



The Centaur

Educating Horse and Rider as Partners.

An RMDS Publication

June 2011

Get Ready to Show

Original article by Kate Engel, 2004; Edited and Updated by Beth Geier, 2011

Several years ago (2004 to be exact) Kate Engel wrote a series of articles on "Show Readiness." I have obtained all but one of the articles and have put them together below. I have edited some of the articles to bring them current with 2011 rules.

Show Selection

Once you receive your RMDS Omnibus (sent to current members), you can start planning your show season. If you only want to show in smaller shows or schooling shows you will need to keep an eye on the Centaur, RMDS website calendar, and local horse-related papers for a listing of the local schooling shows that do not get listed in the Omnibus.

CONSIDERATIONS

1. *Location.* You have to get to the show, so make sure you have the time to travel. If you are dependent on someone else for a ride, make sure you confirm his or her schedule. If you are both showing, make contingency plans if one of you does not get into the show.
2. *Stabling.* If you need stabling, make sure the show offers it and check the type of stabling for your horse's particular needs. Reserve the stall ahead of time as many facilities have limited extra stalls available.
3. *Finances.* Since shows require payment by check or money order ahead of time, you may want to "spread" the shows out to ease your finances.
4. *Show Arenas.* If your horse does better indoors than out-



Beth Geier on Matador showing Prix St. Georges.

doors (or vice-versa), check to be see what the show offers. If you have to lunge your horse, verify that there are adequate lunging facilities.

5. *Season.* Be aware that the early/late season shows may be subject to poor weather conditions. A show may proceed if local conditions warrant and an indoor is available.

You will not receive a refund just because you cannot get out of your driveway!

6. *Recognitions.* Remember to check the recognitions that the show has so that you are aware of what memberships you will need.

PRIZE LISTS

The prize list is the show's "bible." It should detail all the specifics of the show(s) and establish policy for participating in the show. It is mandatory to read the prize list carefully so you can understand how the show

is being run, what is being offered, what the costs are, and what the ramifications are if you cancel. It is the competitor's responsibility to read and comply with the prize list requirements. It is the show's responsibility to set their requirements and enforce/comply with them. A prize list should (and in most cases must) include the following:

1. *Open/Close Dates.* The open and close dates for a show indicate when entries for the show can be sent and/or received. For most shows, sending your entry on open date will give you the best chance of getting into the

Continued on page 4

Region 5 Report

Wow! My first USDF Executive Board Spring Meeting was intense and a great learning experience! It was a great chance to meet my fellow board members face to face over meals and meetings and learn even more about dressage and the issues we face in the various parts of our extremely diverse country. A few things I can share from the meeting include the following: We have a very positive financial outlook for the organization! The fiscal year that was just completed ended well. The Executive Board awarded the 2012 USDF/Great American Region 5 Championships to The Collectives, a great group of folks that run shows in Utah. The show will be held in Salt Lake City October 5-7, 2012. Nominations are open for the 3 new executive board positions; the new At Large Directors. These Directors will come

from each of the 3 USDF Councils – the Technical, the Administrative and the Activities councils.

I'm also very happy to announce that Region 5 will host a Junior/Young Rider clinic again this October. We are excited to have George Williams return to Stellar Stables in Parker, Colorado October 22-23, 2011. Mark your calendars – although only Juniors and Young Riders are allowed to ride, the clinic is open to auditors of all ages!

We have 18 declared Junior/Young Riders for the 2011 FEI North American Junior and Young Rider Championships. If you would like to contribute or help with their fundraising efforts, please contact Kathleen Donnelly, our Region 5 Jr/YR FEI coor-

dinator at kathleendonnelly20@hotmail.com, or 970-310-8729.

The 2011 USDF Convention will be held November 30 - December 2, 2011 in San Diego, California. Hotel room prices and convention registration prices will be the lowest they have been in years, so please consider joining us for the education programs, and the governance of this great organization. The USDF Symposium will be December 3-4, 2011 also in San Diego and will feature our US National Coaches – Anne Gribbons, Debbie McDonald, Jeremy Steinberg and Scott Hassler. You won't want to miss this one – it covers young horse through Grand Prix, including the FEI Juniors and Young Riders.

'Til next month!

-Heather Petersen, Region 5 Director

Important Things to Know this Month

USDF has developed a brand new educational member benefit that is absolutely FREE to each current GMO member: e-TRAK!

e-TRAK is a searchable database of educational content – everything from videos to articles and audio tapes on equine health care, training, and much more! Utilize this new online educational center as a valuable marketing tool to help retain members and entice potential new members to join the club!

To access e-TRAK, USDF GMO members just need to log in to the web site at www.usdf.org/e-trak.

Re: Nominations:

Nominations are being accepted for President, Vice President (one year only), Secretary, and Treasurer for the 2012-13 term.

Boulder Valley

BVD had their first events on April 23rd and 24th at *Single Tree Farm* in Boulder. Thanks to Jan and her staff for allowing us use of their fine facility!

On the 23rd there was a Ride-a-Test at the farm, and then on the 24th we held our Spring Fling Show. We had a great turnout for both events! Thank you to all of our participants!

Jeannette Hillery managed both events with help from Beth Geier. Thank you to all the volunteers who made the events a success. We can't put them on without your help! We appreciate their dedication to the sport.

BV members were surprised with brand new saddle pads displaying our new logo embroidered on them as thank yous for being a part of our club. They were very well received! Look for them at the next local show at Somerset Farms May 14th and 15th! -*Kim Lampert*, President, BVD

Northern Colorado

Our "Thank you" to Julie and John Haugen and Kathy Coulson at *Hobby Horse Farms* for hosting the Dolly Hannon Seminar on the 2011 Dres-

sage Tests on April 17th. Dolly's Powerpoint presentation at *Lazy J Bar S* provided information for NCDA members about requirements in movements, changes to the tests, explanations of the directives, and a view of what judges want to see in riding. To quote Paula Lunberry: "Dolly is an AWESOME teacher, trainer, and S-judge. I see the Dolly seminar as a wonderful, low-cost opportunity to develop our eye to correctness in a horse and rider's way of going, and to ask questions freely without feeling intimidated..." We all appreciated Dolly's expertise and the willingness of the riders to be demo riders that day.

The Winter Wake-Up is June 11th and 12th at Tomora Training Center. If you haven't called to volunteer or haven't signed up on our website www.sites.google.com/site/myncda, please do. We would love to hear from you and welcome any help you can offer. If you can't volunteer, plan on coming out to see some of the show. If you can't make it, PRAY for SUNSHINE.

-*Susie Reed*, President, NCDA

Colorado Springs

Hello everyone! Hope you're all getting rid of all that winter hair on your horses and getting along in your

training goals for the year.

Our annual Dressage for the Cure at the Peak show went very well. According to Sense of Security, proceeds from the silent auction enabled them to take four women off their waiting list of those needing financial assistance while undergoing treatment for breast cancer. Thanks to everyone who showed, volunteered, donated, sponsored, or supported the silent auction!

Our next meeting is May 17, 6:30 pm at *Whispering Winds Farm* in Monument. We will be given demonstrations on braiding, turn out and legal tack, just in time for those big summer shows! On June 21 at 7pm, we will meet at Elaine Haberman's for a presentation on trailer safety and maintenance. Do you know what steps you need to take each year to make sure your horses are safe?

Our next CSDA sponsored show is Dressage at the Peak Summer Warm Up and Dressage at the Peak Summer I-II at Fountain Valley School. If you haven't been there before, FVS is a gorgeous facility and we have a great time down there. So, sign up to show for Lois Heyerdahl and Sue Kolstad July 16-18. See our website, www.csdressage.org, for more information. -*Shannon Lemons*, President, CSDA

RMDS Roster Corrections

Amundon, Jamee

Address: PO BOX 846, Penrose, CO 81240

Carbonnel, Frances

Phone: 720-979-3120

Egolf, Tracey

Address: PO Box 61, Fairplay, CO 80440

show. Do NOT send your entry BEFORE the open date. Any entries received AFTER the close date may be subject to an additional fee, being placed on a wait list, or refusal.

2. *Classes.* Make sure you identify the classes you want and verify what day, if applicable, they are offered. Some guidelines to follow:

- The horse cannot compete in more than 3 tests per day (higher level limit is 2 classes per day).
- The horse cannot compete at more than 2 consecutive levels per show.
- TOC = Test of Choice. Pinned as one class, but the rider may choose the test: ie. Training Level TOC would allow the competitor to ride any Training Level test, but only one test.
- The horse can only be ridden by one rider per class.

3. *Divisions.* Choose the division based on the rider status. Anyone who cannot prove they are a Junior/Young Rider (birth date) or an Adult Amateur (USEF Adult Amateur card holder), must ride in the Open division. Any equestrian professional (as defined by USEF) must ride in the Open division. Some shows now offer additional divisions for an additional fee. This allows the rider to ride one test, but be pinned in 2 divisions.

4. *Entry Acceptance.* The prize list should indicate HOW the entries would be accepted: ie. first come first served based on post-

mark or receipt date. To make sure your entry gets there as soon as possible, overnight mail may be your best option, BUT make sure you check to see if signatures are required. (Many show secretaries live in the country and are not available to sign, which will delay the receipt of the entry.) Some shows may actually accept entries and guarantee a minimum number of rides per test or level. This means an entry received for a popular class may be denied so that an entry for a class that is not full can be guaranteed – even though the latter entry was sent in later. This ensures a well-balanced show with all levels represented. Judges and spectators tend to like the variety this option offers (rather than watching 3 hours of Training Level test one).

