

THE CENTAUR

Debbie McDonald Shares Wisdom at Colorado Clinic

- Christine DeHerrera, Equestrian Sports Promotions

It's not often that Colorado riders have the opportunity to train with one of the nation's most beloved and accomplished equestrians.

However, that's exactly what happened during the first weekend of May when Olympic medalist Debbie McDonald coached riders during a two-day clinic at Cañon Ridge Farm in Castle Rock.

Professionals, amateurs, and young riders began their experience with an intimate dinner at Grant and Sharon Schneidman's home. There the riders got to know Debbie personally as she openly shared stories of her partnership with Brentina, as well as her experiences as an international rider. "Because of Debbie's stature in the equestrian community, it would have been understandable for the riders to be intimidated by her," said Kristen Allen, Nutrena Consultant, who organized the clinic. "But she's really warm and friendly and the dinner was a huge success." Kristin also presented the riders with their keepsake saddle pads during the evening.



Top row L-R--Grant Schneidman, Jenny Baldwin, Sarah Dodge
Middle row--Kristi Wysocki, Morgan Heinrichs, Shannon Dahmer, Christina Rudman, Anna Wood. Debbie McDonald, Center

The real work began the next day as nearly 100 auditors arrived to watch Debbie put the riders through their paces. Debbie focused on providing classical advice that got to the root of an issue and quickly made a noticeable difference.

Jenny Baldwin rode Nora Heinrich's 10-year-old Dutch gelding Alexander. The pair worked

Cont'd on page 18

RIDER FITNESS

The information in these articles is the sole opinion and responsibility of the author, and not that of RMDS.

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Region 5 Report

What an exciting World Cup! Fabulous freestyles, Steffen Peters' first place win on Ravel, Brentina's retirement ceremony--it was a memorable experience. During the Spring Executive Board meeting held in Las Vegas, the board approved the following changes for the 2009 convention in Austin, TX: Council and committee meetings will be reduced from two to one and one-half days. The Board of Governors (BOG) meeting will be held in two sessions: Thursday afternoon and Friday morning. This scheduling will allow delegates more time between sessions to discuss issues and to assimilate information. Friday afternoon will be dedicated solely to USDF University education sessions, so there will be no conflicts with business meetings.

The Salute Gala and the Awards Banquet will be combined into one grand gala event on Friday evening, thereby reducing costs to USDF. To make this possible, the awards presented on stage at the banquet will be limited to first and second place in all categories. The symposium lecture with Jan Brink will be held Saturday evening, which will make the lecture more convenient for a weekend-only attendee. Last year's post-convention survey indicated overwhelming displeasure with the trade fair: Attendees were disappointed at the small number of vendors, and vendors were unhappy about the low number of attendees. Therefore, we will not have a trade fair in Austin, which will reduce costs as well. However, we will have USDF merchandise for sale and sponsor displays at the convention and the symposium.

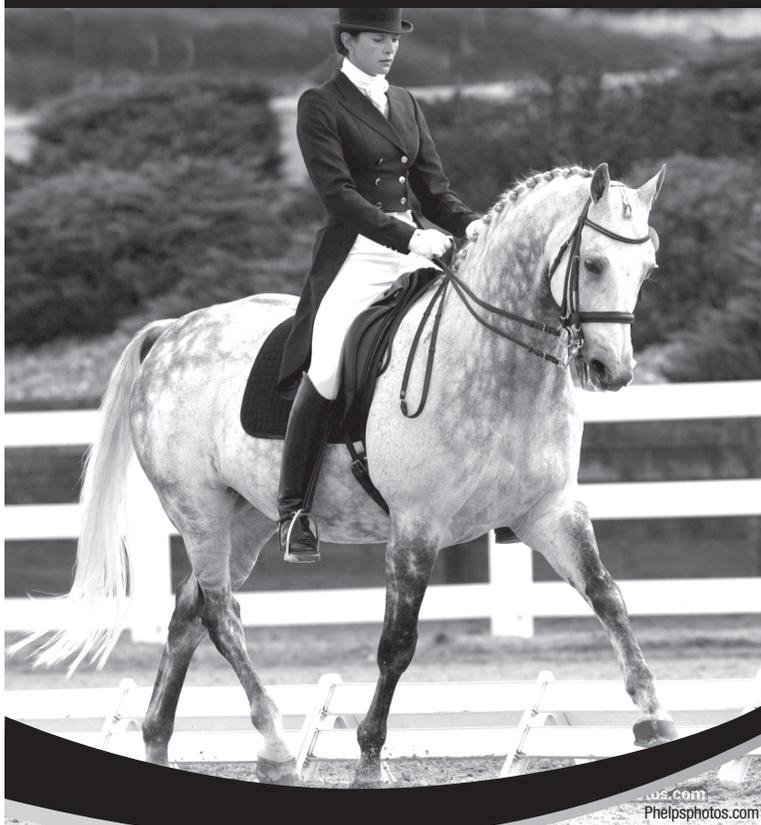
Vote for your participating delegates by June 30th! Ballots were mailed on May 15, so you should receive your ballot with a pin for online voting. USDF is a grassroots organization and these individuals will represent you on decisions made at the next USDF convention. This is your chance to participate, so vote for your delegate. This convention will be very important with potential changes in our governance structure. I hope to see many of you there, since Austin, TX is fairly close to our region. The 2010 convention will be in Jackson, FL, and 2011 in San Diego, CA.

Jennifer MacPhail, AZ, the 2009 Region 5 Gifted Scholarship recipient has just finished her training. Her photo and written report up on the Gifted Scholarship page of the Dressage Foundation website. The deadline to apply for a \$900 Gifted Scholarship is September 15, 2009. Go to www.dressagefoundation.org for this application and information about other grants.

Our FEI Jr/Yr teams need your support in raising funds for our team members to make the trip to the Championships in Lexington, KY. Contact our coordinator Susan Rudman at sewrunred@msn.com if you would like to contribute.

The 2010 World Equestrian Games will be held at the Kentucky Horse Park September 25 - October 10. If you would like to volunteer, go to www.alltechfeigames.com to see the application process.
-Theresa Hunt, Region 5 Director

A Summer of Dressage Fun



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THE COLORADO HORSE PARK

Chapter News

Boulder Valley Chapter

We held our April meeting at Bev Harrison's "Tack Collection" store with a presentation on show attire and equipment, with updates on the new USEF/USDF rules. Jeannette Hillery was on hand to answer any technical delegate questions on the rule changes, and Bev very generously provided goody bags to all who attended, as well as a shopping discount which several members put to very good use that evening.

The last weekend in April, Boulder Valley chapter held its annual Ride-A-Test and Spring Fling show, ably judged by Rae-Ann Cook and KC Parkins-Kyle, respectively. In spite of the drizzly and overcast weather, everything ran smoothly. We had a great turnout, and most importantly, everyone had fun. Many thanks to all the participants, volunteers, and especially Jan and Bill Treadwell, for so generously allowing us to use their great facility!

The next event on our calendar is the USDF Region 5 Youth and Adult Team Competition to be held at Autumn Hill in Longmont on July 10-11th. This may fill up fast and should be a lot of fun, so make sure you get your entries in by the closing date of June 26th. If you can't ride in this event, please come out to watch or volunteer. And don't forget the Autumn Hill Sunday Series show on July 12th; entry close date is July 1!

Hope to see you at our June meeting on Monday evening, June 8th at Blue Roof Equestrian Center, 10951 Isabelle Road in Lafayette. Trainer Dawn Fisher will be doing a long-lining demonstration, with meeting to follow. Come check us out - we always have munchies, information, education, and the chance to socialize with other Boulder Valley dressage riders.

Since the theme for this issue is rider fitness...

"In contrast to the various sports which cultivate brute strength above all, riding preserves during the physical development a precise balance between strength & suppleness. This special quality, which naturally involves moral values too, leads to more balanced and disciplined training. Thus riding - the complete sport par excellence - tempers the body as it does the spirit."

-Commandant Jean Licart, "Start Riding Right"

-Nicole Donohue, President, Boulder Valley

Arkansas Valley Chapter

In addition to a planning session for the May 2 schooling show, attendees at April's AVDA meeting discussed summer and fall activities. Clinic opportunities and a fun show are on the table, and we continue to seek ways to foster relationships with 4-H and young rider groups.

The first 2009 Riverwalk Schooling Show took place on May 2, with Julie Burt at the judge's table. The weather was cool and the skies cloudy, but the rain held until after the last of 42 tests had been completed. We would like to thank the nearly two dozen horse-and-rider pairs who attended the show, including a big turnout for the Cowboy Dressage division. A number of riders came from as far away as Breckenridge.

Thanks also go to all the AVDA members and non-members who volunteered and made the show a success. A small club putting on a show at a facility with limited amenities takes many hands; our thanks to Cat Siemiet, Mary Rae, Sis Harmon, Lynette Anderson, Andrea Jones, and Daniel McCarty for the hands-on support. Special thanks go to Debbie Pinter and Brenda Haley for their efforts prior to and on the day of the show.

The second show in our series will be held on June 6, also at Pathfinder Park (between Cañon City and Florence). Clayton Martin will be the judge.

