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 Facebook 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

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Message from the AERC Membership Committee Chair

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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

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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/
that they get enough and in
time. Many premixed electro-
ytes in tube form include a
buffer, but if you mix your
own, counter the salty harsh-
ness and help prevent ulcers by
including a buffer such as Pro-
CMC or Kaolin Pectate. Small
frequent doses are better than
a few large ones and it can be
hard to catch your mount up in
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
the same time. Results in bro-
ken tie rings and escapees run-
ning through camp

**Jenny F:** I can brag about my
mare too! She’s a stocky Paint
that has finished 2 LD’s includ-
ing 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 Ara-
bian 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 bro-
ken tie rings and escapees run-
ning 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.

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

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

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

**From Dixie Kendall:**
I am not sure I can put into words
how overjoyed I was with my
OTTB (off the track Thorough-
bred), Steele’s first AERC endur-
ance 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 man-
ger, 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 con-
tinue our journey and hopefully en-
ter our first LD in the Fall.

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**Education Corner**

http://www.greenbeanendurance.org/