



► AMERICA'S POLO CUP INAUGURAL
MATCH ESTABLISHED IN NO. VA 2



► DOVER SADDLERY INVESTS
IN NORTHERN VIRGINIA 3



► MARION DUPONT SCOTT EQUINE MEDICAL CENTER
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• Fall

• 2007

NVCEO

NORTHERN VIRGINIA COALITION OF EQUESTRIAN ORGANIZATIONS, INC
NEWS FROM THE REGION'S VIBRANT EQUINE COMMUNITY.

news

Horses = Healthy Lifestyles

Lydia Anderson, a senior art director for *Experience Life* magazine, is a person who has always enjoyed being in motion. As a girl, she threw herself into ballet, and she spent her teen years raising and training horses. She stayed active through college by doing aerobics and working out at a club, but found she missed being outdoors. She also missed working with horses, which by then had emerged as a core passion.

"Right after I graduated college in 1987," says Anderson, 39, "I worked as a wrangler on a dude ranch in Estes Park, Colorado. After that, I knew that someday I wanted a life in the country. I wanted to live on a horse farm."

But when Anderson got married, had kids and started pursuing a professional

design career, she found she suddenly had less and less time for equestrian pursuits, or even for getting to the gym. "Being fit and active was still really important to me, so I did my best to work fitness stuff in around the edges," recalls Anderson. "I did workout tapes all the time, and rode this old exercycle we had around the house, but I never really got into it. There was no joy in it for me, and I think that's why I was probably in the worst shape of my life during that period."

Then, in 2000, Anderson and her husband, Steve, got the opportunity to buy her grandparents' 10-acre hobby farm. They transformed an old outbuilding into a horse barn, built some fences and cleared some trees, and within a few months, Anderson



had officially launched her girlhood dream: She was living on a horse farm.

"Right away, it felt like everything I'd ever wanted — the time outside, the physical labor, the opportunity to ride almost every day." All of which meant Anderson got something else in the bargain: a built-in fitness regimen.

Today, the couple lives on their small-acreage farm with their two daughters (7-

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America's Cup of Polo Benefits "Journey For The Cure"

The horses, fireworks, wine, and live music dazzled a near sold-out crowd of 4,000+ guests at the first annual America's Cup of Polo, a charitable polo match of grand proportions and a commemorative event celebrating America's 400th Anniversary. Held on the newly constructed polo field at Historic Morven Park in Leesburg, Loudoun County, the Cartier-sponsored U.S. Polo Team led by America's

Cup founder and Chairman Tareq Salahi, and the Ritz-Carlton-sponsored UK Team, captained by Julian Hipwood, met for six fast-paced, exciting chukkers. The Ritz-Carlton UK Team persevered with a 7 to 3 lead over the Cartier U.S. Team, winning the Cartier Trophy and engraved silver trays, as well as Cartier stainless steel Roadster watches for the entire team. The true winner

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The President's Corner

Spring 2006 was our first "Annual Invitational Educational Trail Ride" for members of our local government community to share the joys we experience when trail riding. Our 2007 Educational Trail Ride is just around the corner. We hope that many of you will be able to join us this year, once again at the Marriott Ranch in Hume. See page 5 for more details.

Jeff Shoup
President; NVCEO, Inc.

Annual America's Cup of Polo Benefit Makes Loudoun County It's Home

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of the day was Journey for the Cure, as funds were raised for the non-profit organization benefiting The Leukemia and Lymphoma Society and The Multiple Sclerosis Society.

Not all of the action at America's Cup of Polo was on the field. A sensational, two-hour performance by legendary rock group Journey brought fans to their feet to cheer their favorite songs, including "Lovin', Touchin', Squeezin'", "Open Arms," "Don't Stop Believin'", and the debut of a brand new song titled "Winds of Freedom". Claude McKnight of Take 6 also delivered an inspirational rendition of "God Bless America". Highlights of the show included thrilling flyovers by the U.S. Navy's F-18 jets and a touching memorial to the Virginia Tech victims as Blackwater USA unfurled the school's flag alongside the U.S. and UK banners during their parachute jump. The day culminated in a sparkling fireworks display over Historic Morven Park.

