



Old Dominion News

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

May 2011

Wet Weather? Must be No Frills!

by Mary Howell

Thanks to the contributions of dozens of volunteers, some of whom started working weeks in advance to clear and mark trail, this year's No Frills Ride on April 9 was a success, raising funds to help support the 100 mile ride in June. The day before the ride, six of us finished erecting the big tent used for dinner and the ride meeting just minutes before the heavens opened up. Amazing food provided by Mike Marino and his friends ensured that everyone enjoyed a good meal the night before the ride.

Despite heavy morning fog, the 37 riders in the 55 started on schedule at 7 am, followed by 3 ride & tie teams and 47 riders in the 30 mile ride. With help from volunteers, everyone made it safely across Route 55, where ride photographer Becky Pearson was stationed (this year's completion award was a photograph of each horse and rider team.)

Not long after volunteers set up the vet check and laid out crew bags in two areas, the first horse and rider teams arrived. All day long, John Bridger and Mike Marino kept hot food and beverages available to riders, veterinarians and volunteers. The rain also held off, fortunately.

First to finish in the 55 were Samantha Sandler and her friend Jennifer Ross on Sandler's two Asgard-bred horses Elliptic and Mesazoic, in a course record ride time of 4:45. Best condition went to Dawn Engel on Wirtual Dream. First to finish in the 30 mile ride was Becky Boyce on Saba Shams, owned by Ann Mebane. Only 7 horses did not complete.

Enjoying every minute of the challenging trail, 55 mile "turtle" riders Deck McCain and Herbert Rouse were the last to finish around 6:30pm. Since No Frills does not have an awards ceremony, most riders left that evening. Some die hards, however, along with our veterinarians and ride management, drove to the Lost River Brewing Company in nearby Wardensville to celebrate and reflect on the day. ♦

News About the 2011 June OD Ride

by Ride Managers Nancy Smart & Joe Selden

We are delighted to report that basecamp on Happy Valley Road in Orkney Springs will be the site for ALL meals and meetings, for which we have rented a large tent. Make sure to bring your own chair! We are also pleased that for the third year in a row, we are NOT raising entry fees or extra meal prices and children under 10 eat for free. However, in an effort to defray at least some of our increased expenses, we are charging a \$10 per rig per night camping fee. With many riders traveling together to help with fuel costs, we think this is a fair option.

We are making several improvements to the trail, including removing some of the larger boulders on the Falls Ridge trail (between Bird Haven and Laurel Run), and are working to take the 100 milers off road and onto a lovely trail between Wates Run and Big 92. Once again, we are hosting the Arabian Horse Association Region 15, 55, and 100 mile championships. Entry forms are on our website, www.olddominionrides.org.

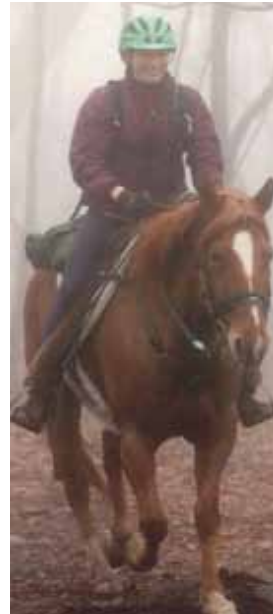
Camp will open at noon on the Wednesday before the ride (June 8) and will close at noon on Monday, June 13. We'll have our usual pot luck dinner, with the OD supplying meats and condiments, and others bringing a dish to share, on Thursday evening. For your planning purposes, the 25-mile entry fee includes Friday and Saturday dinners and Saturday's continental breakfast; the 55-mile entry fee includes Friday and Saturday dinners, Saturday's continental breakfast, and the Sunday awards brunch; and the 100-mile entry fee includes the Friday dinner, Saturday continental breakfast and Sunday awards brunch. We look forward to seeing you in June, and to a wonderful, fun and successful weekend for all! ♦

A First-Time Volunteer at No Frills

by Leah Thiel

I made it to the No Frills Endurance Ride! Basecamp was located at the home of John Crandall III (who competes the famed endurance horse Heraldic) in Star Tannery. It took us 4 1/2 hours to get there from Chesapeake, with beautiful scenery and huge stables along the way... one had a cross country course that must have taken up 100 acres!

