



# Old Dominion News

June 2009

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

## 2009 Old Dominion Ride Report

June 13th marked the 35th running of the Old Dominion Endurance Rides and the second year at our new basecamp in Orkney Springs. Nestled at the base of the Great North Mountain (part of George Washington National Forest), this quaint town was a popular tourist attraction in the mid-1800s, as its hot springs were said to have curative powers.

The town is now home to Shrine Mont Conference Center, owned by the Episcopal Diocese of Virginia. Both the Friday night dinner and Sunday awards brunch were held in Shrine Mont pavilions.

Cool weather with just a few showers helped make this year's ride a success, with more than 150 entries in the three distances. The 55 and 100 mile rides also served as the Arabian Horse Association Region 15 Championship.

A total of 24 out of 33 riders completed the 100 miler. Shortly after 9:30am, Claire Godwin raced in for first place. Second was Ruth Ann Everett, whose Anglo-Arab earned Best Condi-



**Claire Godwin & EH Ahmose, were winners of the 2009 Old Dominion 100, photo by Hugh McDonald. Visit [www.theviewfromhugh.com](http://www.theviewfromhugh.com) for more photos of this year's ride.**

tion. Katherine Shank was top finisher in the cavalry division and received the prestigious Old Dominion Trophy.

While a number of horses attempting their first 100 successfully completed this year, the "Poor Bastard" award went to Dawn Engel, whose horse was pulled at the 100 mile finish.

In the 55 miler, 56 of 69 horses completed, with Bonnie Hannah in first. Kara Thomas in second and first junior Hunter Green in third. Meg Sleeper's horse received High Vet Score and Best Condition. In the 25 mile limited distance ride, a total of 44 horses started and 38 finished.

Two founding fathers were honored: Don Sawyer with the U.S. Forest Service has retired after a 52 year career and 36 years of helping the OD with

permits. Also, founding OD member Pete Fields was inducted into the Old Dominion Hall of Fame for his many years of service. Kudos to ride managers Joe Selden and Nancy Smart for a job well

## OD Events Set for July 25-26 and Sept. 5

Now that ride season is in full swing and the Orkney Springs basecamp has a gravel road to ensure rigs won't get stuck, OD members are invited to attend two events this summer: a ride & tie seminar and practice rides on the evening of July 25 and morning of July 26 (more details at [www.olddominionrides.org](http://www.olddominionrides.org)) and a Labor Day weekend trail ride.

As always, those planning to attend should bring well-shod horses or use some form of hoof protection; camping is primitive and attendees should bring both horse and people water. There is no charge for these events but donations to the Old Dominion to help fund future improvements to basecamp, such as a pavilion for meeting space, are requested and much appreciated.

Nearby Shrine Mont hosts outdoor concerts throughout the summer, culminating with a performance by Travis Tritt on Saturday, September 5th. So those planning to attend this event can look forward to live music as well as great trails the following day! Please mark your calendars and for more details on these events and also the Fort Valley Rides in October. ♦

## A Volunteer's Perspective on Working the OD

by Danielle Hunter

I arrived Friday afternoon as the horses were starting to vet in. After setting up my tent in the "spill over field" (more horses arrived than originally planned!), I stopped by the registration pump house to see how everything was going.

Lenora, the amazing ride secretary, had everything under control, so I walked over to the vetting area to help out. At one point, I helped tie reflective ribbons to clothes pins, which would be put on trail to guide the 100 milers into basecamp.

Before I knew it, it was time to head to Shrine Mont (about a mile from camp) for the 5pm volunteer meeting. Mary and Bonnie gave a wonderful talk and organized all the volunteers. I was one of the few people comfortable with doing P/R, so I was given a job quickly and told to show up at the first check by 7am. Dinner at 6pm was followed by the riders meeting. I decided to stay because I love hearing about the trail - especially since this was a different trail than I encountered a few years ago when I did the 25 and 50 mile rides. The Old Dominion is not a typical ride in having loops that come back into base camp for vet checks.

Instead, all but the final check are held on trail, so many volunteers are needed to make sure all vet holds are fully staffed. Most holds are only open for a certain time period to allow horses to come in, be checked by vets, have a rest, and head back out. Then the check closes and the volunteers migrate to the next hold. It's pretty cool, but can be logistically challenging!

After the ride meeting, Stagg Newman gave a new riders briefing. Stagg, a former AERC President, is one of my favorite riders and very experienced. He provided handouts, some of which are on the Education section of AERC's website. Basecamp was quiet when I got back.

