

Hello fellow ACTRA members!

Sorry for the delay in the newsletter, no excuses just needed to get a kick in the butt to get things rolling! I hope everybody had a great winter and have been enjoying the early spring weather for conditioning...well in between the showers!

There was a good turnout for the spring meeting and it was great to see everybody. A reminder to the members that a motion was passed in the spring of 2008 that "All competitors in ACTRA sanctioned events have proof of third party liability or membership in their provincial equestrian associations".

An email from our Insurance Provider (HEP) states that "Members and volunteers (and directors and officers) are insured and are covered, but only with respect to activities of the Atlantic Canada Trail Riding Association." Each member should also have their own personal liability with respect to horse ownership because they could be personally named in a suite. The members should have liability extended under their personal liability on their home or farm insurance policy with respect to horse ownership or to join their provincial equestrian association (NSEF, NBEA, Island Horse Council).

Clear as mud? I have revised the Ride Entry Form once again to cover all aspects of the insurance waiver. Please check off which one will be applicable to you. Membership cards to ACTRA will be sent out as soon as Pat's computer is back from the doctor!

With regards to the Maritime Challenge 2010, I asked my boss to draw ride names and the following rides will be used to tabulate the scores; Mud Run LD, Maple Ridge Ride LD, Ride n Slide CTR and Challenge Cup CTR. This scoring will be based as follows 1<sup>st</sup>-7 pts, 2<sup>nd</sup>-6 pts, etc. LD's will be order of finish (pulse down) with the same scoring principle. The same rider must be riding the horse at these rides in order to qualify. A Quarter Sheet has been donated by Jean Bridges for the top rider/horse team.

Once again I apologize for the members that receive Endurance News as I have included a few articles that is geared towards endurance, but also applies to any type of competitive distance riding.

I hope everyone has a great summer and that you reach your goals that you've set out for yourself and your horse!

Ride safe and happy trails!!

ACTRA 2010 Board of Directors

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Bev Elliott

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All articles must include the source.

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ATLANTIC CANADA TRAIL RIDING ASSOCIATION MEMBERSHIP FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

\*JUNIOR OR OTHER RIDERS IN FAMILY\*

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

I WISH TO REGISTER THE FOLLOWING MOUNT WITH ACTRA (Lifetime Mount Registration Fee \$25.00)

NAME \_\_\_\_\_ MARE GELDING STALLION (Please Circle)

BREED \_\_\_\_\_ AGE \_\_\_\_\_

BREED REGISTRY INFORMATION \_\_\_\_\_

MEMBERSHIP DUES: INDIVIDUALS \$17.50 - FAMILY \$22.50 - MOUNT REGISTRATION \$25.00

PLEASE SEND MEMBERSHIP FORM OR FACSIMILE TO: Pat Rideout, 3540 Route 890 Hillgrove, NB E4Z 5W6

ARE YOU INTERESTED IN RECEIVING ACTRA LITERATURE? Yes No (Please Circle)

I HEREBY ALLOW ACTRA TO PUBLISH MY NAME, ADDRESS, PHONE NUMBER ON THE MEMBERSHIP LIST TO BE PUBLISHED IN THE ACTRA NEWSLETTER ONLY. Yes No (Please Circle)

TOTAL MEMBERSHIP DUES SUBMITTED \_\_\_\_\_ @ \$17.50 = \$ \_\_\_\_\_

\_\_\_\_\_ @ \$22.50 = \$ \_\_\_\_\_

\_\_\_\_\_ @ \$25.00 = \$ \_\_\_\_\_

TOTAL = \$ \_\_\_\_\_

# ENTRY AGREEMENT

(Multi-Purpose Ride Entry Form)

