



Divide Horsemen's Association

Spring Edition Newsletter

March 2014

Happy 2014 everyone! Along with this edition of the newsletter, you will find an attachment of the Divide Horsemen's Association calendar of events for 2014. We think you will find another fun-packed year of horse activities and clinics which will offer something for everyone.

*Happy trails!!
Charlotte*

President's Spring Posting

Here we are folks! Another spring approaches and although this year our winter was exceptionally mild, I still encourage you all to use this season to refresh your skills and get yourself and your horse ready to ride. DHA will offer three clinics and two play days to jump start your summer riding season--so dust off your gear, halter up your horse and join us for your best riding year ever. On February 9, I attended an endurance /trail riding seminar at LBEMC. I wanted to pass along some of the latest research based findings presented there-

Electrolyte Supplementation

Although there is a lot of opinion-both pro and con-regarding the use of electrolyte supplementation, the research is inconclusive as to their efficacy--in fact, some studies indicate they may even be detrimental. The research supports:

- All horses lose salt (sodium chloride)
- Potassium supplementation does not seem beneficial
- Calcium and Magnesium-- both are unclear/inconclusive results

The general conclusion is that electrolyte supplementation (over the counter electrolyte supplementation) is given to many horses competing in long distance/endurance events, but research is not wildly supportive of their efficacy.

Body Condition

Research supports the ideal body condition score for long distance work is 4.5-5.5. Below 4.5 the horse is constantly in negative energy burn and over 5.5 increases the thermal load as horse tries to get rid of heat/possible increase risk of dehydration.

Fitness and Conditioning

Fitness gains occur during REST DAYS (i.e., the days between conditioning rides).

Long, slow distance for one year-slowly building conditioning /too fast, too soon will ruin the horse. It takes three years of progressive conditioning to get a 100 mile horse!

Picture day for active Trail Patrol Members at Magnolia staging area.



Trail Patrol members before mounting at Magnolia.



Attention: All DHA members, please pick up your poop and take it home with you.

Warm sunshine and green grass - life is good!!
(according to Russ Grossman & "Bear")



Linda Stine's lesson with Samantha March



Linda and Tucker finish on a good note



Hands on tip: To clean mud off fetlocks and pasterns, use a nylon shower puff. It easily cleans the area, is gentle on skin and rinses out easily.

It's not how far you fall, but how high you bounce!!



Oh really??????

Be sure to mark your calendar for the third Wednesday of the month and join us at 6:30 p.m. at the Greenwood Community Center for the DHA meeting/potluck!

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