I had planned to sleep until 5:30, get dressed, and watch the 100 milers leave at 6am, but at 5am, we were all awakened to the camp alarm, a bugle song my father always played on his "air horn" Sunday morning to wake me and my sisters for church! After watching the 100s, I helped pack up all the supplies set out by riders who didn't have crews, to make sure they were *continued on page 2*



**With Great North Mountain looming in the background, 55 mile riders Cinnamon Becker and Helen Lynn enjoy the scenic Old Dominion trail.**

## Old Dominion Board of Directors

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## 2009 OD Meetings

### & Organized Virginia 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 2009 schedule, with meetings at other locations noted:*

**June 27** - board meeting at the OD Ride Manager's home in MD

**July 25/26** -Ride & Tie training at Orkney Springs  
(no board meeting this month)

**August 8** - board meeting at the M.A.R.E. Center

**August 29-30** - Virginia Highlands 2-day Endurance Ride

**September 12** - board meeting at the M.A.R.E. Center

**October 4** - American Beauty 25 mile CTR on Fort Valley (ECTRA sanctioned; contact Virginia Ingram at 540.933.6071 or Mary Murphy at mmurphy@eds.com for details.)

**October 10** - board meeting at the M.A.R.E. Center

**October 23-24** - Fort Valley 25/50 2-day Endurance Ride

**November 14** - board meeting at the M.A.R.E. Center

**December 12** - OD Holiday Party, Holiday Inn Front Royal

## A Volunteer's Perspective, continued

distributed to their proper vet hold. Then I got in my car and drove to the first hold, Bird Haven.

Bird Haven became my haven for the day. It opened at 7:30am Saturday morning and closed at 4:30am Sunday morning, and served as the first hold for all riders in all distances, after a 17.6 mile ride from base camp. It would also be the final hold for riders in the 50 and 100, with just 6 miles back to the finish.

The first 100s started to trickle in about 7:50am, with Stagg Newman riding Jayel Super in the lead, along with a few others including Ruth Ann Everett on the same horse she rode in the Biltmore 100. After that, it was a whirlwind of activity as 100 milers came through, then 50s and 25s mixed together (the 50s started 1.5 hours after the 100s and the 25s started 30 minutes after the 50s).

The day progressed and our traffic slowed. As 5pm neared, we realized we were missing two riders in the 50. Eventually one came in, on her little gaited horse doing its first 50, followed by the drag riders. We started to worry, since one horse and rider were still unaccounted for. The OD's volunteer radio communicators started rapidly, trying to find out when that horse and rider had left the second check at Rogers Field. We learned they left at 2pm, and should have made it back to Bird Haven around 4pm. As evening neared, the local police, Forest Service and local search and rescue groups swung into action, riding and driving the roads and trails trying to find the lost rider and her horse.

They guessed that she had mistakenly left the hold on the 100 mile trail, so people kept going to the next vet check, Bucktail, which had closed earlier in the day. The local fire group was running ATVs both directions of the 100 mile trail, and other people were covering side trails. The day dragged on, and everyone worried about her. Finally, around 11pm, the horse and rider were found safe and sound near Bucktail (3rd hold in the 100). We were relieved!

The 100 mile front runners came through Bird Haven for their last hold (96 mile mark) around 8:30pm, a really impressive time for this ride, which is not easy!! In the lead were Stagg Newman, Claire Godwin and Ruth Ann Everett. Stagg and Claire's horses pulsed down immediately while Ruth Ann's took a few extra minutes.

Stagg's horse, Super, had lost a shoe, so he vetted in and then went over to the farrier's truck. I stood there with the other volun-

teers watching Mustafa put the missing shoe on so quickly, while Karen massaged Super, who just stood there, head in the bucket, eating. What a professional! :) Unfortunately while standing for that 15-20 minutes, his left hind cramped up unknowingly until Stagg trotted Super out for the recheck with the shoe on. They worked on Super for 30 minutes, Karen using what I call her "massuse magic," and he looked fabulous at his next trot out. They hit the trail in 3rd place.

The rest of the 100 milers trickled in. I was amazed by how quickly their horses pulsed down. Lots of horses during the day had to come back to the vets for a re-check before leaving - not suprising because it was a muddy, rocky trail from what I heard. Most of the horses that came back for lameness rechecks left looking great. For the few horses that had elevated CRLs, the riders ended up pulling - which was probably smart!! Virginia weather in June tends to be hot and humid - that's tough enough on a horse alone, but when you combine that with a challenging trail --- no wonder the Old Dominion is considered so hard!

At 2am, when the Tom Palenczy, the last cavalry rider, came through the hold with his horse. I asked him how he was enjoying the trail and his response was "It's great, a wonderful experience!" and he was so pumped to be out on the trail, just him and his horse (who he had rescued many years before for \$500) doing it together (no crewing since it was cavalry!). His horse looked in good spirits, pulsed right down, and nibbled on the longer grasses. His trot out looked great, and I assume the rest of his ride went well. He and his horse really seemed to be having fun, even at that hour in the night!