Another important aspect for entries is the prize list statement, if applicable, that the show reserves the right to refuse entries based on their stated policy.

Make sure you include photocopies of all valid memberships for the rider, owner, and horse. The competitor is responsible for providing this information to the show (remember to always bring the information with you as well). To qualify for any Breed awards, you will need a copy of your breed papers.

5. *Entry Fees.* The prize list should detail the fees for classes, stabling, office fees, additional division fees, Qualifying fees (USDF only), jackpot offerings, prize money information, and USEF/

USDF fees – all, if applicable. It should also indicate form of payment, who to make the checks to, and where to send the entries. Entries received without payment may be returned. Entries sent to the wrong place may not be accepted.

6. *Refunds.* The prize list should detail a refunds policy. Make sure you are aware of what you have to do to get a refund. If the show is USEF recognized, there may be some recourse based on special circumstances (see USEF Rulebook) that would overwrite the stated policy.

7. *Wait-Lists.* Some popular shows will post a policy regarding wait-lists. Unfortunately, some shows do not, and when the show fills management will have to advise the competitors as to whether they are in or not.

8. *Stabling.* If available (and this should be stated), prize lists for recognized shows must detail the stabling type (to include whether they are pens, box stalls with full or half doors, and size).

9. *Awards.* The prize list should indicate any special awards. Placings should be indicated. Any prize money or jackpot class should be described in detail so competitors can assess their chances!

10. *Concessions.* Recognized shows are required to publish information on concessions so competitors know what is available. For smaller shows, you may want to come prepared in case of an emergency and find no food available.

Level 1 and RMDS only shows, concessions not required.

11. *Farrier/Vet/EMT.* Recognized shows are required to have an EMT on the premises. A farrier and vet can be on call and the show must post their phone numbers.

12. *Arenas.* Type and footing in the arenas and warm-up areas must be detailed.

13. *Other.* Depending on the size and type of show, directions, local hotels, ground details, show hours, shaving and feed availability, etc. will be detailed. Also, a dog policy is mentioned.

Remember: Read the prize lists carefully! If you have any questions, don't hesitate to contact the show management (manager or secretary) to ask. Do this before the open date to insure that you have everything you need before sending in your entry. This could mean the difference between getting into the show or not!

Get Show Ready:

Those crazy Entry Forms!

By now you should have in hand:

1. All membership paperwork for you, your horse, and the rider (USEF, USDF, and RMDS).
2. A current Coggins test done through your vet. (Allow 10 days to be completed.) The name on the test needs to be the official name of the horse as listed on all the membership cards and MUST be the same everywhere!
3. The RMDS Omnibus.

4. A list of the shows/events you hope to attend.

For year-end awards and qualifying for championships, the rider, owner, and horse must be current members prior to the ride for any of the scores to count.

Now it's time to review the entry form. The official RMDS entry form is located in the Omnibus as well as being online at www.rmds.org. Double check the prize list for the form the show will accept. The "Dressage in the Rockies" and "Dressage at High Prairie" shows have their own forms. This article will be talking about the official RMDS entry form.

Note: Make your life easier as well as the show secretaries: Copy ALL your memberships on one side of an 8 x 11 page facing the same direction, with the Coggins test copied on the back side. USEF and USDF memberships for rider, owner, and horse can be downloaded, free of charge, on one sheet of paper from: www.eqverification.org. The RMDS card does fit at the very bottom of the page. Make enough copies for every show you plan to attend.

You can write out one entry form with your basic non-changing information and make copies of it, but do not copy the signatures. Those must be original.

1. *Type or print your information.* Use the horse's official name as registered with RMDS, USDF, USEF (they should be the same everywhere). No nicknames! Copy the horse's numbers carefully onto the entry form, as this is what the show secretary will put into the computer and report

to the organizations. If incorrect, it may cause problems for official standings for year-end awards.

2. *Type or print the Rider information* as registered with the organizations. Again, be very accurate with the numbers.
3. *Type or print the trainer information.* ***This is the person responsible for the horse the day of the show, and must be 18+ years old. They must be on the grounds with the horse. This is not the person who teaches you! A parent can be listed here if the owner is under 18, but they must be on the grounds!
4. *Type or print the Owner information.*

Read the prize list to determine Open/Close dates, fees, classes, and requirements for that specific show.

5. *Classes.* Be sure you follow the prize list for this. List the class number and be sure to also write out the title of the class: ie. class 18, Fourth Level Test 2
6. *Non-member fees.* If you are entering a USEF/USDF show and have not joined USEF or USDF, you will need to pay the non-member fees as set by USEF and USDF. Know the rules regarding membership with the various organizations: www.usef.org, www.usdf.org, www.rmds.org
7. *Office fee.* See prize list. This fee is non refundable no matter what.
8. *Bridle Tag fees.* Some shows charge for use of the bridle tag.

9. *Scholarship Fund donation.*
Your choice, but it is a nice choice to help someone in the area.
10. *Stabling Form.* Be sure to list who you wish to stable with as stalls are assigned ahead of time.
11. Sign, Sign, Sign! Be sure all signatures are on the form. If you have a trainer who is helping you in warm-up, they need to sign under Coach.

Mail your entry on the open date! The later you enter the show, the more you run the risk of not getting into the show.

Make sure your entry is completely filled out – no empty spots, and all signatures are in place.

CALL the show manager or secretary if you have any questions or are not sure about something.

Show Etiquette and the Rules That Define It

It's Show Time! You have your memberships, you've chosen your shows, you've filled out your entries, and, now, finally, you need to get ready for the show!

WHAT DO YOU WEAR?

The rules for attire at a recognized dressage show are set by USEF. Get out your USEF Rule Book and read the Dressage Section, Article 120.

Dress. Many riders also protect their clothing by wearing overalls or a jumper – something that is easy to remove, but long enough to cover your nice clean light-colored breeches.

What should your horse wear?

The rules for what your horse can wear are located also in the Dressage Section, Article 121 Saddlery and Equipment.

RECOMMENDED DOs AND DON'TS:

1. *DO know the rules.* Take some time to review the USEF Rule Book. You'll be amazed at some of the rules!

2. *DO allow sufficient time.* Remember that the ride times you received in the mail may have shifted. Allow plenty of time to get to the show, sign in, check your ride time(s), tack up, and warm up.

3. *DO park your trailer efficiently.* Allow space for others. Park your car where assigned.

4. *DO braid.* Braids are not mandatory, but, if nice looking, help create a professional picture.

5. *DO measure your dressage whip.* It must be less than 47.2" long, including lash. Remember, no whips in your Championship classes!

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Omnibus Corrections 2011

ALL SHOWS: USEF Rule Change: Effective March 1, 2011, for dressage:

Anyone mounted on a horse must wear protective headgear except those riders age 18 and over while on horses that are competing only in FEI levels and tests at the Prix St. Georges level and above (including FEI Young Rider Tests, the USEF Developing Prix St. Georges Test and the USEF Brentina Cup Test).

Page B-16:

C. i. - should be colts/geldings

C. ii. - should be colts/geldings

C. iii. - should be colts/geldings

Page C-53: New Show Manager: Bobbie Jo Derksen (bbjsagecreek@hotmail.com, 801.376.9062)

Page C-55: Correct Recognition numbers:

AHDF III - USEF/USDF#: 317035 RMDS #: 1018

AHDF IV – USEF/USDF325991 RMDS #: 1011

Page C-71: CDEC Open Dressage Show - The new judge is David Schmutz, "S" CA

Page C-81: Class 11 should be Colt and Gelding Champion of Open Show / Great American / USDFBC Qualifier. (adds the word Gelding)

Do A Score Check Throughout The Show Season.
 No scoring changes are permitted after September 30.

6. *DO clean your horse and tack.* Bring a cloth for a “touch-up.” Rider and horse always leave a better impression if they are “dressed for success.”

7. *DO CALL* if you are unable to attend or you are running late. This is common courtesy.

8. *DON'T* bring your dog if the Prize List says they are NOT allowed!

9. *DON'T wear leg wraps in the show area.* They are not allowed. Warm-up is fine, but remember to remove them before your class.

10. *DO memorize your test(s),* if you can. You are allowed a reader (except for Championship classes), but choose a good one. Rehearse so you know what volume/speed is needed, especially on a windy day!

11. *DON'T approach the Judge to talk* unless you've received permission to do so (from the Show Management along with the TD).

12. *DON'T forget to check-out,* ie. get permission to leave.

13. *DO THANK the volunteers* that made the show possible!

14. *DO leave the grounds CLEANER* than when you arrived!

15. *DO remember WHY you show!* And have FUN!

Read the USDF Dressage Rules. Only you are responsible for knowing

the rules. Do not count on someone else telling you a rule. Many change and not everyone stays current. Go to www.usdf.org.

Membership Card

These are important documents and MUST accompany every entry. Read your card carefully as the information on them is what is used to determine qualifying for year-end awards and for Championships. Be sure the names of the owner, rider, and the horse match on every document.

MEMBER INFORMATION:

1. Member #: for you to enter under your RMDS # on all entry forms.
2. Your name follows and should be exactly the same as you use on your entry forms.
3. USEF Amateur: This will always say “NO” unless you send a copy of your current USEF Adult Amateur card to the RMDS Central Office. This must be updated every year.

