

# THE CENTAUR



# TRAINING ISSUE!

## RMDS Scholarship Recipients Announced!

-Loni M. Gaudet, Scholarship Committee Chair

The inaugural year of the RMDS scholarships launched with a very large response! We had a total of 39 applications, all demonstrating merit and/or financial need. The decisions were very difficult, but in the end, only four scholarships were available. RMDS is pleased to announce the recipients of the 2009 RMDS Scholarships. Four scholarships of \$500.00 each will be granted to the following:



The **Opening Doors Scholarship** will be awarded to **Carol Von Michaelis** and her horses **Luciero** and **Center Stage**.



The **Solid Seat Scholarship** will be awarded to **Sarah Haney** and her horse **Thirsty May Storm**.



The **Junior/Young Rider Scholarship** will be awarded to **Connor McPeak** and her horse **Passhawn**.



The **Leg-Up Scholarship** will be awarded to **Sharon Gilbert** and her horse, **Black Manassis**.

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## Region 5 Report

The deadline for Participating Member Delegate and Youth Executive Board nominations is April 15. If you are nominated, you must return the acceptance to USDF by April 15. This will be a very important convention, as we will be electing a new President.

The deadline for nominations for USDF President, USDF Treasurer, and Regional Directors in Regions 2, 4, 6 and 8 is June 1. Nominations for USDF President, Treasurer, and Regional Directors can also be heard from the floor of the Board of Governors meeting at convention.

USDF is implementing the budget constraints passed at the convention. You can read more detail on the USDF website, in the news section that has a link to our January conference

call. Over the past twelve months USDF reduced the number of USDF Director Positions by two: Sally Davenport – Director of Sport Horse, and Karin Glassman – Director of Education Programs. Over the past two months USDF reduced in-house staff by four positions and reduced ad sales reps by one and brought that function in-house.

Our region 5 FEI Junior and Young Rider teams will need to travel to Kentucky this year, and that means additional expenses. If you would like to contribute or help in our fundraising efforts, please contact Susan Rudman, Region 5 JR/YR FEI coordinator. Her email is [sewrunred@msn.com](mailto:sewrunred@msn.com).

Happy Riding!  
-Theresa Hunt, Region 5 Director

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### Executing a Training Level Halt

-Heather J. McEntee, Trainer, Tuscany Hill Equestrian Center, Franktown

#### **One of the basic movements of an Intro or Training Level Test is the halt at "X."**

I see so many riders yanking back on the reins and pulling their horse into the halt instead of using their bodies and seat to influence the horse. Therefore, I will explain how to execute the halt by using a combination of seat and hands instead of just hands.

In training level, we can execute the halt through the walk. This is to allow a beginner rider or young horse time to prepare the halt so that it is balanced and straight. The halt is performed on the centerline at "X" and judged by the straightness on centerline, plus the transitions in and out. The quality of the trot both before and after is also a part of the score. The halt should be immobile and square, which means that each leg of the horse is directly underneath him and not out to the front or back.

It is important to keep your head up, body centered and relaxed, and prepare your horse for the halt a few strides before "X." As you enter the arena at "A," decide in your mind where "X" is. Aim your seat bones, hips and shoulders straight to "X" and make sure both legs are hanging down evenly and relaxed by the sides of your horse. Breathe. As you approach "X" in the rising trot, tip the front of your seat down into the saddle, close your upper leg but keep your calf on, and lightly squeeze the reins each time you're in the downward phase of the rising trot. You will be applying a controlled, supple tension in the rhythm of the trot to let the horse know the walk transition is coming. Relax this tension slightly each time you rise again. Do this for about 3-4 strides to get your horse into the walk. Let your horse walk one or two strides by relaxing the upper leg and swinging the seat and hands. You should immediately let up on the controlled tension once you feel that the horse will walk. After one or two strides of the walk, stop your seat from swinging, lightly squeeze your hands, and lightly touch the horse evenly with both of your calves. This asks the horse to bring his hind

legs up under him for a square halt instead of leaving his legs out behind him. It is also helpful to take a deep breath right before the halt, and as soon as you halt, breathe out. Once you have halted, open your legs slightly and relax your hands but not enough to let your reins go slack. Your horse should not step forward or backward during the halt. A backward step is more of a fault since it shows that the horse's energy has been directed backward by using only the reins to halt. Proceed into the walk by taking a deep breath in, swinging your seat straight forward and back with the horse's motion, and closing your calf on the horse. Keep the reins steady and don't let them go slack as you go into your working trot.

#### **Fixing Problems**

When you are training your horse to halt, it is usually easier to do it on a circle. A circle makes the horse work harder and pay more attention to you. You can also ride toward a wall and ask for the halt. The horse will naturally think more about stopping and you can teach him to respond better to your seat instead of pulling back on the reins. The halt should be square and immobile. If your horse continually leaves one leg out behind, touch the horse with your calf on the same side as the trailing leg. Prevent your horse's body from stepping forward by holding with your midsection and reins so the horse only moves that hind leg forward. Do not let your seat swing or reins move. If your horse does step backward during the halt, immediately move him forward and start over.

Remember that your horse is your willing partner and not a machine. He is looking to you to properly explain what you want and teach him how to respond. Always check your position and use of the aids before blaming your horse if he doesn't execute a movement properly. Continue learning to be your best by reading, auditing clinics, and watching videos even if you have a regular trainer. Keep the work fun for your horse and you'll be amazed at how much you can accomplish when he trusts you and enjoys what he is doing!

# Chapter News

## Boulder Valley Chapter

By the time you read this, entries for the RMDS recognized Boulder Valley Spring Fling (and schooling show on the day before) will have opened. For those of you new (or rusty) to showing, RMDS shows are low key and a great opportunity to gain both experience and confidence for you and your horse.

Schooling shows, or Ride-A-Test events can be a great training session to work out the kinks before the big shows, or just something fun and different to do with your horse.

Even if you are not showing, please volunteer if you can - show management needs the help and you can learn a lot about the whole showing process, rules, and what the judge is looking for in each test.

Don't forget! Boulder Valley Chapter meeting is on Monday, April 13th at The Tack Collection in Lafayette! Jeannette Hillery will be there with her TD hat on to answer questions on rule changes for 2009. I hope to see you at one or all of these events.

"There is just as much horse sense as ever, but the horses have most of it." Author Unknown  
-Nicole Donohue, President, Boulder Valley

## Colorado Springs Dressage Association (CSDA) Join us for the Dressage for the Cure at the Peak

CSDA and Renee's Friends Fund are partnering for CSDA's spring show, "Dressage for the Cure at the Peak," which will be held at the Norris Penrose Event Center in Colorado Springs, April 24, 25 and 26. The Arabians are joining us as well on Friday for the Arabians for the Cure at the Peak. Prizelists are available on the CSDA website, [www.csdressage.org](http://www.csdressage.org). The

show on Friday is an open dressage show for everyone, but also gives you the opportunity to qualify for special points with the Arabian Association for their regional championships.

We have received some wonderful items for the auction but we need more! We are looking for gift certificates and horsey items, but also anything else you would like to give. In the past we had jewelry, gift baskets, certificates for teeth whitening – you name it, we will take it all. In addition, why don't you consider sponsoring a class. For only \$50 you will be named in the show program, on the day sheets, and during announcements.

Have a business that you would like to highlight? Have your logo on the competitors' totes and volunteer/competitor T-shirts for only \$500 (choose one or the other for less \$ invested.)

If you need detailed information about being a sponsor, or if you know someone that would be interested, please check out our website – [www.csdressage.org](http://www.csdressage.org), and click on 'SPONSORSHIP PACKAGE.' Find out more about Renee's story and her fund at [www.reneesfriendsfund.com](http://www.reneesfriendsfund.com).

Our "Evening under the Lights" event is taking shape. We will have the Ft. Carson Mounted Color Guard presenting the flag. Frances Carbonnel and Fino will do a fantastic freestyle, and the Golden Gate Vaulters will show us some daring moves on horseback. We have more performers, but if you would like to participate with your very own freestyle, contact Simone at 719-540-2000, or [wjsimone@msn.com](mailto:wjsimone@msn.com).

We will need many volunteers for this event. If you can help out, let us know.

-Simone Windeler, President, CSDA Chapter

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## Rocky Mountain Horse Expo

-Sharon Soos, Treasurer, RMDS

A special thank you to each of the volunteers, namely, Anne Campbell, Alex Curnutte, Tara Hough, Lori Mitchell, Pamela Philpott-Jones, and Leslie Terri, who helped to cover the RMDS booth at the Rocky Mountain Horse Expo, March 13th – 15th. We also want to thank the RMDS members who stopped by to say hi, since we always look forward to seeing you. In addition, we were excited with the interest shown by non-members and prior members. This presented a great opportunity to meet and talk with others about RMDS, dressage, and our various programs. Even a few "cowboys" stopped by for information.

## D&M Program Notice Regarding Use of Liniments

-Dr. Stephen Schumacher, DVM, Chief Administrator, USEF

**R**ecently, there have been some questions related to the use of liniments. The specific liniments in question are:

### **Equi-Block® Liniments by Miracle Corp.**

Ingredients:

Menthol (3%), Purified Water, Isopropyl Alcohol, *Chamomile Extract*, Polysorbate 80, Olibanum Extract, *Rosemary Oil*, *Capsicum Oleoresin*, Carbomer, Trolamine, Methylparaben.

