



Old Dominion News

November 2011

33715 Snickersville Turnpike Bluemont, VA 20135 • www.olddominionrides.org



Steven Hay on Gotcha Covered PW won and received Best Condition in the Saturday Fort Valley Ride. Steven will represent the U.S. at the Young Riders Championship in Abu Dhabi on Dec. 10th. Go Team USA!

Fort Valley Ride Report

This year's Fort Valley endurance rides were held October 21-22, 2011, again using Fitchetts Field as basecamp and with perfect fall weather helping ensure a high completion rate.

On Friday, 21 riders completed the 50 mile ride, with Michelle Rice on TEF Lunar Eclipse winning and receiving Best Condition and Jeannie Waldron's mare Wonder Witch receiving high vet score. In the 30 mile ride, 22 riders completed, with Sally Mann on Koweta Lexxus as first to finish and Anne Buteau on Comedy of Manners receiving the optimum time award.

On Saturday, 33 horses completed the 50, with Steven Hay on Gotcha Covered PW winning and receiving Best Condition and Lisa Green's mare Amana Tabi receiving high vet score. The 30 mile ride had 23 finishers, with Mike Dechant on Solomon of Korteze as first to finish and Jennifer Steven on Whisperstreams Legacy receiving the optimum time award.

At the awards ceremony Saturday night, long-time Old Dominion member Daryl Downs won the Asgaard raffle colt Escandalo.

A total of 11 horse and rider teams who completed at Fort Valley also earned the Triple Crown Award for completing all three OD-sponsored rides in the same year; a complete list is on page 2. ♦

See You at the Dec. 10 Holiday Party!

Check your mailboxes! Invitations to the Old Dominion's annual Holiday Party on Saturday, December 10 at the Holiday Inn Resort in Front Royal have been mailed.

If you missed receiving an invitation and wish to come to the party, please contact Joe and Nancy Selden at longevityfarm@verizon.net or 301.934.3824 by Thursday, December 2st. Tickets are \$45 per person.

Members are encouraged to attend the General Membership Meeting, which gets underway at 5pm. A cash bar will be open from 6 until 11, with dinner and awards beginning at 7:30 pm. Bidding for Silent Auction items will run from 5:30 - 9:30 pm.

We'll again recognize Triple Crown winners, in which the same horse and rider team completes all three of OD rides offered each year in any combination of distances.

To reserve a room at the Holiday Inn Blue Ridge Shadows, call 540.631.3050 and ask for the OD discount. Please help support our Silent Auction fundraiser by both donating one or more items and bringing your checkbook.

It's not too late to donate! If you have something a horse-oriented person would enjoy -- such as a massage or vacation accommodations, the OD appreciates YOUR donations. E-mail longevityfarm@verizon.net with details. ♦



Riding My First OD Ride

by Samantha Austin

After working at Old Dominion events for the last five years, as well as managing the OD Store for the past three years, I finally decided to ride at this year's Fort Valley Rides. I first planned to ride my paint gelding Dakota. However, he pulled a muscle at the point of the shoulder at the withers. Three days later my mom moved wrong in her sleep and blew a disc in her neck and eventually had to have another disc fusion. So the phone calls started. We eventually got a hold of Barb Horstmeier who had a possible mount for me. So my mom and I went over to her house to test pilot her mare Kelly and things went great! (This happened to be the same day the earthquake hit in Louisa County). I went back to ride a couple more times before Kelly came home. When she did get home, it was only five weeks until the ride. Because of riany weather, we only got to fit in conditioning rides three of those five weeks, but fortunately Kelly did have some previous endurance and CTR experience.

I mailed in my ride entry and started looking for the perfect mentor, finding one in Amanda Taylor who runs Taylored Tack. We arrived at base

camp on Thursday with Kelly and Slick because unfortunately Kelly does not camp "alone" well!

On Friday, October 21, I woke up around 4:30am and watched the 50 milers get ready and head out on their ride. That was a FRENZY!!! I tacked up Kelly and tried warming her up but this did not work very well since all she wanted to do was stay around Slick. When I finally got her away from him, she was acting up, so Amy Cieri of Cadence Farm was kind enough to walk me around until the start.