We arrived at camp around 2 pm, before the initial vet checks began. It was a lot colder than home and misting so much that you'd be soaked in minutes. We wandered around and started taking pictures. There was an amazing variety of horses which surprised me... I was expecting 95% of the horses to be Arabians. I guess this made sense though, considering the event included a 30 mile limited distance ride and two ride & tie events. At 5 pm there was a volunteer meeting, where I finally found my mentor (Mary Howell the ride manager) and ate dinner. They had some good food!



2/3 of a ride and tie team: Janice Heltibridle & Bubba

My mentor had set up a nice sleeping situation for us... much better than staying in my car! The Greens who live next to basecamp kindly allowed us to stay in their heated horse trailer. The next morning, we woke at 6am to get ready for the beginning of the ride. We rode out to the vet check with ride farrier Mustafa Tehrani, who explained that he competes internationally in this sport, representing his native India, and Tom Sayvetz, who I was excited to learn was the breeder of Heraldic!

All of us volunteers helped set up the checkpoint where everyone would come through for a vet check, break, and entrance to the next loop of their ride. There wasn't enough room for many vehicles so there weren't any crews but instead crew-bags, which contained all of a rider's necessary things. I worked in the pulsing (P/R) area as a scribe.. quite a neat experience. After the first horde of 55 milers I think I got it down. They always came in hordes! Luckily we had a nice lull every hour or so.

Once most riders had come through the vet check, I headed back to basecamp with a few other volunteers and left so we could make it home before I fell asleep at the wheel. ♦

Editor's Note: Leah contacted me last December wanting to learn more about endurance. She and Jennifer Townes, another first-time volunteer, helped at No Frills. Based on her experience, Leah plans to try the June 25 mile OD ride!



Taking pulses in the mud: the 2011 No Frills vet check.

President's Message



After the successful No Frills Ride, we are focusing on our signature ride on June 11. The Old Dominion ride management team has been working very hard to make this year's event the best ever. As

ride managers Joe Selden and Nancy Smart explained, we are improving sections of the trail, and in response to your requests, all meals will be held under a large rented tent at basecamp.

As always, we need as many volunteers as we can get! Timers, pulse takers and willing workers of all levels of experience will be gratefully accepted, fed and if needed, lodged. Long time Old Dominion member Vickie Croney is serving as volunteer coordinator, so if you are free to help out, even if just part of the weekend, please email vlcroney@aol.com or call **703.259.6554**.

We are confident that you will find plenty of water at all the holds this year. We'll have a new 1100 gallon tank at Bird Haven and your crew can assist us by bringing water on your crew vehicle to the holds at which they will meet you. We all need to be conservative in the way that we cool our horses. Two years ago, the first 10 horses through Big 92 used an incredible 500 gallons of water!! Our water people just can't keep up with that kind of demand. Rather than dumping gallon after gallon of water on our horses, use your sponges to scrape excess water off your horse before applying more and bringing ice to cool the sponging water.

Finally, as we work to further improve our basecamp, we will send notices to all members of "work days" at Orkney Springs.

Try to help if you can!

Claire Godwin

Upcoming OD Events

- June 11** OD 25, 55 & 100 miles rides, Orkney Springs, VA
July 23-24 Ride & Tie Weekend, Orkney Springs, VA
Oct. 22-23 Fort Valley Rides, Fort Valley, VA
Dec. 10 Holiday Party & Awards, Front Royal, VA

Old Dominion Board of Directors

Board meetings are generally held on the 2nd Saturday of each month at the Va Tech M.A.R.E. Center in Middleburg beginning at 6:30pm. Guests are welcome!

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OD MEMBER PROFILE: NANCY SMART

What do you do for a living? I worked as a journalist, starting my career after college working in the library (otherwise known as the morgue) at the Associated Press in New York City. I was promoted to work as a "newsman" in a temporary position in the New Haven, Connecticut, then landed a permanent position in the Richmond, Virginia bureau. In 1967, I married and moved to Washington, DC, and got a job with the Voice of America, where I stayed until my retirement in 2002. One of my jobs with VOA gave me a chance to travel around the world, which was a wonderful opportunity. It also taught me how to manage large events (such as on-site multi-lingual coverage of the space shuttle launches and landings, various political conventions and several Olympics!)