### **Thermafex Liniment Gel by VitaFlex®**

Ingredients:

Menthol 4.0%, Methylsulfonylmethane (MSM), *Plant Extracts of Calendula and Rosemary, Oil of Cajuput (Melaleuca Leucadendron)*, Other Ingredients include: Alcohol, Water, Thickeners, Benzyl Nicotinate, FD&C Yellow #5 and FD&C Blue #1.

### **Vetrolin® Liniment by Farnam**

Ingredients: Alcohol, Water, Green Soap, *Camphor, Oil of Sassafras, Oil of Spike*, Methyl Salicylate, *Oil of Cedarwood, Oil of Rosemary and Oil of Thyme*.

(Forbidden substances are noted in italics.)

The classification of these substances as Forbidden is neither a new policy nor a recent development. Some of the ingredients in the above listed liniments have been Forbidden substances for more than 20 years. These substances, and products containing them, are classified as Forbidden because of their potential actions on various body systems when administered intravenously, intramuscularly, subcutaneously or orally. However, when used topically and as recommended by their manufacturers, these products have not been associated with a positive by the Federation.

As a practical matter, provided the products containing these substances are administered only topically and as recommended by the manufacturer, there is no need for restricting their use during competitions under USEF rules. However, if these substances are used inappropriately (e.g., in a manner other than topically), this could result in a positive finding in the blood or urine of the horse, which would be a potential violation of the rules.

One exception is the substance *capsaicin* and closely related analogues (e.g., *Capsicum Oleoresin* as found in Equi-Block®.) There were four drug violations associated with the detection of capsaicin in the blood following topical administration at the 2008 Olympic Games. Neither of these substances or other capsaicin derivatives should be used topically in any poultice or liniment within the 7 days preceding competition.

It is important to note that many preparations produced for the equine market routinely have their formulations changed without any published notice. It is for this reason that the USEF Equine Drugs and Medications Program typically does not comment on products by name, but requests lists of ingredients. It would be irresponsible for the USEF to list name brand products as Forbidden or Permitted as there is no control or notification of changes in their ingredients.

Please contact the Equine Drugs and Medications Program office by phone (800) 633-2472 or by e-mail at [medequestrian@aol.com](mailto:medequestrian@aol.com) if there are any questions regarding additional liniments than those addressed above.

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Scholarships...cont'd from page 1

The video scrapbook donated by Susan deSylvia was won by **Sarah Haney** by having her name drawn from a hat.

Please join me in congratulating our scholarship recipients and wishing them the best of luck in 2009. I'm sure we will all look forward to them sharing their experiences with the rest of us!

For those members who were not chosen, or anyone who plans to apply in 2010, there will be an article in the next Centaur with tips on preparing an effective application and on making your current application better. Please keep an eye open for it. There will also be some suggested changes to the process to make the paperwork a little simpler for everyone.

# President's Page

If it seems each month I use my column thanking several folks for their contributions to RMDS, you're right. Usually each year the RMDS membership climbs to over 1000, and there are a handful of folks who take hours out of their busy schedules to run and promote events for RMDS. It is because of these delightful members that RMDS stays alive and running in the dressage world.

A special "thank you" to Sharon Soos and the rest of the volunteers for successfully representing RMDS again this year at the Rocky Mountain Horse Expo. It's amazing how thirsty horse enthusiasts are for more knowledge of our sport!

I couldn't believe all the applications this year for the four RMDS scholarships! The life stories given by some of these folks were very touching. I wish we could have been able to give something to everyone who took the time and effort to apply. The RMDS Scholarship chair, Loni Gaudet, took many hours of her time making sure all the applicants had everything that was required, and then putting together a fair judging system for the scholarship committee to decide on the four win-

ners. Thank you Loni (and helper Simone Windeler) for all of the hours you spent pioneering this program! Congratulations to the winners!

Thank you to all who helped at the RMDS Winter Wake-Up Show! It is always a super fun start to the show year.

Adult Amateurs--don't miss out on the AA clinic! The total cost of the clinic is very low, and look at all of the stuff you get! Lori Mitchell put this together for you lucky AA's and what a fabulous clinic this will be. Thank you, Lori!

Since I am in a thankful mood, I want to thank the lady who bought my cow so I can be freed up to join a lot of you having fun this summer in the show and clinic scene! I hope she enjoys all of the hours she'll be spending milking while I'm out riding!

With forward thoughts,  
-Laura Speer, President, RMDS

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**Nancy Smith** is currently competing on Donneur and Donnatella at Grand Prix. Both horses are on track to gain the necessary Grand Prix experience and confidence on both the Florida and German indoor circuits in preparation for the 2010 Selection Trials.



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## Physical Possibilities for Training Problems

-Gigi Brittain, Trainer, 8th Heaven Farms, Castle Rock

**As a trainer, getting to know a new horse can be challenging...**

...as can hitting new roadblocks with one you've had for a period of time. When it comes to training issues, I always like to give the horse the benefit-of-the-doubt, and try to rule out any physical reasons for these resistances.

The following are a list of common problems I've encountered:

- **Lameness:** You'd think lameness would be obvious, but not always. Many bilateral lamenesses can be hard to see or feel. Sometimes the "bad step" only shows up in certain movements such as the half-pass. Hind end lameness can sometimes show up as a sore back. This is a good time for your veterinarian to do a lameness exam which includes flexions.
- **Teeth:** Just because your horse seems to be eating normally doesn't mean he isn't suffering from sharp edges or even ulcerations in his mouth. Also, the shape of a horse's mouth, like a "low palette," may create the need for a certain sized or shaped mouthpiece in a bit. Annual dentistry exams can keep your horse's teeth in shape.
- **Ill-fitting Saddles:** Saddles that are incorrectly fitted to your horse's back can create pressure points. Saddles shifting forward can create interference with freedom of shoulder movement, and getting tight in the back and base of the neck as well. Remember, as a dressage horse progresses in his work, his physique may change. Saddle flocking may need to be adjusted periodically, or a new saddle may be necessary to accommodate these changes.
- **Shoeing:** Balanced shoeing with an adequate break-over makes your horse's job easier. It creates less torque on the joints and soft tissue of the limbs. Corrective shoeing prescribed by your veterinarian may help keep your horse sounder and happier longer.
- **Gastric Ulcers:** Should be identified and treated by your veterinarian.
- **Hormonal Issues in Mares:** Should also be identified and treated by your vet.

In general, horses want to do the right thing. If yours says "NO," consider these possible physical reasons.

# Finding a Balance Between Suppleness and Impulsion

-Nancy Smith, Trainer, Wind Song Equestrian Center, Apopka, Florida

**Everyone will agree that suppleness and impulsion are key elements when it comes to riding the horse on the aids.**

I prefer to use the expression "on the aids" instead of "on the bit" because it presents a different mental image. When you picture a horse that is on the bit, the focus is on a horse with his face on the vertical and an arched neck that typifies the look of a dressage horse. Thinking of a horse that is "on the aids" takes that a step further in that it makes you think of the same image as "on the bit," but in addition, a horse that reacts well to the rider's aids.

Riders have heard their instructor say, "Ride the horse more forward!" That usually involves a couple of kicks from the leg and/or a touch of the whip to encourage the horse to add impulsion to his stride. How much is enough? Can you have too much impulsion? How do you know if there is too much impulsion? These are all questions the average rider has trouble evaluating. The best way to describe what you are seeking is a horse that is in front of your leg, but not past the control of your rein.

You know the horse is in front of your leg when his response to your leg is immediate and sustained for a few strides at a time. If you close your eyes while your horse is trotting, you should feel that most of his body is in front of where you are sitting. If you have the sensation that most of his body is behind you, you need to add more impulsion to the mix. Sometimes when you add more impulsion, the horse goes faster but leans more on the reins, therefore going past what the hand can regulate. Most riders get stuck bouncing back and forth between being slow but in control, or adding impulsion and giving up some

control. When the horse goes with more impulsion but less control, it's time to bring in the flexibility factor.

Suppleness or flexibility is the willingness of the horse to allow the action of the aids to pass through his body. That means that he accepts the forward driving aids, the half-halt, and he moves readily to the left or right. You will find that each time you add or subtract impulsion from the horse, the suppleness will have to be negotiated again.

How does the rider create suppleness? The horse is made more flexible through riding bending lines (circles, serpentines, figure-eights) as well as lateral exercises (shoulder-in, and leg yield.) The rider has to be on a constant vigil to keep the horse supple enough that the horse does not control the bearing on the rein. The moment he braces against one or both reins, he braces his neck against the hand, thereby blocking the energy of the hind leg to flow freely through the body. This causes the horse's ability to accept the half-halt to be greatly diminished.