The next AVDA meeting will be held on Thursday evening, May 21, 2009, location to be announced. Check the AVDA link at www.horsetop.net for more information.

-Andrea Jones, For the members

Tri-State Chapter

Individually, our club members have been doing some exciting traveling. Marianne Pryor visited Vienna and was a spectator at the Lipizzan exhibition there. She also had a chance to visit the barns and supporting facilities and came back with all kinds of information. Marsha Novicki has been in the San Diego area boarding and training at Steffen Peters barn during our cold and wet Wyoming winter/spring. She was on hand to welcome he and Ravel home from their great triumph at the World Cup in April. Darlene Vaughan attended the Las Vegas World Cup and then took off for Spain where once again she was hosted at Epona Equestrian School near Seville and had lessons on their wonderful Andalusian schoolmasters. She also observed three stallions that will be arriving in California in the near future. Each one better than the previous, the new owners should have a fun time with them.

Our club ran the April dressage schooling show at Central Wyoming College in Riverton. Entries were down a bit but with the indoor facilities, the "not so perfect weather" couldn't dampen the riders' spirits. Fun was had by all followed by a clinic day with the judge, Marina (Murray) Davis. She is doing a great job with both her judging and instructing.

Happy Half Halts to all as we greet the warm, summer days.

Letters to the Editor

Letter to the Editor,

Wow, I received my May CENTAUR before the end of April! Kudos to you for all of your hard work and to all of those that have been contributing to the newsletter. It is getting better and better all of the time!

However, I am also writing to tell you my feelings regarding the cover story in the May, 2009 issue 'Does Your Horse Need Prozac?.' I too have known horses that have had more than the usual number of accidents and injuries. While I am sure that the author meant no harm or disrespect, there were several things that I found to be very uncomfortable and inappropriate regarding this piece.

First, I was deeply offended by the cavalier references made to the act of suicide. Given that horses do not have the same thought process as humans, suicide would not be possible for them to commit. I realize that the author is likely using the term as a 'tongue in cheek' type of reference, however, I am sure that I am not the only one that was shocked and dismayed that this story was used in the CENTAUR, and on the front page no less. Suicide is definitely not a laughing matter and I know first hand, as my oldest brother committed suicide back in 1989. His death, by his own choice, left a pain that runs deep in my family. We have all forgiven him, but we miss him terribly and his children have had to grow up without him in their lives. He too was a horse lover and perhaps this is why I feel so compelled to share my feelings with you. I feel that this article would have been more appropriate if edited to use the terms self-destructive, accident-prone or other non-offensive terms.

I am also uncomfortable with the references to the prescription drug Prozac. This drug is used to treat Major Depressive Disorder, Obsessive-Compulsive Disorder, Bulimia Nervosa and Panic Disorder in adults. It can also be used to treat some of these disorders in children and adolescents. Given that RMDS is made up of many different people of different ages, the cavalier reference to this drug in an article, that also talks about suicide, is offensive, and likely very hurtful. So many of us have loved ones, friends, or perhaps even ourselves, that are being treated for depression. This is not a laughing matter. It is a very private thing and must be treated with dignity and compassion.

I hope that my letter will be put in the June issue of the CENTAUR. Again, I appreciate all of the hard work that goes into the CENTAUR and I sincerely hope that in the future more care will be put into editing articles of this nature.

Respectfully,
Julie A. Barringer-Richers

Replies:

Julie, my sincerest apologies for the loss of your brother.

We can all agree horses don't commit suicide, but in an ironic twist they sometimes appear to be heading down that path, especially if you're paying the vet bills. The intention of the article was to bring a smile to those of us that recognize and identify with this phenomenon. I also admit I'm one of those readers who take an SSRI anti-depressant, yet took no offense to the reference. My hopes are that the stigma once attached to these drugs is long gone. My apologies to anyone with whom this elicited a negative response.

The bottom line is that we love and care for our horses, no matter where the journey takes us.

- *Catherine Van Berg*, Editor, Centaur Newsletter

The cover story in the May issue of the Centaur was intended as nothing more than poking fun at the self destructive behaviors we often seen in horses. Of course horses do not intentionally try to harm themselves (it only seems this way in certain cases!) and no disrespect was intended to anyone with clinical depression. As a person who suffers from depression myself, I did not feel it was offensive in any way, and I apologize if anyone took it in such a manner. I have read this story to many people over the years, and I have never received any response other than enjoyment at the antics of our equine friends. The RMDS community is a group of horse lovers who enjoy talking about their horses and their stories, and I simply wished to share a fun story that I thought people would find enjoyable as a light-hearted interjection into the business of RMDS.

- *Shannon Lemons*, Author, "Does Your Horse Need Prozac?"

Hi,
Just wanted to point out that I wasn't included in the list of demo riders for the Janet Brown Foy judges' clinic at Freedom Farms. My horse Excaliber and I rode in the First Level group.
Thank you,
Cindi O'Shea

Cindi,
Our apologies for the omission.
- *Catherine Van Berg*, Editor, Centaur Newsletter
- *Heather Petersen*, Education Chair

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- Waldemar Seunig's book "Horsemanship"



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Photo by Carol Walker,
Living Images

Pilates: Movement for the Equestrian

- Georgia Burlison, Nizoni Center for Pilates and Health, Inc., Parker

Today Pilates is one of the most sought after ways of staying fit.

Dancers and athletes swear by it. Doctors and Physical Therapists recommend it to their patients because it strengthens the whole body correctly and gently. In short, Pilates is an extremely effective exercise, working the body “smart, not hard.” Many people still believe that old saying “No Pain, No Gain.” With good intentions they head off to that workout class only to find themselves suffering through an hour of improper stretching and possible injury to the muscles. They leave exhausted and in pain. When morning arrives they cannot move, every inch of their body hurts. After struggling to the shower the hot water may soothe their aching muscles, they down the Advil and rub on the Ben Gay, and hope they can make it through the day. A Pilates workout won't leave you feeling exhausted or in pain due to lactic acid build-up. Most importantly, Pilates is about quality not quantity. You should not feel pain during or after a Pilates session. No Pain, All Gain! Muscles are worked precisely and efficiently in Pilates.

As a Pilates instructor, movement specialist, and dressage rider, the most common question I am asked as I teach clients is to define Pilates. In this article I will explain Pilates, the history of Pilates and the Pilates principles. My goal is to inspire you to try Pilates for yourself so you can experience the impact it has on your riding.

Pilates is “The Art of Control.”

History of Pilates

Pilates was developed in the early 1900s by German born Joseph Pilates to promote greater trunk and pelvic stability. Joseph Pilates was a sickly child which led him to develop his unique training system. He used his knowledge of strengthening the body to rehabilitate injured soldiers during World War I. In 1926, Joseph Pilates came to the United States where he opened his own exercise studio in New York. Dancers and actresses were attracted to his unique training method as a way to maintain a strong, supple body.

What is Pilates? Contrology.

Joseph Pilates called his method of exercise “Contrology” or “The Art of Control.” His work is based on years of study and experience with influences from both Western and Eastern philosophies for movement and health. His system helps the individual develop both strength and flexibility. It is a low repetition system. Joseph Pilates believed “more is not better, but fewer exercises done correctly will provide maximum ben-

efits.” Pilates offers a complete work-out for the entire body. It exercises the main muscle groups as well as the weaker, less used muscles, allowing you to achieve your fitness potential. When using the Pilates principles the benefits are enormous: better posture and body alignment, stronger and more flexible muscles, increased body awareness, improved breath control, increased energy, improved balance, less stress and a toned body. These are just a few of the many benefits of Pilates.

A traditional Pilates' workout involves both work on the Mat, and Pilates equipment such as the Reformer, Cadillac, Barrel, and Chair. Many people find the Mat exercises more difficult due to the fact that the body is not supported. Working out on equipment not only supports the body but facilitates the body's understanding of the correct movement patterns.

Pilates Principles

There are six basic principles which Joseph Pilates developed that will help you learn and improve the quality of your workout. These principles should be applied to every exercise. The concepts can be applied to any type of exercise and to all aspects of your life. I have found them to be very effective for the dressage rider. The six principles of Pilates are: Breath, Concentration, Control, Centering, Precision, and Flow.

Breath

Lots of people develop incorrect or poor breathing habits throughout their life. Breathing is very important in performing the exercises properly. Joseph Pilates wrote, “Above all... learn to breathe correctly.” Correct breathing, or breathing with intention, is a tool that is used to improve and ease your movement. Never stop breathing or hold your breath. Breathing correctly, inhaling and exhaling fully, oxygenates the blood and increases circulation, which energizes the system and leaves you with a feeling of well being.

Think about how breathing relates to your riding.

Take a few moments to think about your breathing as you ride. Ask yourself the following questions. Are you breathing when you ride? How does your breathing effect your horse? How does it effect the rhythm of your horse? Can you stop your horse with your breath? Can you influence the rhythm of each gait with your breath? Can you lift your horse up into a trot with your breath, or bring him back to a walk with your breath?

