. Tom was now my mentor in the honey experiment, he and I spoke every day. I would take pictures of the progress as I re-applied the honey (ordered from New Zealand) and wrapped it back up. Cash was supposed to be on stall rest for 8 months, but I ended up only leaving him up for one week. He was supposed to be in a lot of pain, but after only receiving three days worth of Bute, he acted as if he wasn't hurt. After the first week in the stall, I began to move cattle panels out into his paddock and created little "mini pens". That way, he could be outside during the day to enjoy the sun and have grass, but not enough room to run around. Each day I would administer his meds and clean his wound. I would take one fingerful of Manuka honey and smear it onto the cut, then cover with a non-stick pad and wrap him back up.



Pictured at 6 days from the accident

Once the cut was healed shut and I could no longer get the honey down into it to reach the cut tendons, I ran the idea by Dr. Tom of using DMSO as a carrying agent. He seemed to think that maybe that would work. As he pointed out, this was an experimental process on how use the honey. So I began cleaning the area, smearing on the honey, and spraying with a DMSO solution and then covering and re-wrapping the wound. This went on for about 3 months. By this time, Cash was in a much lower shoe.

As the time went by, Cash's panel pen was getting larger by the week as he was allowed to move around more and more. I took him to my local vet, Dr. Harris, for two ultra-sounds, one at week one and the other at about 3 months. Each time Dr.



Pictured at 15 days from the accident

Harris was surprised at how much he had healed and how little scarring was occurring. He told me at the 3 month ultrasound that he didn't see why this horse couldn't come back and compete. Dr. Harris told me then to just

bring him back like a horse that had bowed a tendon, with the gradual legging back up. Since I went down that road years ago, I knew all too well how to do that.

By New Year's Day, Cash had been in a plain heeled shoe for about 3 weeks, and was completely healed. Joni saddled him up and sat on him for the "New Year's ride" tradition. At this time, we began to make plans and pick a six month date to start to bring Cash back into working shape. The "D" Day was set for March 1, 2012. That would be when we would get on Cash and officially begin his rehab process.

We started by walking for 10-15 minutes.

Soon, Joni and Cash were bored with that, so I sent them down the road...at least they could see cows and some different scenery, plus have a feeling of going *somewhere* and doing *something* productive. These walking



Pictured at 4 months post accident

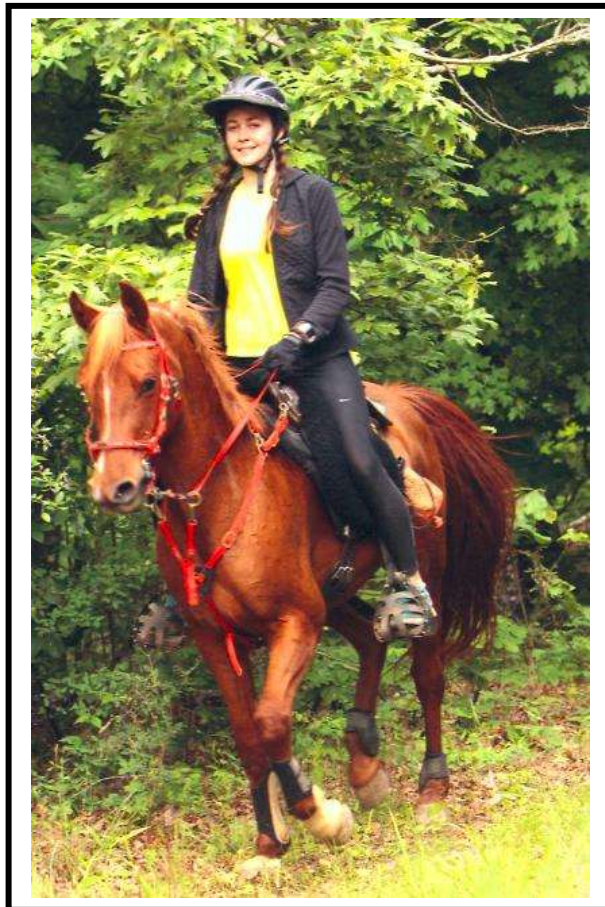
trips were about 2 miles long before we moved on to something longer. We took turns, if Joni had something to do, I would saddle up the little monster and ride him myself. He was behaving extremely well, but then again, we kept waiting for the other shoe to drop with him. He IS Cash Pony!!! We added short stretches of slow trotting after one week and half. In three weeks, he went for his first "trail ride". This trail ride turned out to be six miles, mostly walking, with a couple spells of explosive trotting. At about one month, Cash went to Bankhead and was ridden the 12 mile loop...very slowly...but it was a real trail, with real hazards and miles. Next step: was to take him back to Dr. Lowe for one last ultrasound.