Henry announced that the trail was open, but Mandy and I stayed in camp until about three quarters of the riders had already left. Amy walked with us across the concrete bridge and we were off on my first endurance ride! As we headed up Milford Gap, I was very surprised by the amount of color on the Fort Valley side of the mountain. We were trotting along and Anne Buteau joined us on the beautiful stretch of road along the Shenandoah River. However, on this stretch, I felt something pop in my right knee and every time Kelly switched gaits that knee started screaming

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For more scenes from this year's Fort Valley Rides, visit ride photographer Becky Pearman's website at beckypearman.smugmug.com

2011 Old Dominion Triple Crown Winners

Rider	Horse	No Frills	Old Dominion	Fort Valley	Total Miles
Daryl Downs	Sheik	55	100	50	205
Nancy Sluys	FYF In Zane	55	100	50	205
Meghan Delp	Fourmiles Kuna	55	100	50	205
Steven Hay	Gotcha Covered PW	55	55	50	160
Louise Dooley	Bayodnie	55	55	50	160
Heather Werts	Serene Zeliza	55	55	50	160
Emily Richardson	OLF Hale Bopp	30	55	30	115
Mariah Denmon	Savannah CF	30	55	30	115
Peggy Thompson	HRA El Akhira	30	25	50	105
Dana Cook	Laissez Faire	30	25	50	105
Georgia O'Brien	Hawthorne's Hannah	30	25	30	85

Each of the above riders will receive a special Triple Crown award and a \$25 credit towards 2012 Old Dominion ride entries. Those who attempted but did not complete all three 2009 OD rides and will receive the \$25 credit. Congratulations to everyone who took part in this year's Triple Crown!

OD MEMBER PROFILE: Lynne Gilbert



How did you get involved with the Old Dominion? Back in 1993, I crewed for Jeannie Waldron and her great horse Rambo in the Old Dominion 100 when she raced Debi Gordon and Redman all day to win and receive Best Condition! Jeannie encouraged me to compete with my horse GM Chagall, who completed almost 3300 AERC miles, including 15 1-day 100s, before he passed away in 2009.

What do you do for a living? I oversee the accounting department for a manufacturing company in Fairfield, Virginia.

Tell us about your herd! There's Mercuric, aka "the Brat," a grey 10 year old Asgard Arabian gelding who has finished 2 OD 100s and is best suited to fill Chagall's hoofprints. Johnnie Rio is a 13 year old bay Arabian gelding who is sweet, honest and comfortable but hasn't quite gotten past 50s, although I have enjoyed foxhunting him with the Rockbridge Hunt. Finally,

Ruby, who is Chagall's 19 year old bay half sister, is currently leased to a family in Staunton.

What is an OD memory you'd like to share? Winning the 2002 OD 100 riding Cavalry on Chagall, I will never ever forget that day or the awards ceremony when he also won BC, OD Trophy and High Vet. It was and will always be the highlight of my endurance career.

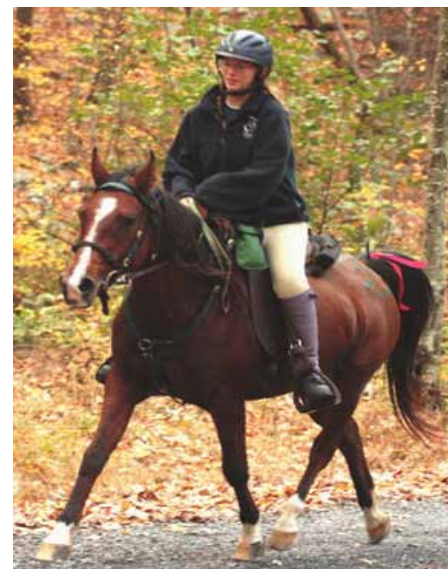
What do you do when not riding? You'll find me hanging out with my husband Dan and our dogs at the farm (or our "crab shack" on Tangier Island) and training to run a marathon - I got to take part in the Richmond Marathon this year and finished! ♦

Riding My First OD Ride

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with pain. When Mandy and I made it into the first hold, Kelly pulsed down to 64 no problem and her pulse was 60 after the trot out. During our hold, I tried to get my knee wrapped but taking care of Kelly came first. Our out time was 11:37 am. Mandy and I left on the last loop, which reminded me of trails at the old riding stable where I work. After the first couple of moguls, we came across a rocky creek bed that appeared to have no end and no trail. Once we made it to the top of the "rock wall," my knee and ankle were both screaming because of the amount of pressure that was being placed on them. When we found one of the small creeks that ran near the trail, Kelly decided to jump it instead of drinking. Finally, when we reached the big creek next to Fort Valley Road, she decided to take a long drink of fresh water. At that point, we were almost done!!! As we passed Henry at the finish line, we both waved to him and continued down to the vetting area. Kelly pulsed down to 60 no problem, with a 56 pulse after the trot out for an excellent CRI and "A" vet scores overall. But she was one tired pony by the time we finished the ride with a ride time of 4:46.

I finally could care for my knee and am so glad I chose to try Fort Valley as my first ride because of the beautiful of the time of year and weather we had. Not bad for a rookie! ♦



Message From the OD President



Greetings OD members: Thank you for allowing me to serve as president of this organization for the past two years. The Old Dominion rides continue to be held in high regard as premier East Coast rides that are true challenges to the endurance team of horse and rider. The goal of

completing all three rides, the Triple Crown, inspires many of us to train more thoughtfully, attend to small details of horsemanship, and ride smarter than we otherwise might.

