



# Old Dominion News

May 2010

33715 Snickersville Turnpike Bluemont, VA 20135 • [www.olddominionrides.org](http://www.olddominionrides.org)



## June Old Dominion Ride Preview

**O**n June 11-13, the Old Dominion will host its third event at our new home in Orkney Springs, Virginia. Each year we are learning more about the trails of the Great North Mountain area and we are again tweaking the trail to improve the rides and present new challenges.

Those 35 horse and rider teams who attended the May 8-9 training ride at Orkney Springs had a chance to pre-ride trail that will be used in the June ride. The 55 and 100 mile riders will use a new section of trail that includes unforgettably scenic trail on the mountain ridge straddling the Virginia/West Virginia line.

Mary Howell, who led a group of riders on this section on the training ride, explains, "a few miles of this section of trail are very rocky and

most will keep their horses at a walk, but the rest of the trail can be done at a faster pace and the spectacular views are well worth slowing to enjoy, plus there is plenty of grass along trail for your horse to snack on."

We have replaced the Rogers Field vet check with a new one, Laurel Run, that will eliminate several miles of gravel road riding.

Also in preparation for the June ride, OD volunteers have ripped out all the old wire fence along the road and are currently installing a new, safer and more visible fence with gates.

Food service will be improved this year with a move to the Orkney Springs Volunteer Fire Department's new facility, and volunteers will again have use of the Shrinemont bunkhouses and showers. ♦

## Calling all Volunteers for June 12!

**T**he Old Dominion 100 has six vet checks, one Gate & Go and the finish line, all of which must be staffed with volunteers. We use 12-16 veterinarians every year and try to provide a volunteer scribe for every vet. We need horse ambulance drivers to transport horses back to camp and hospitality volunteers to drive food out to the volunteers at the vet checks. We need volunteers who haul water out to troughs set up along the trail and at the vet checks. We never truly have enough volunteers!

This year our number of volunteers signed up so far is at an all time low. Are you riding? Have crew members? Loan us one of your crew as a volunteer. Are you riding the 25 mile ride? After you finish your ride and have taken care of your horse get up and go back out as a volunteer. Some folks did that last year and had a blast.

Have a couple of teenagers who don't want to hang out with the parents? We can use them and they'll have a blast. Our best source of volunteers is a friend asking a friend to come to the ride. We need people willing to help and pay back or pay forward so this sport will continue. Without volunteers these rides can't exist.

No experience is necessary! We will train and feed you. Camping/lodging is free, as is all the food you can eat with hot meals included. Please contact Bonnie Snodgrass at 301.246.4934 or [chicamuxen@netscape.com](mailto:chicamuxen@netscape.com) if you have questions or can commit to a fun, hard, weekend Thanks! ♦

## In Memory of Linda Ford & Les Cronney

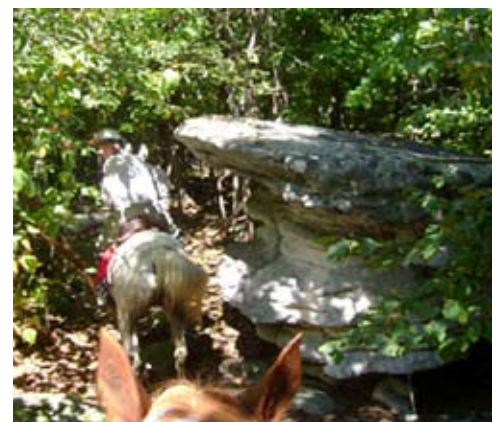
**E**arlier this year, the Old Dominion lost two great friends, Linda Ford and Les Cronney, both to cancer.

Linda was a 100-mile rider and active OD volunteer who served as OD President in the early 1990s during a time of change and redirection for the organization. Her calm demeanor and focus guided the OD down the path that helped ensure it became the successful organization that it is today, and her positive influence on the organization is still felt.