Concentration

The exercises require mental focus which help you understand how your body works. Joe stated “Study carefully, and do slowly the foundation work. Follow the direction exactly with respect to every detail given.” There is a lot to think about when you start Pilates. You must be aware of what you are doing all

the time. You must focus on your entire body. Become aware and take note of how your body responds. Visualization helps the individual use the correct muscles. When you understand how your body works, you can work it more efficiently.

Think about how Concentration relates to your riding. Get focused! Are you present in the moment? Take a few minutes to clear your head of the day's activities.

Control

Nothing about Pilates is careless, unintentional or rushed. Awareness and concentration help you control every aspect of every movement in a fluid, smooth way. This will reduce injury and prepare your body for the activities of everyday life.

Think about how control relates to your riding. Is your core strong and are you using it in an effective manner? Can you control the movement of your arms and legs? Are you able to gently squeeze the sit-bones, and lift the pelvic floor without pitching yourself out of the saddle? By practicing this off the horse you will know if you are doing the exercise properly, making it very effective when on the horse.

Think about how precision relates to your riding. Are you precise with your aids, figures, and movements? Are they effective? Are you asking your horse to step over when his foot is on the ground making it impossible for him to step over?

Flow

To be able to flow you have to follow the rhythm of your own body, which is your breath. The movement should never be stiff or erratic, too quick or slow. The exercises and workout should flow like a dance. Concentrate on the flow of each individual exercise and then how you weave each exercise together.

Think about how flow relates to your riding. Can you isolate the movement of your body so you and your horse flow from one movement to the next with very little disruption in energy?

As you begin your Pilates program you may feel overwhelmed by how these six principles are integrated as you exercise. To

Joseph Pilates referred to our Center as the "Powerhouse or Core," which is comprised of the abdomen, lower back, hips and buttocks. Your center is the foundation for all your movement.

Centering, or Core Stability

Joseph Pilates referred to our Center as the "Powerhouse or Core," which is comprised of the abdomen, lower back, hips and buttocks. Your center is the foundation for all your movement. Every exercise is initiated from the center. There are many performance benefits for the dressage rider. With a strong and stable core the arms and legs are able to swing freely allowing for clear aids, better posture which allows you to sit up tall and avoid collapsing in the saddle, a flatter belly, and less fatigue and back pain.

Think about how Centering relates to your riding. You need to develop your center just as you would ask your horse to develop and strengthen his/her core.

Precision

Joseph Pilates believed that precision was very important. He emphasized "Concentrate on the right movement each time you exercise, else you will do them improperly and lose their value." Each movement should be executed with precision. No movement is haphazard. You need to be precise in your form and your focus. It is this work that determines how successful your results will be.

apply these principles, take on one concept at a time until it becomes a habit. Start with a beginner's program and work on applying each principle to the exercise. Once they become a habit it will be easier to carry it over to your riding. The goal is to achieve stability of the torso and gain the fullest range of motion (flexibility) while staying stable. As you perform a movement it is important to remember stability over mobility (range of motion). It may take an instructor to help guide you through the principles so your technique does not become sloppy and your benefits unpredictable. For example, an instructor can see if you are staying stable through a movement and narrow your range of motion to bring you back to stability if needed. For riders it is also very helpful if the Pilates instructor rides as well. This enables the instructor to take your studio work to the barn and incorporate it into your riding.

Pilates is a safe, sensible way to exercise which can dramatically change the way your body performs and feels. Whether you are riding or picking up a bag of feed, you will begin to feel like you are moving with greater ease and efficiency. As you ride you will begin to have greater balance, control and alignment of your body. It is my hope that you will try Pilates and experience the benefits it will have on your daily life as well as your riding.

Georgia Burlison is the owner of Nizoni Center for Pilates and Health, Inc., a studio located in Parker. She currently rides and trains with Rachel Ames. She is available for Pilate lessons and clinics.

Yoga, Pilates, and Diet: Keys to Rider Fitness

First of a Three Part Series

- Julia McSherry

If we as riders aren't fit, how can we expect our horses to be fit?

Like training a good dressage horse, rider fitness takes patience and time. But, like good training, results can be seen quickly as well. Proper diet and exercise programs are cornerstones to fitness. Yoga and Pilates are two of the best methods to develop the type of strength (and relaxation) we need in riding.

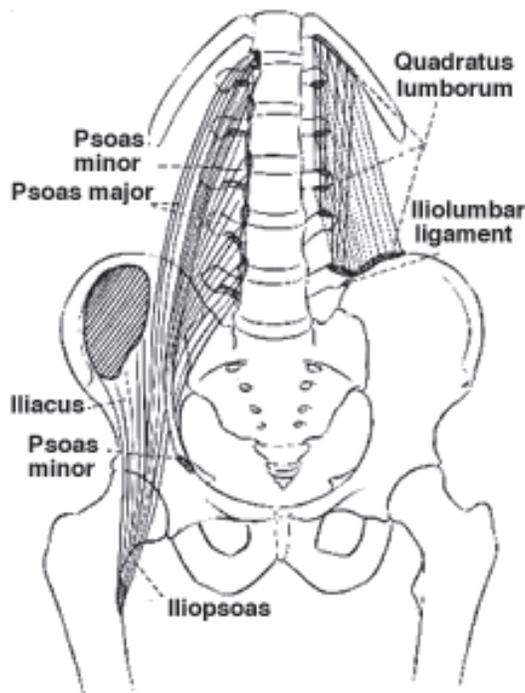
Core strength is key to rider position and it can be developed through yoga and/or Pilates. For example, through stretching and strengthening the psoas muscle, the longest muscle in the human body which runs through the core and down into the upper leg, we can perfect our riding position. It is essential to open our hip flexors and piriformis muscles, to have flexible hamstrings, and to be able to move the upper body without twisting or tensing the lower body. If you, like me, have not been familiar with the psoas and piriformis muscles, yoga and Pilates can help you become so.

calmness to our bodies. Pranayama, or breath control, raises and balances psychosomatic energy, thus boosting health and mental concentration.

Regular meditative walking daily can also support rider fitness for the rigorous art and sport of dressage. Riders and horses can also benefit from body work such as massage.

Yoga

There are many types of yoga with Hatha being the broadest branch; it includes Iyengar, Ashtanga, Kripalu, and Bikram (practiced in heat to relax muscles) to name a few and it's important to find the right style for you. Just as finding the trainer who is the right match for you and your horse, it's also important to find a yoga instructor who is a good match for what



The psoas muscle is the longest in the human body and has two primary functions: (1) When the leg is free to move, it is a strong flexor of the thigh at the hip joint. In riding, it is important for elongation of the leg. (2) It helps maintain the balance of the trunk when sitting, i.e. riding. Yoga and Pilates exercises can help stretch and strengthen this muscle which is essential to correct rider position.

It is also important to stretch and use our shoulders efficiently, especially to prevent stiffness or injury from cleaning stalls and other barn chores. This corresponds to the horse using shoulders efficiently and freely to support correct movement. Yoga and Pilates can also foster slow, mindful, deep breathing and meditation which in turn brings good blood circulation and

you want to accomplish. Personally, I think Viniyoga is the best for dressage riders because it focuses on breathing with slow, controlled movement.

Yoga asanas (postures) and controlled breathing create awareness in your body and in the moment. Strengthen your core

through contracting the lower abdominal muscles on each exhale during exercise. As classical dressage clinician Paul Belasik points out in his book "Dressage for the 21st Century," the lower abdomen is called the koshi, and it must be filled with force. To fill the koshi with strength means to tense the abdominal muscles a little. This point in our center is called the tanden. It is essential for correct dressage position and balance.

Stretch your shoulders and neck in chakravakasana. Is this perhaps similar to the stretch your horse partner feels in his topline when you ride him long and low? Does this make him more supple and flexible for collection?

Ride your bones.

Just as you rest and relax in-between poses, your horse should rest, relax, and stretch his muscles in-between movements in the schooling ring. This helps allow integration.

Yoga can help you discover things about your own body that may be influencing your horse. For example, you may find yourself stiff on one side which may correlate to stiffness on the same side of your horse. Your stiffness could be making your

horse stiff, or, perhaps your horse is stiff on one side causing you to be less than relaxed on the same side.

Soften your eyes, look in the direction you are going and your body and horse will follow, recommends Sally Swift in her popular book "Centered Riding." A few tips from her regarding the essentials of knowing anatomy (which is a premise of yoga) include:

Ride your bones. Become aware of your hip joints. (It is much easier this way to stay supple because your muscles won't have to work so hard.)

Let your legs hang from your hip joints like flippers or like an old gate on one hinge.

Feel your shoulder girdle like a yoke. Grow your collarbones. Soft eyes support a relaxed body and a relaxed horse.

Yoga can help you develop the feel of all of the above. It creates energy in your body which can be more effective in riding than muscle.

Look for information on Pilates and rider fitness in the next issue of the Centaur.

Julia McSherry uses diet, walking, yoga, meditation and Pilates to get fit in the hopes that she can one day catch up as a dressage rider to the abilities of her 12-year-old FEI Hanovarian, Passat.