The ideal environment for training your horse is one where the impulsion doesn't overpower your ability to maintain suppleness, and where the impulsion isn't sacrificed while creating flexibility. Keeping that in mind, you must always train your horse at his level of acceptance of these principles. If the horse loses his flexibility and acceptance of the aids, causing the quality of his gait to be compromised, don't hesitate to take a moment to regain his balance and confidence. This would be a wonderful time to add a stretch circle or two for relaxing the horse. The reward will be a horse that moves in his most beautiful way through all the exercises. With time and patience, he will be able to meet your expectations, while maintaining impulsion and suppleness.

Nancy Smith has a classical background in Dressage and has been very successful training multiple horses to the Grand Prix Level. She has been a member of the United States Dressage Bronze Medal Team at the North American Championships, as well as the Alternate for the Pan American Games. Several horses ridden and trained by Nancy have been long listed for the Olympics and World championships with Nancy in the irons. She has had the opportunity to work both domestically and abroad with some of the greatest dressage masters of our time. In both 2006 and 2007 Nancy trained in Germany with Dressage Master Hubertus Schmidt.

Nancy has been featured  
in *Dressage Today*, and is also listed on Phelps Equine World's  
"Who's Who"

# About RMDS

## 2009 RMDS Executive Board

President .....	Laura Speer .....	970-371-2934 .....	riversidestables_evans@yahoo.com
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## Governing Bodies

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FEI JRYR Coordinator .....	Susan Rudman .....	303-697-8528 .....	sewrunred@msn.com
Website .....		www.usdfregion5.org	

US EQUESTRIAN FEDERATION, INC .....	859-258-2472 .....	www.usef.org
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USEF  
4047 Iron Works Parkway  
Lexington, KY 40511

***RMDS is a USDF Group Member Organization and RMDS members are automatically USDF Group Members.***

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# About RMDS

## RMDS CHAPTER MEETING SCHEDULE

**Arkansas Valley:** 3rd Thurs., location TBD, 6 pm.  
Brenda Haley, 719-275-0118,  
www.horsetop.net

**Boulder Valley:** 2nd Mon., even months, location TBD,  
Claudia Barkmeier 303-417-1675,  
claudiabarkmeier@yahoo.com,  
Nicole Donohue 303-678-8870,  
hobbyhorse6789@yahoo.com

**Colorado Springs:** 3rd Tues, location TBD,  
Simone Windeler 719-540-2000,  
wjsimone@msn.com  
www.CSDressage.org

**Foothills:** quarterly meetings, location TBD,  
Dolly Hannon, 303-919-4112,  
dollyhannon@msn.com

**Grand Valley:** 1st Thurs. each month, location TBD,  
Lisa Binse, 970-243-8543,  
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**High Plains:** 3rd Tues. each month, 7 pm, location TBD,  
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www.highplainsdressage.com

**Northern Colo.:** 3rd Tues., each month, location TBD,  
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popoagieranch@hotmail.com

**Western Colorado:** Judith Family,  
970-923-8832, dns@rof.net

## Meeting Schedule of the RMDS Executive Board

All RMDS Executive Board meetings occur on the second Thursday of every odd-numbered month. Steering Committee meetings are held on the second Monday of every even-numbered month. Board of Governor's meeting is held the second Saturday of Nov. Contact the Central Office for precise details.

## Omnibus 2009 Corrections

Page C-9	NAJYRC Qualifying Shows: Delete: June 19-20 Sage Creek I & II, Heber Valley, UT April 25-26 CSDA Dressage for the Cure is at Penrose, not Pueblo
Page C-19	8th Heaven Starter Series TD, May 2, Jeannette Hillery, Show Secretary, Cathy Van Berg
Page C-29	Boulder Valley Dressage April 26 Show, Open: March 26, Closes: April 16 August 30 Show, Open: July 30, Closes: August 20

## RMDS SPONSORED EDUCATIONAL EVENTS

All events are open to everyone to audit or participate unless otherwise stated. A great opportunity to continue your education.

### 2009

<b>April 4-5</b>	RMDS Winter Wake-Up Show, Norris Penrose Stadium, Colorado Springs
<b>May 8-10</b>	RMDS Adult Clinic with Leslie O'Neal Olsen, Freedom Farm, Parker
<b>June 14-17</b>	Junior Camp, 8th Heaven Farms, Castle Rock
<b>July 10-11</b>	USDF Youth Team Championships & USDF AA Team Championships, Autumn Hill
<b>Sept 24</b>	Rocky Mountain Series-Sport Horse Breeding Finals & USDFBC Finals, Colorado Horse Park, Parker
<b>Sept 25-27</b>	RMDS Open and Championship Show. Colorado Horse Park, Parker

For details on these and other RMDS events:

- Contact Heather Petersen, 719-683-8435, slush@drgw.net - Education Chairman
- Read the Centaur, or go to the website at [www.rmids.org](http://www.rmids.org)
- Contact the RMDS Central Office 720-890-7825, or email [rmids@rmids.org](mailto:rmids@rmids.org)

# The Centaur Newsletter

**The Centaur** newsletter is published monthly. To guarantee that ads and articles will run in a given month, they must be received by the 10th of the month prior to the month of publication, i.e. January 10 for the February edition. If not received by the deadline, articles and ads may be placed in the following issue, if not time sensitive.

## CONTACT INFORMATION

For article suggestions, articles, columns, letters-to-the-editor: Centaur Editor, Cathy Van Berg, 1767 Rose Petal Lane, Castle Rock, CO 80109, Phone: 303.916.6136, email: vanbergc@yahoo.com

## ADVERTISING

RMDS Office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301, Phone: 720.890.7825, email: rmds@rmds.org

## DISPLAY ADVERTISING

For information about corporate advertising and/or sponsorship, please contact Beth Geier (contact info above.)

Artwork (ads) must be provided in electronic format. Acceptable forms include: jpeg, pdf, tiff, eps, and doc. IF UNSURE ABOUT AD FORMATTING, please contact the editor (contact info above) for consultation. No substitutions may be accepted. If your ad is submitted in a file format other than those listed above, you will be contacted regarding an additional charge for reformatting or redesign. Hourly charge for redesign/reformat is \$35, in minimal units of one hour.

Please be sure to include a printed version of your ad with your payment so that the ad may be proof-read against the electronic version. Printed ad copy cannot be used as final art.

## CLASSIFIED ADS

Classified ads may be submitted via email to the RMDS office (address above.) You may also type or hand-write a classified ad and mail it to RMDS headquarters, attn: Beth Geier, **The Centaur**. Please limit your classified ad copy to 50 words or less. Exceeding 50 words will result in additional charges per line.

## PAYMENT AND AD COPY DELIVERY

Email ads to: rmds@rmds.org, and cc the electronic copy to vanbergc@yahoo.com. Send payment and hard-copy to the RMDS office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301.

## AD RATES AND SIZE SPECIFICATIONS

Classified \$20 per item for sale (includes web listing.) 50 words maximum. Classified w/photo \$32 per item for sale.

Full Page.....	\$150	.....7.5" x 9.5"
Half Page.....	\$90	.....7.5" x 4.75"
Outside back half .....	\$105	.....7.5" x 4.75"
1/4 Page (Vertical Only) .....	\$55	.....3.75" x 4.25"
1/8 Page (Business Card) .....	\$30	.. 3.625" x 2.25" (horizontal only)

Ask about discounts for multi-month or annual ad contracts.

Payment for ads is due on the 10th of the month. If not received by the following 10th of the month, the person will be listed on the RMDS website under the suspended category.

## EDITORIAL POLICY

Articles submitted for publication will not be returned. Please contact the editor before submitting unsolicited articles or photos. Articles represent the work and views of their authors, and not necessarily the RMDS, its officers or employees.

# Utilize the RMDS Network:

## Trainers and Instructors - Get on the Web and Build New Business

If you wish to increase business, you can place your information on the RMDS website at very low cost. Send information to: RMDS Central Office, 2942 Park Lake Dr, Boulder, CO 80301, Phone 720.890.7825, or email: rmds@rmds.org (note on subject line "Trainer Info".) Please include your name, phone, postal address, email, training locations and other pertinent info, i.e. award, certifications, lesson types, schooling horses, etc.

The website averages 200 hits per month on the trainer page and RMDS receives 25-30 emails per month requesting names of trainers in the RMDS region. Don't miss the opportunity to expand your client base and gain recognition.

Cost is \$50 annually. Mail check to: RMDS Central Office, 2942 Park Lake Drive. Boulder, CO 80301.

## Advertise Events on the RMDS Website

Website ads on the RMDS site provide your event with high visibility. Your ad will run for one month from the date it first appears. Unless the RMDS Central Office is notified in advance (rmds@rmds.org), the ad will be removed from the website once the date of the event advertised has passed.

Please limit content of the ad to 20 words. Your email and website addresses will be displayed as links.

Because of the implicit connection to the RMDS, we reserve the rights to:

- Refuse any ad.
- Edit ad content.
- Limit the number of ads displayed at any one time.

## Important Info on RMDS membership

Awards are based on the information on your membership card. Be sure to double-check everything very carefully.

Duplicate cards are available for \$2.00. If emailed to you, they are free. Request a new one by mailing the Central Office at rmds@rmds.org.