## ACTRA Sanctioned Rides

<b>RIDE</b>	Name	___ JP ___ IDR ___ CTR ___ LD ___ END	Distance Entering
<b>HORSE</b>	Name	Age	Breed
	Color	Mare    Gelding    Stallion	ACTRA Mount Number
	Owner Name and Address		
<b>RIDER</b>	Name	ACTRA Mbr ___ Yes ___ No	Jr    Sr
	Address	<b>FOR ENDURANCE RIDES ONLY</b>	
	Phone Number	Rider AERC # _____ Horse AERC # _____ <input type="checkbox"/> HW <input type="checkbox"/> MW <input type="checkbox"/> LW <input type="checkbox"/> FW <input type="checkbox"/> JR	
<b>EMERGENCY INFORMATION</b>	Emergency Contact Name	Emergency Contact Phone Number	
	Arrival Vehicle Description & License Plate Number		

### READ THIS CAREFULLY BEFORE SIGNING

#### RELEASE OF LIABILITY

I hereby release the trail ride sponsors, organizers, property owners, ACTRA and everyone else associated with this ride of any liabilities resulting from any action, damage or loss that may happen to me, my property or my horse during or after this ride. I am participating in this event with the knowledge that property owner(s) may not be carrying insurance to cover any damage which may be caused to either myself or my property.

I also understand that ACTRA's insurance policy does NOT include Third Party Liability for individual members, so therefore will not respond in the event of any action taken against me or my property as a result of my participation in this event.

Please initial the appropriate choice and provide your Membership Number from ACTRA and NSEF or NBEA or Island Horse Council or Homeowner Policy

I am an ACTRA member and I understand that I will not be covered by Third Party Liability. \_\_\_\_\_

I am an ACTRA member and I am a member of NSEF or NBEA, Island Horse Council or have a Homeowner Policy. \_\_\_\_\_

I am NOT an ACTRA member, but I have insurance through NSEF or NBEA, Island Horse Council or have a Homeowner Policy. \_\_\_\_\_

ACTRA Membership # \_\_\_\_\_

NSEF or NBEA or Island Horse Council Membership or Homeowner Policy # \_\_\_\_\_

\_\_\_\_\_  
SIGNATURE OF RIDER

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF OWNER

\_\_\_\_\_  
DATE

#### PERMISSION FOR MINOR TO RIDE (under 16 years of age)

I hereby consent to the entry of my child \_\_\_\_\_, birth date \_\_\_\_\_. In this trail ride and certify that I have read the foregoing representations and statement and that the same may be deemed a part here of and hereby accept responsibility there under for the participation of said minor.

\_\_\_\_\_  
SIGNATURE OF PARENT OR GUARDIAN

\_\_\_\_\_  
DATE

\_\_\_\_\_  
RELATIONSHIP

**Entry Fee :** \_\_\_\_\_ @ \$ \_\_\_\_\_ = \$ \_\_\_\_\_ /    **Cheque** \_\_\_\_\_    **Cash** \_\_\_\_\_

**ACTRA Membership Fee: Single \$17.50    Family \$22.50**

## ACTRA REQUEST FOR SANCTIONED RIDE FORM

**\*Please make sure all parts of this form are filled out correctly.\***

To All Ride Managers & Organizers:

In order to help us plan the coming trail ride season we need to know which organizations would like to sanction rides and when, along with other information as requested. If you wish to sanction a ride, please reply as soon as possible so we may avoid conflicting dates and advise members through our newsletter.

Requests for sanction dates require that one date per ride be presented to the sanction person for consideration. It is advisable that an "alternate" or "2<sup>nd</sup> choice" date be provided at the same time you send in this application, so that in the event of schedule conflict with another ride in your area, the sanction person is able to immediately provide you with your alternate date (providing that date is available). To avoid confusion, the alternate date **IS NOT** for the use of the ride in case of weather problems, rather the alternate date is for ACTRA use only. A ride is sanctioned with only one date and **CANNOT BE CHANGED BY RIDE MANAGEMENT**.

Should you or any other organization or group of people be interested in putting on a JP, IDR, CTR, or Endurance Ride, please pass along a copy of the application form. If you have any questions or require assistance, please call Donna Munn at (506) 839-2810. Please list one ride per application.

