

*** 8/23/08 midyear meeting minutes**

American Endurance Ride Conference
Board of Directors Meeting – Mid-Year Meeting – Louisville, Kentucky
August 23, 2008

Call to Order: 7:35 am Eastern Time
Roll Call: Mike Maul, Connie Caudill, Jan Stevens, Patti Pizzo, Michael Campbell, Monica Chapman, Susan Schomburg, Sandy Terp, Tom Noll, Terry Woolley Howe, Susan Kasemeyer, Joe Schoech, Bruce Weary, Roger Taylor, Jeff Trinkle, Dianna Chapek, Laura Hayes, Robert Ribley, John Crandell III (arriving at 8:15 am), and John Parke (arriving 9:20 am).

Also in attendance was Kathleen Henkel, Executive Director of AERC, and Melissa Ribley, DVM, Chairperson of the Veterinary Committee.

Absent: Heidi Smith DVM, Gail Williams, Mike Tomlinson, DVM, Joyce Mocilian, Maryben Stover, and Randy Eiland.

A motion to accept the absence of the above members was put forward and was approved unanimously.

The minutes from the July 7, 2008 Teleconference call meeting were approved by a unanimous vote.

Kathleen Henkel reported on the current state of AERC

Membership as of:

August 13, 2007 – 6795

August 15, 2008 – 6763

Rider Fees as of:

August 15, 2007 - \$67,558.94

August 15, 2008 - \$65,218.40

Sanctioning Fees:

August 15, 2007 - \$15,329.67

August 15, 2008 - \$15,225.00

New Members as of:

August 13, 2007 – 1129

August 15, 2007 – 952

Kathleen reminded BOD members of the necessity of turning in their

conflict of interest statements – indicating that there was a blank copy in their binders if they have not turned them in yet.

Committee Reports were accepted – see attached

Issues before the BOD at this mid-year meeting (combination of new and old business)

2009 Budget Discussion chaired by Patti Pizzo, AERC Treasurer
Patti reported to the BOD that the membership in AERC is currently flat. She also indicated that according to the current projected budget that we will be over budget by about \$30,000. Patti informed the BOD that there is an increase in expenses due to an increase in office rent costs and the increased insurance liability coverage for a total of about \$40,000, additionally explaining that it was not due to an increase in expenses by the committees. There was a lot of discussion held by the Board concerning the present state of the AERC finances and current proposed budget for 2009. There was a request to see the various budgetary items together, especially the various Trails expenses with specific descriptions of what each one is used for. Roger Taylor offered to put them together and provide the descriptions.

The Finance Committee placed a motion before the BOD to add a Year End addition to the Restricted Reserve Account 4001 – see attached motion form. Discussion on this motion was positive and the motion passed unanimously.

The Finance Committee also placed a motion before the BOD to add to the Education and Research Equity Account a percentage of the operating surplus every year – see attached motion form. Initially this motion included only the Education Equity Account, but it was agreed that the Research Equity Account needed the same attention. This motion also passed with a unanimous vote from the BOD with the addition of the Research Equity Account.

The Finance Committee also requested that the starting December 1, 2008 the AERC Horse Registration fees be increased to \$15/horse to help offset the increased expenditures. The motion passed unanimously.

The Finance and Education Committee proposed a motion to provide AERC Beyond the Basics Seminar in each region – see attached motion.

The motion was amended to remove the first section on a dedicated mailing and remove the last section on miscellaneous funds for conference calls etc. The funding for this would come from the Education Reserve Account 4005. The motion passed unanimously.

Acceptance of Michael Campbell as the Chair of the Trails Committee was a unanimous vote by the BOD. Roger Taylor reported on the Trails Masters Courses indicating that there were going to be six classes currently scheduled for 2009 with a request for one more. Roger assured the BOD that the insurance that Mike Rider has covers the participants of the Trail Master courses. He also gave a report of the attendance of the Trail Master Courses by AERC Members:

- 2005 29 AERC Members
- 2006 33 AERC Members
- 2007 16 AERC Members
- 2008 7 AERC Members

Rules Committee Report, chaired by Susie Schomburg, Chair of the Rules Committee.

Motion to change Rule 8.2.1 Recovery of Mileage – see attached motion form. Kathleen requested the change in the rule, as the AERC Office does not charge to recover mileage. The motion passed unanimously.

Motion to adopt the attached Liability Release as a condition of membership and participation in AERC Events – see attached motion form. A great deal of discussion was held concerning how this would be implemented (would it be a simple on-line form that people would agree to or would it be a separate mailing to be returned to the AERC Office), when it would be implemented (2009 membership year is already upon us), who would be responsible to collect the forms (ride managers would need to have riders sign them for current members, renewing members, or day members), and where would these be stored (would they be stored in the AERC Office or scanned). After the discussion was held there was a straw poll taken with 1 member indicating that they would vote against it and the rest of the BOD voting in favor. Additional discussion was held and a vote was taken. The motion passed with two members voting against it. Kathleen and the Office staff will handle the implementation of this Liability Release.

Motion to change Rule 14 as recommended by the Protest and Grievance Committee – see attached motion form. The BOD discussed the several

recommendations for change by the Protest and Grievance Committee. The BOD requested to leave 14.1, 14.2.1, 14.2.2, 14.2.5, and 14.5.3. The BOD felt that the changes requested with 14.3 and 14.4 were understandable. The BOD also agreed that changing 14.6 so that there would not be a summary of the decision, rather a verbatim account would be printed after the decision was rendered. The motion was referred back to committee for further work.

Motion to change Rule 15 as recommended by the Protest and Grievance Committee – see attached motion form. One of the main issues that came up with the proposed changes to Rule 15 was whether or not adding a provision that allowed for suspension/termination of membership by the P&G Committee as a punishment was in keeping with the by-laws. Discussion was held indicating that moving (or listing) the list of violations from Rule 4 into Rule 15 would help to define rules dealing with violations and penalties. John Parke noted that he would like to see the wording that he suggested last year at the mid-year meeting that defines ‘for cause’. He also stated that ‘for cause’ is a standard legal term. Neither the motion to change rule 15 or rule 4 was passed. They were referred back to the rules committee for further work.

Motion to change terminology within the AERC Rules as requested from the Veterinary Committee – see attached motion form. This request includes defining a veterinary control judge in the AERC Rule Book and replacing all references to ‘vet’ or ‘veterinarian’ in the rules with the term ‘control’ or ‘control judge’ excluding specific references to treatment or treating veterinarians. The BOD was split on the wording of the motion that included ‘non-veterinarians’ being able to ‘judge’ endurance rides. Melissa Ribley emphasized the need to separate the jobs that vets do on the line vs. when a vet takes on the job of treating a horse at an endurance event. It was determined that there was a need for a definition and a job description of a Control Judge. The BOD requested that this rule change (definition/description) go back to the Rules and Veterinary Committees. The BOD accepted the concept of a Control Judge, but was split on the idea of non-veterinarians judging endurance events.

Roger Taylor brought to the BOD the request the Veterinary Committee to supply Professional Liability Insurance for Control Judges. Roger indicated that there was a need by the veterinarians to have insurance similar to what horse show judges have. Since there seemed to be a lot of questions concerning what this insurance would really cover, Terry Woolley-Howe

made a motion to have Roger and the committee seek out more information on this type of insurance with Robert Ribley seconding the motion. The motion passed.

Roger Taylor also brought to the BOD the motion to provide our membership with Personal Excess Liability Insurance – see attached motion. This type of insurance would be provided to AERC members who are interested in having it by offering two different tiers of one-year membership within AERC. This insurance offering would start with the 2009 membership year. The BOD voted to accept this type of policy offering with one member voting against the motion.