Proof of adult amateur status must be sent to the Central Office every year. Showing proof at shows is not enough for the year-end awards. Owner, rider, and horse MUST be current members PRIOR to any ride for the score to count towards qualifying for RMDS Championships and for qualifying for any year-end award. If PONY is not listed under breed and you have a pony, send a copy of the measurement form or the permanent pony card to the Central Office. Remember, membership and its details are your responsibility. Be sure corrections are made.

# About RMDS

## Technical Delegates, Judges, and Certified Instructors Dressage Judge Ratings and Levels Qualified to Judge

Any class ridden before a judge not qualified to judge at that level must ride "Hors d'concours" where the score does not count.

Status	Status	Levels	Status	Status	Levels
"L"	Learner*	Training - Second (RMDS only)	"S"	Senior	All
"I"	Recorded	Training - Second	"I"	International	All
"R"	Registered	Training - Fourth	"O"	Olympic	All

\*may only judge at RMDS recognized shows.

### FEI 'I'

Janet Foy 719-260-1566

### USEF 'S'

Debbie Riehl-Rodriguez 303-642-7708  
Sandra Hotz 303-817-2030  
Anita Owen 303-953-9904

### USEF 'R'

Janet "Dolly" Hannon 303-919-4112  
Kristi Wysocki 303-648-9877

### USEF 'r'

Loni Gaudet 970-532-0852  
Amy Jablonovsky 970-493-2833  
Suzanne Zimmer 303-478-8325

### USDF 'L' Graduates (Schooling and RMDS

Only recognized shows)

Simone Ahern-Harless\* 719-749-9274  
Barbara Bell (WY) 307-548-7079  
Gigi Brittain\* 303-646-1506  
Julie Burt 719-372-6270  
Rae Ann Cook\* 970-225-1408  
Marti Foster\* 303-277-1132  
Beth Geier 303-673-9840  
Jan Goodrich-Spear 303-664-0152

Gwen Ka'awaloa\* 303-646-4363  
Linda Coates-Markle 303-469-0279  
Sarah Martin\* 719-379-3716  
Kathleen Mayger\* 970-310-8729  
Linda Ohlson-Gross\* 303-840-9818  
KC Parkins-Kyle 303-841-9953  
Kathy Simard\* 720-981-4448  
Maria Wasson 303-682-9594  
Simone Windeler 719-540-2000

\*Denotes Graduation with Distinction

### Dressage Sport Horse Breeding Judges

Janet Foy 'R' 719-260-1566  
Debbie Riehl-Rodriguez 'R' 303-642-7708  
Kristi Wysocki 'r' 303-648-9877

### Technical Delegates USEF

Eva-Maria Adolphi (UT), r 801-254-3247  
Rusty Cook (NM), r 505-877-1456  
Veronica Holt, R 303-646-3829  
Laurie Mactavish, R 970-390-5160  
Heather Petersen, r 719-683-8435  
Deeda Randle (WY), R 307-638-6737  
Catherine Siemiet, r 719-942-5311  
Dianne Stanley (MT), r 406-652-4061  
Libby Stokes, r 303-688-2795

### TD, RMDS sanctioned shows only

Joan Clay 970-420-0887  
Jeannette Hillery 303-494-7718  
Susan Selby 970-227-9530  
M. Elaine Thomas 719-495-1510

### USDF Certified Instructors

#### Training - Second

Julie Burt 719-372-6270  
Jill Cantor Lee 970-686-9163  
RaeAnn Cook 970-225-1408  
Janet "Dolly" Hannon 303-279-4546  
Sabine Kallas 307-733-9497  
Ellene Kloepfer 303-828-3879  
Clayton Martin 719-379-3716  
Sheri Mattei-Mead 970-669-3733  
Kathryn Meistrell 303-550-5130  
Bridget Milnes 303-660-4986  
Kristi Wysocki 303-648-9877

#### Training - Fourth

Simone Ahern-Harless 719-749-9274  
Nancy DeVaney 303-681-2516  
Loma Fowler 303-841-0417  
Sarah Martin 719-379-3716  
Kathy Simard 720-981-4448  
Melinda Weatherford 970-484-5218

**The line between brilliance and explosion is always fine, but it is  
the place where genius always thrives.**

*-Robert Dover, Dressage Today, 7/96*

# RMDS Jr/YR CAMP June 14-17, 2009

Top local trainers  
Fascinating guest speakers on horsey topics  
A horse obstacle course  
Barbecue and S'mores  
Art contest  
a show with an L judge - and more!

Spend four days with your horse camping right outside the stable with your friends at host 8th Heaven Farms in Castle Rock. K.C. Parkins Kyle and Beverly Swanson will supervise. We will be staying in two person tents. (If weather is poor, indoor option is available). We will ride 2 times daily: One lesson, one fun ride. Three meals a day, tons of informational sessions, and a fun horse show on the last day. Take care of your own horse by cleaning his stall, feeding, watering, and have a great time meeting new horsey friends.

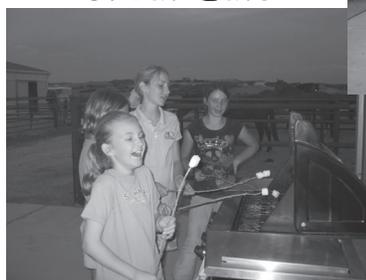
Great Trainers



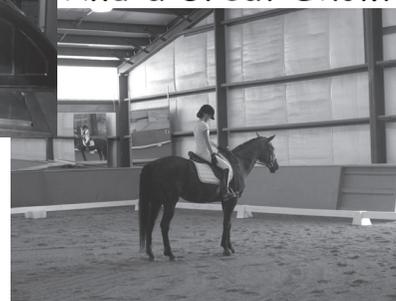
Great Friends



Great Eats



And a Great Show!



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## RMDS JR/YR Camp Registration 2008

This year's JR/YR Camp will be held June 14 - 17. Cost is \$295 per camper, ages 10-18, boys or girls who ride and can bring a horse. The lease of a school horse is optional if your horse isn't quite ready yet. (Call K.C. for details).

Fill out the form below in order to reserve your spot at camp. A deposit of \$100 written to RMDS is required to secure your reservation. It is refundable up to June 1, 2009. A packet of registration materials will be sent to you upon receipt of your deposit.

Address of camp:

8th Heaven Farms, 5555 S. Lake Gulch Rd., Castle Rock, CO 80104. Phone: (303) 688-5727

Address of director:

K.C. Parkins-Kyle, 2870 Flintwood Rd., Franktown, CO 80116. Phone: (303) 841-9953

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Guardian name(s): \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone number: \_\_\_\_\_ Other #: \_\_\_\_\_

Deposit check # \_\_\_\_\_

Please send registration to 8th Heaven Farms at 5555 S. Lake Gulch Rd., Castle Rock, CO 80104 attention: 'JR/YR Camp'; with check written to 'RMDS', memo: Jr. Camp

# My Dilemma: Artificial Aids – To Use or Not to Use?

-Carol von Michaelis, Little Raven Training, Morrison

**You may have noticed** a group of very enthusiastic and energetic young riders surrounded by an equally supportive group of parents at some RMDS shows lately. Our parents bring a different flair to the dressage sidelines with their occasional “wave” and the appearance of a tailgating party at our trailers.

It is fun to introduce children and adults to the art of dressage and my goal is to teach it correctly. I care very deeply for my students and the horses that are in our care, and have found my passion with them. Our wide array of colorful and unique horses have all come from different backgrounds ranging from abused, ranch, gymkhana, vaulting, and backyard pets. The kids are doing a fantastic job training them and do not use any artificial aids to do so. They are encouraged to learn the training pyramid and really get the horse relaxed and rhythmical before asking for collection. As a result, our horses may not always be perfectly steady in the bridle.

I visit a lot of different barns and am always observing, and have noticed more and more draw reins, martingales, curb bits, and spurs being used in training lately. Trainers who use artificial aids do seem to get faster results, and their students do well at shows. My teenagers spend countless hours working on rhythm and relaxation, and it is difficult for them to watch friends getting their horses “round” and “in front of the leg” in one lesson using German martingales, whips, and western spurs.

Sometimes I start to doubt myself as a proponent of waiting to ask for collection and not using artificial aids unless it's a last resort. Having this dilemma, I did what someone who grew up in my generation would do. I searched the internet. My main source of internet information became Wikipedia, with which I was surprised to see not only discussion of the use of these training aids, but also the misuse and dangers of some of them as well. I read online debates from people on both sides of the argument, some believing that artificial aids are a necessary part of training, while others thought it to be unnecessarily cruel.

Still not satisfied, I consulted some of the trusted trainers I've worked with and been judged by. I emailed a survey requesting information on the use of these aids and their feelings about them. I've reported the results below.

First, I'll list the Wikipedia (<http://en.wikipedia.org>) definitions for the training aids under discussion (which were not included in the survey):

## **Draw Reins**

“The terms ‘draw reins’ and ‘running reins’ are often used interchangeably in the English disciplines. The terms most often refer to reins which go from the rider's hand, through one bit ring (outside to inside), and attach to the girth. Usually this style is called a

‘running rein,’ though the term ‘draw rein’ is also sometimes used. Some styles attach directly to a regular snaffle rein, which limits the degree of force applied, while others slide freely and with little limit to the leverage that can be applied. Another style, also called a ‘draw rein,’ runs from the rider's hands, through the bit ring (outside to inside), over the poll, through the other bit ring, and back to the rider's hands, without attaching to the girth.