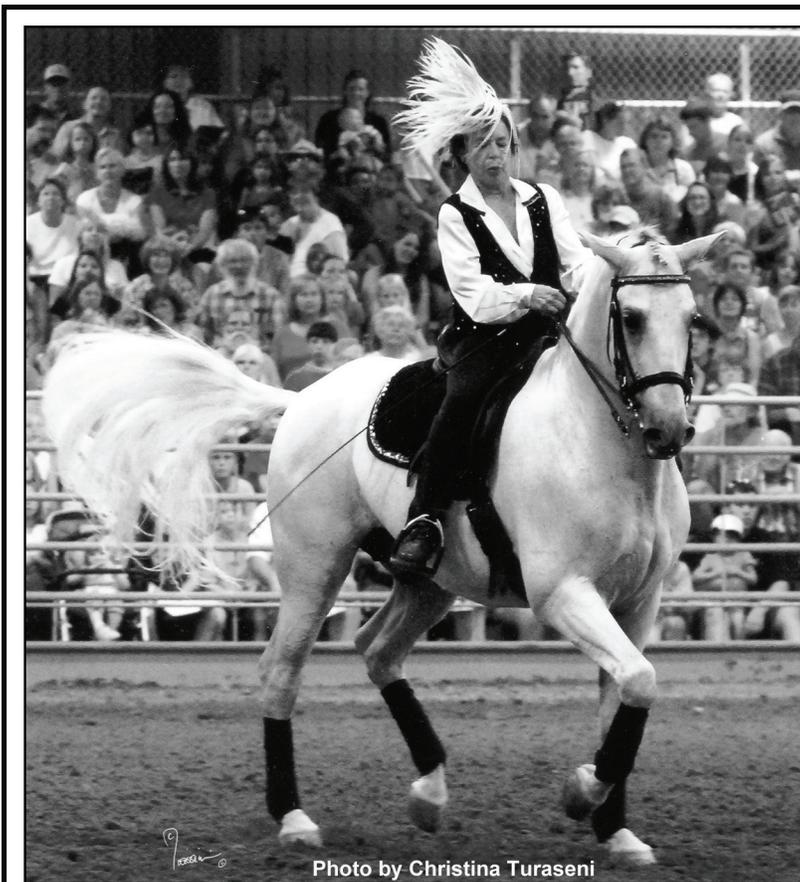


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Centaur Production	Cathy Van Berg	303-916-6136	vanbergc@yahoo.com
Omnibus Advertising	Central Office	720-890-7825	rmids@rmids.org
Omnibus Production	Burke Design-Nicole Bizzarro.....	720-890-7825	rmids@rmids.org
Webmaster	Michael Petersen	719-683-8435	webmaster@rmids.org
Constitution, By-laws	Central Office	720-890-7825	rmids@rmids.org
Education	Heather Petersen	719-683-8435	slush@drwg.net
Insurance, Show Standards	Central Office	720-890-7825	rmids@rmids.org
Junior/Young Riders	Colleen McFadden	303-665-2631	Mcfadden_colleen@hotmail.com
Junior Camp	KC Parkins-Kyle	303-841-9953	murphyhors@aol.com
Membership			
Horse Registration	Central Office	720-890-7825	rmids@rmids.org
Registration Officials and			
Show Standards	Central Office	720-890-7825	rmids@rmids.org
Scheduling	Central Office	720-890-7825	rmids@rmids.org
Scholarship	Loni Gaudet	970-532-0852	lonigaudet@earthlink.net

Chapter Presidents

Arkansas Valley	Brenda Haley	719-275-0118	shininghorse@copper.net
Boulder Valley	Nicole Donohue	303-678-8870	hobbyhorse6789@yahoo.com
Colorado Springs	Simone Windeler	719-540-2000	wjsimone@msn.com
Foothills	Dolly Hannon	303-919-4112	dollyhannon@msn.com
Grand Valley	Lisa Binse	970-243-8543	lbawprints@yahoo.com
High Plains	Alexandra Curnutte	303-663-0358	curnutes@msn.com
Northern Colorado	Laura Speer	970-371-2934	riversidestables_evans@yahoo.com
Tri-State	Darlene Vaughn	307-332-7261	popagieranch@hotmail.com
Wasatch Mountains	Sally Shaffer	435-640-8797	sshaffer4@yahoo.com
Western Colorado	Judith Family	970-923-8832	dns@rof.net

Governing Bodies

UNITED STATES DRESSAGE FEDERATION

USDF 859-971-2277 www.usdf.org
 4051 Iron Works Parkway
 Lexington, KY 40511

USDF Region 5:

Director Theresa L Hunt hunterry@mindspring.com
 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
 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., Colorado
Springs City Hall, 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, loca-
tion TBD,
Lisa Binse, 970-243-8543,
Lbpawprints@yahoo.com

High Plains: 3rd Tues. each month, 7 pm,
Warhorse Inn, Parker,
Alex Curnutte, 303-663-0358,
curnuttes@msn.com
www.highplainsdressage.com

Northern Colo.: 3rd Tues., each month,
location TBD,
Laura Speer, 970-330-7233,
riversidestables_evans@yahoo.com

Penrose: Inactive for 2009,
Sharon Ghilarducci, 719-462-5760,
quailridgedrsg@hotmail.com

Tri State: TBA,
Darlene Vaughan, 307-332-7261,
popoagieranch@hotmail.com

Wasatch Mountains
Sally Shaffer, 435-640-8797
Location TBD

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.

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

- June 14-17** Junior Camp, 8th Heaven Farms, Castle Rock
- July 10-11** USDF Youth Team Championships & USDF AA Team Championships, Autumn Hill
- Sept 24** Rocky Mountain Series-Sport Horse Breeding Finals & USDFBC Finals, Colorado Horse Park, Parker
- Sept 25-27** RMDS Open and Championship Show, Colorado Horse Park, Parker
- Oct 10-11** RMDS Continuing Education with Lendon Gray, Somerset Farms, Longmont. Instructors, riders, and auditors welcome.

2010

- Jan 30** RMDS Judges' Continuing Education featuring Janet "Dolly" Hannon. Location TBA.
- May 15-16** RMDS L-Program D2 Session, Somerset Farms, Longmont
- July 24-25** RMDS L-Program Final Session, Autumn Hill IEC, Longmont

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
- Contact the RMDS Central Office 720-890-7825, or email 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.....	\$1507.5" x 9.5"
Half Page.....	\$907.5" x 4.75"
Outside back half	\$1057.5" x 4.75"
1/4 Page (Vertical Only)	\$553.75" 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
Janet "Dolly" Hannon 303-919-4112

USEF 'R'

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
Alison Child* (UT) 435-640-3287
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

Roster 2009 Corrections

Phone:

Grace Maddox 720-320-8857

Address:

Kathy Layton 7750 Preservation Trail, Parker, CO 80134

Add:

Libby Stokes 1393 Mesa Ridge Lane, Castle Rock, CO 80108-9336 303-688-2795

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.

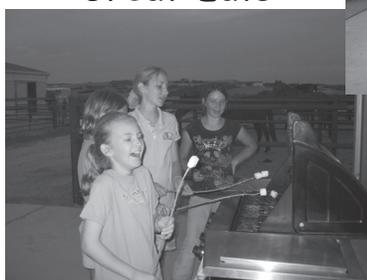
Great Trainers



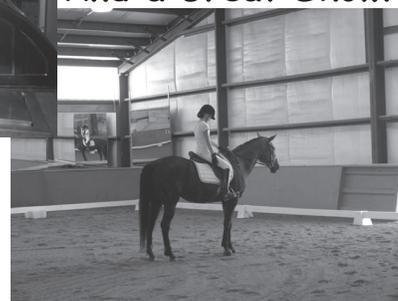
Great Friends



Great Eats



And a Great Show!



RMDS JR/YR Camp Registration 2009

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

About RMDS

Omnibus 2009 Corrections

- Page C-6 August 21, 22
Utah Dressage Society Shows I and II
New show manager: Sue Jero 801-254-9107 sjero@aol.com
New secretary: Kay Van Patter 801-968-8277 vanpatterkay@aol.com
- Page C-9 NAJYRC Qualifying Shows:
Delete: June 19-20 Sage Creek I & II, Heber Valley, UT
- Page C-29 Boulder Valley Dressage
August 30 Show, Open: July 30, Closes: August 20
- Page C-53 Wasatch Back Dressage Festival-moved to Salt Lake Events Center-Jordan, UT
- Page C-59 and C-60 Add: Autumn Hill IV is a Qualifying Event for Great American/USDFBC Rocky Mountain Series Finals. Additional Sport Horse classes: July 26, Sunday afternoon
Sport Horse Judge: Kristi Wysocki (DSHB), Elbert, CO

Young Horse/Sport Horse Classes:

- Class 1: Fillies of 2009, with or without dam, foals only to be judged
Class 2: Yearling Fillies (born in 2008)
Class 3: Two Year old Fillies (born in 2007)
Class 4: Three Year old Fillies (born in 2006)
Class 5: Filly Champion / Great American / USDFBC Qualifier – 1st two places from classes 1, 2, 3, 4 (no class fee)
Class 6: Colts of 2009, with or without dam, foals only to be judged
Class 7: Yearling Colts and Geldings (born in 2008)
Class 8: Two Year old Colts and Geldings (born in 2007)
Class 9: Three Year Old Colts and Geldings (born in 2006)
Class 10: Colt Champion / Great American / USDFBC Qualifier – 1st two places from classes 6, 7, 8, 9 (no class fee)

Mature Horse/Breeding Classes:

- Class 12: Four Year Old and Older Broodmares with or without foals (mares only to be judged)
Class 13: Four Year Old and Older Maiden and Yeld Mares (not nursing or currently in foal)
Class 14: Champion Mare / Great American / USDFBC Qualifier – 1st two places from classes 12, 13 (no class fee)
Class 15: Four Year Old and Older Stallions
Class 16: Champion Stallion / Great American / USDFBC Qualifier – 1st two places from class 15 (no class fee)

2009 Shows and Events

All shows are RMDS recognized except schooling shows.