A little after 2:30am, we were waiting on one last 100 miler to and I was having trouble staying awake. Plus, I was really cold despite layers of clothes - but the day's humidity had me thoroughly soaked and by then temperatures had dropped into the 50s. Station manager, Karen Wickens gave me the go-ahead to head back to basecamp and said the vet could handle the last P/R.

I crawled happily and exhausted into bed. It was a long day, but I met a lot of people, saw a lot of old friends, and learned a lot by watching and helping. I'll definitely volunteer again, but I can't wait to be out there with my own horse! ♦

**OD Member Profiles Needed: Want to be featured in an upcoming issue? E-mail your photo and information 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:  
This year's June ride was a tremendous success, thanks to many hours of hard work by our members and volunteers. I want to recognize Gus Politis, who single-handedly built the road through base-camp using crushed rock donated by the Orkney Springs Fire Department. This road is almost a quarter mile long and required more than 300 tandem trailer loads of material. This means that over a three-week period, Gus not only graded the road bed but spread about 4,000 tons or more than 8 million pounds of gravel!

I invite you to attend an upcoming Old Dominion board meeting, learn what goes on behind the scenes, and consider helping out by donating your particular skills and expertise.

Regards,  
*Bob Walsh*

## Member Classifieds



**LR Bold Desert Rose:** 9 year old Arab mare, out of Bold Soldier, trained by Joe Crandell. Rose is an awesome mare, not mare-ish or hormonal, giant ground-covering trot, sound and sane; over 500 AERC & ECTRA miles; needs an endurance home; ready to go for this season; asking \$6,000; Call Joyce Warren at 717.259.7823; joycewarren1@verizon.net.

**Size 72 horse wardrobe.** Rain sheet(green w/blue trim), fleece blanket liner(green), cotton sheet(green w/blue trim), waffle

sheet(black/green), new green halter and matching lead line plus other gear including a rump rug, halter bridles, etc. Please contact April Dobson, april.dobson@fauquierbank.com.

**Experienced Endurance Horses: Royal Gal MA:** 14yr old, 14'2 hand mare, perfect junior/ladies mount for a rider who is riding competitive LD/50s. \$5,000OBO; **XXXArch:** 13yr old, 15'2 gelding. Goes well alone/group or front/back. Looking to win 50s and move to FEI 100's? You Found Him! \$6,500. Contact Marisa Notarnicola in Fredericksburg: mnmnagf@aol.com or 540.455.4434.

**Considerate Horse Hauling:** Visit [www.equinehauling.com](http://www.equinehauling.com) or call Debbie Schultz at 267.664.2790.

**For Sale:** Four year old chestnut/white registered tobiano paint mare that spent 8 weeks with professional trainer in 2007. \$2500 OBO. Email Janice Heltibridle, heltibr@shentel.net

**To have your classified ad included in the next issue, e-mail [countshiloh@gmail.com](mailto:countshiloh@gmail.com) or call 434.906.1778.**

## OD Store Update

**A**s OD store manager Samantha Austin continues to expand our store, she welcomes feedback on what to stock in the coming year. Contact Sam at 540.746.8614 or [S.I.austin@comcast.net](mailto:S.I.austin@comcast.net) with your questions and suggestions. ♦

## The OD Wishes to Thank...

**A**s many of you recall, earlier this year, the barn at Orkney Springs was destroyed by an arsonist, who fortunately was subsequently apprehended.

Among the items lost were metal and rubber stock tanks critical to supporting the OD June ride, where plenty of water is needed at strategic points along the trail as well as at the vet checks. The following stores either donated or gave the OD a deep discount to help replenish our water tank supply, so if you patronize these stores, please let them know you are an OD member and appreciate their generosity!



**Tractor Supply** in Woodstock



**Southern States** stores in Front Royal, Luray and Mt. Jackson



**Rockingham Coop** in Woodstock

## SETC Conference July 9-12, 2009

**T**he theme for this year's Southeastern Equestrian Trails Conference (SETC) is "Making \$ents out of Sustainability... Green Horses." If we want to preserve historical use of horses on public lands, we need to educate ourselves to be good (green) stewards. Hosted by the South Eastern Distance Riders Association (SEDRA) and the Goethe Trail, Inc., this conference will be held July 9-12, 2009 in Gainesville, Florida.