Name of Club or Group:		Ride Name:	
Address:			
Contact Person:		Phone:	
Address:			
Date of Ride (1 <sup>st</sup> Choice):		2 <sup>nd</sup> Choice:	
Length of Ride:	Miles	JP <input type="checkbox"/>	IDR/CTR <input type="checkbox"/>
		Endurance/LD <input type="checkbox"/>	Ride 'n Tie <input type="checkbox"/>
Stabling: <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Field	Maximum Number of Entries:		
Exact Location of Ride:			
Veterinary Judge:		Lay Judge:	
Horsemanship Judge:			

We, \_\_\_\_\_, hereby agree to plan our JP, IDR, CTR, or Endurance Ride in accordance with the guidelines and the rules of the Atlantic Canada Trail Riding Association.

**Please fill out all parts of form and return to:**

**Donna Munn**  
**249 Menzies Road**  
**Midland, NB**  
**E5T 2N2**

## ACTRA 2010 Spring AGM

Coastal Inn, Sackville, NB

Donna Lee Cole	Bev Elliott	Donna Munn	Pat Rideout
Deanna Johnston	Jean Bridges	Gwen Dexter	Lynn Beazley
Troy Beazley	Tammy Beazley	Kaaren Lebert	Karen Murray
April Haliburton	Bertha Harrison	Jim Burns	Eric Dwyer
Nancy Hennessey	Betty Dwyer	Pam Thorton	Elwood Munroe
Afiena Kamminga	Irmagard Lipp		

Meeting called to order at 13:15 by Irmagard

Fall AGM minutes read by Donna Lee, approved as presented by April, seconded by Kaaren

### Reports:

- 1) Treasurer report offered by Pat, accepted by Kaaren and seconded by Jean
- 2) CaLDRA report offered by Donna, accepted by Jean, seconded by Troy
- 3) Endurance Canada report offered by Donna, accepted by Jean, seconded by Troy
- 4) Public Relations report offered by Lynn, accepted by Troy, seconded by Bertha
- 5) Sanctioning Report offered by Donna, accepted by Lynn, seconded by Nancy
- 6) Rulers Report offered by Gwen, accepted by Bev, seconded by April

### Old Business:

- 1) Rule Book: Special Thanks to Gwenn for presenting an updated Rule book
  - a. Correction to page 10 and 16 in regards to Trail Horse being placed 1<sup>st</sup> to 3<sup>rd</sup> only
  - b. To be adopted for 2010 competitive season
  - c. To be presented at fall AGM for final approval
  - d. Will be available on the ACTRA website
  - e. Hard copy is to be included in sanctioning kits
  - f. Hard copy will be given to all new members
- 2) ACTRA support for Bob Gielen
  - a. Bev has been in contact with Bob and he felt that a fitted fleece cooler in Canadian colors, with the ACTRA logo would be most beneficial to reflect our support
  - b. Bev will obtain the cooler and send it to Bob

- 3) Insurance
  - a. ACTRA will continue to carry our club insurance under HEP
  - b. General discussion to reinforce that all individual members need to carry PSO memberships or have proof of third party insurance to be allowed to compete in rides
- 4) Ride Review Sheets
  - a. There continues to be no development in the Ride Review Sheets
  - b. General discussion regarding the necessity of same. The sheets will be placed on hold.
  - c. Rider Rep will act in an informal manner to bring concerns from the competitors to the Ride Managers

New Business:

- 1) Bev discussed offering a new trophy
  - a. The Maritime Challenge Trophy
    - i. The trophy will be a combined score from rides offered in all the Atlantic provinces
    - ii. The contributing rides will be drawn from a hat, to insure equal opportunity for representation
    - iii. It will be based on CTR and LD scores.
- 2) Pat Rideout has offered to organize the 2010 Fall Year End AGM
- 3) Motion from Pam: "**A copy of the AERC Rules and Regulations be included in the new membership mail out, and be adopted into the ACTRA Rulebook**", seconded by Troy. Carried

Meeting adjourned at 15:45, moved by Bev, seconded by Troy.

