

2018 AERC CONVENTION SPEAKERS

Schedule may be subject to change

FRIDAY, MARCH 9

When Good Drugs Do Bad Things

Trisha Dowling, DVM, MSc, DACVIM (LAIM), DACVCP

9:15 a.m. to 10:30 a.m.

What you need to know about the common medications used in horses and why you should always consult with your veterinarian before treatment. You'll learn some important questions to ask of your veterinarian. Dr. Dowling is professor of Veterinary Clinical Pharmacology at Western College of Veterinary Medicine in Saskatoon, Saskatchewan. She is also co-director of Canadian gFARAD, a global food animal residue avoidance databank program, which provides information on residue avoidance to veterinarians.

G.I. Ultrasound Study Report

Melissa Esser, DVM, MS, DACVIM

10:45 a.m. to 12:00 p.m.

During the 2017 ride season, researchers from Michigan State University were welcomed to four different 100s: Biltmore Challenge, Old Dominion, Big Horn, and Western States Trail Ride (Tevis Cup). Approximately 150 horses were scanned to assess gut motility before and after the rides to determine if this portable diagnostic tool could be useful in early identification of horses that may develop GI distress. Dr. Esser will share an update on the results found to date. Dr. Esser is an assistant professor of internal medicine at Michigan State University with interests in endurance riding and the optimal health of our athletes.

Trail Marking: Learning to Speak Trail

Chelle Grald

1:00 p.m. to 2:00 p.m.

Trail marking is a language. It has universal rules that all trail markers follow and all competitors appreciate. We'll explore the commonality and the differences across regions. We'll start by breaking down the necessary elements of a well-marked trail. Whether you mark trail or just try not to get lost while riding, you are sure to learn something useful. Chelle Grald is an AERC Trail Master and Vermont State Trail Advocate. In her job with the Green Mountain Horse Association, she manages a dozen organized trail and endurance rides each year, marking and unmarking about 500 miles of trails each season.

Tying Up: Causes and Treatments

Stephanie Valberg, DVM, PhD Diplomate ACVIM, ACVSMR

2:30 p.m. to 3:45 p.m.

Endurance horses often compete on a fine edge, pressing muscle function to its extremes. On the other side of that fine edge is tying-up or exertional rhabdomyolysis; literally the dissolution of skeletal muscle with exercise. After 35 years of research, we recognize that there are several causes of tying up that may need different management strategies. This seminar will review how to identify and treat tying up, and present in a simplified format the specific forms of tying up: recurrent exertional rhabdomyolysis, polysaccharide storage myopathy and myofibrillar myopathy. Dr. Valberg is a world leading expert in neuromuscular diseases and was inducted into the Equine Research Hall of Fame in 2012.

Current Topics in Equine Nutrition

Joe Pagan, PhD

4:00 p.m. to 5:30 p.m.

Dr. Pagan will be covering the latest in equine feeding, including a segment on nutrition and tying up. Dr. Pagan formed Kentucky Equine Research (KER) in 1988 to be an international research, consulting and product development firm dealing in the areas of equine nutrition and sports medicine. KER served as equine nutrition consultants for the last six Olympic Games. Dr. Pagan holds MS and PhD degrees from Cornell University in equine nutrition and exercise physiology.

SATURDAY, MARCH 10

The Origin of It All: The 100 Mile Ride

Jeanette (Jay) Mero, DVM

9:15 a.m. to 10:45 a.m.

The American Endurance Ride Conference began with the 100-mile ride, and that is just what Dr. Mero will focus on in her seminar. But don't let that 100 scare you: whatever distance you ride, you will learn to manage your horse better with what you learn in this informational seminar. Topics will include: 1. Feeding in the days leading up to the ride, the night before and throughout the ride. 2. Managing hydration/electrolytes for the long haul. 3. Pacing to have enough time to get to the finish line. 4. Dealing with ups and downs during the ride. 5. Post-ride care. Chair of the AERC Veterinary Committee, **Jeanette (Jay) Mero, DVM**, is a respected clinician with a equine veterinary practice in Mariposa, California. She's also an experienced rider, with almost 4,000 endurance miles.

General Session:

AERC Board of Directors Meeting

11:00 a.m. to 12:00 p.m.

All are welcome to attend the board meeting where officer elections are held. Members are welcome to present their ideas, share opinions, ask questions and make suggestions to the board in a town hall format. (This is not a paid seminar!)

Discovering the Dehydration Tipping Point

Jerry Gillespie, DVM

1:00 p.m. to 2:30 p.m.

Dehydration in competing endurance horses that can lead to loss of performance, exhaustion and, in severe cases, colic, tying up, or hypovolemic shock. At a "tipping point," the horse's body can no longer compensate for body fluid loss and continue to function properly. Dr. Gillespie will discuss the levels of dehydration found during transport to competitions, and during LD, 50-mile and 100-mile endurance events in an AERC-funded research study. The study examined the correlation of level of dehydration with performance and veterinary criteria in horses during various endurance event conditions (length of ride, difficulty of trail, and ambient temperature/humidity). This data provides the framework for looking at all the factors that lead to the tipping point in horses during endurance events. A longtime rider and control judge, Dr. Gillespie has led numerous research studies focusing on distance horses. He began riding endurance in 1966, before the founding of AERC, and continues to ride today.

Radiant Longevity

Lori McIntosh

3:00 p.m. to 4:00 p.m.

Most endurance riders are experts at managing your horse while training and competing. But what about you? What are you doing to make sure you are fit to continue? Learn how to incorporate new habits while leaving behind those that do not work for you. You will learn how to follow nature's rhythms—just like your horse—and avoid injuries. Lori McIntosh is a former Occupational Therapist who left that career behind when she bought her first Arabian horse. She is now a Certified Yoga Health Coach and a lifelong student of health and wellness. She plans to continue riding with radiant longevity and hopes you will too.

Free Hot Topics Sessions (TBA)

Friday & Saturday mornings, 7:30-9:00 a.m.