

Green Bean Endurance

**2018 Season,
Edition 2**



Submit your rides & bonus points!

- Rides within 30 days!
- Results posted on the 2018 Scoreboards Tab of the website!

Send in your feedback or ideas for future newsletters to: gkeller7@gmail.com

Upcoming Clinics!

Endurance 201: 9/29/18
Winchester, VA (ODEEO)
To register:
<http://olddominionrides.org/seminars.html>

Blogging Green Beans:

[Endurance horse Podcast](#)

[Eat. Sleep. Ride. Repeat](#)

[Green to 100](#)

[Motoring Down the Trails](#)

[Riding Journey](#)

[The Journey to 100 Miles](#)

[The Millenium Farrier](#)

[The Other Horse](#)

Keep an eye out on your email and the FB Page for Green Bean T-shirt ordering information!

Message from the AERC Membership Committee Chair

Greetings Green Beans!

It's been just a year since the AERC board voted to make the GBE program an official part of AERC. We have over 400 of you across the U.S. and hope participating will help smooth your path to this challenging sport by providing a network of friends and support resources.

The GBE program is run by an amazing team of volunteer directors who are themselves Green Beans, including Deb Moe (WI), Griffin Keller (VA), Jennifer Jacobson (MA), Ricky Stone (VA), and Lindsay Waddell (SC). They maintain the [website](#) and GBE Face-

book page, help set up teams, calculate overall points and put together this newsletter. They are working to improve the website functionality (if any of you have programming experience!) and also could use help lining up sponsors/gift certificate donors for the flash prizes we try to award throughout the season.

We're also planning to offer webinars on various topics relevant to green bean and will make an audio recording available for those with schedule conflicts. SERA President Sudi Lenhart has offered to kick things off with "The Art of Pacing" and you can email me

your ideas for other topics.

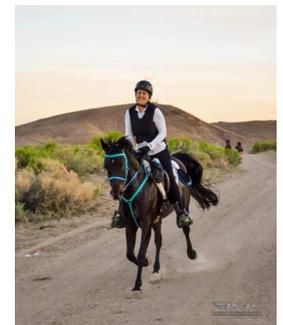
Stay tuned for more updates in future GBE newsletters and happy trails!

-Mary Howell
countshiloh@gmail.com



Tevis Bound Green Beans!

We are aware of 2 Green Beans headed to Tevis to compete, and many more will be there as crew! We'll be cheering for Rachel Manley on Mystical Dancer (L) & Denise Fissel on MCA Dark Star ("Gabe" (R)). You can follow the ride on FB: [Tevis Watch Party](#)



Hoof Boot Questions?

A great resource on Facebook is the [Hoof Boot Exchange](#) group.

The best advice we can give is to check out the major brands and take measurement pictures as instructed, then send directly to the company for review and help with sizing (some offer fit kits). The most common brands right now in Endurance are [Easy Boots](#), [Renegade](#), and most recently [Scoot Boots](#) (there are US dealers too) are rising in popularity.

<http://www.greenbeanendurance.org/>

Teams Leader Board (as of 7/5/18)

On the Vine (0-499)	Picked (500-1499)	Cooked (1500+)
Team 12: California Horse Stars	Team 43: Red Hot Filly Peppers	Team 13: Catch Us If You Can
Team 47: Smooth Operators	Team 55: To Be Determined	Team 50: The Blazin' Belles
Team 23: Hasse Posse	Team 60: Wind N Waves	Team 31: May The Horse Be With You

Rider Leader Board (as of 7/5/18)

On the Vine (0-99)	State	Picked (100-499)	State	Cooked (500+)	State	Juniors	State
Ken Campbell	CA	Kristin Ojala	CA	Roger Ward	CA	Maddie Rogers	NC
Rebecca Horihan	WI	Kelley Trierweiler	CO	Audrey Hager	TX	Alice Erickson	WI
Kirsten Lotter	TX	Rachel Manley	CA	Denise Fissel	CA	Hattie Herrmann	WI

Trail Tales

From Dixie Kendall:

I am not sure I can put into words how overjoyed I was with my OTTB (off the track Thoroughbred), Steele's first AERC endurance intro ride at the Black Sheep Boogie on June 23rd!! It was my first recognized ride in over 15 years since I last "raced" in June of 2003. Steele was apparently born to be an endurance horse!! She was all business throughout the entire experience with her ears forward the entire 13 miles eager to continue down the trail and I felt "at home" back out on the trails after being gone from the AERC for so long. The entire experience was everything I hoped it would be!! The ride manager, staff and other competitors were so kind and helpful. And I had several riders stop to talk with me and ask how I was doing and if they could help in any way when they saw my Green Bean wrist band!! I'm excited to continue our journey and hopefully enter our first LD in the Fall.

This edition we have some Brags and a few things that didn't work so great from your fellow Beans!

Jenny F: I can brag about my mare too! She's a stocky Paint that has finished 2 LD's including the last one in 92 degree heat where 8/20 Horses pulled and the vets said she looked better than the Arabians! So you don't have to have an Arabian to ride! (We aren't fast but we've finished!). And, Things that don't work: bringing 2 Horses and not riding them at

the same time. Results in broken tie rings and escapees running through camp

Alison says: Look before you dismount! (sustained a bad ankle injuring landing on a rock)

Christina M: Doesn't work - haybag on side of trailer. Bang bang bang all night long. Tie it to the panels!!!

Dixie K: I did an intro ride with my horse (her first ever) and my first AERC sanctioned ride in 15 years.

Andrew W: My crazy hormonal Anglo Arab mare finished two 25s and a 30? Now signed up for Santa Cruz Fireworks Ride

Gordie C: Hey, forgot to include, I finished a 50 at Wild West Sunday, volunteered there Friday, and not sure if it counts, I finished the Equathon in Georgetown.

Roger W: I made my 1000th endurance mile at Wild West.

Education Corner

Electrolyte usage is always a popular topic of discussion. Here are some thoughts from Mary Howell: Many endurance riders administer electrolytes the night before and morning of a ride, as well as at regular intervals on trail or in the hold. While some horses will readily eat electrolytes added to their feed, a syringe helps guarantee

that they get enough and in time. Many premixed electrolytes in tube form include a buffer, but if you mix your own, counter the salty harshness and help prevent ulcers by including a buffer such as ProCMC or Kaolin Pectate. Small frequent doses are better than a few large ones and it can be hard to catch your mount up in

time should he get dehydrated. An optimal timing to give electrolytes is right after your horse drinks, so it's a great idea to bring some with you on trail. be sure to purchase a brand formulated for endurance. For additional reading, wisdom from two veteran veterinarians, DVMs Art King and Ken Marcella, can be found [HERE](#).

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