John Parke then gave a presentation on Endowments and a proposal for the BOD. John spoke on the necessity of a Donation Policy that would help to define the administration of incoming donations and indicate how to encourage those donations that could help fund operations or specific projects and it would help to expand programs. John explained the opportunities for AERC with Endowments – namely that the age of our membership is increasing, that there are a lot of our members who have been involved for a long period of time, and that the potential amounts of donations could be large. John also explained that there are many obstacles we face in looking for donations. Examples are a lack of trust of the membership, perception of social conflict, lack of competence to manage large funds, and lack of commitments to long-term savings program (failure to add to restricted reserve funds and failure to follow stated policies). John then described the potential solution would be to create general policies for all donations, establish endowment funds and the possibility of creating an independent/separate organization that would have a single purpose to manage endowments/donations to AERC.

John went on to explain the idea of a Supporting Organization. It would be specifically authorized by the IRS, it would not be a private foundation, may be autonomous, and that it would support purpose of AERC by distributing income and providing services.

John outlined what the BOD would need to do to get this concept off the ground.

- Adopt general donation policy

- Adopt conceptual framework for endowment fund and supporting organization

- Fund professional fees for creation of supporting organization

- Create solicitation program
 - Sophisticated approach
 - One on one meetings with potential donors
- Publicize

John also indicated that we would need to develop long-term program strategies including trails, research, and education.

John Crandell suggested that we might look into expanding into other organizations with similar equestrian groups with this Endowment concept and supporting organization.

Terry Woolley-Howe made a motion to set up an Ad-Hoc Committee to start work on this project. John Crandell seconded the motion. Sandy Terp amended the motion to set a deadline of the October meeting for the committee to come to the BOD with a proposal. The motion passed. Members on the Ad Hoc committee are John Parke, Laura Hayes, John Crandell, Roger Taylor, and Kathleen Henkel.

Melissa Ribley briefed the BOD on the request from the Veterinary Committee to update the AERC Drug Rule – see attached motion form. The motion passed unanimously.

Melissa also brought the BOD up to speed on the proposal to have USEF handle AERC's drug testing. She indicated that AERC would need to accept USEF's drug thresholds and that we would need to judicate the positive tests. AERC has requested a written quote and are waiting on it.

Melissa also indicated that the Veterinary Committee is planning on updating the Vet's Handbook in the near future.

Jan Stevens then gave a presentation on the updating of the Policy and Procedures Manual. Jan indicated that the last revision occurred in 2002. She defined the purposes of the manual would help current and incoming BOD members to understand their roles and responsibilities to AERC and its membership. Provide a listing of the procedures that are used, but do not appear in our rulebook and/or bylaws. It would help to eliminate unused procedures, aide in the administration of meetings, and it would provide committee charters to help current and future committee chairs/members define the role of the committee and its membership. Jan has requested several BOD members, committee chairs, and the executive director to

help in defining the responsibilities of the various directors, executive committee members, and other positions within AERC. She emphasized the importance of reviewing our bylaws when defining these roles to those who are helping in this endeavor. In addition to defining the various roles of the people of AERC, the Policy and Procedures manual will also include the most current policies that we utilize as well as a section on meeting madness (references to bylaws that apply, scheduling plans for regular meetings, typical agendas, motion instructions, and voting explanations).

Sanctioning Committee requested a date change for the Rio Grande ride in the Southwest Region. The ride has dropped their 100-mile event and has requested to make it a multi-day ride. Bruce Weary moved with Terry Woolley-Howe seconding. The motion passed unanimously.

Sandy Terp requested to have an LD Distance added to the Western Maine Pioneer and that they receive the change in mileage requested due to weather conditions. Susan Kasemeyer made the motion to accept and Joe Schoech seconded the motion, the motion passed unanimously.

Sandy Terp presented the motion from the Junior Committee – see attached motion form. The motion is to establish an annual scholarship of \$1000.00 to be awarded to a Junior/Young Rider member of AERC. The motion passed with one member voting against the motion.

Terry Woolley-Howe gave a presentation to the BOD concerning the request to have non-competitive rides for mileage and the minimum amount of points possible. She indicated that timed events are often not allowed on certain properties – IE National Parks, some state parks, and Wilderness Areas. Comments from the BOD included those who thought that this could possibly open areas that have been closed to endurance rides and that it could possibly keep us from losing more lands. It was voiced that if we were to allow this that our membership makeup would change. A straw vote was taken and it showed that the BOD was interested in discussing this subject further.

Melissa Ribley reported on the Research Grant request on the “Comparison of heart rate variability and echocardiographic measurements in elite and non-elite Arabian endurance horses: predictive value for performance ability and readiness to compete.” The motion was tabled.

The BOD then went into executive session to discuss wages.

Laura Hayes made the motion to accept the proposal from Kathleen Henkel on the raises for the AERC Office staff with Connie Caudill seconding the motion. The motion passed unanimously.

Susan Kasemeyer made the motion to adjourn the mid-year meeting with Joe Schoech seconding the motion. The motion passed unanimously.

Respectfully submitted by Jan Stevens, Secretary AERC

Action Items from Mid-Year Meeting:

Roger Taylor to compile the various Trails expenditures with explanations of what they include.

Rules Committee

Liability Release Motion

Rule 14, Rule 15, and Rule 4 Revisions with the P&G Committee

Control Judge verbiage change with the Veterinary Committee

Roger Taylor to look further into the Professional Liability Insurance for the Veterinarians – seeking specifics as to what it would cover.

Ad Hoc Committee on Endowments to report to the BOD at the October 2008 meeting on their progress.

Veterinary Committee

Updating of the Vet Handbook

Report to the BOD on the proposal of having USEF handle AERC's Drug testing

Policy and Procedures Book rewrite – provide BOD with definitions of the various BOD positions, committee charters, office responsibilities, and a progress report.

Junior Committee – provide the BOD with the final draft of the Scholarship Program

Office Action Items

Increase dues for horses from \$10 to \$15

Change rule 8.2.1

Change Rio Grande ride and Western Maine Pioneer

Check to see that all Conflict of Interest Statements have been turned in by BOD members.

Midyear Committee Reports

AERC-I Mid-Year Report, 8/23/08
Prepared by Carol Giles, Chair

Goal # 1: Promotion and funding of the junior/youth international experiences. This goal is ongoing.

A. Accomplishments

- To encourage AERC youth to consider international riding, Kirsten Kimbler (AERC member and youth Council Representative to USEF) arranged to have Valerie Kanavy speak at the Endurance Forum held as part of the USEF Youth Convention in January 2008.
- AERC-I zone reps contacted every AERC youth rider eligible to nominate for the USEF Youth Sportsman Award. AERC-I recommended to the Board that it submit Kirstin Kimbler as its nominee for the award. Kirstin was not only selected as the USEF Youth Sportsman of the Year but the Junior Equestrian of the Year as well. These accomplishments served to highlight endurance throughout the equestrian world.
- AERC-I budgeted approximately \$750.00 for 2008 to be used toward promotion of the junior youth international experience. Kirsten is currently working on a proposed budget for those funds. The general recommendations from AERC-I were to use the money towards communication with other young riders.

Goal # 2: Increase communication and education of new AERC-I members. This goal is ongoing.

A. Accomplishments

- AERC-I brought Becky Hart to this year's AERC to speak and hosted a session on "The Nuts and Bolts of International Riding". These sessions were well attended by the general membership as well as AERC-I members.
- AERC-I hosted the reception at the AERC convention, which featured a slide show of international events as well as the introduction of several foreign visitors.
- AERC-I hosted a session regarding the upcoming 2010 WEG. The panel included some foreign riders.

Goal # 3: Reduce misinformation and misperceptions regarding

international endurance riding and promote AERC involvement in the international arena. This goal is ongoing.

A. Accomplishments

- AERC-I worked with the various USEF committees to review the proposed FEI endurance rule changes. It is anticipated that many of the changes will reflect positions advocated by the USEF representatives.

Goal # 4: Act as a proactive conduit of communication between USEF and the AERC Board and the general membership and work proactively with USEF on endurance strategic planning for the future. This goal is ongoing.