Meanwhile, guests mingling at the tents were treated to a delicious spread of Virginia cuisine prepared by Market Salamander. Toasts were raised to the day's events with American Tribute, a shiraz-voignier blend created by event Chairman and Virginia-based Oasis Winery owner Tareq Salahi. Notable attendees included Italian Ambassador Giovanni Castellaneta; Afghan Ambassador Said Jawad; Qubad Talabani, son of Iraq President Jalal Talabani; Salamander Hospitality Owner and Washington Mystics Co-owner Sheila Johnson; NBC's David Gregory; Washington Redskins' Offensive Coordinator Al Saunders; and America's Most Wanted TV host John Walsh.

Already preparing for next year's event, America's Cup of Polo



2008 will feature a match between the U.S. Team and Italy's best polo players. Slated for Saturday, May 10, 2008, America's Cup of Polo will always fall on the second Saturday in May, ensuring pleasant springtime weather for this memorable annual occasion.

The goal of America's Cup of Polo 2008 is to capture the spirit, imagination, and diversity of Americans, Italians, visitors, and tourists alike to raise funds for charity and to develop that energy into a special global program including national and international festivities showcasing the elements dear to our two nations, including the food, wine, fashion, design, and musical diversity of our two nations.

The America's Cup of Polo 2008 is proud to be working in cooperation with the Italian Embassy, the Commonwealth of Virginia, and the Virginia Wine & Tourism Offices, all supporting the Journey for the Cure Charity Foundation.

For more information on sponsorship opportunities for May 10, 2008, please visit www.americascupofpolo.com. For more information on Leesburg, Loudoun County and Historic Morven Park, please visit www.visitloudoun.com. ♦

Northern Virginia Therapeutic Riding Program Challenged by Devastating Barn Fire *by Marcia House*

Ten days following a devastating barn fire, 125 people gathered at Clifton Town Hall in tiny Clifton, Virginia for a community meeting to support the Northern Virginia Therapeutic Riding Program (NVTRP). The Program's riders, Governing Board and volunteers, along with numerous members of Northern Virginia's equestrian community, filled every seat. People sat on mats along the walls and stood at the back of the hall.

According to Fairfax County firefighters, between 9:00 and 10:00 p.m. on July 19, lightning struck the barn leased by the Program. The resulting fire burned the barn to the ground. Although all the horses escaped with minor injuries, the Program lost all of its tack, medication for the horses, equipment, and supplies.

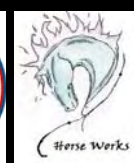
Prior to the fire, NVTRP provided weekly lessons for 85 disabled children and adults. Northern Virginia Therapeutic Riding began in 1980 as the Fairfax 4-H Therapeutic Riding Program under the

Virginia 4-H Extension Program. The Program also recently began working with the Wounded Warriors Program to provide therapeutic riding for wounded veterans of the war in Iraq.

Rhonda VanLowe, Chairperson of NVTRP's Board of Governors, began the meeting by stating, "Never in my wildest dreams did I imagine that all of you would come out here tonight. We are blessed that we didn't lose any of our horses, so at least we didn't have to face that. We are also blessed that so many people, right from the start, were there to take care of our horses and our people." Virginia State Delegate Tim Hugo for the Clifton area offered the resources of his office and staff to help in any way possible, in addition to donating \$1,000.00 to the Program's efforts to rebuild.

Breeanna Bornhorst, Program Director, offered thanks to the people and organizations that have helped thus far, including

(Continued on page 3)



Dover Saddlery Invests in No. VA Economy

by Marcia House

Although the company has been around since 1975, Dover Saddlery, as a retail store, is "the new kid in town" in Northern Virginia. Originally founded as a catalog retailer in Wellesley, Massachusetts by two former members of the United States Equestrian Team. Dover Saddlery, Inc. (Nasdaq: DOVR) is the largest direct marketer of equestrian products in the United States. Dover offers brand-name merchandise for horses and riders through its catalog, the Internet, and retail stores. Dover reported second quarter 2007 revenues of \$20.0 million, up 12.5% from \$17.8 million reported for second quarter 2006. The company estimates that total 2007 revenues will range between \$79 - \$83 million.

The new Dover Saddlery store in Chantilly, VA opened February 22, 2007 at the location previously occupied by Dominion Saddlery. When Dominion's owners retired after many years as the region's most popular retailer of equestrian products, Dover acquired all of Dominion's capital stock and its four retail stores in Virginia (Chantilly, Lexington, and Charlottesville) and Maryland (Crofton) for a net purchase price of \$1.5 million.