4. *Member From:* This date shows when your dues were received in the RMDS Central Office (we go by the post mark). All scores counting for year-end awards are documented from this date forward.

5. *To:* Shows the date when your membership expires for the year. Always 12/31 of the current year.

6. *Paid:* Shows how much you paid.

7. *Horse #:* This is the number you use to identify your horse to RMDS. Must be used on your entry form.

8. *Name:* This name for your horse MUST be the same name that you use on your entry forms. The name must be the same on ALL membership cards.

9. *Joined:* This date shows when the horse has been recorded with RMDS and/or the last time anything (name, owner) was changed on this particular record.

10. *Breed:* There must be a breed listed if you wish to compete for any year-end breed awards. Ponies must be listed here as well. 🐎 🐎 🐎

RMDS Office - 2942 Park Lake Drive - Boulder, CO 80301 (720)

RMDS Membership Card

Member # 4567	Anna Haymaker	Member Type: J
USEF Amateur: No	Business Name:	
Member from: 1/1/2011	to: 12/31/2011	Paid: \$110.00
Your Horse(s) - Lifetime Registration with RMDS		
Horse #	Name	Joined
5386	Gallopig Free	1/1/2011
		Breed
		Belgian Warmblood

RMDS Membership Card

Contact Central Office for corrections. Owner, horse, & rider must be current members for scores to count and to qualify for RMDS Championships. If a horse's breed (only 1) is missing, send a copy of the breed papers. If a horse is missing, you need to register the horse for \$40.00. If you are an amateur and the card does not indicate amateur, you need to send a copy of your 2011 USEF Amateur card. If you need to change owner or horse name, send \$15.00 for each change. Make checks payable to RMDS. Type: C=Centaur only, I=Individual, F=Family, B=Business, L=Life, J=Junior



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 PRICE \$1,149,000. Just NW of Berthoud. Fabulous, picturesque 35 acre horse property, turn key set up with two barns, arena, paddocks and pastures. Home is almost 5000 sq ft, with in-law apt in walkout lower level, main floor master. Multiple outdoor entertainment areas. Bring the horses or other animals and enjoy life in the country with easy access to urban amenities.



15 ACRE PARADISE JUST MINUTES NORTH OF BOULDER

MLS# 649896 PRICE: \$2,690,000. Fabulous custom home, 4-stall heated barn, shop, gardens, machine shed etc. Park-like setting with fantastic Flatirons views. For more details visit www.3920.wkre.com



LUXURY COUNTRY LIVING IN ERIE
 MLS# 627202 PRICE: Home with 10 acres at \$1,140,000 or home with up to 35 acres. Beautiful custom home, high end finishes, 3 bed, 4 bath, multiple outdoor living areas, 2 stall barn, hay storage.



BEAUTIFUL NEW ENGLAND STYLE HOME IN LONGMONT
 MLS# 654984 PRICE: \$1,190,000. 10 acre park-like setting with 4000 sq ft home, 4 beds, 5 baths. Large temp controlled outbldg w/multiple uses. Lots of irrigation water for endless possibilities i.e. organic farm, animals etc.



NEW LOWER PRICE!



307 LUCERNE DRIVE, LAFAYETTE
 MLS# 646036 NEW PRICE: \$269,900. 3 bed, 2 bath, well maintained home on large lot minutes from old town Lafayette. Close to rec center, library, trails, shopping.

12635 FLAGG DRIVE, LAFAYETTE

PRICE: \$619,000. Nearly 6 acres just east of Old Town Lafayette, near Coal Creek trail head. Wonderfully updated and renovated farm house with charming outdoor living spaces, two stall Gardner barn, detached garage, storage shed, arena and pasture. Seasonal pond. House has 3 bedrooms, 2 baths, great room w/ fantastic mt views.



2231 WCR 42, BERTHOUD

PRICE \$869,000. 3400 sq ft fin. Beautiful country home on 33.4 acres. Custom finishes throughout. Enjoy fabulous sunsets on the wrap around covered porch overlooking a seasonal pond and stream. Arena, shedrows with paddocks, barn. Water rights available.

To see photos and more information about any of these properties, please visit my website at

www.AndriaAllen.com

• **303/810.8375**



JUST A HORSE

From time to time, people tell me, "lighten up, it's just a horse," or, "that's a lot of money for just a horse."

They don't understand the distance traveled, the time spent or the costs involved for "just a horse." Some of my proudest moments have come about with "just a horse."

Many hours have passed and my only company was "just a horse," but I did not once feel slighted. Some of my saddest moments have been brought about by "just a horse," and in those days of darkness, the gentle touch of "just a horse" gave me comfort and reason to overcome the day.

If you think it's "just a horse," then you will probably understand phrases like "just a friend," "just a sunrise," or "just a promise."

"Just a horse" brings into my life the very essence of friendship, trust, and pure unbridled joy. "Just a horse" brings out the compassion and patience that make me a better person. Because of "just a horse" I will rise early, take long walks, and look longingly to the future.

So for me and folks like me, it's not "just a horse" but an embodiment of all the hopes and dreams of the future, the fond memories of the past, and the pure joy of the moment.

"Just a horse" brings out what's good in me and diverts my thoughts away from myself and the worries of the day.

I hope that someday they can understand that it's not "just a horse" but the thing that gives me humanity and keeps me from being "just a woman/man."

-Anonymous

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CALL ABOUT DISCOUNT TRAINING PACKAGES AND DRESSAGE FOR THE WESTERN RIDER		A place where learning is fun!
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Monthly Fitness Tip: Table-Top With Alternating Arms And Legs

By Jessica Carlin and Lindy Thompson, Sound Mind & Body Lifestyle Coaching

Last month in this column we talked about connection, a vital part on the training scale. This month, we continue to move up the scale to one of the more difficult steps – impulsion.

Notoriously tricky to master, **impulsion** is essential in creating a dressage horse. To create **impulsion**, the rider must not be able to produce energy, but also to shape that energy into forward, upwards thrust. Therefore, the rider's core muscles are vital in **impulsion**, to help in producing and shaping energy into lift and suspension. Also important in helping with impulsion is the ability to coordinate your aides and the tension in your core. So with that all in mind, this month we are going to do the **Table Top With Alternating Arms And Legs** that will strengthen the core, and help your limbs work together in coordination.

This exercise will help you:

- Strengthen your abdominal muscles to aid core strength
- Increase torso stability and balance
- Encourage independent control over arms and legs

What You Need

- Yoga/pilates mat or towel to protect from floor

Table Top W/ Alternating Arms & Legs

- Start on your hands and knees creating a flat table top with your

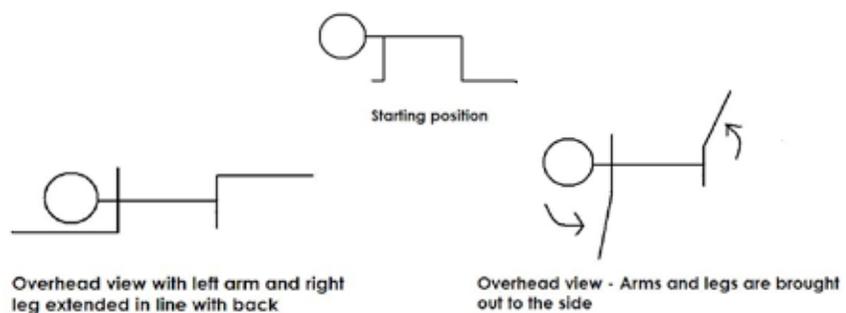
back, with your hands directly under your shoulder joint and knees directly under your hip joints

- Reach the right hand out and the left foot out so that your limbs are in line with your flat back and hold for a deep breath in and out
- Without your hand and knee returning to the floor, move your limbs out to the respective sides and hold for a deep breath in and out
- Return the arm and leg to so they are in line with your flat back, and then return the arm and leg to the floor
- Repeat with left arm and right leg

- Do exercise 15 times on each side (total of 30 times)

Tips & Progression

- To keep your back flat and supported, imagine you have a glass of water on your back and you have to keep it still and flat to prevent the water from spilling
- Support your lower back and keep the core activated throughout exercise by pulling belly-button in towards spine
- Keep shoulders away from ears and neck in line with the spine
- To make the exercise more difficult, add an abdominal crunch by moving your limbs together in order to touch your knee to your elbow and get a “crunch” sensation in your abs



Sound Mind & Body Lifestyle Coaching is dedicated to whole body wellness, from physical fitness to mental performance. Focusing on fitness for the equestrian, SMB Lifestyle recently launched SaddleFit boot camps designed to improve your fitness to improve your riding. Visit www.smbfitnesscoach.com for more information.

Is it a Corner or a Circle?

A Training Exercise to Help You Figure It Out

By Dee Kirby, Spoiled Rotten Sporthorses

The following is an exercise that is basic in nature but can be varied endlessly to accomplish all kinds of training goals. Initially, I use this exercise to teach my students the difference between riding a corner and riding a 20 meter circle. It will also prepare you to move up to 1st level. At the end of the article, I will give you some variations I use for horses schooling 1st, 2nd, and beyond. It really is only limited to your own imagination.

Prerequisites

To make this exercise work, you should know the geometry of the standard dressage arena and where the 20 meter circles are ridden at both ends and in the middle. If you struggle with the general accuracy of the 20 meter circle, get out your cones and mark off a circle at A, B/E and C. Also, you should be at least able to walk and trot confidently. Canter is a plus but not necessary to begin using the exercise.

