



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!

[AERC Clinic Page](#)

Endurance 201: 9/29/18
Winchester, VA (ODEEO)
register:

<http://olddominionrides.org/seminars.html>

Endurance 201: 11/3/18
Adrian, Oregon

Info: zap6000@gmail.com

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](#)

Green Bean Webinars to Begin in November

Mark your calendars for the 1st Monday in November, December, January and February. Beginning at 8 p.m. EST, Green Beans will be able to participate by webinar, or listen in by phone, on these four topics:

Nov. 5 The Art of Pacing (Sudi Lenhart)

Dec. 3 Things I Wish I'd Known When I Started (Mary Howell)

Jan. 7 What, You Don't Have an Arabian? (Keith Kibler, on succeeding with gaited horses & other non-Arab breeds)

Feb. 4 Q&A with the Founders of Endurance Essentials (Patti Stedman)

Each webinar will last about an hour and be structured to allow plenty of time for questions. There's no need to register in advance, and all GBE members will receive participation instructions by email the week before the webinar. Those unable to participate will be able to access a recording and receive a copy of the presenter notes on request.

Tevis: Trail, Trials, and Triumphs

Ken Campbell and his horse Fantazia attempted the Tevis this year, and while they didn't complete, it is an experience never to be forgotten, this is what he says about it all:

Having competed and buckled in the Western States 100 run, I knew the States trail can chew you up and spit you out, and because of that successfully tackling Tevis would require meticulous planning and diligent training. That planning and training began a full year and one half before I got to the Tevis starting line.

First I completed the required 300 miles of AERC rides, including back-to-back 50's and the Fire Up 50 in 87-degree heat. After that I focused on the Western States trail, which included two canyon runs (from Robinson Flat to Foresthill) and two California St. runs (from Foresthill to Drivers Flat) with people who had completed Tevis. I was so familiar with the trail from Poverty Bar to McCann Stadium that I could do it with my eyes closed.

Whenever I had questions I would sit down with AERC mentor Diane Stevens, among others. I had three meetings with my crew such that every detail was accounted for. I made eating, drinking, electrolyting and pacing plans that I laminated and carried with me the day of Tevis.

With all that preparation what I did not anticipate was the pace and intensity required. After the start, I was relaxing, talking and just enjoying the ride until High Camp, when I realized I was way behind pace.

I really picked up the pace through Granite Chief, and carried that aggressive riding to Red Star Ridge and on to the first hour-long hold at Robinson Flat. I was averaging 8 to 9 mph but did not seem to be making up any time. Despite maintaining that pace, I reached Last Chance just five minutes before the cut-off. Pushing so hard in the heat had gotten to me. It took me a 1/2-hour to feel better, and by then I was overtime. (continued on Pg 2)

Have a question? Need a correction? Here's how to make it easier on the directors!

If you have a question or see an issue with data or just want an easy way to reach out to us, please fill out this quick form. We receive many emails & private messages and don't want to miss anyone.

<https://goo.gl/forms/KygF1QvFxWSMTjgC3>

I now know that the first half of Tevis includes many sections of trail, especially Granite Chief, that are very technical. In those 50 miles, we climbed 6,302 feet and descended 8,727 feet. I carried an average moving pace of 5.6 mph, which was not fast enough to stay ahead of the cutoff time.

During Tevis you must be constantly pushing, and I needed to train that way. I did a couple distance rides with friends on the States trail where we would hold a 9 to 10 mph pace. That is the type of training I needed to do at least once a week in order to train both my body and my horse to handle the intensity and pace of the Tevis. I needed to do 50 mile rides in which I push the whole way.

Yes the Western States trail humbled me that day, as it so often does, but I learned a lot. Adjustments and retooling is in order, and to quote a famous actor and governor, "I'll be back." - Ken

Red Star Reality

Denise Fissel & MCA Dark Star "Gabe's" also attempted Tevis : "The one thing I learned at Tevis - Your focus DOES NOT determine your reality. We couldn't have been more focused and more prepared, but Tevis got the best of Gabe. It got the best of a lot of amazing equine athletes on Saturday...

Overall, it was an experience of a lifetime and I'm glad we were there. I was sad that my dream team crew did not get to experience the joys of helping a horse and rider across the Tevis finish...but, man am I thankful for everything they did getting me to this point. Best news of all is Gabe is looking and feeling good. Neither of us are hurt, and I have some great photos and wonderful memories that will last a lifetime." See the full story on her Facebook Page.

Green Bean Logo Merchandise Now Available

You can now wear the Green Bean logo with pride! Fellow GBE member Lindsay Waddell has set up a link: [GREEN BEAN ENDURANCE SHIRT](https://teespring.com/greenbeanendurance) (https://teespring.com/greenbeanendurance) where you can place your orders for multiple colors and styles of GBE t-shirts, sweatshirts and more. For printing purposes, the campaign is set to end every eight days but will automatically renew.

To have your GBE team name included on the shirts you order, email Lindsay at L.S.Waddell85@yahoo.com so she can set up a customized order and email you a private link for that design.

Your Leaders as of 9/5/18

On the Vine (0-499)	Picked (500-1499)	Cooked (1500+)
Haase Posse	Red Hot Filly Peppers	Catch Us If You Can
California Horse Stars	Megasoreass	May the Horse Be With You
Smooth Operators	To Be Determined	The Mad Hatters

On the Vine (0-499)	Picked (500-1499)	Cooked (1500+)	Junior (all)
Lauren Coziah	Kristin Ojala	Roger Ward	Hattie Herrmann
Ken Campbell	Kelley Trierweiler	Audrey Hager	Alice Erickson
Rebecca Hori-han	Sarah Carlson	Amber Erickson	Lorelai Haase

Education Corner

Don't neglect to prepare yourself while conditioning your horse! Cross training will help improve your strength and balance during long rides, plus help give you enough energy to do all the unmounted tasks involved in our sport, from presenting a horse to the vets

to packing up camp. Activities that build stamina include as jogging, but cycling or an elliptical machine at the gym provide alternatives for those whose bodies can't handle much concussion). Include exercises that provide an all-over body stretch as well as

build upper body strength. Yoga and martial arts are excellent options. As for rider food, make sure you start hydrating the day before the ride, just like your horse, and consume enough protein, whether in an energy drink, peanut butter sandwich or handful of nuts.

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