
Trails 'n Tales

Atlantic Canada Trail Riding Association Newsletter

Volume 239

WWW.AC-TRA.CA / Facebook

April/May/June 2011

Is it wet enough for you?

Has anybody seen any sun? Does it exist? I'm told that it does, but I haven't seen it for so long that I'm not sure I will recognize it again! How are everybody's trails? Clear or tree covered from the Dec storm? Deanna and I are getting around to checking out ours and thankfully the snowmobilers and 4 wheelers have been out before us and have cleared the trails. The ones that aren't...well our horses are becoming quite used to bush whacking around them. We figure they could be used for the show Mantracker quite easily!

Please note that at the Spring Meeting a motion was passed to allow all types of hoof boots to be used in all sanctioned ACTRA rides without receiving any penalties for a trial period in 2011. The exact reading is in the minutes which are included in the newsletter.

Pam Thornton would like to extend a big thank you to all who have emailed, phoned and sent cards to her after she had her heart attack a few weeks back. She is resting and trying not to look at her "List of Things To Do"!!

Condolences also go out to Pam on the loss of her mare Bikou, who passed away suddenly.

Lucy Rudge is requesting anybody that is interested in making a donation to the Tabitha Harvey Memorial Fund please give her a call at (902)757-3652.

If anybody thinks exercising is boring then they should try going to a Zumba class. What a hoot!! I didn't think that I would enjoy it, but I'm hooked. I figure the way I sweat I must be losing some of the excess fat on me! It is a great cardio workout and I think I will be able to trot Izzy out without gasping for air this year!

Not sure how many rides I will get to this year with the price of gas climbing, but hopefully I will be able to see you at some!! Just heard on the news that NB gas prices just dropped big time! Lucky you!! And also a big welcome to the new members! Maybe we will see you at Lucy's next weekend and maybe, just maybe the sun will be shining!!!

Happy Trails

Bev & Izzy

ACTRA 2011 BOARD OF DIRECTORS

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ATLANTIC CANADA TRAIL RIDING ASSOCIATION MEMBERSHIP FORM

NAME: _____ :

ADDRESS: _____ :

TELEPHONE: _____ EMAIL: _____ :

JUNIOR OR OTHER RIDERS IN THE FAMILY

NAME: _____ BIRTHDATE: _____ :

NAME: _____ BIRTHDATE: _____ :

I WISH TO REGISTER THE FOLLOWING MOUNT WITH ACTRA (LIFETIME MOUNT REGISTRATION FEE \$25)

REG NAME: _____ BARN NAME: _____ :

BREED _____ AGE: _____ MARE GELDING STALLION (PLEASE CIRCLE)

BREED REGISTRY INFORMATION: _____ :

MEMBERSHIP DUES: INDIVIDUAL \$17.50 - FAMILY \$22.50 - MOUNT REGISTRATION \$25.00

PLEASE SEND MEMBERSHIP FORM OR FACSIMILE TO: PAT RIDEOUT, 3540 RTE 890, HILLGROVE, NB E4Z 5W6

ARE YOU INTERESTED IN RECEIVING ACTRA LITERATURE? YES NO (PLEASE CIRCLE)

TOTAL MEMBERSHIP DUES : _____ @\$17.50 OR _____ @\$22.50 OR/AND _____ @\$25.00

TOTAL FEES SUBMITTED = _____

Minutes from Spring Board of Directors Meeting

April 16, 2011

Sackville, NB

In attendance: Pat Rideout, Donna Lee Cole, Bev Elliott, Gwenn Dexter, Lynn Beazley, Deanna Johnston, Kaaren Lebert, Jennifer McDonald

Meeting called to order at 10:45 am by Deanna Johnson.

Old Business

- 1) LD Rules: ACTRA will follow AERC rules for Endurance and LD as per ACTRA rule book.
- 2) HEP Insurance: There is a new waiver received from HEP requiring helmets for all riders in ACTRA sanctioned competitions (this is different from the other waiver that Donna received). Donna Munn will contact HEP to determine which waiver is to be used.
- 3) Bob Gielen's mileage blanket and WEG cooler: The BOD received a letter from Sylvia Gillies requesting that Bob receive the two items.
**Jennifer will have this done and sent to Bob within 2 months.
- 4) NB Distance Riding: Donna reported that Sylvia is stepping down as President of NB Distance. New President needs to be appointed.
**NB Distance rides receive reimbursement from NBEA for a portion of the vet costs for NB rides of 2010.