Let's Begin

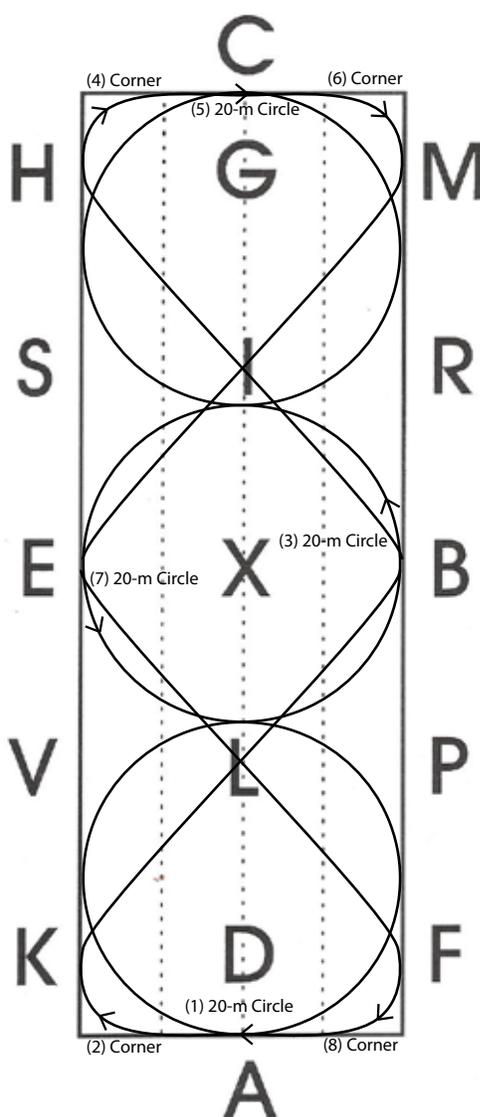
Pick up your horse in working walk. It doesn't matter which direction you start, but in this instance, we'll start tracking right. Ride the corner from F to A. At A, start a 20 meter circle to the right. This means you do not go into the corner at K or F. Also, remember that a circle starts and ends at the same point. So as you finish your circle you should be on the rail back at A. Now go into the corner

at K and head across the short diagonal to the letter B. Immediately start a 20 meter circle left at B (B-E-B). As you finish your circle back at the letter B head across the short diagonal to H. Ride into this corner at H to the letter C. At C, start a 20 meter circle right. Again, do not go into the corner at M or H. As you finish your 20

meter circle, you should be back on the rail at C. Now go into the corner at M and head back across the short diagonal to E. Immediately start a 20 meter circle left at E (E-B-E). As you finish your circle back at the letter E, head across the short diagonal to F and you are back at the beginning of the exercise. You can repeat this pattern as often as you like and don't forget to ride it starting in the opposite direction as well. So that would look like this: Track left at K. At A, ride a 20 meter circle left. Go into the corner at F. Head across the short diagonal to E. Circle right at E. Head across the short diagonal to M. Go into the corner at M. Circle left at C. Continue on in the same fashion. Once you have the pattern down, proceed to working trot and continue on.

The Details

First of all, it is extremely important to ride accurate 20 meter circles. What is so important about accuracy with those stinking 20 meter circles? I'll tell you! If you are riding a correct, accurate 20 meter circle, you are using your aids correctly to bend the horse properly and ride his entire body. You can't pull your horse around by the inside rein and make an accurate 20 meter circle. That ability, to ride your horse on the correct aids, is the foundation you will build on your entire dressage career. Might as well tackle that problem now. If you are among the many of us who



Continued on page 21

2011 RMDS Executive Board

President	Simone Windeler	719-540-2000	simonedressage@gmail.com
Past President	Laura Speer	970-371-2934	riversidestables_evans@yahoo.com
Vice President	Mary Jo Hoepner	719-495-3648	vicepresident@rmds.org
Secretary	Susan Rudman	303-697-8528	sewrunred@msn.com
Treasurer	Sharon Soos	303-904-7534	sksoos@mesanetworks.net

Permanent Committees

Adult Amateur	Lori Mitchell	303-816-2375	bandwdressage@aol.com
Awards	Shannon Lemons	719-686-0064	lemons_shannon@yahoo.com
Results	Central Office	720-890-7825	rmds@rmds.org
Championship/March Show ..	Laura Speer	970-371-2934	riversidestables_evans@yahoo.com
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Centaur Production	Cathy Van Berg	303-916-6136	vanbergc@yahoo.com
Omnibus Advertising	Central Office	720-890-7825	rmds@rmds.org
Omnibus Production	Burke Design	303-447-0993	rmds@rmds.org
Webmaster	Michael Petersen	719-683-8435	webmaster@rmds.org
Constitution, By-laws	Central Office	720-890-7825	rmds@rmds.org
Education	Michelle Anderson	303-646-1375	michand@hotmail.com
Insurance, Show Standards	Central Office	720-890-7825	rmds@rmds.org
Junior/Young Riders	Cindi O'Shea	720-951-3517	cindioshea@yahoo.com
Junior Camp	Joan Clay	970.420.0887	jnclay@comcast.net
Marketing	Elaine Haberman	719-358-1577	stabiledicavallo@gmail.com
Membership			
Horse Registration	Central Office	720-890-7825	rmds@rmds.org
Registration Officials and			
Show Standards	Central Office	720-890-7825	rmds@rmds.org
RMDS Show Liason	Laura Speer	970-371-2934	riversidestables_evans@yahoo.com
Scheduling	Central Office	720-890-7825	rmds@rmds.org
Scholarship	Elaine Haberman	719-358-1577	stabiledicavallo@gmail.com

Chapter Presidents

Arkansas Valley	Mary Rae	719-784-6853	marraelambs@hotmail.com
Boulder Valley	Kim Lampert	303-638-3606	Dive4java@comcast.net
Colorado Springs	Shannon Lemons	719-686-0064	lemons_shannon@yahoo.com
Foothills	Dolly Hannon	303-919-4112	dollyhannon@msn.com
Grand Valley	Inka Spatafora	970-260-2660	classicaldressage@earthlink.net
High Plains	Cindi O'Shea	720-951-3517	cindioshea@yahoo.com
Northern Colorado	Susie Reed	970-416-7831	the.reed3s@gmail.com
Platte River Dressage	Laura Speer	970-330-7233	riversidestables_evans@yahoo.com
Wasatch Mountains	Linda Nickerson	801-647-3291	mail@snowypeaksranch.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

Heather Petersen

719-683-8435

slush@drwg.net

FEI JRYR Coordinator

Kathleen Donnelly

970-310-8729

Kathleendonnely20@hotmail.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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RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley: 2nd Saturday, 1 pm,
location TBD. Mary Rae, 719-784-6853,
marraelambs@hotmail.com

Boulder Valley: 2nd Mon., even months,
location TBD, Kim Lampert, 303-638-3606,
Dive4java@comcast.net

Colorado Springs: 3rd Tues., For location
information contact Shannon Lemons,
719-686-0064, lemons_shannon@yahoo.
com, www.CSDressage.org

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

Grand Valley: 2nd Thurs. each month,
location TBD, Inka Spatafora,
970-260-2660,
classicaldressage@earthlink.net

High Plains: Mtg time and location TBD.
Cindi O'Shea, 720-951-3517, cindioshea@
yahoo.com, www.highplainsdressage.com

Northern Colo.: 3rd Tues., each month,
location TBD, Susie Reed, 970-416-7831,
the.reed3s@gmail.com

Platte River Dressage: Mtg time and
location TBD, Laura Speer, 970-330-7233,
riversidestables_evans@yahoo.com

Wasatch Mountains
Linda Nickerson, 801-647-3291, mail@
snowypeaksranch.com, Location TBD

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

Meeting Schedule of the RMDS Executive Board

All RMDS Executive Board meetings are open to all and occur on the second Thursday of every odd-numbered month. Meeting time is 6:30 pm. Meeting dates in 2011 are January 13, March 10, May 12, July 21, September 8. Contact the RMDS Central Office for location. 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.

Scholarship and Grant Opportunities through *The Dressage Foundation*

-Jenny Johnson, The Dressage Foundation Administrative
Director

Violet Hopkins Fund - For GMOs to conduct educational clinics/seminars. Up to \$2,000 can be awarded per year for each GMO or GMO Chapter.

Dancing Horse Fund - Provides smaller grants to assist with freestyle clinics or to help with sound system purchase/repair.

Sally Swift Fund - Up to \$1,000 to conduct a Centered Riding Clinic.

Continuing Education for Instructors - Provides up to \$1,000 for a GMO to conduct educational events for Instructors. These grants CAN be used towards hosting the USDF Instructor Certification Program Workshops and Testing.

Also, as you may know, we have many grants and scholarships available for individuals. Here are a few:

Gifted Fund - for Adult Amateurs riding at ANY level. \$1,000 scholarship to use for a concentrated training time with a horse that is owned.

Continuing Education for Instructors - Individual grants to participate in the USDF Instructor Certification Program.

Renee Isler Dressage Support Fund - Provides grants to Young Riders and Professionals, typically for educational purposes.

Michael Poulin Dressage Fund - Awards grants that will promote and enhance the quality of dressage in the U.S.