Misuse usually involves the rider pulling the horse's head in to achieve a “headset” rather than getting the animal correctly on the bit. Like the equally controversial practice of ‘Rollkur,’ the horse does not flex properly at the poll, but rather flexes improperly at a lower neck vertebrae. This practice often results in a horse that is working in a ‘headset’ or ‘outline’ that, to the inexperienced observer appears acceptable, but the horse has no self-carriage or suppleness and does not properly engage its hindquarters.

These pieces of equipment can have very detrimental effects if they are adjusted tightly, used strongly, or if used for long periods of time. Horses may become hard-mouthed and heavy, and they will begin to travel on the forehand if the rider can't keep sufficient impulsion. Additionally, many horses that are continuously or incorrectly ridden in draw or running reins may never learn to engage the hindquarters and lift their withers for self-carriage, and this habit may permanently damage their training. In extreme cases, horses may develop neck and back pain from being forced to hold an artificial position for long periods of time.

It was this improper flexion that ruined the reputation of their inventor, William Cavendish, 1st Duke of Newcastle-upon-Tyne.

That being said, competent riders who correctly and tactfully use the draw and running reins can have success in correcting specific problems in horses that require retraining to get rid of bad habits. These are often the riders who use the equipment the least, because they can achieve correct results through good riding instead of gadgets.”

## **The Standing Martingale**

“The standing martingale has a single strap which is attached to the girth, passes between the horse's front legs, and is fixed to the back of the noseband. To prevent it from catching on other objects, it also has a neck strap. A variation is attached to a breastplate in lieu of a neck strap. When correctly fitted it should be possible to push the martingale strap up to touch the horse's throatlatch.

The standing martingale is considered to be more restrictive than the running martingale because it cannot be loosened in an emergency and is illegal in most flat classes. Therefore, at horse shows, the standing martingale is primarily used for jumping over relatively low fences where the horse is less likely to need to raise his head for balance. A horse that trips in a standing martingale can fall more easily because its range of motion is restricted.

Due to the risk of injury to the cartilage of the nose, the martingale

# 2009 Shows and Events

All shows are RMDS recognized except schooling shows.

## APRIL 2009

Every

- TU,TH** **Dolly Hannon Clinics, Roberts Ranch, Littleton**  
Contact Dolly, 303-919-4112
- 4-5** **RMDS Winter Wake-Up-Penrose-Colorado Springs-USEF-YR Qualifier**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 10-11** **Peter Borggreve Clinic, Lookout Ridge Farm, Boulder**  
Contact Gwen Dordick 303-885-3363
- 14** **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 18-19** **Nancy Smith Clinic, 8th Heaven Farms, Castle Rock**  
Contact Beverly Swanson, 303-688-5727, eighthheavenhorses@yahoo.com
- 24** **Arabians for the Cure at the Peak, Norris-Penrose Event Center, Colorado Springs, Open USDF/USEF**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 25** **Mariah Farms Schooling Show**  
Contact Lisa Lamke, 303-660-2456, llamke@msn.com
- 25** **Boulder Valley Schooling Show-Boulder**  
Contact Beth Geier, 303-673-9840
- 25-26** **Paul Belasik Clinic, 8th Heaven Farms, Castle Rock**  
Contact Beverly Swanson, 303-688-5727, eighthheavenhorses@yahoo.com
- 25-26** **CSDA Dressage for the Cure-Penrose-Colorado Springs-USEF, YR Qualifier**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 26** **Boulder Valley Spring Fling-Boulder**  
Contact Beth Geier, 303-673-9840
- 28** **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

## MAY 2009

- 2** **8<sup>th</sup> Heaven Starter Series #3-Castle Rock**  
Contact Beverly Swanson, 303-688-5727, eighthheavenhorses@yahoo.com
- 2-3** **Debbie McDonald Clinic, Canon Ridge Farms, Castle Rock**  
Contact Kristen Allen, 970-571-3660
- 3** **Autumn Hill Sunday Series #1-Longmont**  
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net
- 8** **Grand Valley Dressage Spring Show #1-USEF**  
Contact Kathy Sassano, 970-245-0806
- 8-10** **RMDS Adult Clinic with Leslie O'Neal Olsen-Freedom Farm-Parker**  
Contact Lori Mitchell, 303-816-2375, 303-204-9951, baffleddressage@aol.com
- 9** **Whispering Winds Schooling Show #1, Monument**  
Contact Simone Windeler, 719-287-2040, wjsimone@msn.com
- 9-10** **Grand Valley Dressage Spring Show #2-USEF**  
Contact Kathy Sassano, 970-245-0806
- 12** **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

- 15-17** **Ralf Schmitzer Spring Clinic I, Whispering Winds, Monument**  
Contact Simone Windeler, 719-287-2040, wjsimone@msn.com
- 16** **Rocky Mountain Dressage I-Longmont-USEF**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 17** **Rocky Mountain Dressage II-Longmont-USEF**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 19-21** **Ralf Schmitzer Spring Clinic II, Whispering Winds, Monument**  
Contact Simone Windeler, 719-287-2040, wjsimone@msn.com
- 23** **Pendragon Stud RMDS Dressage Show-Larkspur**  
Contact Leslie Terry, 303-688-4147
- 23-25** **Ralf Schmitzer Spring Clinic III, Skylark Farm, Franktown**  
Contact Simone Windeler, 719-287-2040, wjsimone@msn.com
- 26** **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 29** **Dressage in the Plains #1-Peyton, CO-USEF**  
Contact Camille Griffin, 719-488-2812, camillegriffin@msn.com
- 30** **Mariah Farms Schooling Show**  
Contact Lisa Lamke, 303-660-2456, llamke@msn.com
- 30-31** **Ned Marshall Memorial Show-Grand Junction-USEF**  
Contact Kathy Sassano, 970-245-0806
- 30-31** **Dressage in the Plains #2-Peyton, CO-USEF**  
Contact Camille Griffin, 719-488-2812, camillegriffin@msn.com

## JUNE 2009

- 5** **Dressage at High Prairie #1-Parker, CO-USEF, YR Qualifier**  
Contact Glenda McElroy, 818-841-3554
- 6** **Dressage at High Prairie #2-Parker, CO-USEF-BREED, YR Qualifier**  
Contact Glenda McElroy, 818-841-3554
- 7** **Dressage at High Prairie #3-Parker, CO-USEF, YR Qualifier**  
Contact Glenda McElroy, 818-841-3554
- 6-7** **NCDA Rocky Mountain Classic-Cheyenne-USEF**  
Contact Laura Speer, 970-371-2934
- 6-7** **Millbrook Farms Dressage Show-MT-USEF**  
Contact Jan Lawrence, 801-768-8739
- 9** **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 13** **Whispering Winds Schooling Show #2, Monument**  
Contact Simone Windeler, 719-287-2040, wjsimone@msn.com
- 14-17** **Junior Camp-8<sup>th</sup> Heaven-Castle Rock**  
Contact Beverly Swanson, 303-688-5727, eighthheavenhorses@yahoo.com
- 19** **Sage Creek Dressage #1-UT-USEF**  
Contact Jennifer Layman, 435-901-3480
- 20** **Sage Creek Dressage #2-UT-USEF**  
Contact Jennifer Layman, 435-901-3480
- 21** **Centaur Rising Dressage Show I-Pine, CO**  
Contact Kristann Cooper, 303-838-5086, kris@anchoragefarm.com
- 21** **Lynn Klisavage Benefit Show, Sun Prairie Farms, Peyton**  
Contact Camille Griffin, 719-488-2812, camillegriffin@msn.com

# 2009 Shows and Events

- 23 **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, [www.geocities.com/ingolfn/](http://www.geocities.com/ingolfn/)
- 27 **Autumn Hill Dressage Festival I-Longmont, CO-USEF, YR Qualifier**  
Contact Julie Barringer-Richers, 720-341-5033  
[jbarringerrichers@comcast.net](mailto:jbarringerrichers@comcast.net)
- 28 **Autumn Hill Dressage Festival II-Longmont, CO-USEF, YR Qualifier**  
Contact Julie Barringer-Richers, 720-341-5033  
[jbarringerrichers@comcast.net](mailto:jbarringerrichers@comcast.net)

## JULY 2009

- 7 **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, [www.geocities.com/ingolfn/](http://www.geocities.com/ingolfn/)
- 10 **Wasatch Back Dressage Festival I-Heber City-UT-USEF**  
Contact Alison Child, 435-640-3287, [achild@kirwin.com](mailto:achild@kirwin.com)
- 11 **Wasatch Back Dressage Festival II-Heber City-UT-USEF**  
Contact Alison Child, 435-640-3287, [achild@kirwin.com](mailto:achild@kirwin.com)
- 13 **Whispering Winds Schooling Show #3, Monument**  
Contact Simone Windeler, 719-287-2040, [wjsimone@msn.com](mailto:wjsimone@msn.com)
- 10-11 **USDF Youth Championships & USDF Adult Amateur Championships-Autumn Hill Farm-Longmont**  
Contact Julie Barringer-Richers, 720-341-5033  
[jbarringerrichers@comcast.net](mailto:jbarringerrichers@comcast.net)
- 12 **Autumn Hill Sunday Series #2-Longmont**  
Contact Julie Barringer-Richers, 720-341-5033  
[jbarringerrichers@comcast.net](mailto:jbarringerrichers@comcast.net)

