

Vol. 1 #3  
November

# THE GREEN BEAN SCOOP



## 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](mailto:gkeller7@gmail.com)

## Green Bean Webinars

Our series of Green Bean conference calls/webinars with Q&A had a great start with Sudi Lenhart's "The Art of Pacing" on Nov. 5, which had 30 participants and lots of great follow-up questions. If you missed it, notes are posted on the website. The random attendance winner is Dawn Champion!

Join us **Monday, Dec. 3 at 8 p.m. EST** for Mary Howell's "Things I wish I'd Known When I Started This Sport." We'll email a reminder the day of the call, but dial 302-202-1100 then 220060 to listen in. Our final two webinars/Q&As are scheduled for **Jan. 7 and Feb. 4.**

## Green Bean Logo Merchandise

[GREEN BEAN ENDURANCE SHIRT](https://teespring.com/greenbeanendurance) (<https://teespring.com/greenbeanendurance>) you can place your orders for multiple colors and styles of GBE t-shirts, sweatshirts and more. To have your GBE team name included on the shirts you order, email Lindsay at [L.S.Waddell85@yahoo.com](mailto:L.S.Waddell85@yahoo.com)

Pictures below are with shirts ordered from fellow Green Bean Lindsay Waddell!



Watch your emails for our next newsletter to kick off the 2019 season, team sign up info, a recap of 2018... AND how to enter for a chance to win an entry to Convention 2019!

**RENEW FOR 2019**

[http://aerc.org/Join\\_AERC](http://aerc.org/Join_AERC)

## 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](#)

## "The Day I Swallowed a Bug"

I want to share one of the dangers of conditioning for endurance events in South Carolina during the Fall season. I'm not sure how, in all my years of riding, I've never swallowed a bug. That all changed during a quick conditioning ride with a group of friends one Sunday. My very traumatic experience started with my dragon, disguised as an Arabian horse, acting like a total twit.

There we were, riding along; going more upward than forward for the first mile while Zephyr remembered he had a working brain. I've been cursing at him more than a drunken sailor at this point, using every "big bad word" in the book and some creative made up ones as well. Zephyr hasn't quite grasped the concept of being an endurance horse just yet, or a horse in general. Anyway, back to the story.

There we were, going down the trail, cursing my creative made up phrases when it happened. A bug flew straight into my open mouth. Now, this bug wasn't a normal bug, it was a giant, soul sucking bug. So now, not only is my horse trying to kill me but nature is joining in with this bug in my throat. The bug that isn't dead and obviously just as panicked as I am, moving around in the back of my throat. I start coughing and gagging while trying to keep all 4 of Zephyr's feet on the ground and hearing the laughter of the friends riding with me. Apparently swallowing bugs out here is a normal occurrence and I should have kept my mouth closed.

(continued on Page 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/KygF1QvFxFxWSMTjgC3>

This bug STILL isn't dead and somehow has managed to feel like it is in my nose now. By this point I am saying "Jesus take the wheel" and giving up to the ghost. Finally, after what seems like forever the bug finally goes down the back of my throat and I swallow the awful thing.

The laughter dies down and we continue our ride. With 2 more miles until we get back to camp, the ride has progressed to actual fun, the horses love the cooler weather, and we know they are ready to head to Broxton Bridge. Then it happens.....I swallowed another bug.

I love the endurance world, I love being a green bean, but I hate these dang bugs! - Joanna Bieger

## Endurance Racing in Maine

Thick fog blankets the river valley. The sun is just barely up and it struggles to light the landscape. I'm trotting along a sandy tractor road that snakes through fields planted in potatoes, corn, and sunflowers. The farmer in me admires the soil tilth in this flood plain, imagining the beautiful crops that will soon be harvested.

My horse and I are alone in the fog. We've become separated from the pack of front-runners. She wants to gallop her heart out to catch up with them. Her anxiety grows as we catch glimpses of horses appearing and disappearing in the fog across the fields. I hold her back to conserve her energy. We have over 25 miles to cover this morning. It's an endurance race but she doesn't know that.

.... Check out the [full story](#) of Jess's first LD completion at Pine Tree earlier this season ....

Once I know that Mackenzie is comfortable, I make a bee-line for the bath house and get cleaned up. My raw skin burns like fire in the hot shower but I don't care because the water feels so good. I hobble back to our campsite and collapse into my chair. I stuff my face with cucumber slices, cheese cubes, and guacamole. I chug cold coconut water in an attempt to rehydrate my worn out body. I think about my current condition and try to imagine riding 50 miles, or even 100 (gasp!). I'm proud of what I've accomplished today but am humbled too.

Later that evening, while the aches and pains are still fresh, I find myself on the American Endurance Ride Conference website, scrolling through the ride calendar, planning my next competition. Am I crazy? Perhaps. Am I addicted? Most likely. - Jessica Isbrecht

### Your Leaders as of 11/13/18

On the Vine (0-499)	Picked (500-1499)	Cooked (1500+)
Haase Posse	Red Hot Filly Peppers	Catch Us If You Can
California Horse Stars	Mile Maniacs	May the Horse Be With You
Maah Daah Hey Riders	To Be Determined	The Blazin' Belles

On the Vine (0-99)	Picked (100-499)	Cooked (500+)	Junior (all)
Rebecca Hori-han	Kristin Ojala	Roger Ward	Alice Erickson
Lauren Coziah	Kelley Trierweiler	Audrey Hager	Hattie Herrmann
Jennifer Friedrichs-Ramon	Sarah Carlson	Amber Erickson	Lorelai Haase

## A New Season is Upon Us

It is close to Thanksgiving and I've started looking at back at things I am thankful for. One thing I am thankful for is the Green Bean Endurance group.

I joined AERC in 2015 because I purchased my first horse and a deal was made that I would get him to complete an

LD. At the time I didn't know what endurance or AERC was... heck I didn't even know how to properly use half of the tack that I do now! Long story short, blood, sweat, tears, and a range of emotions got me hooked.

The Green bean group has

introduced me to some amazing people that have helped me through difficult times and celebrated accomplishments no matter how small.

I urge you to invite friends that have interest in the sport to join for 2019, it will be an experience I am sure they will love!

-Lindsay Waddell

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