"Virginia was ripe to have a (Dover) store" said Faith Fort, Manager of the Chantilly store. Ms. Fort, active for more than 23 years in Northern Virginia's equestrian community as a competitor and farm manager, sees Dover's stores as "an enhancement of customer service. The catalog is the 'wish book', we are the 'wish store'. People can come into the store where we will care for them and help them find just the right products to meet their needs." She estimates that 150 people per day, representing nearly every equestrian discipline, pass through the Chantilly store.

"Horses touch a special spot in everyone" she says. "In addition, this is a multi-dimensional industry that is far more complex than most

people realize. There are many facets involving more than just getting on a horse, and the horse industry supports more than riders, vets and horseshoers. Feed companies, roofers, carpenters, reconstruction designers, barn builders, landscapers, even IT professionals who design computer programs for the larger horse establishments, all derive income and benefit from the horse industry. Eliminating the horse community in an area eliminates a large piece of that area's economic viability."

As well as managing the store, Ms. Fort is determined that Dover will become an active part of Northern Virginia's horse community. The Chantilly store has already participated in sponsoring the recently-held Dressage Young Riders Championships and will participate as a sponsor of the Junior Hunter Challenge, Difficult Run Pony Club's horse trials, and Rubicon horse trails. In addition, Ms. Fort is working with local high schools to establish a high school retail program in which students interested in both horses and business can be paid for working at the store while learning the business aspect of the horse industry, in addition to earning credits towards graduation. She is also willing to provide space in the store for any horse-related group needing such space to raise funds or to hold meetings. She recently continued a tradition established by her predecessors at Dominion Saddlery: the annual summer tent sale. "Because it is such a tradition, there is no way that we could not have held the tent sale" she says. The sale was successful not just in terms of the money brought into the store. "It was a reconnection to this area, with people who were part of Dominion's traditions and business coming by to check out the new store and the people running it." In Northern Virginia, she says, "The tradition goes on, and will always go on." ♦

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Haymarket Veterinary Services, whose vets came out the night of the fire to treat the injured horses and who have been an almost daily presence to ensure the animals' health and well-being. Others thanked for their support and contributions included The Clifton Saddlery; Tri-County Feed in Marshall, Virginia for donated feed; Manassas Southern States for storing donated tack and equipment until the Program has a place to do so; the Virginia and Maryland Therapeutic Riding Associations; the Clifton Horse Society; the Northern Virginia Coalition of Equestrian Organizations (of which NVTRP is a member organization) for support and fund-raising efforts; Dover Saddlery; Jim Furr and The Tack Box; the Fairfax Civitan Group; "and, of course, the Fairfax County Firefighters".

Ms. Bornhorst stated, "Without a doubt, NVTRP will rebuild. Our riders tell us that we have to rebuild because our instructors demand the best they can give. Since we demand this of our riders, we will demand it of ourselves."

Certified Therapeutic Riding Instructor Kelsey Gallagher noted that the group's primary fund raiser, the annual "Ride To Thrive" polo match on September 22 would go on as scheduled.

Rhonda Van Lowe spoke of NVTRP's long-term goal of permanently re-locating to its own farm in or near Clifton. The search is on for "12-15 acres which, in Fairfax County, will cost approximately \$3.5 million." Ms. Van Lowe stated, "I will talk to anyone, and go anywhere at any time, even weekends and the middle of the night if necessary. I will be there." Our horses are our guardian angels – they take care of our souls."

Anyone wishing to contribute to NVTRP can contact them by e-mail at info@nvtrp.org. Rhonda Van Lowe can be reached by e-mail at nvtrpchair@comcast.net. For more information, see NVTRP's website at www.nvtrp.org. ♦

Editor's Note: NVTRP will resume lessons on September 4 at two new interim locations in Clifton.



Loudoun County's Marion duPont Scott Equine Medical

Most people know how innovation and technology have revolutionized medical care for humans, but those same advancements have also transformed veterinary medicine. That progress is obvious at Virginia Tech's Marion duPont Scott Equine Medical Center (EMC), where faculty are providing 21st century healthcare for horses ranging from backyard pleasure horses to world-class athletes.

"Advances in technology have allowed us to diagnose and treat disease in ways that were previously impossible," said Dr. Nat White, the Jean Ellen Shehan Professor of Veterinary Medicine and director of the EMC. "Technical capabilities in veterinary medicine have brought us leap years ahead of what we would have dreamed even 10 years ago."