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
- 6 **Riverwalk Schooling Show Series #2, Pathfinder Park, Florence**
Contact Brenda Haley, 719-275-0118, or Debbie Pinter, 719-276-9088
www.horsetop.net
- 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-8th 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
- 23 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 27 **Autumn Hill Dressage Festival I-Longmont, CO-USEF, YR Qualifier**
Contact Julie Barringer-Richers, 720-341-5033
jbarringerichers@comcast.net
- 28 **Autumn Hill Dressage Festival II-Longmont, CO-USEF, YR Qualifier**
Contact Julie Barringer-Richers, 720-341-5033
jbarringerichers@comcast.net

JULY 2009

- 7 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 10 **Wasatch Back Dressage Festival I, Jordan, UT, USEF**
Contact Alison Child, 435-640-3287, achild@kirwin.com
- 10-11 **USDF Youth Competition & USDF Adult Competition, Autumn Hill Farm-Longmont**
Contact Julie Barringer-Richers, 720-341-5033
jbarringerichers@comcast.net
- 11 **Wasatch Back Dressage Festival II, Jordan, UT, USEF**
Contact Alison Child, 435-640-3287, achild@kirwin.com

- 11 **Whispering Winds Schooling Show #3, Monument**
Contact Simone Windeler, 719-287-2040, wjsimone@msn.com
- 12 **Autumn Hill Sunday Series #2-Longmont**
Contact Julie Barringer-Richers, 720-341-5033
jbarringerichers@comcast.net
- 17 **Dressage at the Peak Summer Warm-up-Colorado Springs-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 18-19 **Dressage at the Peak II Summer-Colorado Springs-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 21 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 22-26 **NAJYRC-Kentucky Horse Park**
Contact Susan Rudman, 303-697-8528, sewrunred@msn.com
- 25 **Autumn Hill Dressage Festival III-Longmont, CO, USEF**
Contact Julie Barringer-Richers, 720-341-5033
jbarringerichers@comcast.net
- 26 **Autumn Hill Dressage Festival IV-Longmont, CO, USEF-BREED**
Contact Julie Barringer-Richers, 720-341-5033
jbarringerichers@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
- 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, rlheckert@msn.com
- 4 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 8 **Whispering Winds Schooling Show #4, Monument**
Contact Simone Windeler, 719-287-2040, wjsimone@msn.com
- 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
- 16 **Autumn Hill Sunday Series #3-Longmont**
Contact Julie Barringer-Richers, 720-341-5033
jbarringerichers@comcast.net
- 18 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 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

2009 Shows and Events

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@drwgw.net

29 **CSDA Fall Schooling Show-Colorado Springs-Whispering Winds-Monument**
Contact Heather Petersen, 719-683-8435, slush@drwgw.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

1 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

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@drwgw.net

15 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

24 **Rocky Mountain Sport Horse Breeding Championships & Qualifying Open Breed Show-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwgw.net

25-27 **RMDS Championships and Open Show -Parker-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwgw.net

29 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

OCTOBER 2009

3-4 **Millbrook Farms Fall Show**
Contact Jan Lawrence, 801-768-8739

6 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

10-11 **RMDS Continuing Education with Lendon Gray,**
Instructors, riders, and auditors welcome. Somerset Farms, Longmont
Contact Heather Petersen, 719-683-8435, slush@drwgw.net

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

20 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/



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toll free: 866/303-TACK • info@tackcollection.com



2009 Shows and Events

NOVEMBER 2009

- 3 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 14 **RMDS Board of Governors' Meeting, Colorado Springs**
- 17 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

DECEMBER 2009

- 8 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/
- 29 **Janet Foy Clinic, Reiterhof Ranch, Franktown**
Contact Jody, 303-646-9520, www.geocities.com/ingolfn/

JANUARY 2010

- 30 **RMDS Judges' Continuing Education, Janet "Dolly" Hannon,**
Location TBA.
Contact Heather Petersen, 719-683-8435, slush@drwg.net

MAY 2010

- 15-16 **RMDS L-Program D2 Session, Somerset Farms, Longmont**
Contact Heather Petersen, 719-683-8435, slush@drwg.net

JUNE 2010

- 19-20 **Dressage Through the Levels-Steffan Peters & Janet Foy**
Contact Heather Petersen, 719-683-8435, slush@drwg.net

JULY 2010

- 24-25 **RMDS L-Program Final Session, Autumn Hill IEC, Longmont**
Contact Heather Petersen, 719-683-8435, slush@drwg.net

AUGUST 2010

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

SEPTEMBER 2010

- 1 **Rocky Mountain Sport Horse Breeding Qualifying
Open Breed Show, USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 2-5 **RMDS Championships and Open Show, Parker, USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net

For updates to the calendar, go to the website: www.rmids.org

THESE EVENTS ARE DEPENDENT UPON VOLUNTEERS.
IF YOU CAN HELP, PLEASE CONTACT THE EVENT
ORGANIZER!

Debbie McDonald, cont'd from page 1

on throughness over the back and into contact. "Even though he's hot, I need to keep my leg on and ride him forward," Jenny observed after her lesson. One exercise that she found particularly helpful was working the haunches-in at the walk.

Junior rider Morgan Heinrichs rode her 10-year-old Oldenburg mare Royal Mirage. Although Morgan was excited to work with Debbie, she felt the butterflies. "I was really nervous because she's been one of my idols," she said. Among the work, was riding the counter lead on a circle and not allowing a flying change so that the mare was really listening. It was also critical that Morgan was extremely clear with her aids. She commented, "The work helped me push her to her potential and be really clear about what I'm asking."

It was this same level of control that Sarah Dodge worked on with her Grand Prix horse Lorenzo. Debbie asked her to ride the flying changes with Lorenzo's neck a little deeper, but when Sarah attempted to move the neck, Lorenzo offered a flying change. "His mistakes are out of overachieving," Debbie explained, "You need to be able to change the neck position and not get a flying change." For Sarah, "It was really good work.

She gave me just the right push. Debbie's really good about sizing up the temperament of the horse and how to work best with it."

All in all, eight riders had the opportunity of a lifetime with Debbie, who generously signed autographs for riders and auditors alike. "Debbie genuinely cares about this sport and wants to help it in any way she can," said Brad Vercimak, Nutrena Territory Manager. Brad and Debbie developed a nutrition program for Brentina and all of the horses at River Grove Farm. "She cares passionately about her horses. They always come first."

For Kristen the clinic was an opportunity to bring one of the sport's luminaries to Colorado. "Education is extremely important to Nutrena," she says. "Our goal is to give riders in all disciplines access to great trainers. We are fortunate to partner with some of the greatest ambassadors in our sport and we try to make them available for those who love to learn." Other upcoming educational events include a clinic with Olympic medalist Gina Miles in June, and a clinic with Leslie Howard in the fall. Both clinics will take place at The Colorado Horse Park. Learn more at www.nutrenaworld.com.

OPEN HOUSE

SATURDAY, JUNE 13, 2009

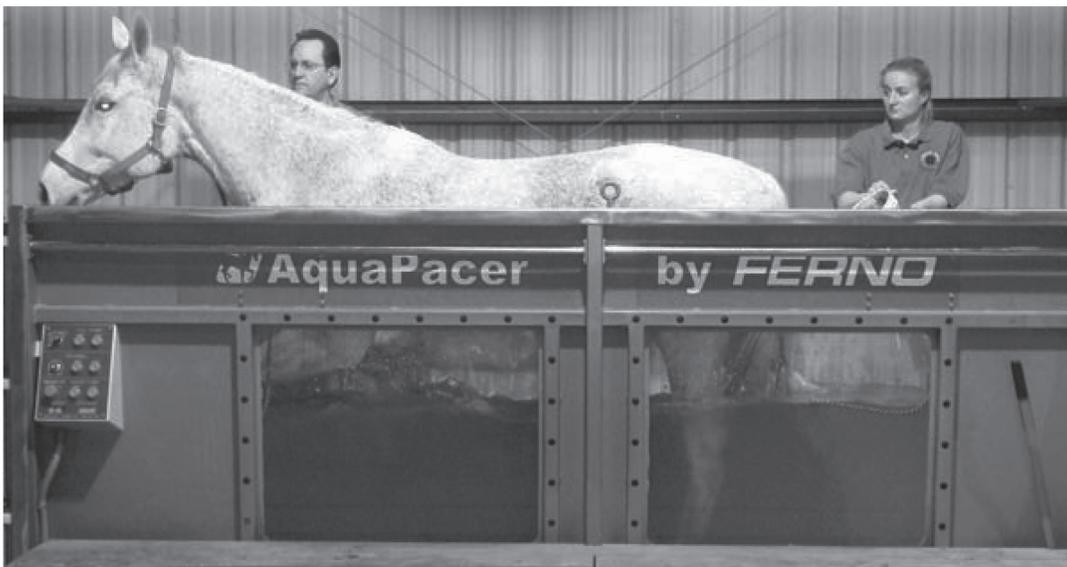
10 AM TO 4 PM

CIRCLE BACK FARM

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Loveland, CO 80537

Kerri A. Belsito, DVM



AquaPacer

Equine Underwater Treadmill

Demonstrations at 11am, 1pm & 3pm

Chair massages

Educational opportunities

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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):