A. Accomplishments

- As part of each AERC-I meeting, its members receive an update on the activities of each USEF Committee. This information is also included in the AERC-I report to the AERC Board. In addition, Vonita Bowers, USEF Endurance Director, provides periodic reports to AERC-I, which are also included in its report to the AERC Board. Information of importance is then highlighted in an EN article and placed, along with all AERC-I minutes, on the International page found on the AERC website.
- Kathy Brunjes, an AERC and AERC-I member, was elected to sit on the USEF Executive Board as the endurance athlete representative. In that capacity she reports to the AERC-I Committee on USEF issues pertaining to endurance.
- AERC and AERC-I member Joe Mattingly was elected as the Chair for the USEF High Performance Committee. Joe and Kathy both work hand-in-hand with AERC-I.

Goal # 5: Develop an international rider grant program/system to help reduce the financial hardship incurred in competing internationally and allow riders who might otherwise be unable to compete the opportunity to participate in international endurance riding. This goal is ongoing.

A. Accomplishments

1. AERC-I members Michele Roush, Mike Tomlinson, Hal Hall and Lynn Kenelly are in the process of creating a Developing Rider Program. In its initial draft, the program has two phases. Phase one is to identify potential talent within AERC. It is

anticipated that this would be determined using an objective numerical criteria based on a rider's ride record. Talented riders identified in this phase would then receive help/coaching at an actual FEI ride. This would include some coaching in the differences between riding FEI and an AERC ride and the concept of team competitions. Phase two would be continuing the education and coaching of those individuals who express an interest in continuing to ride at the FEI level. It is anticipated that the program would provide some funds to riders to offset the cost of obtaining a passport for their horse and entering their first FEI ride. If we can show some success with the initial program, it is hoped that additional USEF funds could be obtained to broaden the numbers of riders and for continuing rider development. Individuals who could apply to the program would include riders who had not yet completed an FEI ride. The rationale behind this is that we wish to capture the rider who has not yet considered riding at the FEI level. It is recognized that novice FEI riders may also need additional support to develop their talents and it is hoped that additional funding can eventually be obtained to include these types of riders in phase two of the program.

USEF has agreed to provide funding for this program. It is anticipated that up to \$10,000.00 will be available.

Goal # 6: Promote the North American Junior/Young Rider National Championship 2008 and Demonstration Endurance Event...

A. Accomplishments

AERC-I is assisting ride management in disseminating information regarding the Junior/Young Rider National Championship. This is being accomplished through use of the international webpage, information in the international column and zone rep communication directly with riders in their region. AERC-I zone reps from that region have been, and will continue to, assist ride management as necessary.

Goal # 7: Market and promote international experience more aggressively through education and formal mentorship. This goal is ongoing.

A. Accomplishments

As noted above, AERC-I brought Becky Hart to last year's AERC convention. This session were well attended by both those AERC members who are AERC-I members and those who were not.

Goal # 8: Promote FEI rides. This goal is ongoing.

A. Accomplishments

- AERC-I assisted two new FEI rides by providing financial assistance through its loan program.
- Various Zone Reps have provided technical assistance to new FEI rides.

Goal # 9: Promotion of 100-Mile Rides.

A. Accomplishments

- Work cooperatively with the Competitions Committee to promote 100-mile rides. AERC-I member Michele Roush is the liaison to that committee.

Goal # 10: Work cooperatively with USEF as it plans a Pan American/North American Championship competition

A. Accomplishments.

- Work is just beginning on this goal. AERC-I hopes to find and provide logistical support to a ride venue interest in holding this event.

Goal # 11: Plan for an AERC-I sponsored program to be held at convention that will (a) continue to showcase the 2010 WEG and educate prospective riders.

A. Accomplishments

- Work on this has yet to begin.

Competitions Committee Report

August 2008

Prepared by Kim Fuess

Committee Restructuring: The committee has been restructured:

The Junior subcommittee has now become a full functioning committee on its own. The Junior Subcommittee members felt that they could accomplish their many goals if they were a

stand alone committee with one junior member as liaison to the competitions committee. Kelly Kimbler former subcommittee chair is now the Junior committee liaison to the competitions committee.

The LD subcommittee has been disbanded. Terry Wooley Howe, former LD subcommittee chair, is now the LD liaison to the competitions committee. Terry polled all LD subcommittee members and they agreed with this decision.

The reduction in the number of competition committee members will make it much easier to accomplish committee business. In an effort to represent all facets of AERC competition, we have added an International liaison, Michelle Rouche. AERC-I chairman, Carol Giles, approved the selection of Michelle as liaison to Competitions committee.

Weight Division Survey:

Joe Long along with the competitions committee and with the help of AERC president, Mike Maul, put together the first AERC committee online survey for input from the membership. This was a simple survey that polled members on whether they wanted changes to weight division or are happy with weight divisions as they stand. Information on where and when the survey was available was published in AERC News.

The purpose for the survey was to help the committee determine if the membership was happy with the current weight divisions and if the committee should spend time should be spend discussing any potential changes to the current system.

A report on the final results will be given at a later time. But the committee does feel that on line surveys are useful. This was an opportunity to try out something new.

National 100 Mile Award Program:

The committee is working on a 100 Mile Award Recognition Program. We hope to have a proposal for the Horse Recognition Program to the board before the start of the 2009 ride season.

Our committee will focus on the development of a National 100 mile program for the remainder of the 2008 ride season.

**AERC Education Committee
Mid-Year Report
Prepared by Stagg Newman, Chair**

This report summarizes the AERC Education Committee's
Support of the 2008 Convention

Activities between the Convention and the Mid-Year Board Meeting

Work plan from the Mid-Year Board Meeting to the 2009 Convention

The Education Committee is pleased to announce that Dinah Rojek, past chair of the AERC EC has rejoined the committee.

I. Support for the 2008 Convention

The EC supported the 2008 "Ride with Knowledge" convention through the following activities:

Two Panel Discussions with Educational Speakers

- i. "Moving on Up", e.g., going from LD to full endurance ride or doing that first 100 or multi-day ride.
- ii. Ask the Experts Panel with leading riders available to answer member questions.

Education Committee Question and Answer Booth. The EC hosted a booth in the trade show next to the AERC booth staffed by members of the EC and leading AERC riders and/or vets.

Mini-clinics (15 min) in the trade show. The EC sponsored a series of short talks at the trade show focused on care and welfare.

AERC EC Members identified by "Ask Me" buttons were available to answer member questions throughout the convention.

"Train the Trainers" Beyond the Basics Course. Dinah Rojek created a "Beyond the Basics" CD and conducted a one-day

seminar to train a team of AERC members who can make this seminar available to AERC members throughout the country. Participants in the course had to make two commitments:

- 1) Do the course "pre-reading (CD Rom)" assignment
- 2) Work to facilitate a clinic on this or similar material and be part of the instructional team for the clinic sometime within two years of taking the "Train the Trainers" course. Attendees do not have to donate their time for the clinic - reasonable fees to cover costs, etc. may be collected. What attendees are expected to do is to *make the clinic happen* and be part of it. Attendees **not** fulfilling this obligation within two year are expected to make a donation to AERC for educational purposes as payment for attending the clinic.

This program should lead to the offering a Beyond the Basics clinics in each part of the U.S. and Canada within the next two years.

II. Activities between the Convention and the Mid-Year Board Meeting

Monthly Education Articles in Endurance News

Mailing to all AERC members of a "Check List for Holds at AERC Rides"

Ask the Vet Answers from Dr. Ken Marcella

On-going educational service activities including mentoring, answering questions submitted through the web site, participating in electronic discussions on AERC Members Forum and Ridecamp

III. Work plan from the Mid-Year Board Meeting to the 2009 Convention

On Aug. 17, 2008, the Education Committee held a conference call to develop the work plan from now through the 2009 convention. The meeting notes from that call follows:

Key Problem Addressed

How to substantively increase the dissemination of education to the membership though in-person, paper, and electronic means.

Agenda

The Education Committee discussed the proposed work program from Aug. 2008 to Feb. 2009 Convention and developed the action items and assignments as noted.

A.. Electronic questionnaire to membership to determine needs and preferences

The EC will develop an electronic questionnaire and work with the Mike Maul and the Technical Committee to send that questionnaire to all AERC members in Oct. The electronic mailing will be announced by a side-bar in the Oct. EN.