Respectfully submitted,  
April 26, 2010  
Donna Lee Cole

# ACTRA 2010 RIDE SCHEDULE – 30<sup>TH</sup> ANNIVERSARY YEAR

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## **MAY 22 – MUD RUN LD – 30 MILES – ENTRY FEE \$45**

Coffee and doughnuts in the am and awards supper provided. Riders are responsible for their own lunch. Judging will start at 8:30am. Ride site is the Stanley Mosherville Hall, Rte 215, Stanley, NS. Judge is Dr. Lianne Nelson.

## **MAY 23 – MUD RUND IDR – 15 MILES – ENTRY FEE \$30**

Coffee and bagels in the am and lunch will be provided. The awards supper will be pot luck. Judging will start at 8:30 am. Ride site is the Stanley Mosherville Hall.

There is no stabling, but room for pens. Ride managers are Lucy Rudge & Elwood Munroe (902)757-3652. Please call if you are coming to either ride.

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## **JUNE 19/20<sup>TH</sup> – PARRSBORO 30<sup>TH</sup> ANNIVERSARY REUNION JP'S – 15+ MILES**

Fee is \$25 per day. June 19<sup>th</sup> supper is pot luck. June 20<sup>th</sup> is a BBQ.

Large field for trailers and pens. Bonfire Saturday night if weather is permitting. Come and ride our great trails!

Ride site is Crossroads, Parrsboro, NS. Coming from Halifax take Exit 12, coming from New Brunswick take Exit 4 at Amherst and follow the signs to Parrsboro. Judge is Marg Byers.

Ride managers are Gary and Bertha Harrison (902)254-3478. Email [berthagary@eastlink.ca](mailto:berthagary@eastlink.ca) Mail entries to 4348 Hwy 2, RR #1, Parrsboro, NS, B0M 1S0.

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## **JULY 31 – MCDONALDS RUN CTR – 30-35 MILES – ENTRY FEE \$30**

Friday evening there will be a light supper for everyone.

July 31<sup>st</sup> there will be a light breakfast, a lunch and supper provided. Judge is Dr. Lianne Nelson.

## **AUG 1<sup>ST</sup> – MCDONALDS RUN JP – 12-15 MILES – ENTRY FEE \$15**

There will be a light breakfast, a lunch and supper provided. Judge TBA.

No stabling, lots of field to set up pens and park trailers. Ride managers are Jennifer and Adam McDonald. Send entries to 2020 Rte 705, McDonalds Point, Wickham, NB, E5T 4A1

Call for directions(506)485-5659 or email [jennmcdonald@xplornet.ca](mailto:jennmcdonald@xplornet.ca)

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**AUG 14<sup>TH</sup> - RIDE N SLIDE CTR - 30 MILES**

**AUG 15<sup>TH</sup> - RIDE N SLIDE JP - 20 MILES**

Swimming available at the beach (people too)! No stabling, field set up only. Bring your own GPS – just kidding! Good food, good meat, good god lets eat! Ride site is in Kingsclear (near Mactaquac Dam), NB. Hosts are Mark & Ingrid Wheeler. Call for directions (506)461-8949 or email [mark@cpgear.com](mailto:mark@cpgear.com)

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**SEPT 4<sup>TH</sup> THE AMIGOS DO CTR - 25-35 MILES**

**SEPT 5<sup>TH</sup> THE AMIGOS DO JP - 12-15 MILES**

Ride site is the Gillies Dairy Farm, Belleisle, NB. More details will follow, we have a vet and may have to switch the ride days depending on her availability. Come and ride the good trails of Belleisle and enjoy hospitality of our area. Ride contacts are Sylvia Gillies/(506)485-2518 or [mgillies@nb.sympatico.ca](mailto:mgillies@nb.sympatico.ca) or Donna Munn/(506)839-2810 or [dmunn@nbnet.nb.ca](mailto:dmunn@nbnet.nb.ca)

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**SEPT 18<sup>TH</sup> - CHALLENGE CUP CTR - 25 MILES**

Stabling available. Field to park trailers. Vet is Dr. Lianne Nelson.