Linda is survived by her husband Ted Baker of Nanjemoy, Maryland, who was her constant supporter in all her endeavors. Donations in Linda's memory may be made to her local hospice; contact Nancy Smart at [longevityfarm@verizon.net](mailto:longevityfarm@verizon.net).

Les was a longtime volunteer who was well known as an ambulance driver, water hauler and chef extraordinaire. He cooked incredible dinners over nothing more than an open fire and since we all know how hungry endurance folks can get, his chicken salad and baked potatoes are legendary.

He is survived by his wife Vicky, 10-year old son Cody and several daughters, who are older. A fund to benefit their son Cody is also being set up; those wishing to contribute can request details from Kate Geier at 703.868.5283 or [geierkm@verizon.net](mailto:geierkm@verizon.net). ♦



*The "Devil's Table" is a rock formation 55 & 100 mile riders will encounter at the June 12 Old Dominion Ride.*

### Wanted: Your Ride Stories!

Please e-mail your stories and anecdotes to Mary Howell at [countshiloh@gmail.com](mailto:countshiloh@gmail.com). We may need to edit them a bit, but will be sure to include in our next issue - Thanks!

## Old Dominion Board of Directors

<b>President:</b> Claire Godwin	crgdvm@aol.com	301.527.1913
<b>Vice President:</b> Joe Selden	longevityfarm@verizon.net	301.934.3824
<b>Secretary:</b> Mary Howell	countshiloh@gmail.com	804.932.9328
<b>Treasurer:</b> Susan Trader	susntrader@loudounwireless.com	540.882.9721
Diane Hypes	dianeand4mules@yahoo.com	304.897.5795
Lenora Keener	lwsowers@aol.com	540.622.5092
Beth Johnson	whirlwind815@hotmail.com	703.405.0347
Jenny Jones	jenjones7068@yahoo.com	540.338.6472
John Marsh	jjmarshiii@earthlink.net	703.556.0223
Lani Newcomb	give2bute@aol.com	540.554.2004
John Proudman	miles2go@shentel.net	540.933.6514
Bob Walsh	bwalsh@creelman.com	301.743.7295
Bonnie Snodgrass	chicamuxen@netscape.com	301.246.4934
Jack Weber	hollyhillwebers@aol.com	540.933.6614
Karen Wickens	wickens_wish@comcast.net	540.578.0550

## 2010 Old Dominion Meetings & Events

*Old Dominion Members are welcome to attend monthly meetings, which are normally held at 6:30 pm on the second Saturday of each month at the M.A.R.E. Center in Middleburg. Here is the 2010 schedule, with meetings at other locations noted:*

- May 8/9** - guided training rides from Orkney Springs basecamp; board meeting/potluck supper after Saturday training ride
- June 12** - Old Dominion 25/50/100 Endurance Ride
- July 10** - board meeting at the M.A.R.E. Center
- July 24-25** - riide & tie seminar and events at Orkney Springs
- August 7** - board meeting at the M.A.R.E. Center
- September 11** - board meeting at the M.A.R.E. Center
- October 9** - board meeting at the M.A.R.E. Center
- October 22/23** - Fort Valley 25/50 2-day Endurance Ride
- November 20** - board meeting at the M.A.R.E. Center
- December 11** - OD Holiday Party, Holiday Inn Front Royal

### OD MEMBER PROFILE: Beth Liehti Johnson

**When did you get involved with the Old Dominion Endurance Rides?** My 21 year old, red bay thoroughbred, Iodine, and I had been trail riders for years. In CA, Iodine and I completed 2 LDs. I crewed for friends at Tevis and XP rides, and several other CA rides. In January 2003, I transferred from CA to VA. Upon arriving in VA, I searched for endurance and found the OD. Vikki Kingslien, who was the Volunteer Coordinator for the Ft. Valley ride, signed me up as P&R at the Ft. Valley ride. Since then I have volunteered at No Frills, the OD, and the Ft. Valley. In 2005, Vikki graciously allowed me to ride her Arab mare, Splendor, and we successfully completed my first AERC 50 miler at the Doncaster 50 in southern MD.