EC members are to send suggested questions to Ken Marcella with a cc to the entire EC by Aug. 27. Ken with support from Stagg to synthesize.

Stagg to check w/ Mike Maul and/or the office on the mechanics and format of the questionnaire (multiple choice format, opportunity for suggestions, how information is tabulated, ...)

Questionnaire should include info on experience and demographics of respondents.

B. 2009 Convention Tasks – AERC has chosen theme for the 2009 Convention to be “Best Condition”

1. The EC would like to work with the office in choosing speakers for the Main Session as well as providing education panels as was done in 2008. The EC developed the following ideas for speakers for the main session for consideration:
 - Training and conditioning your horse for a “Best Condition” season
 - Preparing and presenting your horse for Best Condition
 - Keeping your horse sound
 - New therapies for treating lameness
 - Olin Balch “wet lab” demonstration with large screen video to broader ideas. - can this be done for larger audience
 - Speaker to present Glass Horse Video on internal

organs of horse, particularly the digestive system. –
Talk would include demonstration of video – this is particularly given AERC focus on Welfare of Horse and the danger in our sport of colics

The EC also offered the following suggestions to enhance the value of the convention to members.

- Offer talks twice so members have more flexibility in choosing how when to hear speakers
 - Ask speakers to provide PowerPoint presentations ahead to time for review. Request speakers to provide a copy of presentations and/or appropriate material (e.g. summary of presentation) for posting on AERC web site after convention.
 - Publish ahead of time and/or on AERC web site the schedule of committee meeting so more members can audit committee meetings.
 - Use the convention presentations as the basis for subsequent articles in EN.
2. Mini-clinics at the Trade Show – Kim Fuess plus Ken Marcella to take the lead in developing a list of topics and speakers.
 3. AERC Education Booth – Carol Thompson and Angie McGhee to take the lead in developing the plan for the booth and staffing.
 4. All day educational seminar pre or post convention – use questionnaire in III-A. above to determine market for this. If there is a market, the EC will develop a proposal.

C. On-line Education through Member's Forum and Ridecamp

Kim Fuess, Terre O'Brennan will lead a program for more proactive participation by EC members in the electronic discussion groups in order to point AERC members and prospective members to sources of appropriate educational material on the AERC web site or elsewhere. Kim and Terre will be supported by Angie McGhee, Heidi Smith, and Joe Long. Topical Index for questions on Ride Camp and Member's Forum

D. Mentorship and Outreach Program

1. Assessment of current program – Terre O'Brennan to take the

lead including polling mentor liasons and/or mentors or current effectiveness and use.

2. Updating mentor liasons – Carol Thompson will review and recommend changes if needed

3. Development of an Approved (aka “star rated”) mentor program – Carol Thompson and Dinah Rojek to develop a set of recommendations on how we develop a list of “star rated” mentors.

4. Development of an “Ask a mentor” program at rides – Terre O’Brennan to take the lead.

- Participants would be star rated mentors
- Buttons to identify
- Bumper stickers or mag labels for vehicles
- Inform ride managers of the resource

5. Endurance News Article on Mentors – Terre and Carol – Nov or Dec EN

6. Use of mentor program for proactive outreach to new members – defer detail discussion to next call

E. Web Site Review and Update

1. Ask in questionnaire in III-A about use of web site

2. Each EC member is requested to review web site and recommend updates.

3. Work with Mike Maul and Technical Committee on Search Engine and/or more “Wiki links” for Education Web site pages in lieu of detailed topical index. – Stagg to contact Mike and AERC office.

4. Based on 3, determine if there is also a need for topical index to information – if so, Dinah would take lead with and Angie acting as “consumer”

5. Institute on on-going process for updating with new articles, placed in appropriate subject – action TBD

VI. Possible Upcoming Endurance News Articles

Lessons from Riding the Old Dominion – Part II article by Jayel Super

New therapies for lameness - Ken Marcella

Ice boots and ice products – Ken Marcella

Reprint of article by Ken Marcella on appropriate regimen for horse
(need title, etc. from Ken)

Mentor Program

Articles or Sidebars to interest people in convention

Sport psychology Article

VII. Seminars – detailed discussion deferred to next EC

1. Beyond the Basics Clinics
2. Other Clinics and Seminars
3. New Riders Seminar

VIII. Educational Videos – Angie and Stagg to take lead

- Use questionnaire in III-A above to determine market for this. Determine interest through electronic questionnaire in A-1
- Trials idea with a couple of videos
- Determine best Format – DVD, downloadable, or both
- Analyze how to administrative and billing aspects for this.

IX. Sharing and propagating best ideas among regions – detailed discussion deferred to next EC.

Marketing/Public Relations Committee

2008 Midyear Report, submitted 7/21/08

Troy Smith, Chair

The Marketing/Public Relations Committee has placed advertisements in a variety of publications: Appaloosa Journal, Modern Arabian Horse, California Riding, California Horsetrader, Horsin' Around, Ride!/ Western Times and Trail Rider. A total of \$4244 has been spent with commitments of \$1478 still to be spent.

The actual amount budgeted by the committee for 2008 was \$7959 so we anticipate an unspent amount of \$2237.

The advertisements have invited readers to phone the office for an information packet, and approximately 50 have been mailed out to date.

Members of the committee have had articles placed in major national magazines that highlight endurance riding, and that will continue with coverage of the AERC National Championships.

**Membership Report
8/19/08**

Membership as of 8/13/07 - 6795
8/15/08 - 6763

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**Office Committee Report
August 23, 2008
Kathleen A. Henkel, Chair**

The office committee worked closely with Roger Taylor regarding the excess liability insurance currently before the board, and continues to work with Roger regarding the control judge insurance.

Still on our plate, completion of the disaster recovery program instituted by Mike Maul.

We are gearing up for year-end – awards purchases and convention work has begun. Jackets will be purchased for this season's regional awards along with

the plaques, halters, and specialty awards. We will not be transporting the plaques to Louisville but instead will hand out certificates only and the plaques will be mailed from the office after the convention. As always, it is our intent to get the jackets out to the membership before the convention so they can be worn while there. Certificates will be handed out to the regional award winners and BC winners as has been done in the past.

Customer service by the office remains at a high level and the membership is very pleased to be able to contact the office and reach a person that is able to assist them. All of us (Judy, Troy, Rho, Suzi and I) work diligently to assist with all member concerns. Judy works closely with the tech committee when she notices any discrepancies when running standings or reports. Troy continues to put out a great magazine each month, and is a master at coordinating the mass of articles, stories and ads she receives monthly. Rho takes care of mailing out the medallions and mileage certificates, all our filing, day member entry, mailing of ride manager and veterinary packets and anything else we throw her way and does it with a smile. Suzi is enjoying her job in finance and is looking forward to getting another convention under her belt. Liz Bryson has left the building – she is putting her degree in engineering to work at the California Department of Water Resources, Flood Management Division. She did a lot of great things for AERC and we wish her much success.

As always, we invite all members of the Board and the membership to visit the office when in the area. We love company and are more than happy to share with everyone what goes on in the office and how things get done!

Protest and Grievance Committee Report

August 23, 2008

**Prepared by Michael Marino,
Chair**

1. As of mid year there has been one protest filed which is presently on-going. There was one other protest filed and withdrawn.
2. The P & G committee has been working with the Rules committee in the implementation and revision of Rule 14.
3. Two mediation members were selected and are in place as per amended Rule 14.

Research Committee Report

8/14/08

Prepared by Dr. Olin Balch, Chair

Presented by Dr. Melissa Ribley

Issues for the mid-year meeting from AERC Research Committee:

- 1. Resubmission of Mary Durando's proposal "Comparison of heart rate variability and echocardiographic measurements in elite and non-elite Arabian endurance horses: predictive value for performance ability and readiness to compete" for funding by the AERC. As chair of the AERC Research Committee, I believe the '08 spring article by Ross and Barakat "What's at the heart of breakdowns" in Equus (issue 368, p. 46-53) has popularized the concept of heart rate variability with equestrians, including our endurance membership. I enthusiastically encourage the AERC BoD to fund this proposal at the requested \$12,000 (which does not include any indirect costs to the University.) I have attached her revised proposal.**
- 2. Request for additional earmarked AERC monies to fund research investigations in 2009.**

Announcements:

Solicitation of research investigation proposals for 2009 will begin in early this fall. If any member of the BoD knows of potential researchers, please ask them to contact the Research Committee.