For more information about these, and other grants, please visit our website at www.dressagefoundation.org. Click on "Funds and Programs" on the top menu bar. The Dressage Foundation is also on Facebook! Become a fan to keep up-to-date about important deadlines, new funding opportunities and special news: <http://www.facebook.com/home.php#!/pages/The-Dressage-Foundation/103053587073>

Our Young Rider Olympic Dream Program also has its own Facebook page: <http://www.facebook.com/home.php#!/pages/The-Dressage-Foundations-Young-Rider-Olympic-Dream-Program/100308486091>

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 7th of the month prior to the month of publication, i.e. January 7th 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 \$50, in minimal units of one hour.

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

CLASSIFIED ADS

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

PAYMENT AND AD COPY DELIVERY

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

AD RATES AND SIZE SPECIFICATIONS

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

Full Page \$150 7" x 9.5"
Half Page \$90 7" x 4.5"
Outside back half \$105 7" x 4.5"
1/4 Page (Vertical Only) . \$55 3.25" x 4.5"
1/8 Page (Business Card) \$30 3.5" x 2"

(horizontal only)

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

Payment for ads is due on the 7th of the month. If not received by the following 7th 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:

Use the RMDS Website to 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, address, email, training locations and other pertinent info such as awards, 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.

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
"L"	Learner*	Training - Second (RMDS only)
"r"	Recorded	Training - Second
"R"	Registered	Training - Fourth

*may only judge at RMDS recognized shows.

FEI 4*

Janet Foy719-260-1566

FEI ParaEquestrian Dressage 5*

Anita Owen303-953-9904

USEF 'S'

Debbie Riehl-Rodriguez ...303-642-7708

Sandra Hotz303-817-2030

Anita Owen303-953-9904

Janet "Dolly" Hannon303-919-4112

Kristi Wysocki303-648-9877

USEF 'r'

Loni Gaudet985-966-3832

Amy Jablonovsky970-493-2833

Suzanne Zimmer303-478-8325

Gwen Ka'awaloa303-646-4363

USDF 'L' Graduates (Schooling and RMDS

Only recognized shows)

Simone Ahern*719-749-9274

Gigi Brittain*303-646-1506

Julie Burt719-372-6270

Alison Child* (UT)435-640-3287

Linda Coates-Markle303-469-0279

Kathleen Donnelly*970-310-8729

Amy Fulstone775-721-1123

Status	Status	Levels
"S"	Senior	All
3*	(FEI C)	All
4*	(FEI I) International	All
5*	(FEI O)	All

Beth Geier303-673-9840

Jan Goodrich-Spear303-664-0152

Jessica Greer970-581-5613

Julie Haugen970-290-8360

Sarah Martin*719-379-3716

Linda Ohlson-Gross*303-840-9818

KC Parkins-Kyle303-841-9953

Kathy Simard*720-981-4448

Patti Thurman* (UT)435-640-1362

Simone Windeler719-540-2000

*Denotes Graduation with Distinction

Dressage Sport Horse Breeding Judge

Janet Foy 'R'719-260-1566

Debbie Riehl-Rodriguez 'R' 303-642-7708

Kristi Wysocki 'r'303-648-9877

FEI Chief Steward

Veronica Holt303-646-3829

Technical Delegates USEF

Eva-Maria Adolphi (UT), r..801-254-3247

Rusty Cook (NM), r505-877-1456

Veronica Holt, R303-646-3829

Laurie Mactavish, R970-390-5160

Debbie Moloznik, r818-515-0377

Heather Petersen, r719-683-8435

Deeda Randle (WY), R307-638-6737

Catherine Siemiet, r719-942-5311

Dianne Stanley (MT), R406-652-4061

Technical Delegates, RMDS sanctioned shows only

Joan Clay970-420-0887

Jeannette Hillery303-494-7718

Mindy Maguire720-301-0089

Susan Selby970-227-9530

Libby Stokes303-688-2795

USDF Certified Instructors

Training - Second

Julie Burt719-372-6270

Jill Cantor Lee970-209-8491

RaeAnn Cook970-225-1408

Janet "Dolly" Hannon303-279-4546

Ellene Kloefer303-828-3879

Clayton Martin719-379-3716

Bridget Milnes303-660-4986

Kristi Wysocki303-648-9877

Training - Fourth

Simone Ahern719-749-9274

Nancy DeVaney303-681-2516

Loma Fowler303-841-0417

Sarah Martin719-379-3716

Kathy Simard720-981-4448

Melinda Weatherford970-484-5218

Horses and life...it's all the same to me.

-Buck Brannaman

Shows and Events

All shows are RMDS recognized except schooling shows.

JUNE 2011

- 3 **High Prairie Dressage I, Colorado Horse Park, Parker, CO, USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 4 **High Prairie Dressage II, Colorado Horse Park, Parker, CO, USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 4-5 **GVDS Schooling Show, Mesa County Fairgrounds**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
- 4-5 **AA Clinic with Heather Robertson, RMDS Sponsored, Normandy Farms, Littleton, CO.**
Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com
- 5 **High Prairie Dressage III, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 7 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbrsrj@hotmail.com
- 7-8 **Catherine Haddad Clinic, Freedom Farms, Franktown, CO**
Contact Marian Nilsen, 970-309-4223, hhboutique@gmail.com
- 11 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO, Contact Lisa Lamke 303-660-2456 www.mariahfa**
- 11-12 **RMDS Winter Wake Up, Tomora Farms, Greeley, CO USEF-NAJYRC Qualifier**
Contact Heather Petersen, 719-683-8435, slush@drqw.net
- 11-12 **Millbrook Farms Dressage Show, Fairfield, UT-USEF**
Contact Jan Lawrence, 801-631-2516, millbrk@xmission.com
- 18 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com
- 18-19 **USDF L Program, Session D2, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlatten Schmitz, dvschmitz@msn.com
- 19 **Centaur Rising Dressage Show I, Anchorage Farms, Pine, CO**
Contact Kris Cooper, 303-838-5086, kris@anchoragefarm.com
- 21 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbrsrj@hotmail.com
- 24 **Sage Creek Dressage I, Charleston, UT-USEF**
Contact Chelsea Tracy, 440-376-9208, cohoofdance@gmail.com
- 25 **Sage Creek Dressage II, Charleston, UT-USEF**
Contact Chelsea Tracy, 440-376-9208, cohoofdance@gmail.com
- 25 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 25 **AVDA Schooling Show, Pathfinder Park, Florence, CO**
Contact Cat Siemiet, 719-429-5696, horsestop.net
- 25 **Autumn Hill Dressage Festival I, Longmont, CO-USEF-NAJYRC Qualifier**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net
- 26 **Autumn Hill Dressage Festival II, Longmont, CO, USEF-NAJYRC Qualifier**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net

JULY 2011

- 2 **RMDS Show at Sun Prairie II, Peyton, CO**
Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com
- 3 **RMDS Show at Sun Prairie III, Peyton, CO**
Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com
- 9 **Rocky Mountain Dressage III, Somerset Farms, Longmont-USEF-NAJYRC Qualifier**
Contact Heather Petersen, 719-683-8435, slush@drqw.net
- 10 **Rocky Mountain Dressage IV & Breed Show, Somerset Farms, Longmont-USEF-NAJYRC Qualifier**
Contact Heather Petersen, 719-683-8435, slush@drqw.net
- 10-13 **RMDS Junior Camp, Tomora Training Center, Greeley, CO**
Contact Joan Clay 970-420-0887 jnclay@comcast.net
- 12 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbrsrj@hotmail.com
- 15 **Dressage at the Peak Summer Warm-up, Fountain Valley School, Colo. Springs, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drqw.net
- 15 **Wasatch Back Dressage Festival I, South Jordan, UT-USEF**
Contact Alison Child, 435-640-3287, achild@kirwin.com
- 16 **Wasatch Back Dressage Festival II, South Jordan, UT-USEF**
Contact Alison Child, 435-640-3287, achild@kirwin.com
- 16 **Dressage In the Pink, Mariah Farms, Castle Rock, CO**
Contact Donna Baxter, 303-229-9085, highbrowbling@mesanetworks.net
- 16 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com
- 16 **Centaur Rising Dressage Show II, Anchorage Farms, Pine, CO**
Contact Kris Cooper, 303-838-5086, kris@anchoragefarm.com
- 16-17 **Dressage at the Peak II Summer, Fountain Valley School, Colo. Springs, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drqw.net
- 17 **Autumn Hill Sunday Series #2, Longmont, CO**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net
- 21 **RMDS Executive Board meeting, OPEN to all**
Contact rmds@rmds.org
- 23 **Autumn Hill Dressage Festival III, Longmont, CO-USEF**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net
- 24 **Autumn Hill Dressage Festival IV, Longmont, CO-USEF**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net
- 29 **Sage Creek Dressage III, Charleston, UT-USEF**
Contact Chelsea Tracy, 440-376-9208, cohoofdance@gmail.com
- 30 **Sage Creek Dressage IV, Charleston, UT-USEF**
Contact Chelsea Tracy, 440-376-9208, cohoofdance@gmail.com
- 30 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 30 **Sport Horse Handling Clinic, Colorado Horse Park, Parker, CO.**
Contact Michelle Anderson, michand@hotmail.com, 303-646-1375

- 30-31 **USDF Adult/Youth Team Competition, Lazy J Bar S, Berthoud, CO.** Contact Barb Goldman, 303-618-9707, or Beth Geier, 303-673-9840, rmds@rmds.com
- 30-31 **Jutta Schoot Clinic, Lost Lake Equestrian Center, Franktown, CO**
Contact Debbie Owens 303-660-8711 doreal@aol.com