Ride site is Snowy Creek, Pam Thornton, 151 Meek Road, Centre Rawdon, Hants Co. NS, B0N 1Z0.

Ride managers are Pam Thornton (902)632-2963 or [getnoticed@ns.sympatico](mailto:getnoticed@ns.sympatico) and Lucy Rudge/Elwood Munroe (902)757-3652 or [lucyrudge@yahoo.com](mailto:lucyrudge@yahoo.com)

**SEPT 19<sup>TH</sup> - RAWDON HILLS IDR - 14 MILES**

Same as above. Ride manager is Pam Thornton.

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**SEPT 25<sup>TH</sup> - CAMP CHEPUTNETICOOK CTR & IDR - 35 MILES AND 17 MILES**

Ride site is Camp Cheputneticook, 1889 Gleason Point, Rte 735, St Stephen, NB. For anyone who has never done this ride, the scenery is very nice and there is no pavement, just back roads and wood trails. Vet is Dr. Tami Matheson. Ride contact is Susan Hovey, 8961, Rte 3, St Stephen, NB, E3L 4W4. Phone (506)466-2150 or [sears@nb.aibn.com](mailto:sears@nb.aibn.com) Max #20 per ride category.

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**OCT 9<sup>TH</sup> - MAPLE RIDGE RIDE LD - 30 MILES**

**OCT 10<sup>TH</sup> - MAPLE RIDGE RIDE IDR - 15 MILES**

Great trails and great food. Bonfire on Sat night. Large field for parking and pens.

Ride managers are Eric Dwyer (902)923-1921 or [bettyd63@gmail.com](mailto:bettyd63@gmail.com) and David Dyke. Call or email for more details.



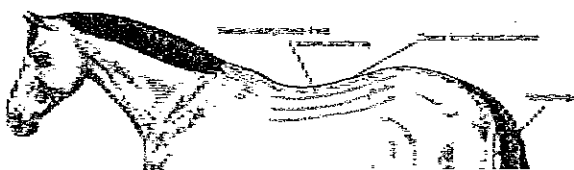


## Common soft tissue injuries in equines

I have found the most common stress problems in endurance horses to be in the long back muscles and the hamstrings. The back must support the rider on a saddling arrangement and the hamstrings must push off against the ground to propel horse and rider along the trail. Factors that control the health of these muscle groups are saddle fit and condition, weight and its distribution, terrain and climate. It should be noted that the following are not the only causes of discomfort but they are those that I am familiar with the most. A stumble, slip or fall can also precipitate a muscle strain in a hard-working athlete.

### Saddle fit and condition

The back can get sore at any point from the back of the withers to the loin on one or both sides. Indications of rubbing are dry areas when the saddle is removed, white hairs in a patch or a flinch when the back is rubbed. A check of the back along the muscles from withers to croup up to about a hand span width away from the spine may bring to light a sensitive area.



Point the fingers of a flattened hand towards the croup moving slowly and firmly towards the loin. If a flinch is observed a gentle circular rubbing of the area and smoothing out along the hair lie will bring some relief. Back pains in the lumbar region may result from kidney or ovarian inflammations that might be temporal in nature or signify a medical difficulty. A check of urine color and behavior might give clues as to cause and a veterinary examination will confirm or deny a problem.

Pads of liquid filled sacs called bursae cover each spinous process to provide a cushion over the bones of the spine for their protection. There is a condition known as bursitis that can develop over the spine in areas that are constantly abused. This shows as a painful swelling,

right on top of the spine and can appear over several of them in a row. The loin hitting the back of the saddle during movements such as the canter or gallop can cause this condition. The Arab is a short backed horse and so a long saddle can have a detrimental effect on the loin if striking occurs.