Boulder Valley

High Plains (Parker, Littleton, Aurora)

Tri-State (Wyoming, Adjacent States)

Arkansas Valley

Colorado Springs

Northern Colorado (Fort Collins)

Western Colorado (Aspen, Vail etc)

Foothills (Golden, Evergreen)

Penrose (Canon City)

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 RMDS

to: RMDS Central Office - 2942 Park Lake Dr. - Boulder, CO 80301 720-890-7825

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901 N COUNTY RD. 17, BERTHOUD

8 acres, 2,936 sq.ft. house, 11 stall barn, 7 loafing stalls with runs, 100'x60' indoor arena, round pen, outbuildings, 5 fenced pastures and irrigation.

\$675,000 | MLS# 561282



11471 LOOKOUT RD, LONGMONT

Take advantage of this rare 5 acre horse property with custom built 2,600 sq.ft. barn and 1,637 sq.ft. house in Boulder County.

\$499,900 | MLS# 589282



6077 JAY RD, BOULDER

Beautiful building site, bordering Boulder City. 5 acres, with open space on two sides, water rights, a barn and many mature trees.

\$778,000 | MLS# 555465



6449 WCR 63, KEENESBURG

Established working farm with extensive livestock and hay facilities on 255 acres, with water rights, and over 27,000 sq.ft. of outbuildings.

\$1,850,000 | MLS# 575342



8309 N 107TH, LONGMONT

68 beautiful acres, with a gorgeous 8,000 sq.ft. home. Substantial water rights, as well as a boat house and lake privileges on Gaynor Lake.

\$2,495,000 | MLS# 595971



8600 BASELINE RD, BOULDER

Wow! This 35 acre property offers a stately 6,898 sq.ft. residence, with 7 oversized stalls and pastures, bordering Boulder City limits.

\$2,450,000 | MLS# 576081



7180 N 49TH ST, LONGMONT

A little slice of heaven, so close to town offering 10 fenced acres plus a modest home and barn. Water rights and mountain views!

\$799,000 | MLS# 585230



6125 TREVARTON DR, LONGMONT

Water rights, lush pastures, Adjacent to open space, 4 stall barn 3,600 sq.ft. remodeled home, 4 beds, 4 baths, lots of trees and great views.

\$975,000 | MLS# 570733

KL REALTY | 4535 BROADWAY, BOULDER, CO 80304 | 303.444.3177

USDF Region 5 Youth and Adult Team Competition

Sponsored by Boulder Valley Dressage, Rocky Mountain Dressage Society and
Autumn Hill International Equestrian Center

Saturday, July 11, 2009

Autumn Hill IEC, 9417 N. Foothills Hwy., Longmont, CO 80503

*Plus a fun, educational event on the evening of Friday, July 10th for all participants!
Information for this event to be announced.*

***THIS A FUN and FRIENDLY EVENT FOR EVERYONE!!
Come and enjoy the camaraderie of other riders and then stay for the
Autumn Hill Sunday Series Show #2 on Sunday, July 12th!!***

OPENS: JUNE 8, 2009

CLOSES: JUNE 26, 2009

Judges: Linda Coates-Markle, CO Rae Ann Cook, CO **TD:** Jeannette Hillery
Secretary/Manager: Beth Geier-2942 Park Lake Dr.-Boulder, CO 80301-720-890-7825 bethgeier1@comcast.net
Show Grounds Contact: Julie Barringer-Richers, 720-341-5033, jbarringerrichers@comcast.net

***YOUTH --21 years or under—Your age is determined by the age you turn within the year 2009.
ADULT—22 years old or older within the year 2009.***

→YOUTH RIDERS: You will be put on a scramble team with 2-3 other Youth riders. Each team member will ride the test of their choice, an equitation class and you will also complete a written test appropriate to the riders age. Study guides will be provided. Pick your test from this list:

Class #	Class Description	Class #	Description
1 J	USDF Intro B	8 J	Second Level Test 1
2 J	Training Level Test 1	9 J	Second Level Test 2
3 J	Training Level Test 2	10 J	Second Level Test 4
4 J	Training Level Test 4	11 J	Third Level TOC
5 J	First Level Test 1	12 J	Fourth Level TOC
6 J	First Level Test 2	13 J	FEI TOC
7 J	First Level Test 4		

→ADULT RIDERS: You will be put on a scramble team with 2-3 other Adult riders. Each team member will ride two tests of their choice. You will also complete a written test. A study guide will be provided. **Pick any two tests from any level or adjoining levels → USDF Walk/Trot plus all USEF tests and all FEI tests.**

FEES: JUST \$50.00 PER PERSON— THAT'S IT—NO OTHER FEES!!

ENTRIES: You must use the 2009 RMDS Entry Form. Enclose a Self Addressed Stamped Envelope (SASE) with entry **OR Include LEGIBLE email address on entry form.** No USEF drug fee, non-member fees, or bridle tag deposit. Make checks payable to: **BVD.** Send entry to secretary. Incomplete entries may be returned! Post entries accepted with management approval and with a \$20.00 fee. \$40 bad check fee plus any collection/bank fees.

REFUNDS: Up to closing date, all fees refunded. After closing date and during competition day's, no refunds. Refunds for stabling, after closing date only if stall is filled.

AWARDS: Ribbons to sixth place for each division. High score ribbon for each division. (USDF Intro tests & Freestyles not eligible for high point awards.)

STABLING: Temporary stalls w/full doors-10x10. \$20.00/night through end of show Saturday, bedding not included. Shavings will be available for purchase on the grounds, or bring your own.

DIRECTIONS: From Denver-I-25 to US 36 through Boulder-go approx. 8 miles N of Boulder to intersection of US 36 and Nelson Road. From North take I-25 to CO 66-go west to US 36 and then south 5.2 miles.

FOOTING: Indoor-sand/wood. Outdoor-sand. Warm-up-sand/squeegee.

FOOD: Available for sale, on the grounds from the Young Riders!! **VET/FARRIER:** On Call-Numbers posted in office.

OTHER: DOGS ON LEASHES!! May use small arena for Intro thru First Level test 1.

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!

Photographs are always welcome!

Contact: Cathy Van Berg, Centaur Editor at vanbergc@yahoo.com

July Topics: **The Judge's Point-of-View**

August Topics: **Summer with RMDS**
Shows, Clinics, Activities

September Topics: **TBD**

October Topics: **Training, Training, Training**

Look for the Junior & Young Riders Fundraisers

And help send our Region 5 teams to the North American Junior and Young Rider Championships In Lexington, KY!

They are many ways to get involved:

*Region 5 Clothing Sales

*Food Sales @ Dressage Events

*Sponsorship

Contact Susan Rudman: 303-697-8528

We appreciate all your support!

Thank You!

The Region 5 Junior and Young Riders



USDF REGION FIVE



BLUE FANCY DAN
sponthorse sire
Blue roan 100%
color producer

Standing
at stud



Excellent Movement & Disposition

Offspring for sale

SOY BOY
2005 gelding
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Gigi Brittain
Dressage

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Training through FEI
Flatwork for all Disciplines

303.646.1506
Your location or mine

"Gigi is such a delight to work with--the ideal student. Just give her some homework, and the next time you see her, it's a done deed. Of course, it doesn't hurt that she's such an elegant, effective rider too!" - Jane Savoie

"Gigi rode with me while we were both based in Wellington, Florida. She has an incredible rapport with horses and an innate ability to tap into their strengths and weaknesses. She's consistent and fair, and produces positive results very quickly. Gigi is also an elegant rider, and shows a horse off to its fullest potential. I highly recommend her training and teaching skills." - Sue Blinks

“DRESSAGE” for the Rider

- Kim Cavanagh, Equestriafitness, Personal Fitness Training and Bodywork for Equestrians

“Dressage” is a French word meaning “training.”

When most of us think of training we think of horse training and not rider training. Rider fitness training is just as important and necessary as equine training because equestrian sports involve a partnership between horse and rider. Riders are athletes and need to be supple, strong and balanced while in the saddle in order for effective communication with the horse to take place. RIDERS ARE NOT PASSENGERS!