AUGUST 2011

- 5 **Dressage in the Rockies I, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 6 **Dressage in the Rockies II, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 7 **Dressage in the Rockies III, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 6-7 **Cheyenne Dressage & Eventing Dressage Show, Cheyenne, WY, USEF**
Contact Rowena Heckert, 307-632-4151, rlheckert@msn.com
- 9 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 12 **Utah Dressage Society Annual Show #1, Utah-USEF**
Contact Susan Jero, 801-254-9107, SJero@aol.com
- 13 **Utah Dressage Society Annual Show #2, Utah-USEF**
Contact Susan Jero, 801-254-9107, SJero@aol.com
- 13-14 **Dressage at Sun Prairie, Peyton, CO, USEF**
Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com
- 14 **Centaur Rising Dressage Show III, Anchorage Farms, Pine, CO**
Contact Kris Cooper, 303-838-5086, kris@anchoragefarm.com
- 14 **Autumn Hill Sunday Series #3, Longmont, CO**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerrichers@comcast.net
- 19 **Paragon Dressage I & CDI***, Estes Park, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwgw.net
- 20 **Paragon Dressage II & CDI***, Estes Park, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwgw.net
- 20 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com
- 21 **Paragon Dressage III & CDI***, Estes Park, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwgw.net
- 23 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 27 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 27 **Boulder Valley So Long to Summer, Sextant Farm, Longmont, CO.** Contact Beth Geier, 303-673-9840

SEPTEMBER 2011

- 2 **GVDS Fall Show I, Grand Junction, CO USEF**
Contact Inka Spatafora 970-260-2660, classicaldressage@earthlink.net,
- 3 **GVDS Fall Show II, Grand Junction, CO USEF**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net

- 4 **GVDS Fall Show III, Grand Junction, CO USEF**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
- 6 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 8 **RMDS Executive Board meeting, OPEN to all**
Contact rmds@rmds.org
- 9 **CSDA Fall RMDS Show, M & M Ranch, Fountain, CO,**
Contact Heather Petersen, 719-683-8435, slush@drwgw.net
- 10 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO,** Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net
- 17 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com
- 17 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 17 **Last Chance Show, Rising Star Equestrian Center, Arvada, CO**
Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com
- 20 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 22 **RMDS Sport Horse Open Show & Championships, Colorado Horse Park, Parker, CO, USEF**
Contact Heather Petersen, 719-683-8435, slush@drwgw.net
- 23-25 **RMDS Championships, Colorado Horse Park, Parker, CO, USEF**
Contact Heather Petersen, 719-683-8435, slush@drwgw.net

OCTOBER 2011

- 4 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 8 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO,** Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net
- 15-16 **GVDS Schooling Show, Grand Junction, CO, USEF**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
- 18 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 22-23 **USDF Region 5 Junior/Young Rider Clinic with George Williams. Stellar Stables, Parker, CO**
Contact Susan Rudman, 303-697-8528, sewrunred@msn.com.
- 29 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com

NOVEMBER 2011

- 1 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 4-6 **USDF L Program, Final Exam, West World, Scottsdale, Arizona.** Contact Dorie Vlaten Schmitz, dvschmitz@msn.com
- 4-6 **Region 5 Championships, West World, Scottsdale, Arizona.**
Contact Jay Chabucos, 623-221-0707
- 12 **RMDS Board of Governors' Meeting, 8:30 am.** RMDS Committee host.
- 12 **RMDS Awards Banquet. 5:30 pm.** RMDS Committee host.
- 12 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO.** Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net
- 15 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com

Continued on page 18

Shows and Events

Continued from page 17

30-Dec 4 USDF Convention and Symposium, San Diego, CA
Contact USDF, 859-971-2277, www.usdf.org

DECEMBER 2011

6 Janet Foy Clinic, Reiterhof Ranch, Franktown, CO
Contact Jody, 303-646-9520, jbdrsj@hotmail.com

JANUARY 2012

21 RMDS Judges' Continuing Education
Contact Central Office, 720-890-7825, rmds@rmds.org

APRIL 2012

21-22 Region 5 USDF Adult Clinic with Lilo Fore, Utah
Contact Nance Allen, 801-274-1288, nance@xmission.com

For updates to the calendar, go to www.rmds.org

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

A lot of times, rather than helping people with horse problems, I'm
helping horses with people problems.

-Buck Brannaman



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the TackMobile schedule or Follow us on Facebook!

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RMDS SPONSORED EDUCATIONAL EVENTS

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

2011

June 4-5	AA Clinic with Heather Robertson, Normandy Farms, Littleton, CO
June 10-13	RMDS Junior Camp, Tomora Training Center, Greeley, CO
June 11-12	RMDS Winter Wake-Up (in the Summer), Tomora Training Center, Greeley, CO
July 30	Sport Horse Handling Clinic, Colorado Horse Park, Parker, CO
July 30-31	USDF Youth & Adult Team Competition, Loveland, CO
Sept 22	RMDS Breed Show, Colorado Horse Park, Parker, CO
Sept 23-25	RMDS Championships, Colorado Horse Park, Parker, CO
Nov 12	Board of Governors' Meeting and Award's Banquet, RMDS Committee Host

For details on these and other RMDS events:

Contact Michelle Anderson, the RMDS Education Chairman, at 303-646-1375, michand@hotmail.com. Also, read the Centaur, go to www.rmids.org, or contact the RMDS Central Office at 720-890-7825, rmids@rmids.org.

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\$2,850,000

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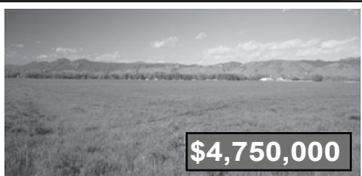
Forty acres of prime organic farmland, fully irrigated and with a barn. Complete, high-end-remodel 3 bed, 4 bath home and an ADU.



\$3,295,000

8400 N 81st St

Gated 28 acre property located in an exclusive area near Niwot. The home offers 5 beds, 7 baths, gourmet kitchen, home theatre & solarium.



\$4,750,000

4504 Oxford

Fabulous Commercial Equine Center of 111 acres on extremely valuable land in the heart of Boulder Co!



\$580,000

4556 Hygiene

16 acre site with old farmhouse and outbuildings ideal for a rebuild. Site is nestled privately into the rolling foothills' hogbacks.



\$485,000

7050 Bennet

Immaculate 35 acre property with 4000 sq ft, 5 bed, 3 bath ranch house, plus barn and detached garage with office.



\$549,000

2105 Blue Mountain

Gated and private, this turn-key 5 acre equestrian property is in a beautiful spot with mature trees and views.



\$625,000

3816 Pregal Ct

Elegant family home on 9 acres, bordering 200 acres of open land. 4 bedrooms, 4 baths, unfinished basement & loft over garage. Pool, barn, decks and views.



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10522 N 65th St

Fabulous 29 acre farm with 10 shares Swede ditch and storage pond. 5200 sq ft 5 bed, 6 bath residence remodeled in 2000. Workshop, 3-stall barn, arena, loafing sheds.

8417 N Foothills

Hidden, private 5 acre horse property just 4 mins from Boulder. 3 bed, 2 bath home plus barn and 3 shares of Left Hand.



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are geometrically challenged, then buy yourself some cones and a metric tape measure and set up the circles with cones. Ride them over and over and over and over until you can find the circle with your eyes. It is well worth the time (and drudgery) now to get this skill down, than to battle it the rest of you life!

Secondly, be sure to go into the corners before heading across the diagonal. The diagonal doesn't start when your horse's nose hits the letter. It starts as your outside leg passes the corner letter. This means your horse must be bent correctly in the corner to make it across the short diagonal. Now, on the short diagonal, change your horse's bend as you cross the center line. You must prepare the horse for the 20 meter circle in the middle by changing his bend on the diagonal. Otherwise, your circle will start late as you struggle to get him going in the new direction.

The Benefits

Why does this exercise help you prepare for 1st level? Well, for starters, the ability to change directions onto a circle off the short diagonal prepares you for the 1st level tests because it requires you to prepare your horse sooner. That is one of the main differences from training level to 1st. You don't get as much time for the transitions at 1st. Also, once you have figured out how to ride a circle and a corner at will, you are well on your way to figuring out how to ride your horse through the movements. Think of it this way: as you move up the levels, you have fewer and fewer

“free” moments. Those are the times in the test when you are not given a score. At the upper levels, you only have the corners to prepare your horse for the next scored movement. If you start training yourself now to ride the corners in preparation for the next movement, you will be further ahead as you move up.

The Variations

Canter: Add the canter. So, pick up your right lead canter between F and A. Canter a 20 meter circle at A. Go into the corner at K. Canter across the short diagonal towards B. Trot on the center line. Pick up left lead canter before B. Canter a 20 meter circle left at B. Head across the diagonal towards H. Trot on the center line. Pick up right lead before H. Canter a 20 meter circle at C and so on. You can see how this adds quite a bit more difficulty to the exercise. When I first introduce the canter to a student, I allow them to canter only the end circles and trot the middle circles. You might try this the first couple of times you ride the pattern in canter.

1st Level: Sit the trot. Use the short diagonals to introduce you and your horse to lengthening. At the trot and canter, ride 15 meter circles instead of 20. If you can leg yield across on the short diagonal, you really have a leg yield!