**Where do you live? Too far from my horse!** My husband, Steve, and I reside in Alexandria, VA; inside the beltway and close to work, but far from my horse and the trails, who is boarded at a southern MD horse farm.

**What do you do for a living?** In 2009, after serving 28 years, I retired from the U.S. Army. When the call came in 2003 to transfer to the Pentagon, I did not want to leave CA, but glad I did because I met my husband, Steve, within a year. Last fall, I returned to civilian life and started working as a managing editor for a defense industry think tank.

**Tell us about your horses.** Unfortunately, Iodine was not the horse with whom I would do any more rides. In Sept 2005, my beloved mare departed this world. We had traveled the trail together for 13 years in three states, IL, CA and VA. After 6 months, I started hunting for another horse and had my heart set on a Rocky Mountain. My dream horse would be short (closer to the ground, so one doesn't fall as far), small (less feed, less manure, smaller trailer) and dark (remember Black Beauty) gelding (I attributed Iodine's violent and unpredictable mood swings to being a mare and thought a gelding might be more stable). In the summer of 2007, I discovered Living Waters (LW) Cody, a 14.3 hand, 5 year old, black (with a white frosted blanket) Arab-Appaloosa, who appeared to fit the bill. He was residing with a preacher and his family in Seven Fountains. Cody and a couple of other Apps were rescued, but the preacher could not keep them, so they were headed for auction. Apparently, I was not thinking clearly...in the two decades since I had teamed up with Iodine, I had transformed into a middle-aged, wanna be endurance rider. And here I was hooking up with a green broke gelding with lots of attitude. Well, we're still together, still training, and still in one piece (despite torn hamstrings-me, black eyes-me, and swollen front legs-him). We did our first 30 mile competitive ride last September at Fair Hill, and hope to do more competitive rides and add endurance to our repertoire. Thanks to my wonderful mentors in the OD, such as Vikki Kingslien, Bonnie Snodgrass, and Nancy Smart, things get better every year.

**What do you do when you're not riding?** I enjoy spending time with my husband Steve. My favorite pastimes include travel (with and without the horse), cooking, reading (politics, history and biographies), writing (journals, letters, articles), Bible study and fellowship, gardening, estate sales, and keeping up with my extended family in IL and CA. ♦



**Want to be featured in an upcoming issue? E-mail your photo and answers to the above questions to countshiloh@gmail.com. We are also looking for great ride stories - please share your experience at OD rides!**



## Message From the OD President

**G**reetings OD members! With the Old Dominion's 25/50 and 100 mile ride just a few weeks away, our board and members have been working hard to prepare and look forward

to seeing you there. This year's 50 and 100 mile rides will use a new vet check, Laurel Run, and there is no crew access at this hold. Instead, as with our No Frills Ride, we'll provide horse and people food and water and staff to help you as needed. Since we could still use a few more volunteers, if you have extra crew or know of anyone wanting to learn more about the sport, please contact Bonnie Snodgrass at [chicamuxen@netscape.com](mailto:chicamuxen@netscape.com) or 301.641.4397. Thanks in advance for your support of the OD!

Regards,

*Claire Godwin, DVM*

## Buy Southern States Feed? Save Those "POPs" & Help the OD

**T**he Old Dominion participates in the Southern States "S.H.O.W." Program, which allows us to collect and submit the proof of purchase coupons from the side of each feed bag (or delivery receipts if you purchase feed in bulk). Please bring your POPs to and Od event and hand them to one of the board members, or mail them to: Dana Abenathy, 2935 N. Mt Pleasant Rd, Greenbrier, TN 37073. ♦

## Virginia Horse Industry Board Launches New Website

**T**he Virginia Horse Industry Board has partnered with the Virginia Tourism Corporation to launch a new website, [www.virginiahorsetours.com](http://www.virginiahorsetours.com), designed to promote Virginia's horse industry to visitors, particularly those thousands of international visitors coming to the U.S. for the World Equestrian Games (WEG) taking place later this fall in Kentucky.