EMC is one of three campuses of the Virginia-Maryland Regional College of Veterinary Medicine (VMRCVM). Its team of 10 board-



The Marion duPont Scott Equine Medical Center was the first equine hospital in the eastern United States to offer MRI and houses a Hallmarq open 0.3 Tesla magnet that became operational in April 2004.



Professional Spotlight

**Dr. Nathaniel A. White II,
DVM, MS,
Diplomate ACVS**

Dr. White received his Doctor of Veterinary Medicine Degree at Cornell University. He completed an Internship and Residency in Surgery at the University of

California-Davis and completed a Master of Science degree in pathology at Kansas State University. After attaining Diplomate status in the American College of Veterinary Surgeons, Dr. White served as President of the College and of ACVS Research and Education Foundation. He is a past AAEP Director at Large and currently Chair of the AAEP Foundation Advisory Committee. Dr. White has served as Director of the ACVS Veterinary Symposium since 1997. Dr. White has authored or co-authored 148 journal articles and 35 book chapters and is the editor and author of *The Equine Acute Abdomen*, *Current Practice of Surgery*, *Current Techniques in Equine Surgery and Lameness* and *Handbook of Equine Colic*. Dr. White has served on the faculty of Kansas State University, the University of Georgia and Virginia Tech and was the Theodora Ayer Randolph Professor of Surgery at Virginia Tech (1987-2003). Currently he is the Jean Ellen Shehan Professor and Director of the Marion duPont Scott Equine Medical Center at the Virginia-Maryland Regional College of Veterinary Medicine and an Adjunct Professor at the University of Maryland.

certified specialists stays on the cutting edge not only because they have to — they train undergraduate, graduate, and post-graduate veterinary students — but because they want to.

"We have a team of experts who are completely focused on their specialty and know that they can call on each other to augment patient treatment," said Dr. Curry Keoughan, clinical assistant professor of equine lameness and surgery. "Our role as educators means that we're always seeking innovation."

As a result of new technologies and advanced veterinary research, team members at this full-service, state-of-the-art equine healthcare facility are leading the way in pursuing new remedies for the well-being of all horses. Three areas in which these advances are evident are diagnostics, elective surgery, and emergency and critical care.

Diagnostics

Diagnostics have improved dramatically through the usage of improved imaging modalities including magnetic resonance imaging (MRI), digital radiography, high-resolution ultrasound and nuclear scintigraphy. With the acquisition of a Hallmarq open 0.3 Tesla MRI system in April 2004, the facility became the first equine hospital in the eastern United States to offer MRI.

"We're seeing horses here that need that next step in diagnosis including high-performance horses with subtle injuries that need further evaluation," White said.

A unique high-speed equine treadmill allows clinicians to replicate graded exercise in a controlled environment, making it an important tool for assessing upper-airway problems and heart abnormalities. The addition of a high-speed digital camera in October 2006 has allowed faculty members to perform detailed gait analysis, lameness diagnosis, and hoof balancing in horses.

"We are thrilled by the possibilities offered by this new gait analysis system," White said. "The benefits of slowing or freezing



al Center is Recognized Leader in Equine Care

high-quality digital images of a horse at full gallop are endless."

Elective Surgery

A greater number of owners are choosing to have elective surgeries — typically defined as non-emergency procedures — performed on their horses at the facility. The hospital's five board-certified surgeons completed almost 500 such procedures in 2006, as compared with only 400 similar operations one decade earlier — a 20 percent increase since 1996.

According to White, clients now have a variety of options for addressing ailments and afflictions that, although not life-threatening, can inhibit their horse's performance or reduce the quality of the animal's life.

"Non-emergency conditions such as bone chips and ligament injuries can be treated more effectively than in the past," White said. "This is an exciting time for equine surgeons because new technologies and techniques are allowing us to correct many of these abnormalities and return horses to full health."

Orthopedic and soft-tissue surgery has benefited from new minimally invasive tools and techniques including lasers, endoscopy, and arthroscopy, leading to lower rates of inflammation and infection, as well as shorter recuperation periods.

"The most recent technical advances have been in the surgeon's ability to use modern instrumentation during surgery to minimize trauma to the tissues," White said. "These modalities allow us to be extremely accurate with our surgical manipulation."

Emergency and Critical Care

Quality care and rapid response time often mean the difference between life and death for the sick or injured horse. The campus has fulfilled a crucial need in the region as a 24 hour-a-day, seven-

day-a-week, premier equine emergency facility. In the past five years, the hospital's emergency caseload has reached more than 800 horses per year.