2nd Level: Ride shoulder-in or haunches-in on the short diagonals. Ride medium trot on the short diagonals. Ride 10 meter circles at trot and canter. Do simple changes on the centerline of the diagonal at canter.

3rd level: Ride extended trot on the short diagonals. Ride 10 meter circles. Flying changes can happen on the short diagonals. Or, in canter, ride the middle circle as a 20 meter counter canter circle. If you can half-pass across the short diagonal, go for it!

And so on. You can see that once you have the basic pattern down, you can use endless variations to school the movements of your current level as well as test the movements at the next level. It is a great exercise to get you off of the rail and get you thinking about preparation and changes of direction. Now that I've harped on everyone to ride accurate circles, I will say that I also use this exercise with the many young horses I ride. They aren't always capable of being that accurate, but I use the pattern to introduce them to changes of direction and changes of line (straight diagonal to circle, etc). My goal is always to ride the circle accurately and as the young horses progress, they are able to respond to the aids better and better and make a correct 20 meter circle. When they can perform this exercise fairly competently, I know they are ready to tackle a test at a show. Also, I use this pattern to warm up all my horses at the shows. It gives us both something familiar to prepare for in bending and transitions.

I hope this exercise will help you define your circles and corners and give you a springboard to the next level you aspire to ride. Good luck and happy riding!



The USDF Region 5 FEI Junior and Young Riders are Proud to Announce their 2011 Fundraising Opportunities

Food will be for sale at the following venues:

- AA Clinic with Heather Robertson Clinic, June 4-5
- NCDA/RMDS Winter Wake-up, June 11-12
- Rocky Mountain Dressage III and IV, July 9-10

All the food sales will benefit the Region 5 Junior and Young Rider teams.

The 8th annual Silent Auction will be held at the NCDA/RMDS Winter Wake-up Show. Come bid on must-have items. To donate to the silent auction, contact Kathleen Donnelly at (970) 310-8729 or kathleendonnelly20@hotmail.com.

The proceeds from these events will go to the Region 5 Junior and Young Rider teams for their trip to Kentucky to compete at the North American Junior Young Rider Championships. All Donations are tax deductible.

The Region 5 Juniors and Young Riders wish to extend a big Thank You to those who have already donated to the silent auction, food sales, or supported the Young Riders.

The Fundraiser held May 1st brought in over \$1,000! We couldn't do any of this without the support of our RMDS Members!



USDF REGION FIVE



8th Heaven Farms Education for the Horse *and* Rider in a Fun, Friendly Environment

Upcoming Events

- **Spring Starter Series Show II & III**
April 9, 2011 & May 7, 2011
RMDS Approved
See Omnibus for Additional information or visit
www.rmids.org for entry forms
- **Paul Belaski Clinic**
May 21 & 22, 2011
See our web-site for registration forms



For more information on boarding, training or clinics call **303-688-5727**

or visit our web site at www.8thheavenhorses.com

Master Card and Visa Accepted

Championship Sponsorship Opportunities

Overall FEI Sponsor - \$2000
Overall National Sponsor - \$1500
Grand Prix Championship Arena Sponsor - \$1000
Championship Arena 2 - \$1000
Open Show Arena 3 - \$500
Open Show Arena 4 - \$500 **SOLD! Thank you Foothills Chapter**

Social Activities Sponsorship Opportunities

Thursday Night Pizza Party , 5pm - \$400
- Pizza and sodas
Friday Fried Chicken Dinner , 5pm - \$600
- Chicken, potatoes, corn, sodas and cash bar
Saturday Night Main Competitor Party - \$2500 **SOLD! Thank you Kylee Lourie!**
-Live music, dinner and cash bar, being held this year under the tent near the show office and barns.
Sunday Ice Cream Social or Mimosas, 12 Noon - \$600 **SOLD! Thank you Elaine Haberman!**

Additional Sponsor Opportunities

RMDS Championship Class: \$100 or \$115 if you would like to include a business card in the show program.
Special Award: \$75
Open Class Sponsor: \$50
Vendor Space - \$75-\$200
Packet Inserts - \$100
Banner Space - \$150
Friend of the Championships - \$100
Individual Breed Class Sponsorship - \$150

2011 RMDS Championships Program Advertising Rates

Consider placing a Congratulatory AD or promoting your business!
All Championship Show Sponsors receive a 10% discount on Advertising.
Ad sizes Ad Dimensions Price
Inside Front Cover 7.5" x 10" \$150 (\$275 for color)
Inside Back Cover 7.5" x 10" \$150 (\$275 for color)
Outside Back Cover 7.5" x 10" \$150 (\$275 for color)
Regular Full Page 7.5" x 10" \$105
Half Page – blk/wht 7.5" x 4.75" \$ 80
1/4 Page – Blk/wht 3.75" x 4.75" \$ 50
Business Card– blk/wht Stand. Business card \$ 30
Center Page (full Color) 7.5" x 10" \$225 – 4 available

Make Check Payable to: RMDS
Camera Ready Artwork must be received, with payment, by September 10th

Mail form, payment, and/or donation to:
Heather Petersen, 12395 Gull Lane, Peyton, CO 80831.
Any questions? Call 719-683-8435 or email slush@drwg.net



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Contact Michelle for details

720-251-5407 dreamteamdressage.com

RIDE WITH THE TOP GUNS!

By Janet Foy, FEI 4* Judge



Did you know the CDI*** Paragon is the last qualifier for the 2011 Pan American Games? If you have never ridden in, volunteered at, or watched an FEI Dressage Competition, some of these facts will surprise you!

Since the demise of the wonderful Dressage in the Rockies CDI in Parker, Colorado and the Pantano CDI in Phoenix, Arizona years ago, there have been no CDI (this stands for Concours Dressage Internationale) events in Region 5 until last year.

The High Performance CDI Committee has certain rules for approval of new events. First, there must be an experienced show manager. How experienced? The Manager must have managed several Level 5 events (which include USDF/USEF Regional Championships). Then there are high requirements for the show secretary as well. There must have been at least one show with a good track record (read: no complaints) at the facility in the past. Stabling, footing, and even parties are all required and inspected with a fine toothed comb.

In 2010 the CDI* Paragon was held at Estes Park. Janet Foy was the show manager and Heather Petersen was the secretary. Simone Windeler managed the USEF Open Show. The CDI events start with a 1*. The 1* only has competition through the Intermediare I freestyle. The 3* will have competition through the Grand Prix Freestyle! Then there is a 2*, 3* and a 5*. The 5* is an invitational and has been held in Florida three years in a row. A CDIO, which is a team event, is also being proposed for 2012 in Florida.

Here are some differences you will notice right away. Oh dear, there are FIVE dressage judge stands around the arena! That's right, eyes everywhere. The judges must come from at least 3 different countries, with only two United States Judges allowed. In 2011 we will host judges from the United States, Canada, India, and Argentina. Hilda Gurney and Lois Yukins will represent the United States on the panel.

There will also be two veterinarians just for the CDI. Dr. Mike Tomlinson will be the FEI vet and there will also be a treating vet. The Open Show will still have USEF judges and a USEF TD, but the CDI will need a special FEI Steward.

The CDI Stables will be for CDI entries only, and will have a security

fence around it. No one without a wrist band will be able to enter the area, which will also have its own security guard.

Horse entered will have to pass a "jog" the day prior to the competition. In charge will be the President of the Ground Jury and the FEI vet. This is a great spectator event, as all the riders dress up beautifully, and the horses are always ready to show off in hand on the jog track. The horses are also required to have a special FEI passport which shows their markings and all of their medical history and vaccinations.

Janet and Heather are very excited to be associated with Paragon's sponsorship again for this wonderful event. The party last year was really special and the venue could not be more beautiful. As you can see the cost to put on this huge event can only be met by sponsors and lots of entries into the USEF Open Show!

We have had many inquiries from famous dressage folks, including Debbie McDonald, about receiving prize lists for the event. This could be your chance to ride in the same class as top dressage riders from other states and countries!

Be sure to put August 19-21, 2011 on your calendar. There are many wonderful volunteer and sponsorship opportunities. For more information please call Janet Foy, 719-260-1566, or Heather Petersen, 719-338-0854.

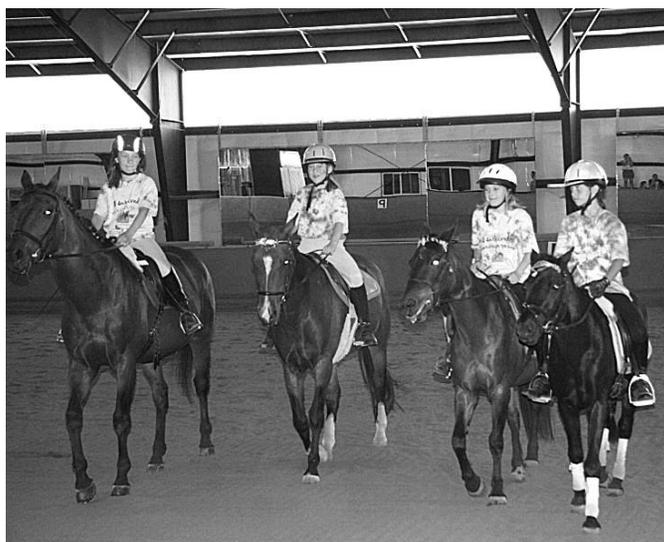


RMDS JR/YR SUMMER CAMP

“Here we SHOW again!”