Thoughtful training includes conditioning your horse on mountainous terrain to enable development of muscle mass in the haunches necessary to get through the Old Dominion elevation changes. It involves teaching him proper collection to safely travel downhill without excessive concussion on front legs, and also the rider learning to travel light in the saddle going downhill so as not to sore his back. The rider must learn to trust the horse on difficult terrain, so that the horse can use his body to greatest advantage without getting thrown off balance by a nervous rider clutching at the reins and out of equilibrium.

By small details of horsemanship, I mean the type and timing of shoeing, the feed and supplements given, and the health maintenance of the horse- everything from dental care to avoidance of scratches. Horsemanship for the Old Dominion rider also includes deciding whether to blanket or use a rump rug when at a ride, and what type and amount of electrolytes to use. It involves ongoing vigilance about subtle changes in the legs of the horse after conditioning and competing, and awareness of tack-induced sorenesses that require adjustments.

But perhaps the most important factor in whether a horse and rider team completes the Old Dominion Triple Crown, or any other long-term goal in the sport of endurance riding, is to ride smart. Remembering your long-term goal and not getting caught up in the moment is the hardest part for most of us. Being able to chose when to race and when to let others pass you by is the mark of a good competitor. Moving out when you can do so safely, and slowing down over rocks and climbs, will save your horse and keep him keen all day instead of running out of gas on the last leg of the ride. Knowing your horse's strengths and weaknesses and using this knowledge to guide the way you ride is paramount. Horses with weak loins struggle to go up hills, and horses with crooked front legs won't remain sound if you let them go fast downhill. Ride your own ride.

And so, with all of this in mind, it is with great admiration and pride that we announce the winners of the 2011 Old Dominion Triple Crown. Congratulations to you all, and also to those of you who tried to complete all three rides, or to achieve other goals in our sport this year, but who fate made that goal unachievable this year; we'll see you next year!!

Regards,
Claire Godwin

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

The 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). The Legends and Triple Crown feed POPs are worth 25 cents each and the Reliance POPs are worth 15 cents each. Please mail your POPs to:

Dana Abernathy
2935 N. Mount Pleasant Rd
Greenbrier, TN 37073.

It would help her save time (and postage!) if you trim them neatly and bundle with the total number indicated, but this is not necessary. Imagine how our totals will add up if more OD members start sending in POPs! ♦

Member Classifieds

Brenderup Horse Trailer. 1999 Prestige 2-horse trailer for sale. Light towing achieved with its unique chassis, inertia brakes and aerodynamic design, giving the option of towing with an SUV or smaller truck....no F250s needed. Light and quiet inside so pleasant for the horses. Very low mileage, good tires, good condition. \$7000 Check www.trailerworld.com for comparable trailers. Phone 434.263.4946 or email Anne Buteau at annebuteau@yahoo.com.

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

Considerate Horse Hauling: Visit www.equinehauling.com or call Debbie Schultz at 267.664.2790.

Amy Cieri of Cadence Farm invites riders to call in endurance supply orders in advance of rides she will be attending so she can have them on hand and save you on shipping costs! Visit Cadence Farm online at www.cadencefarmus or call 1.866.rhythm

Ford front end replacement bumper/brush guard by Ranch Hand. Fits 2005-2007, F250, 350, 450 and 550. Heavy duty, 2" receiver hitch. No welding for installation; \$1200 OBO. Jenny Jones 703-989-1889 or jenjones7068@yahoo.com.

My Kind Lady

by Marie Weber, as told by her palomino Missouri Foxtrotter "Goldie,"
who competed in distance riding from 1978-1990 and passed away in 2008 (part 4 of 5)

Lots of changes followed my first distance ride. The helper now had a horse too, and he and Harif went conditioning rides with us. The helper converted the garage into two stalls, with hay and feed storage and a cross tie for grooming. The helper's new horse, Harif, was older than me and not at all interested in play, but he had a nice disposition and was easy to get along with, which meant that it was okay with him for me to be out in front all the time.

My second competition and Harif's first was again the New Jersey Spring Ride, where they draw numbers for starting positions, which had me go out before Harif. My kind lady and I had a very good ride. We were ready. I still had lots of get-up and go when we finished, but the vet judge couldn't accept that I had been trained to trot and took a little hop to get started. He marked me down as off. We still did well, but Harif, at age 18, on his first distance ride, took the day with Grand Champion! What do you think of that? The only problem with winning your first ride is: after that, you have no place to go but down. At least I had something to strive for ... but Harif didn't care. He liked going to the rides, and ... will surprises never cease? He liked the helper too.