"Less invasive procedures have been very beneficial," said Dr. Sarah Dukti, clinical assistant professor in emergency and critical care. "Not only are the patients more comfortable, but we are seeing less trauma and less damage to soft tissue."

Dr. Jennifer Brown, clinical assistant professor in emergency care and equine surgery, reports that some of the most common equine emergencies include colic (disease of the gastrointestinal tract), wounds, musculoskeletal injuries, diarrhea, neonatal complications, and respiratory distress. Some symptoms — such as recumbency (the animal is down and cannot get up), depression, severe bleeding, and colic — signal that urgent medical attention is needed.

"It is imperative that the veterinarian be contacted immediately any time a horse is displaying significant abnormal behavior — for example, he is off-feed or is not walking straight," Brown said. "Survival rates for many conditions are directly correlated to early diagnosis and treatment so the sooner the patient is seen, the better."

The exceptional quality of treatment available as a result of these new technologies has attracted many clients to the center.

"We are a very well-equipped facility offering multiple levels of specialty," Keoughan said. "Our dedication to the highest level of care for both emergency and elective procedures is unsurpassed."

For more information on this topic, contact Marjorie Musick at mzmusick@vt.edu or (703) 771-6881.

This article is also available online at http://www.vt.edu/spotlight/20070625_emc.php. ♦

Mark Your Calendars - November 11, 2007 NVCEO 2nd Annual Invitational Education Trail Ride

Upon formation of the NVCEO the organization recognized the importance of sharing with non horse owners the pleasure and enjoyment horse owners receive from spending time with their horses. And who better to share the experience with than the members of our local county governments. As our communities continue to rapidly move from rural areas to more urban areas there is less and less of a chance for non-horse owners to have a positive encounter with horses. The NVCEO Educational Ride is the chance to obtain this experience.

County Supervisors and their families, as well as members of Parks, Tourism and Economic Development departments will receive invitations to this year's event. The 2007 event is scheduled for Sunday afternoon, November 11th and will be held at the beautiful Marriott Ranch in Hume, VA (Fauquier County). This family event will feature a trail ride, games and/or fishing for the



youngsters and a family style lunch. Last year's event was enjoyed by over 20 members of our local government community and their families. We hope that many of you can attend this year's event. For more information visit www.NVCEO.org. ♦



The Straight "Poop"

Taking the "Ewe" out of Manure

Remember bathroom jokes? Those of you who have small children know that bathroom functions are the source of much hilarity to 7-year-olds and reaches its peak joke status with 4th graders who live in what I refer to as the Age of Farts. The importance of bathroom humor then faces a steady decline, (for most of us), until talking about poop degenerates to a steady chuckle for the rest of our lives.

If you talk to a sociologist about this culturally pervasive preoccupation, he will probably explain that the phenomenon serves a purpose: Society has learned to hide our bathroom functions, dispose of our excretions and build a whole industry around keeping ourselves clean because human excrement can spread disease. But the poop taboo hurts equestrian activities when socially appropriate responses to humans, dogs and cats are applied to horses. And because bathroom hygiene is inculcated into us so completely, we find it difficult to understand that horse manure is not the same. Our society is so far removed from interaction with large animals that when a person sees a horse in a parade or on the trail, he is likely to have a strong reflexive response. He reverts to YUK!

Here are some facts to look at:

FACT: All living things make manure

Livestock volume in the U.S.

- Cows 104 million
- Swine 60 million
- Sheep 8 million
- Poultry 7790 Billion
- Horses 6.9 million

If we look at the United States, we can see how much manure this country has had to recycle. And we are not counting the more than 286 million people who also live in this country. Furthermore, we can only use our imagination to try to comprehend all of the birds, deer, bear, moose, squirrels who go about pooping wherever they want

FACT: All horse manure is biodegradable

If you leave it on the trail long enough it becomes dirt; while mankind leaves behind other kinds of debris that will not biodegrade. our trash, our abandoned cars, our plastic "pure" water bottles, our used tires. We fill up huge landfills and invest millions studying what to do with our garbage.

FACT: horse manure is recycled grass.

If you leave manure on the ground, it will quickly dry out and disappear with no intervention on the part of mankind. The human excrement of debris and trash never goes away and cannot recycle itself as can horse manure.