Dr. Durando's proposal follows this report.

******* Comparison of heart rate variability and echocardiographic measurements in elite and non-elite Arabian endurance horses: predictive value for performance ability and readiness to compete.**

Abstract (Scientific):

The purpose of this study is to determine if fitness status determined by heart rate variability (HRV) in Arabian endurance horses is associated with treatment requirements or failure to finish during competition, and if performance ability and completion rate are related to cardiac dimensions or other echocardiographic indices of cardiac function.

Training and individual fitness most certainly play an important

role in all athletic performance. It is difficult to objectively measure “fitness”, however it is assumed as animals become more fit their vagal, or parasympathetic input increases. This is a natural process, and is thought to contribute to the lower heart rates and vagally-mediated dysrhythmias commonly seen in certain fit, athletic breeds of horses such as Thoroughbreds and Arabians. HRV is a non-invasive method of estimating the relative contributions of sympathetic and parasympathetic input, and has been used in people to assess fitness, as well as fatigue, pain, stress and severity of disease. We hypothesize that horses that are able to complete rides (not eliminated for medical treatment), and those that perform better and recover more quickly will have different HRV, more consistent with higher parasympathetic input, than those that are less successful or do not compete in endurance rides. We further hypothesize that HRV should allow recognition of horses that are over-conditioned, which may result in fatigue and physical ailments preventing completion of rides. Over-conditioning has been linked to poor performance, but is very difficult to recognize.

In addition, in Thoroughbred racehorses there is an association between caliber of racehorse, maximal oxygen consumption and certain echocardiographic variables, in the longer distance, more aerobic types of races. Because of the aerobic nature of the sport of endurance racing, we postulate that elite, endurance Arabian horses will have larger left ventricular mass (heart sizes) and better cardiac function than less successful competitors.

We will measure HRV in elite and non-elite Arabian endurance horses, as well as Arabians not used for endurance competition, with a 30 minute ambulatory ECG. We will also evaluate cardiac dimensions and function echocardiographically with a portable ultrasound machine, in these same horses. In order to minimize the effect of excitement from new surroundings and competition, or dehydration associated with travel, all examinations will be performed at the horse’s home environment while they are at rest, at a specific time of day.

We will compare heart rate variability indices and echocardiographic findings between the groups to determine if there are significant differences.

Abstract (Lay):

The goal of this study is to see if fitness and appropriate conditioning, assessed by the beat-to-beat variation in heart rate (heart rate variability - HRV), are correlated with ability to finish, performance ability, or metabolic derangements that necessitate treatment. In addition,

we wish to determine if endurance horses that perform better have larger heart size and better function, as measured by echocardiography.

Adequate fitness without overtraining and associated fatigue is a critical component of the successful competitor. There are several ways that horses can be evaluated for fitness, such as measuring training heart rates and lactate concentrations, however recently, HRV has been used in human athletes to more sensitively assess fitness and conditioning. It has also been used to assess physical and emotional stress, pain and mortality risk. Fit horses are thought to have a relatively greater parasympathetic nervous system input, and less of a sympathetic component than unfit horses. This contributes to their slow resting heart rates and quicker recovery times in the veterinary holds, during and after a ride. This parasympathetic and sympathetic input can be estimated with HRV. We postulate that those horses that perform better and recover more quickly will have different HRV, with evidence of greater parasympathetic input than those that are less successful. We further hypothesize that HRV may allow recognition of over-conditioned horses that are more likely to be eliminated from competition, or suffer from physical ailments.

Results from studies performed in Thoroughbred and Standardbred racehorses suggest that larger heart size is correlated with superior aerobic (long distance) capacity. Heart size can be estimated with reasonable accuracy from ultrasound of the heart. Since endurance competition is such a highly aerobic sport, we postulated that larger heart size and superior cardiac function would be selected for in elite endurance horses.

We will measure HRV in elite and non-elite Arabian endurance horses, along with Arabians not used for endurance competition, by collecting an electrocardiogram for 30 minutes. We will also compare ultrasonographic findings of the heart in these same horses. We will use a portable ultrasound machine and travel to the individual horses, to examine them in their home surroundings, while in a resting state.

The data obtained from the HRV and ultrasounds will be compared between the groups for significant differences.

Hypothesis and Objectives:

Hypothesis: Elite Arabian endurance horses will have increased heart rate variability and electrocardiographic (ECG) evidence suggesting increased parasympathetic tone than non-elite Arabian endurance horses or non-endurance Arabian horses. In addition, elite Arabian horses will have a larger heart size and mass and better cardiac function, when compared

with the other two groups.

Specific Aim 1: To determine if there are differences in heart rate variability between these groups of horses (elite, non-elite, pulled and non-competing Arabian horses), and if this correlates with endurance competition performance data and completion rates.

Specific Aim 2: To determine if there are differences in heart rate variability associated with training/conditioning programs suggestive of over-conditioning in some horses.

Specific Aim 3: To evaluate heart size and function echocardiographically in Arabian horses used for endurance racing, and to compare elite horses with less successful competitors and non-endurance Arabians.

A. Introduction and Rationale:

Endurance horses must be fit to complete rides and compete successfully. The better conditioned they are, the more successful they are likely to be. Arabian horses competing at the highest level in endurance races most likely have superior physical fitness to those that are less successful or cannot complete a ride, and horses completing a ride most likely have either superior physical fitness or fewer physical problems than those unable to finish. However there is a fine line between optimal fitness and overtraining, and horses that have been worked too strenuously before competing can develop fatigue, injury and decrements in performance. Both over-training and inadequate fitness could lead to inability to complete rides by excessively stressing the horse, leading to metabolic or lameness problems in strenuous competition.

In general, fit athletic horses have a remarkable heart rate capacity, ranging from 26-30 BPM at rest to 220-240 BPM during maximal exercise. These ranges are controlled by the influence of the autonomic nervous system on the heart (sympathetic and parasympathetic input). In addition, heart rate variability (HRV), which is the beat-to-beat variation in heart rate, is also a reflection of the influence of the autonomic (sympathetic and parasympathetic) nervous system on the heart^{8, 9}. While sinus rhythm is regarded as regular, in normal mammals there are subtle variations in beat-to-beat intervals. These variations are a mechanism allowing the animal to adapt to its environment, which is critical for survival. Loss of this variability, along with other changes in the frequency pattern of the HR can be a sensitive indicator of stress or illness. Therefore, although HRV directly indicates the health and fitness of the

cardiovascular system, it may also indicate the health of other body systems and their effect on the heart, and dysfunction in other body systems may be reflected in abnormal HRV patterns. Although labor intensive and mathematically difficult to compute, advances in computer technology have allowed easier assessment of HRV.

HRV has been used in people to evaluate athletic training, overtraining, and fatigue^{10, 11}. It has also been used in people and farm animals to assess pain^{12, 13}, stress¹⁴, severity of disease¹⁵ and mortality risk^{16, 17}. A few studies have been conducted to characterize HRV in horses, and to determine the effects of sympathetic and parasympathetic blockade¹⁸. The effect of training on HRV in Thoroughbred and Standardbred horses has also been evaluated, and these horses were found to have changes in certain HRV patterns as training progressed¹⁹. A recent study evaluated the effect of long distance transport, which is known to be stressful, on HR and HRV in horses. HRV was a more sensitive indicator of transport stress than HR alone, and may be useful to predict other forms of stress or pain²⁰. More recently, HRV has been the subject of evaluation in racehorses residing at racetracks in southern California^a. These authors found that “the horse’s physical well-being was reflected in its HRV pattern.”