Current Business

- 1) Treasurer Report offered by Pat.
- 2) Sanctioning Report offered by Donna.
- 3) Rule Book. Error found and the rule book will be changed to reflect that final P&R's will be taken over 30 seconds.
- 4) Bev and Donna Munn will develop a new Mount Registration within two months.
- 5) CaLDRA and Endurance Canada Report offered by Donna Munn.

New Business

- 1) Request from Tabitha Harvey's family re: ACTRA purchasing one meter of Trans

Canada Trail in memory of Tabitha.

**Discussed and declined.

- 2) ACTRA general Note Cards.

**Donna Lee will look into and order some cards for ACTRA.

Meeting adjourned at 11:55 am

Submitted May 1, 2011 by DL Cole

Minutes from Spring General Meeting

April 16, 2011

Sackville, NB

In attendance: Kaaren Lebert, Jean Bridges, Jennifer McDonald, Pat Rideout, Alfiena Kamminga, Karen Murray, Susan Hovey, Donna Lee Cole, Bev Elliott, Deanna Johnston, Bertha Harrison, Donna Munn, Elwood Munroe, Gwenn Dexter, Lucy Rudge, Troy Beazley, Jim Burns, Lynn Beazley

Meeting called to order at 12:40 pm by Deanna Johnston.

Reading of Fall 2010 minutes accepted by Lynn Beazley, seconded by Gwenn Dexter.

Old Business

1. WEG cooler and mileage cooler for Bob Gielen.
*Will be sent by Jennifer McDonald within two months.
2. Ride review sheet.
*Discussion of same. Sheets will be discontinued.
3. LD Rules.
*ACTRA will follow AERC rules with the exceptions noted in the rulebook.

Current Business

1. Treasurer report offered by Pat Rideout.
\$3,016 in bank account.
2. Sanctioning report offered by Donna Munn.
3. Rules report offered by Gwenn Dexter
*Rulebook will be accessible on ACTRA website by next week.
4. Public Relations report offered by Lynn Beazley.

*Request for videos of riders, holds, etc for website.

5. Newsletter Report offered by Bev Elliott.
*Only two hard copies sent out, remainder are by email.
6. CaLDRA and Endurance Report offered by Donna Munn.

All reports approved as presented.

New Business

1. Breeds and Industry Report by Delle Fairclough, read by Bev Elliott.
2. Hoof Boots. Motion made by Bev Elliott
"ACTRA accept all types of sole protection in all sanctioned divisions on a trial basis for 2011. Attachment strap, keeper or gaiter may not extend above the pastern. The judges may request to observe the covered area at any time. Devices which serve as leg protection are not permitted." Seconded by Gwenn Dexter. Motion passed.
3. Request for Tabitha Harvey Memorial. Discussion and declined.
4. Jean Bridges has a Gift Certificate from North Stream Tack Shop in Fredericton. Will be offered as a gift for Lucy Rudge's CTR Challenge.
5. Lucy's CTR Challenge was discussed.
*Three riders on a team
*Only ACTRA rides will count
*Rules to be posted on website
*Teams are to be randomly drawn

Motion to adjourn made by Jean Bridges, seconded by Bev Elliott. Meeting adjourned at 2:15 pm.

Minutes submitted May 1, 2011
Donna Lee Cole

Mileage Corrections

Docs Magnolia Steel – 60 Miles (Bernice Sharpe)
FC Galaxy – 2, 406 Miles (Bob Gielen)
Determined One – 457 Miles (Bob Gielen)
Bob Gielen – 7,238.01 Miles

Classifieds

For Sale: **Quick Cinch**. This doesn't require any billets and will fit any western style rigged saddle. \$70.00
Indian Hack. Works similar to a side pull but crosses under the chin so it turns the head. \$25.00 or trade for an "S" hackamore. Contact Kaaren Lebert (506)575-0190

For Sale: Reg ½ Arab/Quarter Horse. 4 Yrs Old, Grey. Very attractive and correct. Ready to do whatever you want. Contact Kevin Wile (902)790-2678

For Sale: Purebred Morgan mare. 10 yrs old. 14.3hh. She is good under saddle, my husband rides her. \$3,000. Contact Dorothy Best (902)254-2076

2011 CTR Team Challenge

The following teams were drawn for the 2011 CTR Team Challenge.