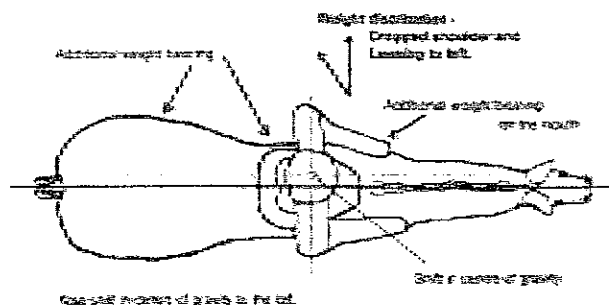
The saddle pad can also be an irritant if it has a seam down the center with a strip of material sewn along its length. With the side to side movement of the cantle this material can rub back and forth across the spines to create a sore spot that will inflame. The condition of the flocking can have a direct effect on the back if it is uneven or lumpy. Saddle seams can also have this effect if the leather is hard and irrisilient.

### Weight and distribution

The position of the rider in the saddle is an important factor to consider. Human beings are one-side dominant and our work and resting positions favor one side or the other. This alters the shape of the skeleton to twist the pelvis, bend the low back and alter the slope of the shoulders. This adds up to a shift in the center of gravity to one side and to the rear on one side. As we sit upon the horse in a comfortable position the horse will rebalance itself in order to support the rider. The horse will now be predominantly one-sided as a result. To change diagonals or leads the rider must twist in the opposite direction, a position that may not be comfortable to the rider and therefore not adopted. However the horse will go on with that position and the gaits will be only those that she can adopt under the circumstances.

So we have a horse that is carrying more weight on one side than the other. The first breakdown will be in the back just behind the ribcage. This is where the rider's seat bones press through the saddle. The second breakdown is in the hamstrings of that side that are pushing off more weight than the other side. As the

hamstrings tighten with stress they will also shorten and thus cause a shortened stride length, a lumpy ride and a head bob that indicates a degree of lameness. There was a horse who won the Tevis Cup on one diagonal so it is possible to compete successfully under these conditions provided that the horse is very fit and well prepared for competition.



An endurance rider asked me to look at his horse during a ride. The horse was in danger of being pronounced unfit to continue due to severe back pain on the left side. The application of therapy to the back eased the pain and allowed the horse to continue on to complete the event.

When the horse was being saddled up I noticed that the left stirrup was lower than the right. I asked if the holes matched and the rider said that they did but the leathers had stretched about two inches on the left side because it was more comfortable for him to ride with a slightly straighter leg on that side to ease the chronic pain in his back. After therapy to the horse I encouraged him to lean more to the right on this last segment of the race to ease the pressure on his horse's back on the left side. The rider was also encouraged to get treatment for his back pain.

Since that time the conditions have been resolved and the horse and rider team finished at the AERC 50 mile National Championships without any problem.

Ideally the horse should be able to use both sides of its body in the performance of the tasks that we ask for. One side can then rest as the other takes the strain. To accomplish this the rider must be as equally balanced as possible. We must use our bodies equally on both sides to achieve this state. It is awkward to muck out with the left hand if we are right dominant or to remember to carry the shoul-

*continued on next page*

## horse health . . .

der bag as much on the left as the right but this is how we begin to build up our weak side to balance equally with the stronger one. The horse can be mounted from the off or right side. This will be a welcome change for the horse and build up the lesser-used mounting muscles of the rider also.

Ambidexterity is difficult but the horse is expected to be as strong one side as the other. Mostly they are but that strength will weaken on the loaded side before the other and will break down earlier so that now the "weak" side has to take over or the horse will go lame.

Once we have made the effort to balance ourselves it is possible that the horse can now change leads with a signal from our seat. If not, a course of dressage training will help enormously. It is not necessary to learn how to accomplish a test in an arena (too much for a normal person to remember) but the training itself is of great benefit to the horse. Learning how to longe on both left and right circles at the trot and canter is an excellent way to learn the changes and build strength. If a horse has more strength on the left side than the right then more reps with the right will build it up to match the left.

### Terrain

Terrain has the effect of weakening the horse in subtle ways. Deep sand will have to be pushed aside by the feet as they come off the ground. This gives the extensor muscles at the front of the legs a workout that might be new if the horse has trained on a firm surface. This is especially true at the trot. The canter may provide an easier pace in these conditions.