Differences in fitness, health and exercise capacity in endurance horses may be manifested by alterations in parasympathetic and sympathetic tone controlling the heart, allowing them to recover from strenuous activity more quickly and efficiently. This enhanced recovery should make them less likely to have metabolic failures during a ride (i.e. compete successfully). Abnormalities or extremes in HRV may indicate horses that are not at their peak for competition, and either not perform up to expected ability, or be unable to finish the ride. HRV may be useful to determine readiness to compete and fitness in horses. In addition, it may aid in picking out those horses that should not compete due to risk of injury.

In addition, competitive, elite endurance horses require a superior aerobic ability to successfully complete long distances at a relatively fast pace. Heart size has long been considered a measure of aerobic capacity, as superior equine athletes have been found to have larger hearts and greater maximal oxygen consumptions than their less competitive counterparts^{1, 2}. Heart size has been estimated by both electrocardiography (ECG)³ and echocardiography⁴. While the data surrounding ECG-derived hearts scores are controversial⁵, recent studies have suggested a link between echocardiographically-measured parameters and performance in long distance National Hunt horses in the

UK⁶. In addition, a study conducted in Standardbred racehorses found that those that performed better had larger hearts⁷. Because a better correlation existed in the horses performing longer distance, more aerobically-demanding races, we hypothesized that performance of endurance horses, the ultimate aerobic equine sport, would be correlated with echocardiographic parameters predicting heart size and function.

B. Benefits to the equine endurance community

We believe the results of this study should help the endurance community by potentially identifying methods to optimize training strategies based on HRV and cardiac function. This should help to assess if the horse is ready to compete, and potentially to define superior athletic prospects. Perhaps most importantly, we believe HRV may prove to be a marker for horses at risk of serious metabolic problems prior to beginning competition. In short, it may detect problems before they are clinically-apparent.

Proper conditioning, to insure the horse is adequately fit to compete at its best without being over-trained is critical to both success and completion of an event without injury to the horse. Animals without enough training are likely to be unable to finish an event safely or at all; certainly they won't compete at their highest potential. Conversely, if fatigued from overtraining they also may be more prone to metabolic problems or musculoskeletal injury.

Studies have suggested that horses engaged in equine sports demanding increased cardiovascular ability may be superior athletes if they have larger hearts. Larger heart size is considered one of several factors important to better performance by equine athletes, and an association between heart size, the amount of oxygen consumed (aerobic capacity) and performance has recently been shown in National Hunt horses (a type of steeplechase racing in the U.K.). This study estimated heart size with echocardiography, which allows a reasonable estimation of cardiac mass. A recent study in Standardbred racehorses also found that the more successful competitors had larger heart sizes, and that the Standardbreds regularly racing had larger hearts than age matched individuals that had not yet raced.

Equine endurance is one of the premier aerobic sports likely to require greater cardiovascular ability, by nature of the distances raced and the type of competition. Therefore, we hypothesize that elite endurance horses will have echocardiographic evidence of larger hearts and/or better function than either their less successful counterparts or those not used for endurance competition.

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C. Methods:

For this pilot study, a total of 40 horses, divided into 4 groups will be studied. To be included in this study, all horses in Groups 1-4 must be between the ages of 7 and 16 years old.

All horses in Groups 1-3 will have been competing in AERC-sanctioned rides for at least 3 years, and participated in at least 2 100-mile rides in the past year.

Group 1 will consist of 10 elite, competitive endurance Arabian horses. For the purposes of this study, elite horses will be defined as those horses winning or finishing within 30 minutes of the winner in any of the 2008 USEF qualification, ranking rides (100-miles).

Group 2 will consist of 10 endurance Arabian horses, actively competing in endurance rides, but not completing in the top 25% of the competitors nor within 10% of the winning time in any previous rides in spite of having competed for 3 years. However all horses in this group will have completed their most recent 3 rides, and have a < 25% pull rate, overall.

Group 3 will also consist of 10 endurance Arabian horses, actively competing in endurance rides. Horses in this group will have had an incomplete in their most recent 100-mile ride, occurring within the last month. In addition, these horses will have a > 25% pull rate, overall. The incomplete will have been due to elimination for metabolic, cardiac or lameness reasons, not due to rider option or overtime.

In order to be included in groups 1-3, all horses will have competed within the previous month or be in active training, to insure deconditioning has not taken place.

Group 4 will consist of 10 Arabian horses that are not or have not been used for endurance competition or in competitive trail rides.

Each horse will be examined in its home environment, to minimize the influence of travel and ride stress, in order to obtain true resting values. Examination will consist of a physical exam, with specific emphasis on the cardiovascular system, electrocardiograms to assess heart rate variability and a complete echocardiogram. Body weight will be recorded for each horse, based on either weight tape or recent ride records.

Prior to ultrasound, each horse will have an ambulatory electrocardiogram (Holter monitor) placed, and be returned to its regular

environment for recording of electrocardiograms (ECG). Horses will have their ECG digitally recorded for 30 minutes before ultrasound begins. All recordings will take place at a specific time of day, to remove potential diurnal variation²¹. Recordings will be performed as close to noon as possible, but always between 10 am and 4pm. These data will be recorded on a computer for later analysis of heart rate variability (HRV). One investigator, blinded to horse identity, will calculate HRV parameters. In addition, heart rate and the presence of any dysrhythmias will be recorded.

Heart rate variability is the beat-to-beat variation in heart rate and is influenced by relative autonomic nervous system control of the heart. It can be calculated over both the time domain and the frequency domain (power spectral analysis). The time domain calculates the R-R interval for each beat in milliseconds, from which various mathematical calculations, such as standard deviations, square root of the mean of R-R intervals, and other manipulations can be performed⁸. The frequency domain requires fast Fourier transformation of the data, to describe the low and high frequency patterns of the heart rate⁸. The ratios of these frequencies are related to sympathetic and parasympathetic input. Although the mathematics are complex and time consuming, there are now sophisticated computer software programs that are capable of performing these calculations. The Holter monitor we will use (Del Mar Reynolds) includes this software.

We will perform both time domain and power spectral analyses of the ECG for each horse over a 20-minute period. We will then compare differences in the mathematical calculations of the time and frequency domain between the different groups of horses, to determine if there are differences between the elite, non-elite, non-completing and non-competing groups. We will also evaluate relationships between completion of rides over the past 3 years, best condition scores, rankings, and rider card data from the most recent competition. In particular we plan to measure the recovery time to compare with parasympathetic tone as suggested by HRV, in the groups that are competing. These groups will also be compared with heart rate and number of dysrhythmias, to determine whether heart rate and rhythm are related to completion data or performance results.

Echocardiographic examination will take place after ECG data has been collected, and will include standard 2-dimensional, M-mode and Doppler assessment from the right and left sides. Two-dimensional images will be standard right parasternal long and short axis views, with M-modes derived from the short axis views²². Each valve will be evaluated

with color flow Doppler, for the presence of valvular regurgitation. Flow velocity of any valvular regurgitation as well as aortic and pulmonic outflows will be measured with spectral Doppler. Horses will also be evaluated with 2-dimensional, spectral and color flow Doppler from the left parasternal approach. Images will be digitized and recorded on a computer for 2-D and M-mode measurements and grading of any regurgitation off-line, at a later time. Regurgitation will be graded as insignificant (encompassing <10% of the chamber), mild (10-25% of the chamber), moderate (25-50% of the chamber) and severe (> 50% of the chamber). All measurements and analyses will be performed by one investigator, blinded to the specific identity of the horse.

Echocardiographic parameters suggesting larger cardiac mass and better function derived from M-mode, 2-D and spectral Doppler studies will be compared between the groups of horses. We will also evaluate if there are relationships between completion of rides, best condition scores, and recovery time with echocardiographic parameters. In addition, approximate severity of valvular regurgitation as assessed by color flow Doppler will be compared between the 4 groups of horses.

