

THE GREEN BEAN SCOOP



FAQs

- Review the Rules
[http://
greenbeanendur-
ance.org/rules/](http://greenbeanendurance.org/rules/)

Rides *MUST* be submitted within 30 days!

[http://
greenbeanendurance.org/
activity-submission-form](http://greenbeanendurance.org/activity-submission-form)

- Results posted on the [Scoreboards](#) page of the website
- **Discounts** (PW sent in Welcome email)
- Have a Question or Need a correction? Fill out the [FORM](#) on the Scoreboards page

Send in your feedback, ride stories, or ideas for future newsletters to Griffin at gkeller7@gmail.com

Director's Message

Welcome to 2019! I hope you had a great new year and this one is starting out well!

Many of us have been struggling with weather. We saw several rides cancelled in 2018 from the after affects of mud and fire, and this winter already has been a doozy for the NE region, lots of rain and sometimes snow and ice, then more rain. I for one have already had the start of my season derailed due to truck issues in addition to the weather causing many trails to be closed. I'm used to it though after several years of horse issues derailing my plans!

There are other ways to earn points aside from riding—you can earn "Bonus Points."

There are the webinars/calls we put on, AERC Endurance Clinics (Endurance 101 and 102 listed [HERE](#)), getting a mentor, and of course probably the best one out there - Volunteer at a ride! Here's some more info about that, as well as there is a list of Bonus Point opportunities within our Rules section. Remember to submit them all!!

<http://www.mndra.com/new-to-distance-riding/volunteer/>

-Griffin Keller

Green Bean Webinars

We had 2 more calls learning about how to successfully compete Non-Arabs in Endurance from Keith Kibler in January, and a hodge-podge of information presented to us by Patti Stedman in February that included managing the older endurance horse, handling conditioning and competition anxiety, and some electrolyte fundamentals.

You can view summaries on our blog, and a link to the recording of Patti's presentation is available to replay until Feb 19th - <http://greenbeanendurance.org/blog>

AERC Convention Drawing – WINNERS!

Seven of the nine regions had entrants in the drawing for \$100 to use towards Convention registration. The six drawing winners are: (NorthEast—all entrants had to later decline)

Midwest: Lynn Haase

Mountain: Melissa Wardle

NorthWest : Jayne Hempstead.

Pacific Southwest: Laura Jaeger-Seitz

SouthEast: Michelle Heath

West: Janet Grevstad



Green Bean Logo Items

2019 shirts are now available! Order your Long or Short Sleeve shirts or a Black Hoodie!
[https://www.customink.com/
fundraising/greenbean2019](https://www.customink.com/fundraising/greenbean2019)



<https://aerc.org/static/Convention.aspx>

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

Winter Tips

Five ways to help our horses cope with the cold from Mary Howell:

1. Blanket appropriately, using a fleece liner and waterproof shell if horses are kept outside instead of stalled.
2. Make sure horses have access to fresh water, using a tank de-icer if you don't have an automatic waterer. You can also offer buckets of warm water at feeding time; I find mine slurp these dry if I add about 1/2 cup rice bran powder to each gallon ([Karen Chaton's sweet water recipe](#)).
3. Add a quart of well-soaked beet pulp to at least one feeding per day to help with gut motility.
4. In addition to offering free-choice salt/minerals, add one tablespoon of salt supplement to each feeding
5. Horses appreciate a chance to exercise during cold weather. Allow turnout whenever safe and feasible, depending on snow and ice conditions. If you ride, warm up and cool down carefully before and after the workout to help the horse's respiratory system adjust and so that they do not risk getting chilled if they work up a sweat.

Horses are at greater risk of colic during extremely cold temperatures, especially if humidity levels are lower than usual, because they require more water to stay hydrated. An ounce of prevention can help yours safely through winter weather!

Other resources recommended on Horse Vet Corner:

<https://extension.umn.edu/horse-ca.../caring-your-horse-winter>

Preventing and Treating Frostbite: <https://thehorse.com/14553/frostbite-in-horses/>



Teams Update

Team Signups are drawing to a close—Teams will be finalized on Feb 15th—so make sure you to get your team in!! (register your team or sign up to be placed on one here) <http://greenbeanendurance.org/team-registration>

So far we have 50 teams signed up, one of which an all junior team. Many folks 'totally green' with 0 miles jumping in too!

Remember, the team competition consists of up to 5 riders who collectively accrue points towards a year end award. Team members do not need to live near each other or ride together. Also, a rider can ride as many different horses as they wish – all points will count towards the team total. Teams are grouped by total team starting mileage for year end awards.

Blogging Beans

Amy McKenna <https://quantumchrome.blogspot.com/>

Griffin Keller <https://motoringdownthetrailsriding.sport.blog/>

Jaime McArdle <https://drawingboardlessons.wordpress.com> AND

<https://greento100.com>

Do you have a blog too? Let me know!

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

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