FACT: ONE HORSE in one full 24-hour period excretes 50 lbs of manure of which 12.5 lbs is active solid. The rest is water

At first 50 lbs. seems too much to have out there-then we find that we are talking about 12.5 lbs. because the rest is water. Of the 12.5 lbs. the contents are the same as in urine. Remember, obviously, no horse is on the trail seven days a week, 24 hours a day. So only a small measure is ever deposited on a trail.

Fact: While E.-Coli from a number of species, including humans, can cause intestinal disease, equines have not been shown to cause intestinal disease in humans.

I can come up with no explanation why the horse should be singled out as a likely source of human disease. On the contrary, among domestic animals the horse is perhaps the least likely to play such a role.

Fact: Horse manure does not spread disease.

Horses are dead end hosts for EEE, WEE and West Nile Virus. Horses do not spread Salmonella, Giardia or Cryptosporidium. As an example of extreme exposure to horse manure, consider the large animal veterinarian who often is "armpit deep" under a horse's tail. Nevertheless, there has never been a documented case of veterinarians contracting illness as a result of this rather extreme exposure to horse manure.

The general public does not experience horse manure the way a horse person does. If our horse takes a dump we observe the color and consistency and feel happy that the whole fragile system is working. Non-horse people are possessed by the "YUK! Factor".

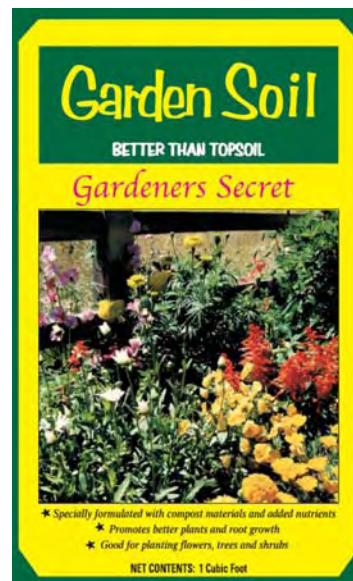
If you are still not convinced of the environmental benefits of horse manure, go to your local nursery or large hardware store. You will see stacks and stacks of bagged fertilizer for sale. You will see hundreds

of bags of topsoil. Those bags of topsoil and fertilizer start out as horse and cow manure; then Scotts or some other company age it up, concentrate it, add some chemicals and put it into big plastic bags so you feel close to nature when you reach your hands right in there and spread it around your houseplants or gardens.

Horse manure is a clean, natural product used by landscapers, vineyards, farmers and big companies like Scotts to provide topsoil, fertilizer and other gardening products. Take a look around the produce section of your grocery store and know that they were grown in poop. Know that the

best rejuvenation for your roses is a spade full of horse manure. The tomatoes and dahlias from my garden have been wowing people for years. Guess what I fertilize with? ♦

The above article is an excerpt from a report presented by Dr. Cyla Allison, a long time horse person and noted speaker on the subjects of horses and the environment. You can view the entire article/report at: www.californiastatehorsemen.com/envirohorse.htm



Horse Community Calendar of Events for Northern Virginia

September

14-15 - Battlefield Equestrian Society - Trail Work Day, Manassas National Battlefield Park
 18-23 - Middleburg Classic, The Plains, VA. (757)357-1775
www.middleburgclassic.com
 20- 23 - Virginia 4-H State Championship Horse and Pony Show, Celeste Crisman at 540-231-9162,
www.ext.vt.edu/resources/4h/horse, ccrisman@vt.edu
 20 - No. VA Therapeutic Riding Program - Raise The Barn Party.
 22 - Nokesville Horse Society - Western Schooling Shows, James Long Park, Haymarket, VA. (540) 364-4845
patriciapumphrey@msn.com
 22 - No. VA Therapeutic Riding Program - Ride to Thrive Polo Benefit. www.NVTRP.org
 22-23 - VA Dressage Assn/No. VA - Recognized Dressage Show Autumn I & Freestyle Championship, Morven Park, Leesburg, VA. hermes1@earthlink.net
 23 - Lucia Farm CT/Dressage Schooling Show, Lucia Farm, Lovettsville, VA. (540) 882-4421
www.cdcta.com
 23 - US Trail Ride - Crystal Crown Judged Pleasure Ride, USTR, Blue Ridge Center, Hillsboro, VA. ustrnews@aol.com
www.cadcol.com/ustr
 28-30 2007 National Sporting Library Coaching Weekend, Upperville Show Grounds, Upperville, VA. (540) 687-6542
www.nsl.org
 29 - Clifton Horse Society - Moonlight Ride, Warrenton, VA. Details on Page 6
 29 - Professional Auction Services, Inc Virginia Hunter & Sport Horse Fall Sale, Frying Pan Park, Herndon, VA. (800) 240-7900
www.professionalauction.com
 29 - Rainbow Therapeutic Riding Program, 10th Annual Bowl-a-thon Benefit, Manassas, VA, www.rainbowriding.org
 30 - Battlefield Equestrian Society - 10-Mile Fall Judged Pleasure Ride, Manassas National Battlefield Park, 8:30 a.m.,
 RSVPs required. (571) 220-9234
www.battlefielddequestriansociety.org