Being physically fit will:

- increase endurance/stamina for long show days,
- improve bone and joint strength which is especially important for women over 40, but is important for all riders,
- improve posture (body awareness) and balance which improves effectiveness of aids and communication with your horse,
- decrease injuries (ie. back strain, repetitive strain injuries),
- make time spent with your horse more enjoyable.

Many people believe that getting physically fit requires a health club membership and countless hours in the gym, BUT it doesn't have to be that way. There are so many different types of exercise in various forms that it can become quite overwhelming and difficult to make a decision as to what program is best for you. I recommend that people choose something they like to do or want to learn. Pick something you can do with a friend or group of friends. By choosing an exercise program in this manner, you are more likely to continue participating in the program. For some, joining a health club or signing up for a class at your local recreation center is the way to go, but others may need a more flexible option like a program they can do at home if they have small children, or one-on-one training with a fitness professional.

As a physical therapist specializing in sports injuries and rehabilitation, I like to incorporate exercises that are a combination of low-impact, sport-specific exercises and functional training. I recreate the riders movements and positions on the horse and create exercises that strengthen the rider in these positions. I focus on individual needs whether it's to treat chronic pain, lose weight, correct postural problems, improve flexibility, or overall strength training.

A good well-rounded fitness program will include 5 components:

1. Strength training for all muscle groups (strength and endurance)
2. Stretching/flexibility - suppleness
3. Cardiovascular - aerobic training, ie. running, walking, biking, swimming

4. Balance - proprioception, posture, body awareness

5. Nutrition - you are what you eat

Before starting any fitness program, consult with your health-care provider.

Following are some exercises I recommend.

Stretching

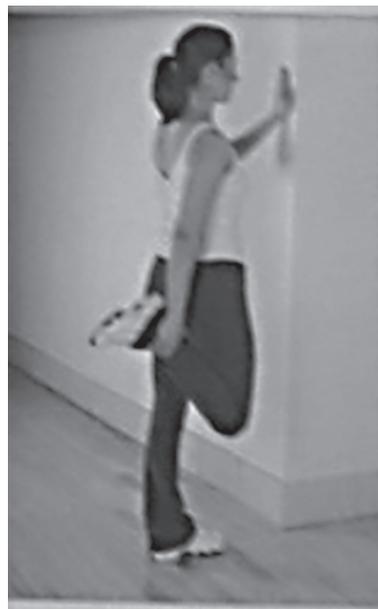
1. Pectoral stretching (front of chest)

This area becomes very tight when you are sitting at a desk all day and leads to forward, rounded shoulders. Stand in a doorway, raise your arms to about shoulder level, place your forearms on either side of the door. Lean forward through the doorway. You should feel a stretch in your chest area. Hold 30 secs. Repeat 4 times.

2. Hamstrings (back of thigh)

This area becomes tight with prolonged sitting. Tightness here will pull your pelvis/seat bones backwards causing you to sit back in the saddle and effect your leg position. Stand facing a chair, step, or fence rail, and place one foot on top of the object. Keeping your head up and back straight, slowly lean forward at the hip - feel a tightening in the back of the thigh. Hold 30 secs. Return to start position and repeat 3 times/side. You can also point your toes upward when stretching and this will increase the stretch to the back of the thigh and the calf area.

3. Quadriceps (front of thigh)



Quadracep Stretch

This area becomes tight as well with prolonged sitting. Tightness here will pull your pelvis forward causing you to lean forward in your saddle effecting your leg position. Stand facing a wall or chair or table. Place your left hand on the object for support if needed. Grab your right ankle with your right hand and bend your right knee behind you so your leg forms a “V.” Hold 30 secs. Return to start position and then repeat 3 times/side.

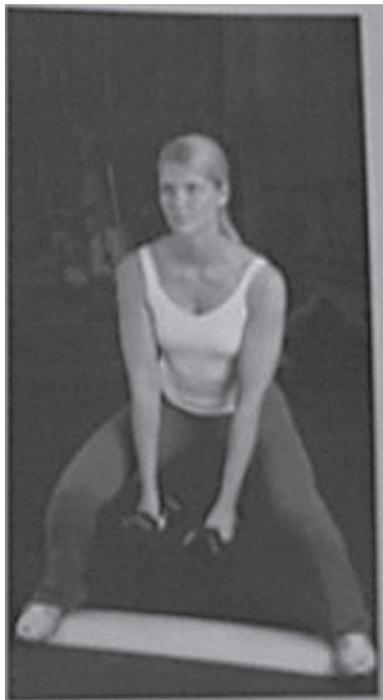


Squats Exercise I, standing on a foam roll and holding dumbbells. Legs are horse-width apart.

Strengthening

1. Squats

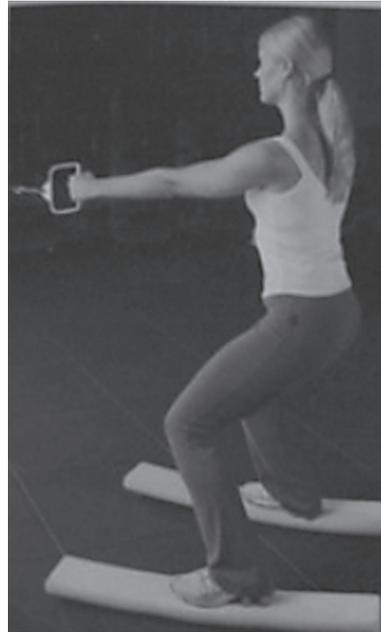
Place feet at horse-width distance, bend the knees and slowly lower your body, reaching your seat backward as if you were trying to sit in a chair (hold your arms up in front of you to simulate holding the reins). Keep your head and chest up. Don't allow your knees to go past your toes.



Squats Exercise II

Lower your body down, eventually making a 90-degree angle at your knee.

Hold for a count of 3 and then slowly return to your start position. Repeat 10 times to start. Work up to 20-40 reps, 2-3x/week.



Row Exercise I, standing on foam rolls to make it more challenging.

2. Rows

Rows target the muscles between your shoulder blades. To perform correctly, lower your shoulders and don't hunch your shoulders up.

Start with hands out in front of you like you are holding your reins, slowly and gently squeeze your shoulder blades together.

Hold for 5 seconds. Your hands will be drawn back toward your body. Slowly release and return to the start position. Repeat 10-15 times. Work up to 20 reps. 3 times/week.



Row Exercise II

Riders of all disciplines and abilities can benefit from some form of fitness training to help their bodies adapt to the demands of riding. Start today! Grab a friend and go for a walk or look into classes at your local recreation center. Remember - A Strong Rider is a Safe Rider!!!

Source: All Photos from the book "The Rider's Fitness Program" by Dianna Robin Dennis.

Kim Cavanagh is a licensed physical therapist and enjoys riding for pleasure. Kim is also able to provide many forms of manual therapy or bodywork including: various forms of massage, myofascial release, muscle energy and trigger point therapy. She is also certified in equine massage. Kim is available for personal sessions, group exercise sessions, and clinics.

New Therapies For Maintaining Your Horse

- Catherine Azar, Windhorse Equine Therapies

We are all looking for ways to cut spending and still keep our horses sound and fit to do their jobs in this current economic climate. Gone seem to be the days when, if our horse had debilitating issues, we could retire her or him and go out looking for a new horse without much thought to expense. Now we are forced to look for options to keep our horses sound and going at the level we require of them. The good news is that there are a growing set of state-of-the-art options that were not previously available. Some of these options are little known but expanding in popularity because they work in ways previously not seen.

There are the medical options that are available from your veterinarian, such as IRAP and Stem Cell therapies, which are highly effective for the situations for which they are used. These are therapies best discussed with your vet for any given issue or injury. The therapies I want to discuss are things available beyond these other treatments, and are in no way meant to be a replacement for regular veterinary care. They are considered adjunctive or complimentary treatments to be administered in conjunction with what your veterinarian offers.

Photobiomodulation Therapy, applied by a new breed of Class IV therapy lasers, is highly effective for a number of applications. For performance, I have seen nothing more effective in my 13 years as an equine physiotherapist. While a variety of therapies were used on the five gold-medalists in show jumping at the Olympics, this laser therapy was the main treatment to maintain these horses at their optimal level, and the results speak for themselves. The treatment can be applied over large areas of the body, as the probe is moved constantly. This means less time for treatments and a greater range of applications. The penetration of the Class IV laser is up to 15cm, which makes it twenty times more powerful than previously used Class III therapeutic lasers. Thus, treatments are deeper and have a much greater impact on everything from releasing lactic acid deep in the muscle, to greater increase in circulation and healing.

This therapy works by stimulating the cells to do their job, so it essentially helps the body do what it needs to do to heal itself. It stimulates circulation, collagen production, lymphatic function, ATP, and helps in relief of pain and inflammation. In treating injury, every horse and situation is unique, but I have seen horses come back from problems that were predicted to end careers. The photobiomodulation therapy works on chronic issues as well as acute injuries. I have used it successfully for back problems, joint problems including arthritis, tendon and ligament issues and injuries, cellulitis and lymphangitis, bucked shins, laminitis, navicular bursa and other foot issues, capped hocks, open wounds (including post-surgery), and bone fractures. This therapy is both FDA and FEI approved, and is being used on humans and small animals, as well as horses.