1. Donna Munn, Deanna Johnston, Delle Fairclough
2. Kaaren Lebert, Lynn Beazley, Ann Bridges
3. Sherry Brooks, Bev Elliott, Leslie Wade
4. Jim Burns, Susan Hovey, Chester Gillan
5. Jennifer McDonald, Pam Rustige, Betty Dwyer
6. Jean Bridges, Gwenn Dexter, April Haliburton
7. Irmgard Lipp, Donna Lee Cole, Pat Rideout

*Rider must be a 2011 ACTRA member.

*Riders (not the horse) are the team members.

*There are to be three riders on each team.

*All ACTRA sanctioned CTR's will count toward totals.
No outside miles to count.

*Points to be awarded for conditioning placings as per ACTRA point system.

*This is not an ACTRA sponsored event.

*Lucy Rudge will be responsible for the tabulation of points and awards. The awards will be given at the ACTRA year end banquet.

2011 ACTRA Ride Schedule

May 21 & 22 – Mud Run 25 Mile CTR and 15 Mile IDR – Stanley, NS

- * Hosted by Lucy Rudge & Elwood Munroe (902)757-3652
- * Ride site is the Stanley Mosherville Hall, Rte 215, Stanley, NS
- * No stabling, but room for parking and pens
- * May 21st CTR - \$40.00
- * May 22nd IDR - \$30 + Potluck

June 18 & 19 – Parrsboro Fun Run JP's – Parrsboro, NS

- * Hosted by Bertha & Gary Harrison (902)254-3478
- * Ride site is 4348, Hwy 2, Parrsboro, NS
- * No stabling, big field for parking and pens

July 2 – Challenge Cup 25 Mile CTR – Hillgrove, NB

- * Hosted by Pat Rideout & Jim Burns (506)756-1892
- * Ride site is 3540 Route 890, Hillgrove, NB
- * No stabling, but room for parking and pens

July 30 & 31 – McDonald's Run CTR and JP – Wickham, NB

- * Hosted by Jennifer & Adam McDonald (506)485-5659
- * Ride site is 2020 Rte 705, McDonalds Point, Wickham, NB
- * No stabling, big field for parking and pens.
- * CTR - \$35.00 / JP - \$20.00

Sept 3 & 4 – Amigo's Do CTR & JP – Belleisle, NB

- * Hosted by Sylvia Gillies (506)485-2518 and Donna Munn (506)839-2810 * Ride site is the Gillies Dairy Farm, Belleisle, NB
- * No stabling, big field for parking and pens

Sept 24 & 25 – Camp Cheputneticook CTR & JP – St Stephen, NB

- * Hosted by Susan Hovey (506)466-2150
- * Ride site is 1889 Gleason Pt, Rte 735, St Stephen, NB
- * No stabling, field for parking and pens

Oct 8 & 9 – Maple Ridge LD & JP – NS

- * Hosted by Betty & Eric Dwyer (902)923-1921
- * More details to follow
- * No stabling, large field to park and pen

Overtraining: how to avoid 'too much'



PERHAPS THE MOST INTERESTING questions for some endurance riders are about conditioning. How fit is my horse? What is too little or too much work? How do you tell?

It is a huge subject, affecting all disciplines, and has amused equine physiologists for decades. So please forgive my simplifications and omissions; there is enough material to fill many books. The goal here is to provide a few solid tools and a few guidelines for making decisions.

How do I really know how fit my horse is and if my conditioning program is working?

There are several fitness tests you can try. Two require a heart rate monitor: the Constant Speed Test and Constant Heart Rate Test. The Recovery Heart Rate Test is done with a stopwatch and stethoscope.

Constant Speed Test requires a trail you can ride approximately every three weeks. Many people suggest between six and 10 miles depending on the terrain. The first step is to ride the trail at a speed that is not maximal, but is comfortable for your horse, something you can do all day without worry.

Record your pulse monitor readings every 10 minutes. You can always ride this same trail a couple of days later doing the same thing to be sure your readings are correct.

Work your horse as you would normally and ride this trail again in three weeks in the same elapsed time as you did originally. It is important for the retest day's ambient temperature and humidity to be as close as possible to the original day.

If you choose to graph the results, the pulses should be lower.

Constant Heart Rate Test is similar to the above test in that you will be looking at pulses, but this time you will keep the pulse the same. You adjust the horse's speed to maintain a steady heart rate.

If you don't have an idea of what pulse to start with, try choosing a speed that is comfortable for the horse, say an easy canter/lope for a few minutes at that steady speed. This will be your target to maintain. Try to get this target when the horse is well warmed up and relaxed.

For example, let's say that a particular

horse at a particular state of fitness has a canter/lope pulse of 130 to 135 bpm; that is the target for this horse.