October

4-7 Morven Park CCI* and Advanced Horse Trials/Young Event Horse Championship, Leesburg, VA. (703) 777-2890
 5 - Clifton Horse Society - Board Meeting. Home of Jeannie Jirucha, Fairfax Station, VA. www.cliftonhorsesociety.org
 6 - Nokesville Horse Society, Monthly Trail Ride, C&O Canal, Faye Brewster, fsmileyb@comcast.net, 540-270-8063

6-7 VQHA State Fair Quarter Horse Show,
www.vaquarterhorse.com
 6-7 Freeze Brand Your Horse Clinic, Nokesville Eq. Park, Nokesville, VA. (703) 755-6684 or (571) 220-9234 or e:mail kari.briggs@bt.com
 7 - No. VA Therapeutic Riding Program - Clifton Day Pony Rides
 9-14 - Washington International Horse Show, Verizon Center, Washington, DC. www.wihs.org
 13 - Nokesville Horse Society - Hunter Show, Nokesville Park, Haymarket, VA. (540) 364-4845 patriciapumphrey@msn.com
 13 - Commonwealth Dressage & Combined Training - VA Dressage Assn/No. VA - Team Challenge Show, Haymarket, VA. (540) 439-0994
 13 - Steeplechase Races, Morven Park, Leesburg, VA. (703) 777-2414
 13 - Clifton Horse Society - Monthly Trail Ride, Shenandoah River State Park, Bentonville, VA. www.cliftonhorsesociety.org
 13 - Nokesville Horse Society - Hunter/English Schooling Shows, Nokesville Park, Nokesville, VA. (540) 364-4845
patriciapumphrey@msn.com
 14 - Nokesville Horse Society, Monthly Trail Ride, Phelps Wildlife Management Area, Summerduck, VA, Faye Brewster, fsmileyb@comcast.net, 540-270-8063
 14 - Clifton Horse Society - Team Penning Clinic, Bealeton, VA. www.cliftonhorsesociety.org
 14 - Hunter Show VA Horse Show Assoc. at Foxchase Farms, Middleburg, VA. Mark Wonderly (571) 426-8033
www.ahsajudge.com
 19-20 - Battlefield Equestrian Society - Trail Work Day, Manassas National Battlefield Park
 26-28 Virginia Equine Extravaganza expo, Richmond, VA, www.equineextravaganza.com
 27 - Nokesville Horse Society - Western Schooling Shows, James Long Park, Haymarket, VA. (540) 364-4845
patriciapumphrey@msn.com
 27-28 - Old Dominion Endurance Ride, Fort Valley, VA, 30/30 & 50/50-mile 2-day & 100-mile Endurance Rides

November

3 - Battlefield Equestrian Society - Trail Work Day, Manassas National Battlefield Park
 4 - Nokesville Horse Society - Crystal Crown Judged Trail Ride, Sky Meadows State Park, Delaplane, VA (703) 754-4981
MarlysShoup@comcast.net
 11 - NVCEO Educational Ride, Marriott Ranch, Hume, VA, Jeff Shoup (703) 402-3726, jeffshoup@comcast.net



Healthy Lifestyles

(Continued from page 1)

year-old Irina and 11-year-old Loretta), along with two horses, a pony, a dog and three cats. To keep the farm running, Anderson puts in at least 90 minutes of hard work daily. First there's the maintenance: grooming the horses, cleaning the stalls, shoveling manure, hauling shavings for the stalls, and moving 50-pound bags of grain and heavy buckets of water from place to place. Then there's the hay. "Every summer there are 600 bales of the stuff that need to be stacked in two different barns," explains Anderson, "and I spend the rest of the year throwing those bales around. That's guaranteed to give you a really strong back and arms."