The SETC event will explore ways to build better trails and protect water quality at creek/river crossings, at horse camps, and at our own farms. Additional topics will be manure management, minimizing the carbon footprint associated with horse events, invasive exotics, conservation easements and more! For additional information, call 352.317.0273 or email [setc2009@aol.com](mailto:setc2009@aol.com). You may also want to visit the websites [www.southeasternequestriantrails.com](http://www.southeasternequestriantrails.com) and [www.distanceriding.org](http://www.distanceriding.org).

Through sponsorships and grants, the cost of the conference has been kept to a minimal fee and all profits will be donated to the Florida Greenways and Trails Foundation, Inc. [www.fgtf.org](http://www.fgtf.org). ♦



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## Provenance • 2009 OD Raffle Horse

Here's the 2009 OD raffle horse Provenance, a promising young filly bred by Asgard Arabians.

Asgard means "Home of the Gods" in Norse mythology, and Tom and Holly Sayvetz' breeding program has resulted in such accomplished horses as Heraldic, winner of the 2006 Old Dominion 100, 2006 Tevis and 2006 100-mile National Championship, and Theatric, ridden by U.S. endurance team member Kathy Brunjes.

Visit [www.asgardarabians.com](http://www.asgardarabians.com) for more about Asgard horses - or talk to one of the many OD members who will attest to the athletic ability of these horses!

Tickets are \$10 each or 5 for \$40 and the drawing will be held at the Fort Valley Rides on October 24, 2009. You need not be present to win.

If you haven't already purchased your tickets, contact an Old Dominion board member or add this to your Fort Valley ride entry. Thanks for your support! ♦



## The Skinny on FAT (article by Kentucky Performance Products, [www.kppusa.com](http://www.kppusa.com))

Since fats provide 2.25 times more energy than carbohydrates, they are an effective energy source for horses in steady work, such as those used in distance riding. While horses pastured in a natural state normally consume only small amounts of fats, horses can digest and absorb fats very well, breaking them down into fatty acids in the small intestine and storing them as triglycerides in the adipose tissue of the body.

Some fat is necessary for all horses to ensure proper absorption of the fat-soluble vitamins A, D, E and K. It provides horses with the essential omega-3 (alpha-linolenic acid) and omega-6 (linoleic) fatty acids, which horses are unable to synthesize them in the body. These EFAs perform numerous important functions within the body, including regulating inflammatory response and immune function.

Feeding fat is a safe, effective way to meet the increased energy demands of modern horses as it is utilized to fuel long-term, slow work. One of the goals when designing a feeding program is to keep the concentrate portion of your horse's meal small. Adding fat to the diet can increase the energy content of the diet without increasing meal size. This lowers the risk of digestive disorders by allowing the concentrate portion of the meal to be fully digested before it passes into the hindgut. Improperly digested concentrates can ferment in the hindgut, disturbing the delicately balanced bug population.

Fat is often referred to as a "cool" energy source, since it produces less body heat when metabolized. Horses engaged in long-term work or those working in hot conditions benefit from this reduced heat production by using less sweat to cool their bodies. The term "cool" or "cold" can also be used to describe a feed's effect on a horse's temperament. Feeds high in soluble carbs tend to produce hormone surges that some researchers feel may cause horses to become more excited or "hot"-tempered. Fat burns at a

slow, steady rate, reducing the hormone spikes. Horses using fat for energy tend to be less excitable, so fats are known as "cool" energy sources.

Horses fed fat accumulate less lactic acid in their muscles and maintain lower heart rates during work. Lactic acid accumulation leads to muscle fatigue and soreness. Horses utilizing fat as an energy source for long-term work often show increased stamina and tend to recover faster after work. Horses suffering from certain muscle disorders benefit from high-fat diets. Research has shown that horses suffering from problems such as RER (tying up) or PSSM (glycogen storage diseases) do not tolerate the soluble carbohydrates found in grains. Fats are an excellent source of energy for these horses. Horses suffering from metabolic disorders where insulin sensitivity is a problem also respond well to diets high in fat.

Horses can utilize many types of fats. Vegetable fats are higher in unsaturated fatty acids than animal fats, which can become rancid when stored improperly. Rice bran, a common fat source, can be heat-stabilized to prevent rancidity. Some commercially available fats contain low levels of vitamin E, an antioxidant that prevents or delays rancidity. Supplements or feeds that contain fats should be stored in cool, dry places and used by their expiration dates.

When shopping for high-fat feeds and supplements compare like with like. Many feed companies offer "high-fat" feeds containing fat levels ranging from 6% to 10% fat. High-fat supplements can contain much higher levels of fat, so check the label. If a supplement contains 20% fat, then one pound of supplement will supply 0.2 lbs of fat. If it contains 50% fat then one pound of supplement will contain 0.5 lbs of fat. You need to consider this when making cost comparisons. Always follow the feeding directions on the label and make all feed changes slowly. ♦

