



## 2013 USDF Region 5 Youth & Adult Team Competition



Photo by Kathleen Bryan

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August 2013

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The RMDS e-Centaur offers color click-through ads for your company, product, service or item for sale. Rates are \$50 per issue and additional specifications can be found here.

### Volunteer Now!

Dressage in the Rockies, Aug 2-4. Contact Kristi Wysocki

Paragon CDI, Aug 16-18. Sign up at [Volunteer Spot](#)

### In Emergency, Check Updates at New Colorado Horse Council Site

The nonprofit [Colorado Horse Council](#) has created a new web site offering links on fire and other disasters, as well as information for volunteers and businesses who want to help or donate resources. Located on its [home page](#), visitors can find the latest state and local information when there is a declared environmental or health emergency/notice by clicking on the Emergency/ Disaster Information tab. There also is advice on how to handle an evacuation and to be prepared for a fire or other emergency equine situation. It can be accessed through mobile devices by texting the word "horses" to "70000". This connects the horse community through a cell phone, tablet or computer. It reports information on CHC activities, legislation, important notices and is a link to the equine community.

More tips and guidelines in preparing for emergency evacuations for horses are on the [Jefferson County Horse Council website](#).

### 2014 Jr/YR Camp Director Position

This position is open for bids. Please go to [rmds.org](#) for guidelines.

### EHV-1 Tracker Map

This is a great resource for staying up to date on the EHV-1 outbreak. If it affects any RMDS events, we will keep you updated on [Facebook](#).

[Click for Tracker Map](#)

### Members

View and print your membership card.

Not a member yet? Join now.

[Click for Membership](#)

### Calendar

See the upcoming USEF/RMDS Show Schedule, clinics, schooling shows and events.

[Click for Calendar](#)

### Chapters

Latest Chapter news coming in September. RMDS has 12 chapters in the Rocky Mountain Region. If you would like to change your chapter affiliation you must personally notify the central office in [writing](#).

[Click for Chapters](#)

### Scholarships

RMDS awards scholarships annually in four categories. Applications are due Nov. 4, 2013.

[Click for Scholarships](#)

### USDF Region 5

For the latest updates and current Region 5 news.

[Click for Region 5](#)

### Marketplace

Our Marketplace advertisers support RMDS while promoting their businesses.

[Click for our advertisers](#)

### Classified Ads

Clearing out your tack room? List your items in our classifieds, or see what is for sale.

[Click for Classifieds](#)

### Advertise with us

RMDS has many print, show season, championship and online advertising opportunities to reach your targeted equine market.

[Click for Ad info](#)

### Facebook

RMDS and many of our chapters are on Facebook, like our page to keep up with us.

[Like us here](#)

### MESSAGE FROM THE PRESIDENT

The show season is coming to an end and the RMDS Championships and Region 5 finals are around the corner. For those who do not show (and some who do), you still have time to get in some great trail riding.

Our friends in the Black Forest are putting their lives back together. I would like to personally thank everyone for your donations to help the animal victims and their human caretakers. Once again, Colorado was devastated with fire and so many were displaced from their homes. We all need to remember that we cannot control nature or the negligence of others. But as a group we can help one another.

I have heard the wonderful news lately that several of our RMDS members have completed their Bronze and Silver medals, and some are closing in on their Gold medals. All their hard work is paying off.

We have a new Vice President, Aline Brandau, and a Show Committee Chair, Beverly Swanson. A special thank you for their willingness to be a part of RMDS and to give their time to help us grow. The entire Board will be working on getting things ready for our championship show in September and hosting the Region 5 Championships. We hope our members will step up and volunteer to make the 2013 championships one to remember.

I regret that I will not be able to attend our championships as I will be judging in New York. Aline has agreed to step in and represent the RMDS Board. The show will be a success with the help and ingenuity of all our members. We welcome your suggestions on how to make championships a positive experience for all our Region 5 competitors.

Enjoy the rest of the summer with your horses, friends and families. Aloha, Gwen

### Nominations Due for RMDS Board

By Sarah Barnes  
Nominating Committee Chair

RMDS representatives at the annual Board of Governors meeting in November are electing new officers, including President (two-year term), Vice President (one-year term), Secretary (two-year term) and Treasurer (two-year term).

Do you know someone who would be willing and able to fill one of these officer positions? Descriptions of the jobs and their responsibilities can be found in the RMDS by-laws, available [online](#). Self-nominations are welcome. Contact me at [sarahvbarnes@yahoo.com](mailto:sarahvbarnes@yahoo.com) to receive a nomination form.

Individuals nominated in advance will be profiled in the October issue of the Centaur. Nominations from the floor also will be accepted at the Board of Governors meeting. Board of Governors' delegates, selected by each of the RMDS chapters, are eligible to vote.

Members with questions about serving in any of these leadership roles, or the nomination process itself, can contact me at 303-817-2783.