- 17 **Dressage at the Peak Summer Warm-up-Colorado Springs-USEF**  
Contact Heather Petersen, 719-683-8435, [slush@drwgw.net](mailto:slush@drwgw.net)
- 18-19 **Dressage at the Peak II Summer-Colorado Springs-USEF**  
Contact Heather Petersen, 719-683-8435, [slush@drwgw.net](mailto:slush@drwgw.net)
- 21 **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, [www.geocities.com/ingolfn/](http://www.geocities.com/ingolfn/)
- 22-26 **NAJYRC-Kentucky Horse Park**  
Contact Susan Rudman, 303-697-8528, [sewrunred@msn.com](mailto:sewrunred@msn.com)
- 25 **Autumn Hill Dressage Festival III-Longmont, CO-USEF+**  
Contact Julie Barringer-Richers, 720-341-5033  
[jbarringerrichers@comcast.net](mailto:jbarringerrichers@comcast.net)
- 26 **Autumn Hill Dressage Festival IV-Longmont, CO-USEF**  
Contact Julie Barringer-Richers, 720-341-5033  
[jbarringerrichers@comcast.net](mailto:jbarringerrichers@comcast.net)
- 31 **Dressage in the Rockies #1-Parker, CO-USEF**  
Contact Glenda McElroy, 818-841-3554

## AUGUST 2009

- 1 **Dressage in the Rockies #2-Parker, CO-USEF-BREED**  
Contact Glenda McElroy 818-841-3554
- 1 **Sage Creek Dressage #3-UT-USEF**  
Contact Jennifer Layman, 435-901-3480
- 2 **Dressage in the Rockies #3-Parker, CO-USEF**  
Contact Glenda McElroy 818-841-3554



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# 2009 Shows and Events

- 2 **Sage Creek Dressage #4-UT-USEF**  
Contact Jennifer Layman, 435-901-3480
- 1-2 **Cheyenne Dressage & Eventing Club Open Dressage Show-Cheyenne-USEF**  
Contact Rowena Heckert-307-632-4151, rheckert@msn.com
- 4 **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, www.geocities.com/ingolfin/
- 8 **Whispering Winds Schooling Show #4, Monument**  
Contact Simone Windeler, 719-287-2040, wjsimone@msn.com
- 9 **Autumn Hill Sunday Series #3-Longmont**  
Contact Julie Barringer-Richers, 720-341-5033  
jbarringerrichers@comcast.net
- 9 **Centaur Rising Dressage Show II-Pine, CO**  
Contact Kristann Cooper, 303-838-5086, kris@anchoragefarm.com
- 15-16 **Dressage at Sun Prairie-Peyton, CO-USEF**  
Contact Camille Griffin, 719-488-2812, camillegriffin@msn.com
- 18 **Janet Foy Clinic, Reiterhof Ranch, Franktown**  
Contact Jody, 303-646-9520, www.geocities.com/ingolfin/
- 21 **Paragon Dressage I- -Estes Park-USEF-BREED**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 22 **Paragon Dressage II- Estes Park-USEF**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 22 **Utah Dressage Society Show #1-Saratoga Springs, UT-USEF**  
Contact Eva-Marie Adolphi, 801-254-3247, adolphi@redrock.net
- 23 **Utah Dressage Society Show #2-Saratoga Springs, UT-USEF**  
Contact Eva-Marie Adolphi, 801-254-3247, adolphi@redrock.net
- 23 **Paragon Dressage III- Estes Park-USEF**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 29 **CSDA Fall Schooling Show-Colorado Springs-Whispering Winds-Monument**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 30 **CSDA Fall Show-Colorado Springs-Whispering Winds-Monument**  
Contact Simone Windeler, 719-540-2000, wjsimone@msn.com
- 30 **Boulder Valley So Long to Summer Show-Longmont**  
Contact Beth Geier, 303-673-9840

## SEPTEMBER 2009

- 5-6 **Paul Belasik Clinic, 8th Heaven Farms, Castle Rock**  
Contact Beverly Swanson, 303-688-5727  
eighthheavenhorses@yahoo.com
- 5-6 **Grand Valley Dressage Fall Show & Western Slope Champs-USEF**  
Contact Kathy Sassano, 970-245-0806
- 13 **Foothills 'Last Chance' Dressage Show-Golden**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 24 **Rocky Mountain Sport Horse Breeding Championships & Qualifying Open Breed Show-USEF**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 25-27 **RMDS Championships and Open Show -Parker-USEF**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net

## OCTOBER 2009

- 3-4 **Millbrook Farms Fall Show**  
Contact Jan Lawrence, 801-768-8739
- 16-18 **Great American Insurance Group/USDF Regional Dressage Championship-Albuquerque, NM USEF**
- 17-18 **Fall Harvest Schooling Show-Grand Junction**  
Contact Kathy Sassano, 970-245-0806

## NOVEMBER 2009

- 14 **RMDS Board of Governors' Meeting, Colorado Springs**

## AUGUST 2010

- 20-22 **Paragon Dressage Shows I, II, III, Estes Park, CDI**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net

## SEPTEMBER 2010

- 15 **Rocky Mountain Sport Horse Breeding Qualifying Open Breed Show, USEF**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 16-19 **RMDS Championships and Open Show, Parker, USEF**  
Contact Heather Petersen, 719-683-8435, slush@drwg.net

## The RMDS Warning Card

-Katherine Simard

Katherine is a USDF "L" Graduate with distinction, and a USDF Certified Instructor through Fourth Level. She is the current acting dressage trainer at Mile High Horse Ranch for Lynn Klisavage, with a percent of proceeds going to the Lynn Klisavage Medical and Expense Fund.

**Have you ever been at a show and witnessed something that bothered you, but you didn't know what to do?**

Have you taken a step to speak up about it only to be rudely ignored? Since early 2004, RMDS has had a way to deal with these situations. It is the RMDS Warning Card (WC). Basically in a nutshell, the WC "is a tool to help 'police' the sport a bit" according to Janet Foy, FEI "I."

During the time the RMDS WC came into play, RMDS as well as USEF were having issues with people not listening to the Technical Delegates (TDs). According to Pat Leech who was chosen by Veronica Holt to originally draft the RMDS protocols, the official reason was because "there were numerous problems with people not listening to TDs, especially in regards to safety." Although all of the protocols were not adopted in their full form, RMDS did pave the way for the USEF protocols. As many of you know, RMDS shows are run under USEF rules.

There are WCs at all competition levels. FEI has Yellow cards. USEF and RMDS have Warning Cards.

Section XII of the RMDS Standing Rules - Protests, Charges, Hearings and Warnings, refers to the WC procedures within RMDS. The RMDS Rules are found in your Omnibus. This section refers to the USEF Rule Book as the default. If you are not a member of USEF, you can go to their website for the information. USEF General Rule 1036 Warning Card - Steward and Technical Delegates detail the procedures. The official RMDS Warning Card form, available at shows and from the RMDS Central Office, also outlines these procedures at the top of the page. Here are the procedures as briefly as I can put them:

- A WC may be issued by a Steward, TD, or Competition Official against a Competitor, Participant, or Spectator for improper conduct or non-compliance with the rules, but the issuer considers the conduct not severe enough to file a formal charge. This can refer to behavior or a specific incident.
- To issue a WC, the official must complete the form and provide a copy to another official officiating at the competition who must sign the form acknowledging receipt of the copy. According to USEF, if possible, the official should obtain the name of at least one witness to the alleged behavior or incident. A USEF rule change last year makes it no longer necessary to have two signatures, but one must confer with at least one official.
- A signed copy is given to the alleged offender at the competition and a copy is sent to RMDS with the Steward or TD Report. RMDS sends acknowledgement of receipt to the offender.

Issuance of a WC does not prevent a charge from being filed. USEF has done so in the past. According to Elisabeth Williams, FEI Dressage Chief Steward, "if a violation of rules is considered grave enough AND it is reported correctly, the USEF can bring the matter before the Hearing Committee which will then decide on proper punishment." Also, according to the USEF, a protest can be filed and charges can be investigated under General Rules 602-604. USEF also has a policy that three WCs within a twelve month period may result in a fine or a formal charge alleging rules have been violated.

Now you know the HOW. Next is the WHY. According to Pat, a former RMDS TD and Executive Board member, the RMDS need for a separate report came from incidents being included within RMDS TD reports with no resulting consequences. A separate form that the alleged violator signs gives some teeth to the TDs, judges, show officials, and competitors who want to report rule violations. Here are some examples of situations a judge, show manager, or competitor might bring to the attention of the TD and ask for a Warning Card to be issued.

