Director’s Message

I hope everyone is having a great ride season so far—we’re over half way done for 2019, yikes!

Have you ridden one more ride than in 2018? Don’t forget about the “Ride One More” program from AERC! https://aerc.org/static/RideOneMore19.aspx

Are you enjoying the Green Bean column in the AERC magazine? Do you have a story to tell or some words of wisdom to pass along? If so, submit yours to us via email and do your Activity Form for bonus points!

-Griffin Keller

Sully and Me

Member Stats

Do you know you can look up members on our webpage? Our list right now is 350 strong! This a great way to see who else around you might be competing.

http://greenbeanendurance.org/membership-list

Our Facebook group is over 1400 members—which includes folks who are just interested in learning more/non-members and other more experienced riders/mentors in the sport. Only 107 of our members, about 1/3, have submitted that they use a mentor—we highly encourage you to find someone you can work with, virtually or in-person.

We use MailChimp for mass email communication, which means we can check in to see what you guys read or not. Our overall read rate is sadly at about 60%, which means either it is going to your junk mail or you are just glazing by and missing information! Please make sure you are getting our emails because if there was an error in your membership entry it carries over to our distribution list.

We have seen many “Firsts” this season so far in completions!

- First LD - 18
- First 50 - 14
- First 100 - 2

And we have had 45 Turtle finishes—To Finish is To Win!

http://www.greenbeanendurance.org/
Story from Holly McLaren on Cookie at Muckleratz Run and their First 50 Completion:

My dear friend, Cindy Shaffer, talked me into trying my first 50. I was hesitant...I have a non-Arab who is a more heavy-muscled breed. Cookie doesn’t do well with heat and humidity, but we had a base from last year and we HAVE been training in the heat and humidity and hills and rocky terrain this year. Cindy promised she and Bailey would take care of us and Katherine Shank was on board to help as crew!

We drove our rigs out so we could park together and penned our horses in the same big area. This went SO well, they really get along from our training rides together. All was perfect and Jim Theurer, his family, and all the volunteers had everything organized and the food was AMAZING, as always! It POURED after dinner, so we all went under the pavilion for the ride meeting. We were clear on our loops and colors to look for. Time to head back to our trailers and try to rest up for my 4am alarm.

Alarm, feed, scoop and toss poop, groom up, tack up, and we are ready to check in for the ride start at 6am! Cindy had a strategy in place and I was on board, so we went to the front and immediately set out at a brisk pace. We finished the first 20 mile loop in about 2 hours! I WAS a little worried about getting Cookie to pulse down because of the heat and humidity, but after a failed attempt and more ice water, we pulsed down just 5 minutes behind Cindy and Bailey. We had extra help from the beautiful Sam Dabov as well as Kathy Shank. It takes a village for the non-Arabs at times...lol. Now to get them to eat, drink, and pee.....and then it was our turn to do the same! Tack up, more electrolytes....BTW, it is MUCH better to remember to electrolyte BEFORE you put the bit in your horses mouth. Way less messy. Lesson learned!

I was a little paranoid after the first loop vet check because the words 'dehydrating' and 'get her to eat and drink' were mentioned. When Dr. Nick speaks, you listen and take heed! So, Cindy had me set the pace for this 20 mile loop and it was slower at a little under 3 hours. I will say, MY body noticed the extra 10 miles...anybody who says riding a horse is about sitting there is a fool. Again, Kathy and Sam were there and we pulsed no problem (read TONS of ice water!) and Cookie was hydrated and had much better gut sounds to boot. Mission accomplished, but I was not as happy a camper. My thighs were taking a beating from hitting my saddle. It was a real struggle to get into the last 10 mile loop and mentally get through my misery. I even told Cindy I wasn't sure I'd do another one and that "luxury distance" (LD's as I have heard them referred to) looked like maybe what I could do at my age. Cindy was undaunted and remained positive and cheerful and told me that yes, it IS hard, but we can do it!

Somewhere in the beginning of the second 20 mile loop, we were passed by another rider. I knew we could be passed by more and I didn't want to let down my mare or my friend. I did suck it up and as we came into the finish, Cindy grabbed my hand and said, we are TYING for SECOND PLACE! After a 6am start and two 45 minute holds, we completed at 1:44pm. We went through our final vet check and got our completion!