The helper had taken riding lessons during the previous summer to learn to ride. He was a natural and easy rider, who used his muscles to carry his weight. Taking Grand Champion at his first ride was the high point of many years of distance competition, but it certainly hooked him good! I took Reserve Champion once. The Vet was a man who had judged me several times in my early rides before he moved away. We now had a motor home to pull the horse trailer and went to rides farther away from home. It was nice to see this Vet again after so many years. His comment to my kind lady was: "This horse hasn't changed a bit since the first time I saw him!"

He meant that the anomalies were all just a part of my way of going. I took a few firsts, but only from judges who knew about gaited horses.

I loved the trail riding, but I had to relearn some of my habits. The old man would never let me drink out of stream water. He always made me wait until we were back at the trailer, or back home. Since this was the norm for me, I could easily go 12-15 miles before needing water. I was to find that this was not good for me doing distance work where the pace was a good 10mph trot or gait and walking most of the up or down hills. I loved it when my kind lady let me out on the flats and I could pass the slow pokes. I liked being out front no matter where I was, but I also learned that my kind lady knew what lay before us and I did not. We had a deal: I picked the gait, she picked the speed. By now, she was becoming a good rider. I hardly ever had to bump her into a correct position.

I didn't think life could get any better. I went to interesting places and saw woods and trails all over five states. After having most of June and all of July off to laze around doing nothing, we usually picked up our conditioning schedule in August. I was surprised when my kind lady put us on the trailer and we headed to Old Dominion territory in the beginning of August. Hey, I'm not ready for this. O.D. is a tough ride ... what are you thinking? We were very close; I couldn't believe that my kind lady could make this kind of a mistake. But we didn't cross the second bridge at Front Royal. We turned off and headed ... to Fort Valley. When the trailer finally stopped, I thought about refusing to get off, but it was a hot August day and stopped

the trailer became an oven. I backed off the trailer and was led to a beautiful field (no stones) with a big pond. I took off at a gallop, it was a wonderful field and I had the feeling it was all mine (and the kid's).

We dashed around the new fields, whirled and turned and ran some more. The new field was huge – then I took a bath in the pond. This is the life. Look at all this grass ... just for me ... and the kid.

Coming out of the pond, I saw my kind lady watching me. She held out her hand and I dashed over to her. A whole apple! I love apples! She bit a piece off and gave it to me. It was pretty tart, but it was crisp and juicy. And I didn't think life could get any better, but it did. The next day we were tacked up and went for a ride, mostly on trails that had no rocks, but four great galloping hills. Did I tell you I loved charging up hills? But, my kind lady only allowed galloping on two of the four hills and we never did more than one galloping hill in any given day. Still, I was in heaven: my own fields, my own pond, my own apple trees, my own wooded trails and my own bank barn, old but cool on a hot day. Radazio (the kid) seemed to accept everything as being the norm. The kid, like me, spent his first years on a horse farm, but even so, he adapted well to the neighborhood.

My kind lady and I started distance competition when I was 13 years old and I was suffering from arthritis in my stifles. With my kind lady's care,



Goldie in 2003 at age 36

I competed until I was 23, doing a 3 day 100 mile ride at the Biltmore for my last ride, where I had an early starting number. Many horses passed me, and a friend of my kind lady's, Marilyn Miller, said as she passed us, "Going a bit slow, is everything okay?" My kind lady replied, "Yup, just warming up, when he's ready he'll let me know." We passed Marilyn a little while later and never saw her again for the next 30 miles. The reason it was my last ride was because my kind lady had gained weight and felt that 215 pounds, with tack, was too near the maximum load ratio of 25% of the horse's body weight in distance competition, for me to carry.

She began to compete on a 16.3hh Thoroughbred-Dutch Warmblood gelding, Wee Willie, that she had purchased for the helper, who wanted to continue riding Radazio. Radazio became my best buddy in the competitions. He had learned to walk 5 miles an hour uphill or down, and didn't mind if I was always out front, although he never learned to pace doing downhill at speed, for we had never done that when my kind lady ponied him along. I would live to be forty-two years old, always happy and healthy in my kind lady's care. Until the end, Radazio was my best buddy. He was fast, really fast: three-quarter Arabian, one-quarter Standardbred, so I always had to catch him unawares to get out in front when we were playing games.

Radazio did his first ride when he was five – the Alaire Ride in New Jersey. My kind lady, who had done most of his conditioning, rode him that day, for overnight, I had developed a splint. Radazio was frantic about going out without me, for we had always been together on the trails. He had no idea what was happening and shied and spiked at almost everything. After the first nine mile loop, my kind lady pulled him much to the dismay of the management. She said, "He has had enough for today ... that's my decision, and it's not up for discussion!" Back at the trailer, Radazio was full of enthusiasm about what he'd seen and done, and all the strange places he'd gone. If I could have smiled, I would have, for even without me along to give him confidence, he'd had a good time. *(to be continued)* ♦