### Help Make It Happen Volunteers Get Up Close in Warmup, Gate Roles

By MaryJo Hoepner, Scholarship Committee Chair

*This article is the second in a series to describe the numerous opportunities to volunteer at RMDS events. Knowledge is power. Read the first article in the July Centaur page 1 at [rmds.org](#), click on Centaur.*

Dressage riders and audiences know it takes a team to make activities happen. Volunteers are the key and there are rewards for their participation. They qualify to apply for scholarships. They have a ringside seat to watch rising and star riders. They learn by observing riders, talking to competitors and hearing trainers work with their clients. On a beautiful day in Colorado, these experiences are priceless.



Here is more information for volunteers who are needed at every show to manage the rider and horse in a show warmup arena, as well as at the in gate to the judge's ring.

#### Keeping Everything Rolling

Volunteers who monitor the warmup and manage the in gate work closely together. At some venues, one person might perform both tasks. This is a great way to meet riders, their coaches and grooms. Volunteers see how others prepare to compete in terms of their warmup, last-minute adjustments, trainers' final tips and more. And, it is fun to be on top of the action.

With all volunteer positions, make sure you are present 30 minutes before the first ride. The show volunteer manager should provide warmup and in gate volunteers with a:

- "Day Sheet" listing the show schedule with all ride times, and competitor numbers and names.
- Pen or pencil (I make sure I have several with me.)
- Portable intercom/radio.
- Watch/clock set to the official show time.

[Read more...](#)

### Save the Dates

Riders and horses are at their best at these two premier end-of-season events. With Colorado weather also at its most ideal, these are opportunities for equine entertainment, volunteering and enjoyment. Advertisers know the advantages of marketing their products and services to thousands of local and out-of-town shoppers here for five days of championship activities. Click below for showing, visiting, volunteering and advertising opportunities, or contact [Beverly Swanson](#), RMDS Show Liaison, for more information.

#### Championship Shows

September 18, 2013:

**Rocky Mountain Sport Horse Breeding Championships**

September 19-22, 2013

**Great American Insurance Group/ USDF Region 5 Dressage Championships and RMDS Championships and Open Show**

[Prize List](#)

[Sponsorship Opportunities](#) | [Vendor Packet](#) | [Show Program Advertising](#)  
Contact: [championships@rmds.org](mailto:championships@rmds.org)

### Does Going Barefoot Benefit Dressage Horse?

By Leslie Carrig  
Leslie Carrig is a hoof care practitioner at High Desert Hoof Care in Longmont, CO.

*This is the first in the series Dressage and the Barefoot Horse focusing on equine hoof health. Future topics can include components affecting hoof health, the critical heel-first landing and alternatives in hoof protection.*

An article in the February edition of Dressage Today has caused quite a buzz in the dressage community. Shannon Peters pulled the shoes on her high-level dressage horse and has continued, with success, to take many other horses barefoot, from Training Level to Grand Prix. As a professional hoof care provider and a dressage rider, I was very excited to hear this. It has always seemed to me that dressage was a sport in which a barefoot horse could have quite an advantage. I began my journey almost 10 years ago with a horse my daughter had left me when she headed off to college. Nike was trained to First Level at that time. He had very poor feet and I was looking for a way to keep him sound for the long term.

First, I would like to discuss the use of the word "barefoot". It's not a completely accurate description because one of the best things about pulling the shoes off your horse is the alternative forms of hoof protection available today. It's true that your horse would be barefoot the vast majority of the time, but many horses move better, at least initially, with hoof protection. Some may see it as a failure if a horse needs hoof protection and their goal is to have him barefoot all the time. This is not so. It is correct movement that forges a healthy hoof. Hoof boots are a key element to getting many horses landing comfortably and correctly heel first. This in turn allows the hoof mechanism to function as it was designed by nature and encourages the development of healthy inner hoof structures.

In the barefoot and booted horse, the hoof is allowed to expand when weight bearing and contract when it comes off the ground. This continual expansion and contraction encourages more blood flow into the hoof capsule which acts as a shock absorber, dissipating the concussion, much like the shocks on your truck. It's a real advantage for the joints above.

Many horses have conformational and body imbalances. These are reflected in the hoof. Having a horse shoeless, at least for a period of time, enables your farrier to make more progress on correcting these imbalances at the level of the hoof. You can go to as short a trim cycle as is necessary to keep the imbalance in check. This, along with the natural wear that takes place during trims, makes it easier to reduce those imbalances over time.

The style of trimming on a horse that will be left without shoes is a little different than a trim on a hoof being prepared for a shoe. The hoof does not need to be made flat. The quarters will scoop up a little, following the contour of the sole. The hoof wall is left slightly higher than the sole and is beveled or rounded in a "mustang roll" to prevent chipping. The health of the frog and development of the structures in the back of the hoof must always be considered in determining heel height when the horse will be left bare. Trimming for comfort and correct movement and using hoof protection when necessary are key to a successful transition out of shoes. The trimming style is designed to support the healthy growth and encourage development of important inner structures. Be aware that it takes time to grow a healthier hoof and this will vary from horse to horse depending on a variety of factors. The good news is that hoof boots allow you to continue your training without interruption.

Leslie Carrig is a founding member and head of education for Pacific Hoof Care Practitioners and certified by the American Hoof Association. Contact her at <http://www.highdeserthoofcare.com/>.