For each horse, their AERC records will be obtained from the AERC website. These records will allow comparisons of ride placement and finish times, completion rates and reason for non-completions. When available, ride card data from all rides in which the horse has competed in the preceding 12 months will be obtained. When possible, we will also obtain information from the owner/trainer regarding conditioning schedule and a copy of the most recent competition vet card.

Echocardiographic measurements will be compared between groups using an analysis of variance (ANOVA). Comparisons of severity of regurgitation will be done using non-parametric tests. Time and frequency domain analyses will be compared between groups using ANOVA. In addition, HRV, ECG and echocardiographic parameters will be correlated with recovery time using linear regression analysis for the groups competing in endurance races. For all comparisons, $P < 0.05$ will be considered significant.

Budget Justification:

Dr. Mary Durando: Principal investigator. Organizing study, help in collection of data, performing HRV analysis, help in analyzing and interpreting data.

Dr. Meg Sleeper, cardiologist from the University of Pennsylvania, School of Veterinary Medicine and Dr. Todd Holbrook, internist from Oklahoma State University College of Veterinary Medicine: Both are collaborators,

assisting with organization, recruiting of horses, collection of data, and analyzing and interpreting data.

The majority of the cost we are requesting is for travel and equipment expenses. This study does not entail diagnostic tests to be run, thus there are no charges for clinical laboratory tests. All equipment is currently available, therefore there are no equipment purchase charges; however there are equipment usage fees to help defray University costs for maintenance and repair of the equipment. Ordinarily, a complete echocardiogram would cost the client \$300, and an ambulatory ECG would cost the client \$275. For research purposes, a \$60 fee applies for each of these 80 tests. Other than the 3 main investigators, no technical or student help are required, as we will perform our own examinations, data entry and analysis.

However travel to the individual horses' barns is essential, as in order for these studies to be valid, the horses must be in their home environment. Echocardiographic parameters would be influenced by travel to a ride, because the horses would be excited by new surroundings and the impending competition. It is also likely that they would become somewhat dehydrated after transport, as most horses do not eat or drink normally during travel. The competitors are not at the ride site long enough for horses to become acclimated to their new surroundings before or after competition, and undoubtedly have many physiologic factors affecting their heart and blood volume during this time.

Since the basis of the heart rate variability measurements is evaluation of the autonomic nervous system (parasympathetic and sympathetic input to the heart), this evaluation is also influenced by stress of transport, new surroundings and competition. In direct support of this, one group showed that HRV was a sensitive indicator of transport stress. We wished to minimize the effect of outside stresses on the nervous control of cardiac function.

We believe that the only way to minimize unwanted influences on the heart is to examine the horses' in their own environment, and therefore are requesting travel expenses for this purpose. We should be able to acquire data from multiple horses per barn, and would organize data collection in a way to make the least number of trips to examine a sufficient number of horses in each group. We anticipate that in order to collect data from a sufficient number of horses, two of the investigators will be required to fly to the individual locations, and that travel to a maximum of 8 barns may be required to fulfill the needs of the study. Therefore, airfare of \$5,500 should cover 8 trips for two investigators. The car rental,

gas and hotel expenses are to cover the cost associated with traveling to these barns, and are expected to cost a total of approximately \$1500.

D. Budget:

Name	Effort	Time/%
Salaries/Wages:		
Principal Durando_____	Investigator:	Mary
		1 %
Subtotal		
	<u>\$0</u>	
Expendable Supplies & Equipment:		
Equipment usage (echocardiogram and ECG): \$60 = \$4,800		80 x
Ultrasound coupling/ECG gel		
Alcohol, disposables	Batteries	other \$200
Subtotal		
	<u>\$5,000</u>	
Travel Expenses (average 10 trips required):		
airfare:		
	\$5,500	
hotel:		
	\$500	
car rental:		
	\$500	
gas:		
	\$500	
Subtotal		
	<u>\$7,000</u>	

TOTAL BUDGET REQUEST

\$12,000

Principal Investigator:

Mary M Durando, DVM, PhD, Dip ACVIM (internal medicine)
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Collaborator:

Margaret M Sleeper, VMD, Dip ACVIM (cardiology)
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Collaborator:

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Assistant Professor, Equine Medicine
Oklahoma State University, College of Veterinary Medicine
Center for Veterinary Health Sciences
Stillwater, OK 74078

E. We, the investigators, agree that all information obtained through this study will be available to the AERC Committee and members, and, additionally, that publication in a refereed veterinary journal will be sought.

Respectfully submitted,

Mary M Durando

Ride Manager Committee Report

8/15/08

Prepared by Patti Stedman

Conducted a lively RM Meeting at the AERC Convention, with badly

behaved riders, ensuring treatment vet information, and the Equisure insurance program the primary topics of discussion

Several members of the RMC participated in the Vet Committee meeting to ensure RM voices were heard in the discussions about Treatment Vets and liability issues

Worked with Equisure to provide basic information about AERC's insurance policy with Ride Managers through an EN article

Worked with the Vet Committee to communicate the optional 30 minute rule to Ride Managers through an EN article written by Dr. Melissa Ribley

Provided coaching on the Head Vet/Ride Manager relationship via an EN article

Worked with the Rules Committee to provide input on modifications to Rule 4

Provided an EN article about changes to be expected for riders, RMs, volunteers and vets, given the increase in fuel prices

Steph Irving wrote an EN article about "family friendly" rides for the EN Family Issue

Presented an article about selecting a Head Vet with Dr. Nick Kohut

Reviewed the RM Handbook, pre-printing, with the AERC office staff

Rules Committee Report

8/1/08

Prepared by Chair Susie Schomburg

In March of this year, the Rules Committee began work on a list of goals related to revising and re-writing portions of the AERC rule book. The committee has made significant progress in achieving its goals and will be presenting motions for discussion to the BOD at the Mid-year meeting in Louisville.

The first order of business that the committee tackled was making requested changes to the recently revised rule 14 which deals with Protests and Grievances. All of the revisions that are being proposed were specifically requested by the current P & G Committee. Almost all of the changes are intended to further streamline the process for the filing and handling of protests and to expedite their resolution. During the course of the discussions regarding Rule 14, it was also recommended by the current P& G Chairman that we make some adjustments to Rule 15 which deals with Violations and Penalties. These recommendations included expanding disciplinary options as well as separation of the two categories into separate rules.

The second task that the committee undertook was to work with the veterinary committee to define the role of a veterinary control judge vs a treatment veterinarian who has entered into a client-patient relationship and to change all references of veterinarian to control judge in the rule book. This was important for insurance purposes and for the protection of our ride veterinarians particularly those who are no longer in private practice.

The third task was to discuss Rule 4 (Denial of Entry) and to clarify and revise it so that it gave ride managers adequate latitude in dealing with entry denials based on reasonable cause. The committee incorporated the concerns of the ride managers committee regarding "badly behaved riders" in making its recommendations.

The fourth task was developing an AERC Release of Liability with the assistance of AERC legal counsel. The purpose of this release is to give AERC and its agents legal protection in the case of lawsuits and also to allow AERC to use rider/horse information and images for educational and promotional purposes. The liability release will become a condition of membership in AERC and participation in AERC events.

The final goal of the committee is still a work in progress. The committee is working on cleaning up language inconsistencies in the rule book and also eliminating duplication and repetition of rules in the limited distance and endurance sections. This will likely result in renumbering of certain sections of the rule book and will require printing of a new version of the rule book with all new changes. However, since the control judge change will require across the board changes, and neither the new rule 13 or 14 are in the current pocket version of the rule book, this would be the optimal time to make these changes and print a new version of the rule book so that

they can be in place and available for the 2009 ride season.