Other therapies available today include things like microcurrent therapy, electrical stimulation systems that treat large muscle groups, and bio-resonance therapy which treats at the “energetic” level. These are all unique and highly effective in their own right. All of these therapies can be used in conjunction with manual therapies such as massage, lymph drainage, and myofascial release, as well as chiropractic and acupuncture, to enhance their efficacy. Again, I want to remind you that none of these are meant to replace your regular veterinary treatments.

If you have a stubborn injury or issue with your horse, it is good to know that there are now options for promoting healing that we did not previously have available, and that perhaps you don't have to give up on your horse as soon as in the past. And if you are looking for that prize money to supplement your show budget, there are now therapies that may put you further in the running. These are some things to consider in these tight economic times.

Catherine Azar, owner of Windhorse Equine Therapies, has been an equine physiotherapist in the Front Range for twelve years. She travels around the country with her therapy work, both in rehabilitation and working with high-level performance horses on the show circuits.

Para Dressage Dream Update

-Caryn Malone, Para Equestrian

SUCCESS! We received qualifying scores! The Dressage for the Cure at the Peak was a wonderful show. Cecil and I were able to secure a 64% on our Individual Championship test, and a 68% on our Freestyle. I have to say, that was quite a feat. I am telling the truth when I tell you that I had only just finished my Freestyle the morning before we left for the show! Dolly had not even seen it. I picked the music and I did the choreography. Not to gloat, but I did manage a small pat on the back.

Now we are off to Lamplight to compete in the Para Dressage National Championships, as well as trying for a spot in the World Equestrian Games selection trial for Para Dressage.

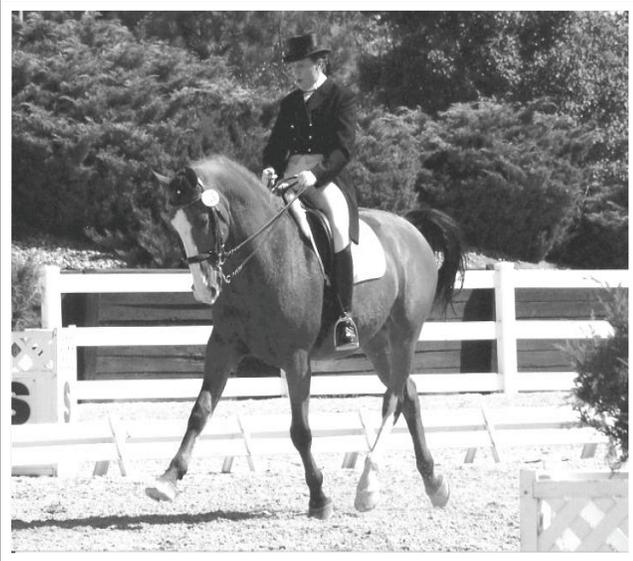
I have to say that this road is a bumpy one! We have had

glitches left and right! I think they are tests of strength and desire. How bad do I want this? What am I willing to go through to get this done? So far, the answer is "pretty much anything."

This dream is unfolding, and there are lots of creases to iron out. I hope the end result is fabulous. There are so many people who are helping this along. You know who you are, and know that I Thank You so very much!

No matter what, it will be worth it!

Keep dreaming!



K.C. seen here showing 8th Heaven Farms' "Olaf"

8th Heaven Farms

Featuring Head Dressage Trainer

K.C. Parkins-Kyle

USDF Silver Medalist and Silver Bar Freestyle Award

USDF "L" Graduate

Competed Successfully through Intermediaries

Upcoming Dressage Clinics at 8th Heaven Farms

June 21, 2009 Friesian Clinic
With Gigi Brittain

July 4 & 5, 2009
Nancy Smith Clinic

August 7, 8 & 9, 2009
Patrice Edwards Clinic

8th Heaven Farms is now Welcoming Dressage

Boarders!

- All Stalls 12x12 with 12X24 Runs
- 100 x 200 indoor arena and 200 x 110 Outdoor arena
- Conveniently located in Castle Rock, CO

Call 303-688-5727 or check out our Web Site at
www.8thheavenhorses.com

Equine Emergency Preparedness and First Aid

-Ashleigh Olds, DVM, Aspen Creek Large Animal Clinic, Conifer, Colorado

Basic First Aid Concepts (Part 2 of 2)

FIRST AID ON THE TRAIL

Trail First Aid Kit

- Backpack, camelback, or saddle bag
- Cell phone. HAVE IMPORTANT NUMBERS PROGRAMMED
- Hoof pick
- Water bottle with squeeze top
- Gauze
- Vetwrap
- Rain slicker or coat

Prevention

- Use protective leg wraps/boots
- Avoid deep mud, cloudy water, or deep water (hidden sharp objects can be lurking below the surface or your horse can become mired down in the water/mud and become stuck)
- Advise others of your planned route/estimated time of return
- Always go with someone – especially in more remote areas.

Emergencies on the Trail

Try to rinse wounds and apply light bandage until you can return to the barn or trailer. If a nail is in the foot and you cannot be reached by trailer, pull the nail and remember where exactly it went in and how deep. Save the nail for your veterinarian.

If signs of colic, dismount and walk for 15 minutes, if symptoms persist, untack if possible and continue walking towards the trailhead or any location where you can be met by a veterinarian or trailer. Offer water.

Miscellaneous

IF YOUR HORSE IS STUCK IN THE MUD, WATER, SNOW, ICE, ETC, don't panic! Take a deep breath and let the horse rest if it has been struggling. Dismount and untack if riding. Try to trade bridle for a halter before any further attempts.

Try coaxing by pulling with lead rope and halter, but do not pull too hard. You can try attaching a lead rope to the tail to assist the hind end. Allow the horse to rest between attempts or they will quickly become too tired to try.

Worst case scenario: Place wide webbed straps (tow rope etc) one directly behind front legs and one directly in front of hind legs, then drag or lift with winch, tractor, or crane. If horse is panicky, placing a blindfold can be very valuable when lifting.

Avoid sedation if at all possible because it will make it difficult for the horse to stand once extricated.

NEVER ATTACH ROPES TO THE HORSE'S LEGS!!!!!!!!!!!!!!!

If you are in over your head, do not wait too long to call for help.

NEVER ATTACH ROPES TO THE HORSE'S LEGS!!!!!!!!!!!!!!!

TRAILER SAFETY AND ACCIDENTS

The best thing is to prevent accidents before they occur.

Check over truck and trailer frequently:

- Tire pressures
- Oil, gas, and coolant levels
- Brakes
- Lights
- Floorboards
- Bearings
- Have the right ball size – too small of a ball can pop off at the first bump.

KNOW HOW TO HOOK UP YOUR TRAILER – practice!

Prevention

- Use protective leg wear (boots, wraps) when trailering, +/- head bumpers
- Tow with an appropriate vehicle for your trailer – consider the wheel base ratio
- Drive with your headlights on for increased visibility
- SLOW DOWN!!!!!! Most accidents are caused by driving too fast and/or then having to slam on the brakes.
- STAY OFF THE CELL PHONE!
- Be cautious with goose necks when crossing railroad tracks.
- ICE-HORSE
- Load heaviest loads on the left – if only loading one horse put it on the left.

In Case of Accident

If the trailer is upright, be very careful before unloading horses – they may be loose in the trailer and you do not want them to get loose on a road/highway.

Wait until police/highway patrol has arrived to block traffic before you unload any horses on the road. Set up panels if necessary to create safe unloading zone.

If the trailer is overturned – DO NOT ATTEMPT TO UNLOAD HORSES until emergency personnel arrive. Many times the horses will need to be sedated or anesthetized and the trailer up-righted before you can remove them.

Ashleigh Olds, DVM owns Aspen Creek Large Animal Clinic, a full service equine hospital in Conifer, Colorado. Along with her associate veterinarian, James O'Bryan, DVM, she provides ambulatory services throughout the Denver suburbs and western foothill communities, in addition to complete in-hospital care. Their practice also specializes in advanced equine dentistry services. If you would like any additional information about Aspen Creek Large Animal Clinic, please see their website at www.aspencreeklac.com.

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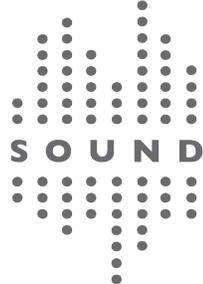


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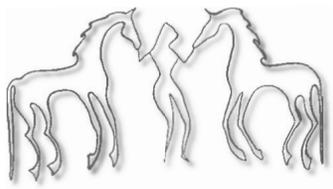
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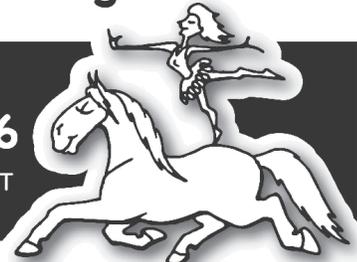
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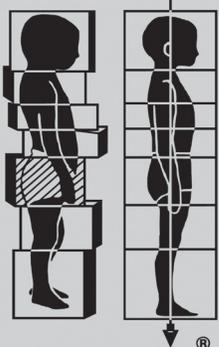


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