For my very first 50, I have to say it was SO emotional. I hugged my mare and cried on her neck. I just felt so overwhelmed by the joy and the discomfort as well. I also truly learned what a close FAMILY endurance people are. It was so uplifting seeing the smiling faces cheering us on every step of the way. The people who had more faith in me than I did myself. My dear friend who told me she KNEW we could do it, my wonder pony and I. I made yet more new friends who I will never forget for their kindness. No, I did not stand for BC. My goal was to complete and I did even better than I had planned. But the real treat was my friend Cindy won BC and high vet score for the ride. She doesn't get out to ride much. Life sometimes gets in our way. She and Bailey deserve this for how they rode. It was fierce, fearless, but never reckless. She and Bailey kept us both going, even when I didn't know that I could. She watched my mare, making sure she looked happy and slowed Bailey down when Cookie needed it. SO...will I do another 50? The day after I said, Heck yeah, I sure will! As soon as I order that full sheepskin for my saddle, that is. lol Thanks for reading if you got this far. Thanks to Jim Theurer, his wife, family, all the volunteers, the vets, Cindy, Kathy, Sam, and everyone I crossed paths with this past weekend at the Muckleratz Endurance Ride. You embody team spirit and I truly hope more people get into this sport with whatever horse they have. To be a part of it, is to win.

http://www.greenbeanendurance.org/
Inspiration from Brittanie Jones after her experience at Horses Across Maine:

Even though it wasn't our day, I think 3/4ths of our ride for Horses Across Maine was the best yet. My mare Xena Warrior Pony was an absolute pleasure to ride, and the route was just lovely. We cantered along beautiful bright sandy trails, and trotted and weaved through hilly pine single track. I laughed and felt her pure joy in movement as we rolled through the gentle up and down forest groves. She became fast friends with a tiny roan pony that was a speed demon. She ate up the trail with gusto, and did not want to stop for any kind of distraction. She even powered up the hills, which have been our biggest obstacle in the past. At the end of 30 miles, we were not able to pulse down in the 30 minutes allotted. It was hard not to leave with a completion, but I have a lot of hope for our future!

Awards & Stats

Thanks to our wonderful sponsors we have been able to award monthly prize drawings to Tamsen Pruzan, Shiloh Henley, Janet Hatch, Charlesey Charlton-McCallister, Madison Wagner, Kelly Norton, TJ Sabala, and Holly McLaren! And our First Quarter drawings went to Heather Manzo for completing her First LD and Kristen Clark for her First Vet Pull. Congrats to all and keep on keeping on!

Top Teams:

**On the Vine** teams with 0-499 starting miles – J.G.B. Squad, Hoof Hearted, and Unbridled Class

**Picked** teams with 500-1499 starting miles – Trail Bustin’ Dames, A Bit Unstable, and Minnesota’s Fab Five

**Cooked** teams with >1500 starting miles – Catch Us If You Can, Redneck Riders (BHB), and Mountain Mama’s

Top 3 Riders of each division are:

**Junior** Riders under 16 – Faith Wanicka, Hailey Zehring, and Adin Joseph Esqueda

**On the Vine** 0-99 starting miles – Melissa Wardle, Karla Ovsak, and Lisa Pallini

**Picked** 100-499 starting miles – Geneva McNamara, Marie Umbarger, and Julie Galetar

**Cooked** 500-999 starting miles – Shawn McCarthy, Kristin Ojala, and Debbie Ediger

Blogging Beans

Amy McKenna [https://quantumchrome.blogspot.com/](https://quantumchrome.blogspot.com/)
Griffin Keller [https://motoringdownthetrailsriding.sport.blog/](https://motoringdownthetrailsriding.sport.blog/)
Jaime McArdle [https://drawingboardlessons.wordpress.com](https://drawingboardlessons.wordpress.com) AND [https://greento100.com](https://greento100.com)
Katherine Serna [https://theworldofsega.wordpress.com/](https://theworldofsega.wordpress.com/)

http://www.greenbeanendurance.org/