When did you get involved with the Old Dominion? In 1988, Joe and I worked for Pete and Bev Fields, who were managing the World Championships in Front Royal. Soon after, we drag rode a section of the 100-mile trail. My first time competing in the OD was in 1993, when my horse was first and won BC in the 55. Although I didn't start riding in endurance until 1991, I had been working up to it for many years, having gone through showing, fox hunting, judged pleasure rides, and competitive trail. I retired from endurance in 2005, when my hips and back decided it wasn't fun anymore, but still ride for fun several days a week, and take a weekly dressage lesson.

What is your current role with OD? Joe and I manage the June Ride, and volunteer at No Frills and Fort Valley. We also manage the annual Holiday Party. Joe serves as vice president of the OD, so we volunteer for whatever needs to be done!

What do you like to do when you're not riding? I earned my master's in environmental management in 2007, and volunteer now with a local watershed group as well as the Chesapeake Bay Foundation. In addition, we travel as extensively as we can afford (Turkey last fall, the Galapagos this October), scuba dive, kayak, bike, garden and go boating in Joe's skiff. I am a news junkie, so love the *New York Times*, *Washington Post* and *New Yorker* magazine, and also read novels and the occasional biography for pleasure and relaxation. ♦



Want to be featured in an upcoming issue? E-mail your photo and answers to the above questions to countshiloh@gmail.com

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

Many thanks to recent participants in the Southern States "S.H.O.W." Program, which allows us to collect and submit proof of purchase coupons from the side of each feed bag (or delivery receipts if you purchase feed in bulk). Please either bring your POPS to an OD event and hand them to one of the board members, or mail them to: Dana Abernathy, 2935 N. Mt. Pleasant Rd, Greenbrier, TN 37073. THANKS! ♦

Have You Checked Out OD Store Offerings Recently?

The Old Dominion Store nows offers both long and short-sleeve t-shirts either printed or embroidered with the OD logo, for just \$10 or \$15 each, as well as sweatshirts or short sleeve polo shirts for \$25, fleece vests for \$30 and fleece jackets for \$35. Embroidered OD baseball caps are \$15 and ride card holders are \$10. To order items that Sam can either have delivered or bring to the June 11 ride for pickup, call 540.746.8614 or email s.l.austin@comcast.net. ♦

Ride Entry Raffle Being Held to Benefit East Coast Young Riders

Earlier this year, the AERC International Committee split the USA East Zone into Northeast and Southeast zones that correspond to AERC's NE and SE regions. Between now and the Young Riders FEI Championship in Kentucky on July 29, both new zones are selling \$10 raffle tickets for a chance to win free entries to upcoming rides in each region. Ride managers have donated a baker's dozen of rides being held between August 2011 and June 2012, and each region is hoping to sell a total of 250 tickets. The raffle drawings will be held July 29 at the Young Riders event and you need not be present to win.

Proceeds will help fund the costs for veterinary staff and other needed for Young Riders and/or the North American Endurance Team Challenge in California on September 24. For more about NE region rides & tickets, contact Steven Hay, stevenshay2002@yahoo.com or Barb Horstmeier at batalrose@gmail.com. For more about SE region tickets, contact Mary Howell at countshiloh@gmail.com. ♦

Many thanks to our newest Lifetime Members, Carl and Lenora Keener!

If you know someone who'd like to support the OD, have them visit www.olddominionrides.org and join today!

Member Classifieds

For sale -- 6-acre horse farmette on Boyer Rd in Fort Valley, \$189K! Easy access to miles of forest trails, plus riding arena, four-board fenced paddocks with water and electric, barn. Ranch home has 3+ bedrooms, 2 baths, finished basement. Call Pam at 540.459.3790 days or 540.234.8208 evenings.

For sale -- Horse training facility in Sumerduck. Four stall barn and riding ring, with access to miles of trails at Phelps Wildlife Refuge. Contact Judie Ricci at 540.270.1682.

For sale -- Ranch Hand Gooseneck horse trailer, all aluminum frame and body, 1986, very well kept. Two horse step-up with removable divider. Can be used as larger stock trailer if tack room partition is removed. \$4,000 firm. Call Zoe Sollenberger, 703.447.0643 for details.

For Sale -- Registered Arabian gelding Silver Ash. "Smokey" is 15 years old, about 15 hands, has great feet and legs, and is a powerful, forward mover who loves to go. He has had professional dressage training, done some endurance, and is a certified search and rescue horse with lifetime USEF horse registration. All reasonable offers considered. Call John Proudman, 540.933.6514 for details.