The test starts with a warm-up. Let's say you ride half an hour to a particular place. From that spot ride approximately 1.5 minutes to another recognizable place, maintaining a pulse that is in your target range, in the case of the sample horse 130 to 135 bpm.

If your horse's performance nosedives, overtraining syndrome is something to consider.

In three weeks retest using the same trail, same period of time warming up and hopefully the same weather. If your conditioning program is working properly you should be able to go farther on the retest.

Recovery Heart Rate Test will be familiar to endurance competitors. Like the Constant Speed Test, you will use a predetermined trail and ride it at a challenging but submaximal level. This time you will take a pulse before you start. At the end you take a pulse immediately (if you have a heart rate monitor) as well as two, five, 10, 15, and 20 minutes with a stethoscope. Graph this and compare with results in three weeks.

Am I conditioning enough?

Any of the three tests above will give you information about whether your conditioning program works the way you want it to, but there is one more tool to help answer this question. It is essential to keep records. They don't have to be fancy, but they have to be honest. Every time you ride, at least mark down the distance and time.

Overtraining syndrome

What is too much?

We have heard rest is as important as work, but what actually happens to horse and human physiology with overtraining is complex and not fully understood. The symptoms are observable, however.

We have been using the pulse as the monitor for fitness tests. We can also pay attention to it as one sign of overtraining. If your conditioning program has been working and your horse has been on a line of consistent

improvement and suddenly you start getting odd, higher-than-expected readings, this may be a sign of overtraining.

Other symptoms noted in humans, as well as horses, are decreased appetite and weight loss, irritability, and a sudden drop in performance. In humans, because they can talk, there are reports of insomnia, pain in muscles and joints, headaches, lack of energy, decreased immunity, depression and a higher incidence of injury.

On a measurable level, studies on horses show weight loss and lowered glutamine levels, which has an effect on the immune system. Recent research tracks a considerable drop in growth hormone as a symptom of overtraining. In human studies overtraining is linked to illnesses.

If your horse's performance nosedives, overtraining syndrome is something to consider. The cure is rest, but it's better to avoid overtraining in the first place. Current thinking on prevention suggests variations in workload, cross-training and rest days. Careful behavioral monitoring is wise, especially after hard work.

Record keeping is, in some ways, the key. It is much more difficult to kid ourselves when we see the pattern over the weeks and months.

Monitoring training in athletes with reference to overtraining syndrome. Foster, C. *Medicine & Science in Sports & Exercise*: July 1998 - Volume 30 - Issue 7 - pp 1164-1168, Applied Sciences: Symposium: Training/Overtraining: The First Ulm Symposium.

Plasma amino acid concentrations in the overtraining syndrome: possible effects on the immune system. Parry-Billings, M; Budgett, R.; Koutedakis, Y; Blomstrand, E; Brooks, S.; Williams, C.; Calder, P. C.; Filling, S.; Baigrie, R.; Newsholme, E. A.; (C)1992, The American College of Sports Medicine.

Changes in maximum oxygen uptake during prolonged training, overtraining, and detraining in horses. C. M. Tyler, L. C. Golland, D. L. Evans, D. R. Hodgson, and R. J. Rose. Department of Animal Health, Department of Animal Science, University of Sydney, Australia.

Overtrained horses alter their resting pulsatile growth hormone secretion. E. de Graaf-Roelfsema, P. P. Veldhuis, H. A. Keizer, M. M. E. van Ginneken, K. G. van Dam, M. L. Johnson, A. Barneveld, P. P. C. A. Menheere, E. van Breda, I. D. Wijenberg, and J. H. van der Kolk, Faculty of Veterinary Medicine, Medicine Section, Department of Equine Sciences, Utrecht University, Utrecht; Department of Clinical Chemistry and Faculty of Health Sciences, Department of Movement Sciences, University of Maastricht, Maastricht, The Netherlands; Department of Pharmacology, University of Virginia Health Sciences Center, Charlottesville, Virginia; and Department of Human Physiology and Sportsmedicine, Free University of Brussels, Brussel, Belgium.

Adaptation and overtraining in horses subjected to increasing training loads. G. Bruin, H. Kuipers, H. A. Keizer and G. J. Vander Vusse, Department of Physiology, University of Limburg, Maastricht, The Netherlands.

Overtraining syndrome in horses. C. M. McGowan and D. J. Whitworth, The University of Helsinki, Finland, The University of Queensland, Australia.

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