That Saturday, I loaded up my wonder boy and arrived at the vet clinic of Dr. Mark Lowe. He was the vet who had originally seen Cash and had given us such a bleak prognosis. He had not heard from us during the entire healing process. I unloaded Cash, and asked him to watch me trot him out. Cash bounded out like he always does into a beautiful trot, and then back...Dr. Lowe was smiling and said, "He looks a little off to me". *Wink, wink.*

After flexing about everything he could, we took Cash into the clinic for that ultrasound that would be the tell all of how sound he was going to be. Forty-five minutes later, Dr. Lowe couldn't believe what he was seeing. He found zero adhesions in either tendon, no scar tissue,

nothing that would even hint of the previous damage. The only thing that gave proof of him ever having had been cut, was that the deep digital didn't knit all the fibers together, so it was slightly thinner in that area, but according to Dr. Lowe, it is very strong in that area as well. Dr. Lowe was totally amazed by healing of Cash's tendons and he even wrote on the statement, "Healed amazingly well with treatment of Manuka Honey". He told me as I was leaving that he didn't understand what the honey really did, but that the only difference between Cash and the other horses he had treated that didn't heal was the honey. SO, there had to be something about it that made it special.

One month later, on April 27, 2012, only 8 months and 7 days from the accident, at the Land Between the Lakes Endurance ride, Cash Bonus+/- finished the 50 mile ride in 7:44. And he had perfect vet card scores all day.



Cash Bonus+/- on trail at LBL-Photo Credit Becky Pearman

****On a side note, Cash had been plagued with a blood disorder which caused him to be jaundiced/anemic since we rescued him in 2005. We have spent tons of money on him on blood work and tests, none that came back indicating what was wrong with him. During his treatment with the antibiotics for the cut tendons, his jaundice began to disappear. I did a little research, and antibiotics is the treatment for Leptospirosis. I had Cash tested for Lepto. He came back positive for the Sv Bratislava titer. He was re-tested in 4 weeks to make sure that the titers were decreasing, and not increasing, but I knew that he was on the way to becoming healthy for the first time since we have owned him. The second test confirmed...Cash was getting well in more ways than just his tendons. The cut tendons really saved Cash Pony's life and gave us a healthy horse to compete on... a true blessing in disguise.

From LD to 50's, Success story~ by Kimi Gregg about her and her horse, Marco's quest.

The road to a 50 mile completion was a long one, that is for sure! I had not ridden horses in over 15 years when I got Marco, and the first year was all about us learning from each other and fixing some issues. Once we did that, it was time to start having fun out on the trail and getting some miles in for a spell. I decided I wanted to get into endurance as that was what I had started getting into back in the other life when I was still riding. It seemed like it would be fun, and what I wanted was lots of time in the saddle and an excuse to ride all of the time out on the trails. I thought I would start the slower route and do a few Competitive Trail rides first, and we did so successfully. The rules outside of the trail were a bit too rigorous for my taste though, I was never fond of people critiquing my campsite, so we packed up next time and went to an LD ride with friends and hoped for the best. Well, the first ride was a bit of a disaster. There were monsoonal rains, muddy climbs and ascents that required at one point my horse sitting down and sliding downhill for about 100 yards, and broken tack was had by all! It was Race the Trace 30 mile ride in 2009, and we were incredibly proud to finish, much less in 11th place! We were hooked, although that seems silly that we had an incredibly rough time and loved it. We did 4 more LD rides that year, getting lost in half of them, and completed all but one. Longstreet's Charge will elude me twice before I decide to just volunteer at that ride every year ;). The rest of the season brought 3 more LD completions (getting lost in all of them), and a tired team. I was still trying to get some weight on Marco so that winter I put everything I could think of into his belly to gain weight... and not one ounce did he gain.

In 2010, we decided to stay in the LD rides as I was not comfortable going up to 50's without getting some more pounds on him, and some more training! We came out of a couple of rides with blisters on my hands and both of us a bit miffed, but did get a 3rd place at the 30 mile Arabian Horse Association Championship at Big South Fork (which had to be a bit rude since Marco is a Paso Fino). The top ten was in no way my idea by the way, but I just had to stop holding him back as I was having visions of skin grafts in my future. I figured either he would get some self-preservation, or we would keep it up until he was fit enough to be a butthead for 50 miles. He decided on option #2.