1. You are at a show and see a horse in warm-up and then in a test. The test does not go very well. The rider and maybe trainer decide to go back to the warm up with the horse. No problem. But they ride that horse, and ride it, and ride it. No blood. No excessive sweat, but they ride it and ride it with no end in sight. All you can think is enough already, nothing is changing! - Warning Card - over riding/abuse of horse.

2. You are near the show ring and hear someone yelling and heckling the judge about a score, or in general the scoring from earlier in the day. The language is not only loud, it is abusive. (This could be at the score board too.) - Warning Card - Verbal Abuse/ Un-sportsmanlike behavior. Note: This could go both ways with a judge using abusive language towards a competitor.
3. An RMDS Show provides a grass area for lunging separate from the warm-up arena. The show is attended by a large amount of training and intro riders, especially children. An adult chooses to lunge their horse in the middle of the warm-up arena. The TD decides it is unsafe due to the amount of kids with limited control of their horses. The TD tells the person it is unsafe and to move to the designated lunging area. The person lunging the horse declares the footing to be poor in the lunging area and refuses to leave. Instead, a member of the lungers party adds cones around the arena creating more obstacles for riders to avoid. Show management does not care to take a stand even though it is a liability issue. - Warning Card to the competitor and possibly to show management too. - Unsafe.

The next two examples come from Janet Foy and could be instances where the Warning Card becomes a charge.

4. A Competitor is constantly using their whip during a test. The judge gives the rider a 4 and calls the TD over. Turns out there is blood near the spur. The horse was a Friesian so it was hard to see from the judges booth. The TD got the blood on her glove which she saved. Show management came over and all three parties sign the WC. The form along with the bloody glove are sent to USEF.
5. A horse is in the show ring with obvious whip marks on its side. The judge tells the runner to call the TD over during the test. The judge holds the rider in the arena while the TD comes over. TD and Judge sign the WC form.

In all of these instances the involvement of the TD is important, although not required. (A show official, judge, or competitor may have an issue with a TD.) What is required is that at all levels, a WC form be filled out. As Elisabeth states, "The main thing here, and I cannot stress this enough, is that our TDs have enough backbone to report incidences, actually putting in black and white the names of the perps. Without TDs with enough guts out there, nothing will ever get done." It is also important to remind everyone that at all shows there are evaluation forms of the judges, the footing, and in general how the show was run. Please use them!

In the end, no one wants to have a bad experience at a show. The Warning Card gives some teeth to a conversation. It gives comfort to someone who witnesses something that bothers them. It gives tangible consequences to an ignorant action. Most of all it gives safety to our horses, and our volunteers, officials, competitors, and our sport.

*Many thanks to Elisabeth Williams, Janet Foy, Veronica Holt and Pat Leech for their help with this article!*



### RMDS Membership Form

RMDS is a USDF Group Member Organization. All members are automatically USDF Group Members.

Individual Membership - \$55.00 (\$60 after January 1)

Additional family members (same address) - \$40

Business Memberships- \$75.00 Centaur newsletter only - \$35.00 Life Membership - \$650.00

All business memberships include one individual membership.

Please include all information for person designated as individual member.

All individual members will receive Centaur newsletter & the Omnibus.

Indicate Local Chapter (only one):

- Arkansas Valley
- Boulder Valley
- Colorado Springs
- Foothills (Golden, Evergreen)
- High Plains (Parker, Littleton, Aurora)
- Northern Colorado (Fort Collins)
- Penrose (Canon City)
- Tri-State (Wyoming, Adjacent States)
- Western Colorado (Aspen, Vail etc)
- Grand Valley (Grand Junction)

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/ZIP \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (E-Mail) \_\_\_\_\_

USDF No. \_\_\_\_\_ Occupation \_\_\_\_\_

Names, DOBs, & USDF #s of additional family members \_\_\_\_\_

I pledge \$ \_\_\_\_\_ to go towards the RMDS pledge to the USDF Capital Campaign. (Include amount with your membership check)

Type of Membership: (check one)  Individual  Business  Family  Centaur Only

\_\_\_\_\_ Please remove my name from lists sold by RMDS  Renewing member: Need another binder-**include additional \$8.00**

-----Tear Here-----

### Horse Registration Form

→ Horses must be registered with RMDS to be eligible for year-end awards and for horse-of-the year award.

→ Eligibility starts on the date the envelope containing this form and check is postmarked.

→ The name on this registration must be the same as that used on horse show entry forms.

Lifetime Horse Registration Fee - \$40.00 Changes (i.e., owner or horse's name) \$15.00

Horse Name \_\_\_\_\_ Sex \_\_\_\_\_

Breed (if known) \_\_\_\_\_ Registration No. (include copy of papers) \_\_\_\_\_  
(list grade if no registry papers available.)

Owner Name(s) (one owner must be an RMDS member) \_\_\_\_\_

Address of Owner \_\_\_\_\_

Owner's Phone (Home) \_\_\_\_\_ (E-Mail) \_\_\_\_\_

Name of Representative (If owner is a business) \_\_\_\_\_

**Membership & horse registration acknowledged via postcard. Mail completed form with check made payable to RMD to: RMDS Central Office - 2942 Park Lake Dr. - Boulder, CO 80301 720-890-7825**

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\*Both of these competitions will be run as one show.

\*Entrants will be put on scramble teams

(Youth will only compete against other Youth and Adults against other Adults).

\*Medals, ribbons and other prizes will be awarded to teams as well as to individuals.

***CONCESSIONS WILL BE AVAILABLE AS A FUNDRAIDER FOR  
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Julie Barringer-Richers 720-341-5033 [jbarringerrichers@comcast.net](mailto:jbarringerrichers@comcast.net) or

Barb Goldman 303-618-9707 [barbgoldman@gmail.com](mailto:barbgoldman@gmail.com)

## Call For Centaur Articles

Do you love to write? See your byline in the Centaur! Give back to the dressage community and share your enthusiasm through informative articles.

Do you have a specialty the rest of the community would benefit in knowing about? We want to know!

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Contact: Cathy Van Berg, Centaur Editor at [vanbergc@yahoo.com](mailto:vanbergc@yahoo.com)

- May Topics: **Horse Health!** Looking for an article on Heat effects on horses
- June Topics: **Rider Fitness!** Pilates, Yoga, Diet, Meditation
- July Topics: **The Judge's Point-of-View**

## Silent Auction!

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strap should never be attached to a drop noseband. Because of the danger of both nose and jaw injuries, it also should not be attached to a figure-eight noseband. A standing martingale can be attached to the cavesson (the upper, heavier strap) of a flash noseband, but not to the lower, 'flash' strap.

A standing martingale may cause great pain to a horse if misused in combination with certain other equipment. If used in conjunction with a gag bit, a standing martingale can trap the head of the horse, simultaneously asking the horse to raise and lower its head and providing no source of relief in either direction. This combination is sometimes seen in polo, in some rodeo events, and occasionally in the lower levels of jumping.

Overuse or misuse of a standing martingale or tiedown, particularly as a means to prevent a horse from tossing its head, can lead to the overdevelopment of the muscles on the underside of the neck, creating an undesirable 'upside down' neck that makes it more difficult for the horse to relax and flex properly. It may also lead to a horse tensing its back muscles and moving 'flat,' especially over fences, all of which put undue pressure on the horse's spine, reduce the shock-absorbing capacity of the leg anatomy, and can, over time, lead to lameness. There is also a risk of accidents: If a horse is sufficiently 'trapped' by a combination of a too-short martingale and too-harsh bit, the horse may rear or fall down in an attempt to free itself from the source of pain."

### **The Running Martingale**

"The running martingale consists of a strap which is attached to the girth and passes between the horse's front legs before dividing into two pieces. At the end of each of these straps is a small metal ring through which the reins pass. It is held in the correct position by a neck strap or breastplate.

A running martingale is adjusted so that each of the 'forks' has about an inch of slack when the horse holds its head in the normal position. The reins make a straight line from the rider's hand to the bit ring when the horse's head is at the correct height, and the running martingale is not in effect.

When the horse raises its head above the desired point, the running martingale adds leverage through the reins to the bit on the bars of the horse's mouth. The leverage created by this pressure strongly encourages the horse to lower its head. A running martingale provides more freedom for the horse than a standing martingale. If a horse happens to trip on landing after a fence, the rider can slide the reins and the horse will have full use of its head and neck."

### **The German Martingale or Market Harborough**

"The German Martingale, also called a Market Harborough, consists of a split fork that comes up from the chest, runs through the rings of the bit and attaches to rings on the reins of the bridle between the bit and the rider's hand. It acts in a manner similar to a running martingale, but with greater leverage. It is not show legal and is used primarily as a training aid."