The goal is to entice these visitors to stop off in Virginia either before or after they visit the WEG and spend some of those euros and days here in the Commonwealth. Highlights of several upcoming Virginia equine events, suggested itineraries, driving distances to Dulles Airport, and links to other key sections of the VTC site, such as hotels, possible other stops of interest, etc., can also be easily "clicked on" from the site. ♦

## Don't Miss SETC Conference in July



**T**he theme for this year's Southeastern Equestrian Trails Conference (SETC) is "The Art and Heart of Keeping Our Trails; Ride Smart, Do Your Part." If we want to preserve historical use of horses on public lands, we need to educate ourselves to be good stewards.

This year's event is July 15-17, 2010 in Atlanta, Georgia and more information is online at [www.southeasternequestriantrails.com](http://www.southeasternequestriantrails.com). ♦

## Member Classifieds

**WANTED:** Experienced SE Junior needs mount for the OD 100 mile ride in June. Rider will provide family members to assist with crewing. Those willing to lease their horse may contact Peggy Clark at 706.485.5117 or [nvyo@bellsouth.net](mailto:nvyo@bellsouth.net)



**For Sale:** Bowman Horse Treadmill, kept indoors, \$3000. E-mail Judie Ricci at [meadowspringranch@earthlink.net](mailto:meadowspringranch@earthlink.net)

**For Sale:** Wintec Pro Endurance Saddle, 17", new, \$1000; Keifer Vien Dressage Saddle, 16.5", GC, brown, 16.5-inch seat, \$800 includes stirrups and leathers. Call Mary at 540-933-6431.

**For Sale:** Carri-Lite portable corral, 8 panels, perfect condition. Makes 4' x 13' pen (bigger when hooked to trailer); collapses to 17x30x28" bundle. Retail \$650-700 + shipping; asking \$500. Located Western NC. 828/863-2912.

**For Sale:** 15 acres in Wildersville, TN by Wrangler Campground and the Natchez Trace trail system. New 40X60 metal building with 25X40 living quarters and the rest for stalls or trailer parking. Great retirement or starter home. Go to RE-MAX and enter Wildersville for a slide show or contact Mary Coleman, 814.448.2821 or [caf@raystownwireless.net](mailto:caf@raystownwireless.net)

**Cadence Farm:** providing supplements and equipment for the trail horse and distance rider. We cater to the novice, and possess the experience and knowledge to provide the experts with the services they need. Allow us to infuse rhythm into your riding!



**For Sale:** 15h 10-yr old Arabian with endurance experience, only \$500. Contact Ann Townsend at [kkirkt@yahoo.com](mailto:kkirkt@yahoo.com), or (276) 701-5737.

**For Sale:** 2003 Exiss 4-horse slant, new tires, asking \$11,500. Janet Martin 804-615-0747 [sidekixjm@aol.com](mailto:sidekixjm@aol.com)

Need something engraved? Contact Bob at **Valley Laser Graphics** by contacting [bighorse@shentel.net](mailto:bighorse@shentel.net) or calling 540- 436-8367.

**Problem horse? Meadow Springs Training Center** can help solve horse behavior issues.. Visit [www.meadowspringstrainingcenter.com](http://www.meadowspringstrainingcenter.com) or e-mail Judie Ricci at [meadowspringranch@earthlink.net](mailto:meadowspringranch@earthlink.net).

**To have your ad in the next issue, e-mail [countshiloh@gmail.com](mailto:countshiloh@gmail.com) or call 804.932.9328. ♦**

# Myths and Facts About Protein

provided by Kentucky Performance Products

**MYTH:** Protein is a good source of energy for mature horses.

**BUSTED:** Of the three dietary energy sources—carbohydrates, fats and protein—protein is the hardest for horses to turn into energy. It is inefficiently utilized and produces more heat during metabolism. All proteins are not created equal, so feed high in protein may not be high in energy.