You can bow out of this or that exercise because you feel like it. But with horses, there's no 'I don't feel like working out today' option. You have to feed the horses and clean the barn."

Finally, just in case her heart needs a bit more exercise, there's plenty of snow shoveling, leaf raking, fence mending and horse walking (she tries to walk each horse for 20 minutes a day if she doesn't get a chance to ride). Anderson practices dressage and combined training (an athletic type of riding that includes jumping), so her rides are typically intense cardiovascular and strength building endeavors, most of which last about an hour. "It's a physically demanding sport," notes Anderson. "Especially on an ex-racehorse who doesn't always want to behave."

Anderson says that her entire way of life has changed since moving to the farm, and while her schedule is dense, she finds it deeply satisfying. She often rises in darkness to do chores in the barn (being

outside and feeding the horses first thing in the morning, she says, "really helps clear my head"). She then sends her kids off to school before heading to work in her grandfather's old art studio, which she has converted into an office. When the kids get home, it's back to the barn to feed and bring in the horses, then dinner and family time, and then — on many nights — a few more hours of office work before "hitting the hay."

Lydia has also noticed that she has much more physical stamina. She says she finds it easier now to deal with the inevitable stress that comes with a steady stream of deadlines, phone calls and photo shoots.

Life on with horses, she says, is her own personal trainer. "You can't just skip chores," notes Anderson. "You can bow out of this or that exercise because you feel like it. But with horses, there's no 'I don't feel like working out today' option. You have to feed the horses and clean the barn."

Within months of moving to the farm, Anderson says, she quickly lost several pounds, her cholesterol dropped 20 points, and her athletic conditioning has seen steady improvement ever since. "I pulled out an old workout tape the other day," she says, "just to see where my cardiovascular level is at compared to the days when I was doing nothing but aerobics. I was surprised at how easy the workout felt now. I'm definitely in the best shape of my adult life, and enjoying exercise more than I ever have."

Anderson acknowledges that her commitment to fitness has always been directly related to her general passion for movement and the outdoors. "I've always wanted to be strong and active so I could do the things I love," she explains. "Fitness for me is a means to that end. I know I have to stay strong in order to live this kind of life, so I do. All the chores and care that go along with running the farm are definitely tough work. But I love it. It's who I am." ♦

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The Culpeper Heritage Horse Trail

The Birth of a Horse Trail Identifies Tourism and Economic Benefits

The Culpeper Horse Owners Association (CHOA) was established by a few neighbors in Stevensburg, VA. in order to share trail riding Rights of Way and petition VDOT for Horse Caution signs. Although VDOT was reluctant at first to post the signs the objective was achieved in a matter of weeks. CHOA soon found that educating local government of the benefits of equestrian activities could be used for greater purposes.

The CHOA began expanding on their trail plans to encompass a larger geographical area to tie together both historical and economic interests such as area Bed and Breakfast operations and civil war historic sites, according to CHOA President Gardner Mulford. Soon a concept plan was drafted and presented to the Culpeper Planning Commission as a proposed amendment to the Comprehensive Plan to add the "Culpeper Heritage Horse Trail". The Planning Commission was so impressed by the plan's benefits to the region they adopted the plan as their own and waived the fees associated for comp plan amendments.

Currently the Culpeper Planning Commission and CHOA are continuing to tweak and modify the concept plan by including

discussions with VDOT and area businesses and landowners. Local businesses have spoken before the Planning Commission in favor of the concept plan such as Rose Hill Farm and Inn, Harmon's Hayrides, Tom Seay (noted author and equestrian trainer) and the Piedmont Environmental Council. As the concept plan continues to evolve the Planning Commission will prepare to present it to the Board of Supervisors for adoption into the Comprehensive Plan.

According to the latest Virginia Department of Agriculture study of the equine industry, Northern Virginia has the largest population of horses and equines. Loudoun County ranks first in the state, Fauquier County second and Prince William, Fairfax and Culpeper follow closely behind. Surprisingly, even with the area's rapid urbanization, Northern Virginia horse industry continues to provide tremendous economic and tourism benefits. The study also points out the number one activity enjoyed by horse owners is trail riding.

For more information about the Culpeper Horse Owners Association please contact Gardner Mulford at Mulford Realty, 540-423-9607. ♦