Affordable Horse Blanket Cleaning, Waterproofing & Repair
We offer effective and inexpensive work on horse blankets; repair, cleaning, replacing of hardware and waterproofing. Pickup and delivery is available for multiple blankets. We also repair halters and lead ropes and some tack. Average blanket repairs cost to \$10 to \$15. Contact Jenner Brunk at Checkertree Farm, 158 Wayside Dr, Weyers Cave, VA 24486 at 540.421.5053 or jennerbrunk@gmail.com.

Three cute, smart, registered Dartmoor pony crosses (13.1-13.2) and one purebred. All started under saddle and have been out on the trail. They easily carry adults up to 140lbs. Also posted under Starlet, Beauty and Dandy on www.virginiaequestrian.com. Price negotiable to very special long term homes! Free lease with option to buy may be a possibility in the right situation. Contact annebuteau@yahoo.com or 434.263.4946

HORSE BOARDING - Give your horse personal loving care at a private barn that is less than five miles west of Leesburg (right behind the Shell Station on Route 9). We have one stall available on our 20-acre farm for either a horse or a pony, geldings preferred to equal out the gelding/mare ratio. \$300 a month. We offer full-care field board with barn access and stall. Board includes sweet feed and hay. We have a lighted ring and a round pen. We also have easy access to the W&OD Bridle Trail, which starts at Purcellville and goes east for 40+ miles. Give us a call at 540-882-9721.

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.

Cadence Farm: Providing supplements and equipment for the trail horse and distance rider. We cater to the novice, and have the experience to provide experts with the services they needs. Allow us to infuse rthym into your riding! www.cadencefarm.us

To have your classified ad included in upcoming issues, e-mail countshiloh@gmail.com or call 804.932.9328. Also let us know when your item sells so we can update our list! ♦

My Kind Lady

by Marie Weber, as told by her palomino Missouri Fox Trotter "Goldie,"
who competed in distance riding from 1978-1990 and passed away in 2008 (part 2 of 5)



loaded nicely, something I hadn't done since I'd last seen the old man. The ride was the longest I'd ever had, and I was getting worried by the time we arrived. What is this? This isn't a farm; there are houses everywhere! Uh-oh, have I gone from bad to worse?

Oh, woe is me, look at this stall, it's small, but at least I can hang my head out the doorway to look around and watch what's going on ... ooh... ouch, that hurt; got to remember about the low lintel on this doorway. She shut the door! Why did she shut the door? Boy, it's getting smelly in here ... might as well eat this nice oat straw before I pee on it.

Oh my, what a ghastly night! Is that a Vet I see? I hope she clues this lady in ... I could perish shut up like that with no fresh air! The Vet did indeed clue her in ... giving specific instructions for my feed and care. She also examined the paddock where I would spend my free time; she found it small, but acceptable.

The Vet wanted to examine me while working under saddle, so my new person tacked me up. We walked to the back of the property, to a huge pond covered with Canada geese. The Vet held the reins while my new person mounted up. Then I ran up and down beside the pond bulwark for the Vet. It was then that my new person found she had purchased a single-footing horse, I did not trot! Nevertheless, the Vet was impressed with me, and asked how a person with no apparent knowledge of horses – or their care – had managed to buy such a prize specimen.

"Can you tell me what it was that made you buy this horse, besides his being a gorgeous Palomino?" asked Dr. Phyllis Lose.

My new owner thought only a brief moment before she replied, "It was the look in his eyes. The look was bright, eager and intelligent. I saw no sign of problems."

Dr. Phyllis Lose sighed, "How often, have I told horsemen to judge their horses by the look in their eyes. How did you learn that?"

My new person replied, "I spent all my free time when I was a child at Fairmount Stables in West Philadelphia. Besides the hack horses, they had polo ponies there in the summer, and boarded horses that rarely got out for the winter. For my safety, I learned to look at a horse before entering his stall. I did not know I was learning to judge horse health, only safety."

I found my new person to be much like the old man, kind and gentle, but she knew nothing about how to control a horse, and this was not good for her or for me. I would have to do something about her education. She cleaned my stall every day and groomed me thoroughly. She had, apparently, done a lot of grooming at Fairmount Stables, for she was good at it. A man, who I thought of as the helper, fixed up my stall. He put up entry chains, and took off the door. He hung a water bucket, a salt lick and a hook for my feed bucket and installed a safety light.