July 10-13, 2011

Tomora Training Center - Greeley, CO



Who can participate? Any RMDS junior/young rider that is at least 10 yrs of age or older.

Where will we stay? We'll camp in tents right outside the show stables at Tomora Training Center.

What will we do? We'll spend 4 busy days together...taking care of your own horse; making new friends; riding with top local trainers; learning about dressage, horse care, and showing from area experts; participating in crafts and games; and riding in a dressage schooling show with an "L" judge!

How much does it cost? Camp will cost \$375 per camper. This includes stabling, meals, lessons, activities and schooling show entry. Campers must provide their own: horse, transportation/trailer, horse feed and bedding, and cots/bedding. A \$175 deposit will be required with your registration.

Why is camp called "Here we SHOW again"? Since there are new USEF and USDF dressage tests this year, we thought it would be fun to focus on learning about the new dressage tests so campers can practice riding them at the schooling show. We'll also learn about other show-related activities such as dressage seat equitation, showing in-hand, riding to music, and lots, lots more!

Who is in charge of the camp? Joan Clay is the camp director. Nicole and Natalie Roach are our hosts from Tomora Training Center.

How do we get more information and registration materials? Please contact Joan Clay at 970-420-0887 or jnclay@comcast.net or go to the RMDS website at www.rmnds.org



Sport Horse Handling Clinic

**July 30 at the Colorado Horse Park
with “r” DSHB judge Kristi Wysocki & handler Chad Toney**

This clinic is for breeders, handlers & riders!

Effective Handling + Good Gaits = Great Scores!

Learn how your horse’s conformation leads to a great dressage horse under saddle

Learn how to improve your in hand scores before championships!

4TH OF JULY SPECIAL - \$55/person if registered (postmarked) by July 4, after July 4, \$65/person

Contact Michelle Anderson (michand@hotmail.com or 303-646-1375) if you wish to bring your horse for the demo. Stabling will be available for \$25, no bedding. Please bring a chair. Lunch will be provided.

Kristi Wysocki is the Co-Chair of the United States Dressage Federation (USDF) Sport Horse Committee. She is a USEF Licensed ‘S’ Dressage judge and ‘r’ Dressage Sport Horse judge. She has had the honor of judging many USDF Breeder Series Finals including Dressage at Devon, New England Dressage Association, Rocky Mountain Breeder Series Final, West Coast Finals, Southern Series Final. She has taught two USDF Sport Horse Seminars and is scheduled to teach the 2011 Seminar with Bill Solyntjes in Ohio. Kristi is the author of the new USDF Dressage Sport Horse Symposium Power Point Presentation, Instructors manual and student manual. She serves on the board of the North American Danish Warmblood Association and on the advisory board of the Foundation for the Pure Rhaza Espanola.

Kristi and her husband bred European Warmbloods at their farm in Colorado for several years. She gained her early experience with breeding and breaking youngsters while a working student at Hilda Gurney’s Keenridge Farm in the mid 1990’s. There was a mare foaling almost every night, not a better place to get your “feet wet”. She helped break numerous babies while working there too. Her experience there gave her the foundation for her knowledge as a breeder, young horse rider/handler and later, sport horse judge.

Chad Toney has shown numerous horses to DSHB titles including Tequila Rio, 2002 USDF Reg 5 Filly Champion; Safarie, 2002 Reg 5 Colt Champion & Awentia, 2005 Reg 5 Reserve Champion Filly & Reg 5 Champion Filly in 2006 and 2007. He has attended DSHB handling seminars on both east and west coasts with Scott Hassler and Michael Bragdell, and is currently training for a “r” DSHB judges license.

Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Mail registration & check payable to RMDS to Michelle Anderson, 302 Lionel Lane, Elizabeth, CO 80107



RMDS MEMBERSHIP FORM

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

Individual Membership - \$60.00 (\$65 after January 1-late fee) Additional family members (same address) - \$45

Business Memberships - \$100.00 Centaur newsletter only - \$35.00 Life Membership - \$750.00

Life Business Membership \$1,000.00 - Transfer Life Business to new owner \$100.00

All business memberships include one individual membership.

Please include all information for person designated as individual member. If an adult amateur, include current copy of USEF AA card. All individual members will receive Centaur newsletter & the Omnibus.

Membership & horse registration acknowledged via postcard or email. Mail completed form with check made payable to RMDS.

Indicate Local Chapter (only one):

Arkansas Valley

Foothills (Golden, Evergreen)

No. Colorado (Ft. Collins, Greeley)

Boulder Valley

Grand Valley (Grand Junction)

Platte River (Eastern Colorado)

Colorado Springs

High Plains (Parker, Littleton, Aurora)

Wasatch Mountains (Utah)

Western Colorado (Aspen, Vail etc.)

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 Scholarship Fund. (Include amount with your membership check)

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

____ Referred by: _____: _____ Permanent Bridle Tag (a pair) **add \$50**

RMDS 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.

Both rider AND horse AND owner must be current before scores count toward year end awards and qualifying for RMDS championships.

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

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

Horse Name _____ Sex _____ Breed (if known) _____

Registration # (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 (H) _____ (E-Mail) _____

Name of Representative (If owner is a business) _____

New High Resolution Wireless Radiographic Equipment In Colorado

By Beverly Swanson, Piaffe Design



An example of a radiograph from a high-resolution and wireless radiographic unit.

The only Empower Wireless high-resolution portable radiographic unit in Colorado is now available at Colorado Equine Clinic in Littleton, CO. This high-power technology produces image detail and differences in tissue densities that give the veterinarian ability to detect subtle lesions previously not visible - and in much greater contrast.

Now the clinic has the capacity to take very difficult images such as standing shoulders, chest and lungs, and complete back images. In the past such images could only be obtained by larger, high energy ceiling mounted x-ray generators.

As a wireless portable detector panel and X-ray generator, there are no cables to tangle or worry the horse, making a safer diagnostic situation for animal and human. It also uses less radiation than other systems, protecting both patient and veterinary staff. The

unit can also be used remotely from a DR station for use in surgery or emergency environments. It produces images in 5 seconds from exposure time, burns CDs, and can send and receive images instantly.

Dr. Barbara T. Page, DVM, ICVA, owner of Colorado Equine Clinic (CEC), says "We are excited to have this new technology to assist our clients and their horses. The additional resolution of the images (bit depth of 65,536 shades of grey) help our clients to see and thus to understand more readily their horse's problem. The unit also gives our doctors the ability to diagnose injuries in many additional parts of the body, and evaluate lameness issues with significantly more accuracy. CEC prides itself on helping both horse and human to heal. Through this technology, we not only have a more accurate diagnosis, we can also educate the owner in understanding the care and process toward wellness."

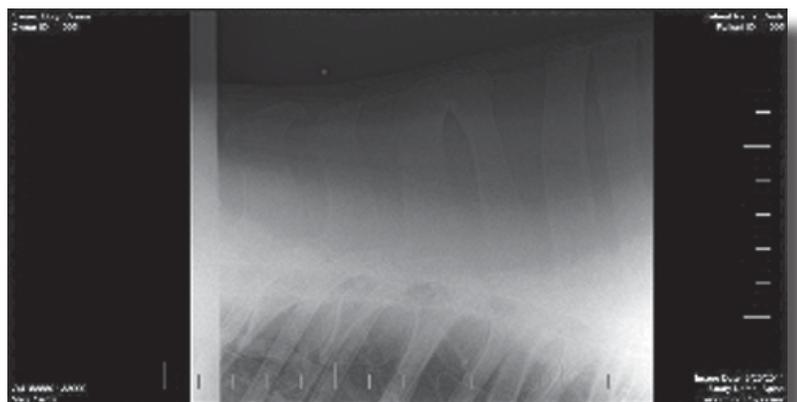
CEC is pleased to work with your veterinarian to assist him or her in diagnosing any issues your horse may have that may benefit from the use of this new technology.



Colorado Equine Clinic was established in 1988 by Dr. Barbara T. Page, DVM, ICVA. The practice currently employs two veterinarians and three vet technicians, and offers 24/7 service. In 1994, Dr. Page founded the Equine Wellness Foundation, a non-profit organization with the mission to improve the bond between horses and people through the research of disease and treatment of foot disease.

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Radiograph from lower-resolution technology commonly in use today.



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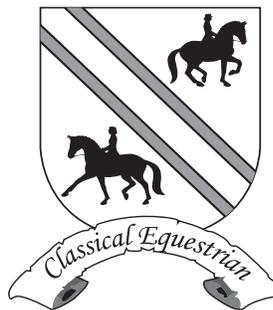
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Comanche

Oil on Canvas
5 1/5 ft X 4 ft

by Lisa Davis

This painting happened very quickly. Comanche basically burst out onto the canvas right before my eyes. He was absolutely ready to show himself to the world.

Lisa graduated with a BFA from Colorado State University. She has been drawing and painting for most of her life and is now in classes at the Art Students League in Denver and



at Foothills Art Center in Golden. Her work can be seen at the Colorado Mountain Art Gallery in Georgetown, Colorado. Her website is lisadavisart.com.

Comanche is owned by Sandy Pearce who has this to say about her horse: Comanche is an exuberant, gregarious and very loved 6-yr old Georgian Grande. He was performing “horse wheelies” while squealing thru several feet of snow after a winter storm. Comanche is currently working hard on his 20 meter circles and hopes to come down centerline and arrive at X for the first time this summer.