A horse that is trained on flat ground

will be unable to reach as far under with the hind in climbing hills as those that train in hilly country. Once again the fore-leg extensors get a workout as the horse is coming downhill, particularly if the rider's weight is also forward in the saddle. There is a branch of the suspensory ligament that travels forward and down towards the toe from the ergot. If the extensor muscles are feeling strained then this difficulty is transferred back up to the low suspensory and can cause a problem there.

The answer is to train in hills or build one. A 30-meter circle with half of it built up to a height of two or three feet can accomplish some training effect for this especially if cavalettis are placed at the beginning and end. This will encourage the hind to reach farther under and the fore to build up extensor strength. This is not ideal but is better than nothing.

### Climate

Weather conditions should also be taken into consideration. Muscles that work hard also get very hot from the infusion of blood and the calories given off from work. A human long distance runner can have severe cramps in the calf muscles if he splashes through cold water on the trail. The same can happen to horses with either the calf or hamstring muscles being involved. When the horse comes in to be checked by the vets the first job is to cool her off and bring down the heart rate.

Cooling off the hind is never a good idea in the best of circumstances, if the temperature is cold and there is a wind blowing the wind chill factor can put a hind muscle into a spasm resulting in

temporary lameness. Even if the crew has not put water over the hind this can still happen if there is sweat over the hind as the chilly wind blows against it. Unfortunately the design of most blankets is similar to hospital gowns in that the back is open to the world and allows the breeze to blow through. A vigorous towelling applied over the hind and down the legs will both warm up the cold muscles and dry them off.

It is a good idea to check on the hind legs as you travel through P&R checks. If the horse is resting a hind leg more than the other give it a good rub from the point of the butt down towards the back of the stifle. A flat hand or fisted knuckles are good to use for this followed by a little walk around. Some P&R areas do not allow enough room for this so you may have to plead a case for someone to keep your place in line as you wander about with your horse.

### Importance of warmups

Pre-event warmups are proving to be beneficial to the horse for pumping up the blood vessels before tacking up. Also, warmups seem to settle the metabolic system. The recent Hahira ride had no metabolic problems and the sub-freezing temperatures at JD Fountain's Carolina ride produced only one colic attributed to the cold.

Two results do not make a scientifically accurate survey for proof but please keep in mind that warmups are a part of every athlete's pre-event regimen, solely for the purpose of preparation for vigorous exercise and the prevention of muscle cramps and upset tummies.

### Conclusion

In conclusion, be aware of the condition of your tack, be as well balanced as you possibly can and keep the hind as warm and dry as possible to prevent sore backs and soft tissue lameness of the hind. Try to train in the terrain of your next ride or come as close to it as possible and keep your eyes open for signs of discomfort from your horse. ✧

*Michael has been training athletes of all species for 20 years and has guided teams to state and national championships. Licensed in massage therapy and certified in neuromuscular and equine sport therapies, he is attempting to educate the public in simple remedies and preventions for common injuries. The goal for endurance horses is to eliminate soft tissue lameness and thus build a stronger base for a team of fit horses in international competition.*

## Why your truck's foot pedals can be hazardous



Many of us drive long distances to rides and the foot pedals of the truck are not necessarily placed so that the gas pedal is directly in front of the right hip. It is necessary to turn the right foot outwards a little to press on the pedal. This will shorten a muscle in the butt known as the piriformis. As it shortens it also thickens a little and will do two things. It will tend to twist the pelvis backwards to the right and it will impinge upon the sciatic nerve that runs beneath it on its way to the leg. A pain in the butt and down the side of the leg to the foot results in varying degrees.

Try to have the leg as straight as possible so that the foot is perpendicular on the pedal. Arrange for the other foot to be in a similar position. Some autos are equipped with a dead pedal to rest the left foot on; if yours is not, then maybe one could be fabricated but it must be securely anchored in case of collision. The idea is to be well centered and balanced behind the wheel such that equal parts of us are on either side in roughly the same position.