Life had certainly changed: I had plenty of attention even in my smaller circumstances and felt contented, if a bit lonely. This was the first time in my life when there had been no other horses around. From winter to spring, the only other horse I saw was Spring, a mare owned by a neighbor, with whom my new person went riding. Then, happy days! I had a new friend, a Shetland pony. He was very small, only 10.2 hands. We romped and played around the paddock. Poni-Poni was a stallion, so his nature was to give me a hard time, which he soon found was my pleasure. At some time, I started thinking of my new person as my kind lady ... for she was zealous in her care of me, which bonded me to her in a special way, for in her care of me, she reminded me of the old man.

My kind lady was a diligent owner, but she needed experience. So, I set myself the task of training her. My first lesson was to let her know that she should not take me out on a two-lane highway where cars traveled 50 mph. I did this simply by trying to kick out at the moving cars, which put the proper fear in her.

My second lesson was to teach her to mount properly, which was a lengthy process, for she used the stirrup, not her knee for leverage. This took a long time: every time she put her foot in the stirrup, I moved forward or backward or away – even when she used a mounting plat-

form. Then, one day she left me in the cross-tie after she had tacked me up. Since the cross-tie was between two trees, she was able to mount up ... but, each time she reached forward to unhook the snaps, I stretched my mouth out beyond her reach. While she had mounted (improperly) I'd bested her again! But not for long, she did outsmart me.

The next time we went through the betcha can't mount me game – I lost. She'd shortened the cross-tie lines and added bull snaps to the clips. I was glad she'd finally won, the game was getting old, and I was now ready to see more of my new world.

We wandered along the edges of properties to quiet roads that took us to fields and then into the park and my favorite! Wooded trails ... if I had known this was where we were going, I would have stopped the lesson time stuff sooner.

One day she rode me up to the stables in the park. The horseshoer there hollered to my kind lady, "Hey, where did you get that horse?" We walked over to him, where he then said, "I know everything about that horse. I was a good friend of the man who bred him. That horse was his prize foal in a lifetime of breeding. I know this horse got those scars on his hind leg from barbed wire, and that, no matter what, he doesn't back up." Since he was right about the backing up, my kind lady then listened to the rest of the story and heard all about the old man. The man was not a good horseshoer. His shoes always fell off in a few days. After my kind lady found a truly excellent horseshoer, we stayed away from the park stables. We just rode the wonderful woodsy park trails.

Now, it was time for a new game. (I had tried most of these games on the old man at one time or another, but he would just say, "Ackhh!" so I stopped before I even got started.) This new game showed my athletic ability. While trotting up a hill, and without warning, I would drop my right shoulder and whirl to the left. She went flying every time. The only drawback was she never let go of the reins. One lovely day, I was feeling particularly frisky and dumped her for a third time. For some reason, this made her really angry. She leapt up off the ground and beat me with her whip for a quarter mile down the trail, screaming all the while. I have to admit that her reaction put the fear of God in me for awhile. She had never so much as given me a sharp slap before. After a few weeks of tranquility, I thought about going back to my old tricks, but she said, 'Ehhgh' which was enough like 'Ackhh,' for me to know her meaning. "O Happy Days!" I thought, "she's learning to ride ... just like the old man!"

After that, our partnership grew. I found I could bump her into a proper position with a well-placed change in my stride. We got along famously, having only a few setbacks. One, as I have mentioned, I did not back up. Hey, like I told you, I can't see what is directly behind me, and I'm not taking anything on faith! We were passing through two fenceposts set beside the road to cross into the State Park. A truck came over the rise and she reined me back – I reared and she slid off my rump as the truck swerved to miss us.

The next thing I know, there is a horse van in the driveway and I've got to go up a ramp that looks almost vertical. An hour later, shaking beyond control, I was in the van. I had no idea what was going on, and all sorts of bad thoughts passed through my mind. Not only was I really scared, but I feared most that I was losing my kind lady. I stood shaking in the horse van, but my kind lady stayed beside me, comforting me, for the entire ride. Her presence calmed me, but I was still quite worried about where we were going. Our destination was a training barn in Emmaus. The trip had been a nightmare for me, so when the wire mesh door of the stall clicked shut, my nerves gave out, my legs splayed, and I fell to the ground. Again, my kind lady stayed with me until I stopped shaking and felt calmer. Little did I know that the worst was yet to come. This little box stall would be my home for a year. I would never see the outside, except when the big sliding doors were open, and I would only see my kind lady once a week during all that time. *(to be continued)* ♦