I finally decided to try him in a 50 in 2011, but between finishing up grad school and other obligations, I really had not been able to ride much since December. The March Red Barn Run was a disaster! Not riding Marco is much like not giving a border collie a job or any exercise. He fought me, I fought back, he wanted to rear, buck, and bolt, and I wanted him to calm down. Neither of us got our way and he was pulled. I then became paranoid that there was something horribly wrong with him; he was always sweating like crazy, would not put that last bit of weight on, and he constantly panted with only the slightest bit of exercise. I bugged the vets at rides to look at him over and over again, had blood work done on several occasions when he was worked heavily outside of rides, and even had UT take a look at everything. No ulcers, no calcium imbalance, no nothing. Turns out he is simply a heavy sweater, and he pants. All his blood work came out completely normal and the vets said he seemed fine to them. So I eventually stopped being paranoid, finished the season with some more LD rides, getting lost in half of them, with the idea that I was just going to get him really well conditioned, get the weight on him, and would then try a 50 next season.

We had an incredibly mild winter, mixed with my good fortune of getting a great job that gave me plenty of ride time. We went all over the place and Marco got into the best condition he had been in since I had gotten him. He did put on 50lbs, although he still seemed too skinny to me. Turns out the more I ride him, the more we travel, the more he eats and puts on weight! Seemed counterintuitive, but hey, who am I to argue? So I decided he was actually fit enough to be a butthead for 50 miles and put him in the Red Barn Run 50 this year for his first ride of the season. It was AWESOME! We went faster than I would have liked, but I decided not to fight him and just let him go, this was after all what the winter conditioning and training was for, just let him go. After about 15 miles or so at a pretty fast pace, I got a nice mannerly horse on a loose reign for the rest of the ride. He changed gaits between medium largo (medium trot for you non-Paso Fino folks) to a canter and would switch his leads out all on his own. He would even slow down to a little jog when he got a little winded or tired. He was like a perfect pod pony (reference to outdated horror movie). I Couldn't get a flat walk out of him until mile 47, but he was still chomping at the bit and ready to go when we finished middle of the pack! His heart rate was below 64 (51 at the last stop) by the time I took the saddle off at all three vet checks and the finish. I was so proud of him, he was happy, healthy (albeit skinny), and ready to book it another 50 miles. According to the scales, he actually gained 15lbs at the ride. The weather was beautiful, the trails were so well marked even we couldn't go wrong, and the ride staff was incredible! So we plan on doing as many 50 mile rides as we can for this season and next, then maybe... 100?

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 !!!!

Red Barn Run~ by Angie McGhee

Cheryl and Steve Perry did another great job putting on the Red Barn Run 25 & 50 milers this year. I've been to this ride 3 years straight and my ONLY regret is that I missed all the ones before that. It's hard to list all the plusses of this ride but I'll try. Let's start with parking. Got a big rig and hate to park it? No problem, turn in the gate and turn right into a huge open hay field. Need a tree for a high line and want some shade? No problem, just go straight and park in the woods. Want a quiet weekend on the lake? There's one of those too. It's hard to beat a huge piece of private property where you don't have to deal with any other trail users, camping fees, or vandalism, just show up and enjoy.

For anyone considering a first ride, or a first multi-day, or wanting to introduce someone new to the sport this ride is now my first choice. You know when you get there all the best vets and workers will show up because they like going there just as much as the riders do. Though I am well known to be a "sand wimp" I consider these trails do-able even for the mountain horses that spend all their time on clay and rocks. If you're a rider who comes for the trail you get great cantering with views of picturesque lakes, plenty of shady woods, and plenty of water. It's also marked so well you can enjoy the ride not worrying whether you're on the right trail or not. If you come for the socializing they've got you covered with two nights of ridiculously good eating including slabs of ribs & chicken cooked on the grill. It's like a 2 day family reunion. Add to that the winery sharing samples and smoothies and a bonfire and well, you get the idea. If you come for the prizes make sure you have some room in your vehicle. When Josie won BC we had to take the water tank out of the back of the truck and do some disassembling to get the super nice wooden porch chair and top 10 wooden mounting steps home!

Regardless of how good something is I suppose all of us think we can suggest improvements and I'm as bad as anybody. The only thing I'd do to improve this ride is give us more of it... bring back the 75 or add a 100! I know that when a ride enjoys having a good party the fact that we keep going can be a distraction but if we promise not to be much trouble...Steve...PLEASE consider throwing us out on some long loops, we're fully capable of crossing roads without crossing guards and generally low maintenance...it can even be a "shine only" and if you get another day like "the year of the storm" you can drop it. Thanks for putting on such a stellar event. As much as you make it look like you're having fun we know how hard you've worked and truly appreciate the great party

The Endurance Adventures of Ms. Sera

By Jody
Rogers-Buttram



Please send any write ups, state news, etc, to the editor of the SERA Newsletter by the first of each month in order for your contribution to be in that month's newsletter. The next newsletter will be for the month of July. 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 !!!