## **Survey Questions With Answers**

### **Q: Do you use Draw Reins?**

**A:** Never, occasionally, never, rarely, never, rarely, never

### **Q: Please explain when and why you would use Draw Reins, why you would/wouldn't use them.**

**A:**

- "Draw reins only put the horse on the forehand and also create tension – I find them useless."
- "On occasion for a student we use a running martingale if it is a safety issue and only then."
- "Don't believe in standing martingales at all – they can cause a horse to flip."
- "I wouldn't use them because they create artificial longitudinal flexion which is not continuous from behind. This defeats the intent of classical training and compromises the horse's body away from self carriage in postural muscle."
- "Only in the case of a very strong, unbalanced horse."
- "I very rarely use them, and then ONLY very loosely so that the leather swings, to encourage a young or stiff-necked horse to relax and drop the neck from the swing of the leather, and this, ONLY on the lunge, never mounted. I NEVER use them to coerce a horse to bring the horse "on the bit" or allow students to use them at all."
- "I use draw reins (temporarily) to help a horse learn how to yield to bending and lateral flexions. Never to 'tie' a horse's head down. I'd never jump a horse in draw reins!"
- "Creates artificial feel, not a tool a junior/young rider should use."
- "Very rarely and only by a experienced rider to help with retraining issues or safety issues."

### **Q: Do you allow your students to use Draw Reins or Martingales?**

**A:**

- "Running martingale only if warranted. It depends on the student and the situation and only under supervision."
- "Depends on the student."
- "I don't allow my students to use them at all. TOO DANGEROUS, AND THE POTENTIAL FOR ABUSE IS TOO GREAT."
- "Only when there is a safety issue."
- "Never, because I teach to reach the goal of real postural engagement."

### **Q: Do you use spurs?**

**A:** Occasionally, Always, Mostly, Sometimes, Sometimes

- "I do use spurs on certain horses and only use rowel spurs with a blunt endings since they are the clearest in setting an impulse, too short a spur will give bad leg position (open knee) and spurs that have straight ends can cut."
- "I feel that the spur is an advanced training aid, the use of which can be very subtle, and is not within the scope of the beginning rider. However, it has its place in training, not as a means of punishment, but as a means of a very subtle

communication from a quiet disciplined rider.”

- “I use them on a regular basis but don’t rely on them. I only use them to help a horse go from a light aid-I use them according to the need of the horse and the skill of the rider.”
- “If the rider’s leg is correct then I feel that it helps the horse achieve lighter aids.”
- “All of our students are advanced and ride with spurs.”

**Q: Do you use spurs and Martingales/Draw Reins together?**

**A:** Never, Never, Never, Mostly, Never, Normally not

**Q: What do you think about using Draw Reins/Martingales and spurs or whips together?**

- A:**
- “Whips and spurs are meant to support the leg and should be a quick short impulse. If the rider squeezes too much with the leg overall, you get a dull horse and neither a spur nor a whip will change that; here then some re-training will be required. Spurs and whips are refining aids not ‘get going at all costs’ aids.”
  - “It’s coercion, and an admission of lack of knowledge, or a willingness to be inhumane in order to get a quick result.”
  - “We don’t use Martingales. I feel like you need to have a strong enough driving aid to balance out the possible restrictions of the draw reins/martingales.”
  - “I never use martingales. Lots of research has been done on this and is in the book *Classic vs. Modern Dressage-Tug of War*.”
  - “Only when riding cross country at a high level.”

**Q: What do you think about Standing Martingales?**

**A:** “Dangerous,” “Bad idea,” “Restricts a horse’s ability to use his neck and back,” “Maybe if the horse has serious retraining issues and the rider has bad hands,” “Dangerous and should be abolished,” “ Never. Restrictive and one sided.”

**Q: What do you think about Running Martingales?**

- A:**
- “The only sensible solution when necessary, i.e. history of the horse throwing head up and leaving at a wild gallop.”
  - “Can be useful upon occasion, but never adjusted so as to force a horse’s head down.”
  - “Appropriate for jumpers and a useful safety tool.”
  - “Sometimes a ‘helper’ to the horse to break up tension from an inexperienced rider’s arms (when correctly fitted).”
  - “Only when going cross country as a safety measure to assist as a back up in high excitement.”

**Q: What do you think about German Martingales?**

- A:**
- “Cruel – works like a glorified draw rein.”
  - “As a training aid, bad idea. Can SOMETIMES help stabilize the hand of a stiff rider and minimize the effect of bad hands on a horse’s mouth, if not adjusted tightly, but it is better to put the rider on the lunge and work on the seat instead. Should never be used to achieve a ‘frame’.”
  - “Only with a very experienced rider.”
  - “Why not just use a draw rein? At least you can have more control of the pressure.”
  - “Never, as they create over-flexion and loss of topline continuity.”

Cont’d on page 24

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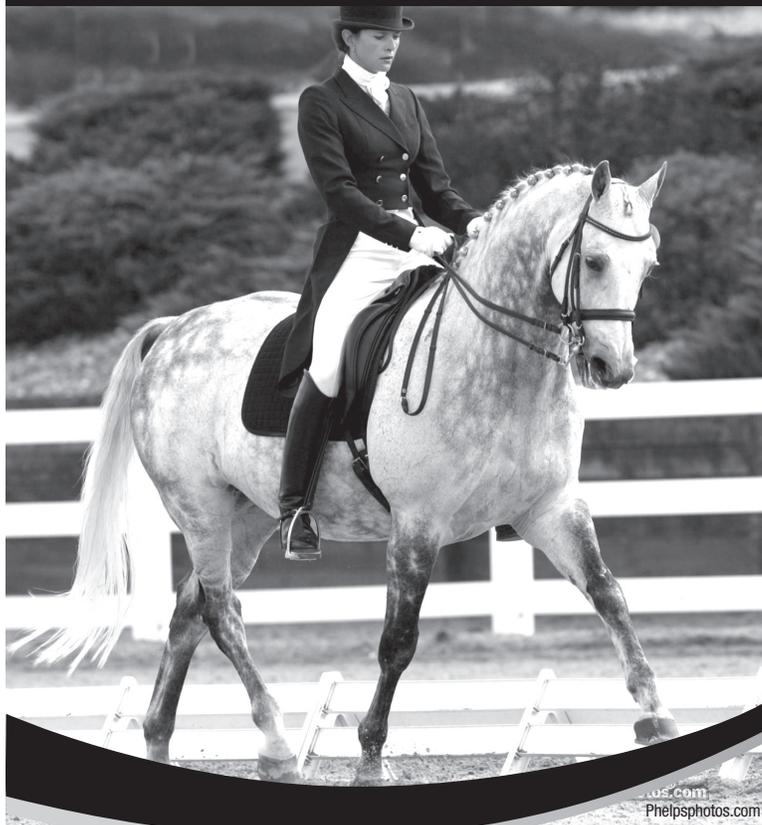


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Artificial Aids...cont'd from page 23

The books the trainers referred to in the survey reveal that this is not a new dilemma. As early as 400 BC, Xenophon was educating and training with "humane" methods, and in 1623 Pluvinel substituted the humane teachings by Xenophon with force and severe bits. This seemed to be the start of the dilemma about using classical methods or using harsh bits and "inhumane" training.

Here are a few great quotes in support of my conviction:

In *The Complete Training of Horse and Rider In the Principles of Classical Horsemanship* by Alois Podhajsky, Col. Podhajsky quotes Xenophon on page 17: **"Anything forced and misunderstood can never be beautiful."** And quoting Simon: **"If a dancer was forced to dance by whip and spikes, he would be no more beautiful than a horse trained under similar conditions."**

In *True Unity* by Tom Dorrance, I found the basis for my training method: **"It may seem like you will never get anything accomplished, but sometimes going slow is the quickest way to get there."**

In conclusion, it appears that using artificial aids correctly on occasion is acceptable, especially if there is a safety question. It is important that we use them occasionally rather than rely on them for long periods of time. However, my students will be encouraged not use them and instead persist with patience, timing, and correctness, even if it means our horses aren't always collected and steady in the bridle. I will keep encouraging my students not to get caught up in the ribbons, but rather to strive to improve their own riding and thus improve their horse. It is more important not to use quick fixes which can result in our horses becoming tense, have back and lameness problems, or become over bent. The kids need to understand the true meaning of collection and not just think about getting a "headset." Hopefully this patient and stepwise approach will be something they gain insight from in this "get it now" society they're growing up in.

*A huge thank you to Isabel Worth, Dolly Hannon, Jane Savoie, Patrice Edwards, Suzanne Primgaard, Simone Windeler, Bridget Milnes, Gigi Brittain, Frances Carbonnel, Heather Petersen, and Beverly Swanson for their responses.*

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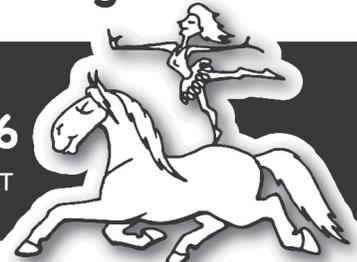
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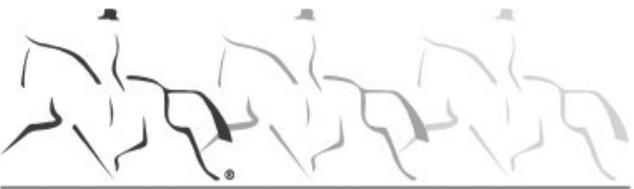
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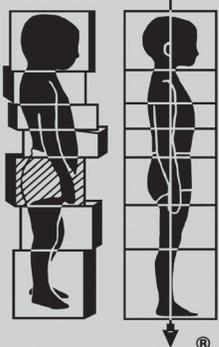


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(Unknown Proverb)

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