**FACT:** Mature horses good energy sources to perform at optimal levels.

**MYTH:** The higher the crude protein content, the better the feed.

**BUSTED:** Over the years, high-percentage crude protein feeds have been equated with quality because good quality proteins tend to be more expensive. However, the percentage of protein needed by an individual horse varies throughout his lifetime. While a high-protein feed may be best for a younger horse, it may not be the best feed for a mature horse that has high energy and low protein demands. Not all protein is created equal. Young horses consuming the inappropriate levels and types of proteins will not grow properly even when supplied with adequate energy.

**FACT:** Bottom line, you need to match the right types and levels of protein to meet your horse's specific needs.

**MYTH:** Feeds high in protein cause kidney damage.

**BUSTED:** High-protein feeds do not cause kidney damage to healthy horses. Unlike fats and carbohydrates, horses do not store protein for later use. Excess protein metabolism results in the buildup of nitrogen end-products, such as ammonia and urea. A diet containing excess protein will increase the horse's water requirements and urine output as the ammonia and urea are flushed out of the body. When a horse takes in more protein than he needs, he tends to urinate more and the urine is often stronger smelling. Horses that have developed liver or kidney disease from another cause may be put on protein-restricted diets to ease the workload on the compromised organs.

**FACT:** Protein requirements change throughout a horse's lifetime.

Protein requirements are dependent on the age, health status, and work load of your horse. Growing and reproducing horses need the highest levels of protein in their diets, which makes sense because new tissue is being created to sustain growth. Hard-working horses are next in line as they are building new muscle and replacing damaged tissue on a regular basis. Sedentary and middle-aged horses that don't work very hard have the lowest requirements of protein. As they progress into their senior years, horses may need additional protein as the efficiency of their digestive tracts decreases. Horses with certain medical conditions may need more or less protein in their diets depending on their health issues.

## MORE ABOUT CRUDE PROTEIN

The percent crude protein number on your feed tag is only one piece of the puzzle. The "percent crude protein" found on the labels of feeds and supplements is a calculation of the nitrogen content of the product. Nitrogen is contained in the amino acids that serve as the building blocks of proteins. The word "crude" means that not all the protein reported by this number is digestible. It is estimated that between 2% - 5% of many common protein sources are not absorbed.

While the percent crude protein number is helpful, it should not be the sole piece of information used when choosing a feed or supplement for your horse. Crude protein does not tell you the source of protein contained in the feedstuff or the amino acid makeup of that protein. Percent crude protein is most useful when combined with information on the type of protein included in a product. Knowledge of the lysine content of a protein source is necessary when properly balancing your horse's diet. Some labels will include the percentage of lysine found in a product.

Knowing what ingredients are good sources of lysine and identifying those sources in the ingredient list will also help you make an informed decision. ♦

## 2010 OLD DOMINION MEMBERSHIP APPLICATION

Name: \_\_\_\_\_

Family Members: \_\_\_\_\_

*(fill in for Family Membership only)*

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-Mail: \_\_\_\_\_

*(Please print clearly)*

Annual Membership:  Individual (\$25 – 1 vote)  Family (\$35 – 2 votes)

Lifetime Membership:  Individual (\$400)  Family (\$500 – 2 votes forever)

My check is enclosed.  Credit Card payment this year only  Renew annually

*(credit card only)* Name on card \_\_\_\_\_

Card type:  Visa  MasterCard  American Express  Discover

Card # \_\_\_\_\_ Exp Date: (mo) \_\_\_\_\_ (yr) \_\_\_\_\_

Card 3-digit CID Code (found on back) \_\_\_\_\_

I would like to volunteer to help at  rides  clinics  other events

I agree to uphold and adhere to the rules of the Old Dominion Endurance Ride, Inc.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Make checks payable to "Old Dominion Endurance Ride, Inc." Please send form and check or credit card information to:  
Lani Newcomb - OD Membership  
33715 Snickersville Turnpike  
Bluemont, VA 20135  
540.554.2004; 540.554.2285(f)  
e-mail: give2bute@aol.com



Want to advertise in the OD newsletter? Text classifieds are FREE to current members. To provide information for the next issue, or for information on ad rates for larger ads, e-mail countshiloh@gmail.com