Trails Committee Report

8/15/08

Prepared by Michael Campbell, Chair

The Trails and Land Management Committee of the AERC has had a productive year to date:

- **Committee members and supporters have been responsible for eight Trails Post articles in Endurance News.**
- **Under the auspices of the Trails Grants Program, funds were provided for a trailhead in New Mexico.**
- **The Trailmaster program has sponsored two classes to date, with one mechanized class scheduled for later in the year. These Trailmaster classes have provided training for 21 AERC members and eight land managers. This compares with 2 classes offered in 2007 that served 16 AERC members and 12 land managers. Budget requests for subsequent years are expected to provide four to six Trailmaster classes. We (the committee members) will require potential hosts to reserve Trailmaster class slots by the mid-year meeting in the year prior to which they wish to schedule a Trailmaster class. This will assist the Trails Committee and Mike Riter in scheduling and publicizing the classes. Terry Silver has taken the responsibilities of Trailmaster class coordinator and is doing an excellent job.**
- **Jerry Fruth and Amanda Stewart went to Washington, D.C., and met with the heads of recreation for the Bureau of Land Management, the National Parks Service, and the National Forest Service. Having input into how these Federal bureaucracies manage lands and trails is an important part of our committee charter and of the bylaws of AERC. Jerry and Amanda have done an excellent job of maintaining contact with the appropriate folks in each of these agencies. For example, Jerry was able to exempt a ride in California from a funding formula that would have disrupted the ride with exorbitant trail-use charges. Jerry was also able to influence the American Horse Council recreation committee to exclude negative and explicit language from a book by Dr. Gene Wood that would have banned endurance rides on all**

public lands. Jerry and Amanda were able to develop relationships with the Bureau of Land Management directors on the wild horse and burro issue. They also provided the BLM folks with information regarding the noxious weeds study that was supported by AERC. Maintaining dialogue in these areas allows us, as an organization, to have input into how our public lands and trails are administered.

Goals for the future for the Trails Committee include:

- **Trailmaster class in Talladega National Forest.**
- **Improved and expanded publicity and public relations for the Trailmaster program.**
- **Confirmed Trailmaster classes scheduled by the mid-year meeting for the following year's trail master activities. At this time, we have classes scheduled in Florida, Washington, New Mexico, Missouri, Pennsylvania, and California confirmed and expected to be filled.**
- **Exploring access to \$80 million trail funds through the Recreational Trails Program of the Department of Transportation.**
- **Developing the State Trail Advocates Program, especially by encouraging trail advocates to take a Trailmaster class. Terry Silver suggested that Chris Eikelberry work with State Trail Advocates toward this goal.**

**Veterinary Committee Report
AERC Mid Year BoD Meeting
Submitted by Melissa Ribley DVM, Chair
August 23, 2008**

- I. Accomplishments in 2008
 - A. Have written monthly Vet Forum Articles for Endurance News
 - B. Published quarterly AERC Veterinary Newsletters
 - C. Continued the AERC Veterinary Certification Program. A total of 189 veterinarians have been certified to date. There are a total of 236 veterinary members of AERC.
 - D. Reviewed and have written one fatality report, one

- pending.
- E. Drug tested eleven rides: west region –1, midwest region – 1, southeast region – 2, southwest region – 2, mountain region – 3, northwest region – 2. 10 more rides scheduled including Canada, northeast region and the central region. No positives to date.
 - F. Provided veterinary continuing education program at the 2008 convention
 - G. Provided a resource to riders, veterinarians and board members for questions and concerns regarding AERC veterinary matters.
 - H. Have worked with insurance committee to investigate the viability of insurance for control judges
 - I. Have worked with rules committee to revise the definition of veterinary judge to control judge
 - J. Consulted with legal council on revision of the AERC Veterinary Handbook
 - K. Evaluating the viability of a 30 minute maximum post ride pulse criteria through voluntary participation of rides
- II. Goals to achieve prior to Convention, 2009
- A. Plan and implement the veterinary continuing education program for the 2009 convention. This includes obtaining a sponsor.
 - B. Elect new committee in the fall per AERC by-laws
 - C. Complete the update of the AERC Veterinary Handbook under the advisement of legal council. The update will also include revision of the drug rule section which is currently outdated.
 - D. Complete rule book changes defining the role of the control judge
 - E. Complete all fatality reports for 2008
 - F. Evaluate the voluntary implementation of 30 minute maximum post ride criteria and based on that make recommendations to the membership and BoD.

Motions before the Board at Midyear:

**AERC Board of Directors
MOTION PROPOSAL**

Motion Name **Establishment of AERC Annual Scholarship**

Proposing Committee **Junior Committee**

Date of Motion (Date to be presented to BOD) **August 23, 2008**

Classification of Motion Request (new, change, add, delete, by-law, rule, policy) **New**

Proposed Motion (use exact wording) **Establish an annual scholarship of One Thousand Dollars to be awarded to a Junior/Young Rider member of AERC**

Background, analysis and benefit (describe the problem this motion is solving). **Recognizing Junior/Young Riders for their efforts in promoting the sport of Endurance is important in the retention of these members. Offering an annual scholarship would demonstrate AERC's acknowledgement of this portion of the membership and our appreciation for the work they do in promoting our sport.**

Budget effect/impact (Attach spreadsheet if appropriate). **Yearly cost of One Thousand Dollars**

Benefit and/or Impact to Membership and/or the AERC Organization. **The amount of the scholarship is minimal but the result of the recognition would encourage the younger members of our membership to promote the sport of Endurance while continuing their education.**

Impact on AERC Office (Work load, budget) **The office would be responsible for receiving the applications and forwarding them to the head of the Junior Committee. Additionally the office would be issuing the annual check of One Thousand Dollars.**

Committees consulted and/or affected **Junior Committee**

Implementation plan (Schedule, resources, financial) **At the beginning of each competition year open the scholarship program up for Junior/Young Riders to submit their applications. Close the application process on January 31 of each year. A committee consisting of the Junior Committee Chair, the Vice President, and a third member to be selected by the Junior Committee Chair shall**

select one applicant to receive the scholarship. The winner would be announced at the convention awards ceremony.

Supporting materials (List of any other documents and/or spreadsheets)
Power point presentation at midyear meeting.

Supporting approvals (proposing committee, participating committees)
Junior Committee

AERC Board of Directors MOTION PROPOSAL

Motion Name Updates to AERC drug rule

Proposing Committee Veterinary Committee

Date of Motion August 23, 2008

Classification of Motion Request Rule change

Proposed Motion To update the appendices of Rule 13 with the following changes:

- 1) Add to Appendix A, Prohibited Substances: levothyroxine (Synthroid, Soloxine, Thyro-Tabs,Thyro-Form), sucralfate (Carafate)
- 2) Remove from Appendix A, Prohibited Substances: magnesium sulphate
- 3) Remove from Appendix C, Allowed Substances: sucralfate (Carafate)
- 4) Add to Appendix C, Allowed Substances: probiotic
- 5) Add to Appendix F, Prohibited Treatments: Visible active, open lesions from pinfiring/pinfreezing procedure
- 6) Add to Appendix G, Allowed Treatments: Healed scares from a pinfiring/pinfreezing procedure

Background, analysis and benefit

As part of the revision of rule 13 in 2007, the veterinary committee was tasked with reviewing and recommending necessary updates to the

appendices as needed on an annual basis. As substances and treatments come up that are either new or have been previously overlooked by the veterinary committee, these will be added to the appendices of rule 13. The recommended updates to the appendices have appeared before the membership in the July and August, 2008 issues of Endurance News.

Budget effect/impact

Little effect on the budget is expected. However, as more substances are added to the prohibited list, this increases the possibility of rule violations which could impact the AERC financially by way of increased laboratory costs and potential litigation costs.

Benefit and/or Impact to Membership and/or the AERC Organization

Reviewing and updating the appendices will result in a current drug rule.

Impact on AERC Office

Rule will need to be updated in print and on the website

Committees consulted and/or affected

Rules committee, legal committee

Implementation plan

Implement updated rule 13 at the beginning of the 2009 ride season on December 1, 2008

Supporting materials

Current rule 13

Supporting approvals

Veterinary, rules and legal committee

**AERC Board of Directors
MOTION PROPOSAL**

Motion Name Personal Excess Liability

Proposing Committee Office Committee

Date of Motion (Date to be presented to BOD) 23 August 2008

Classification of Motion Request (new, change, add, delete, by-law, rule, policy) New

Proposed Motion (use exact wording) move that AERC create two tiers for their one year membership. Regular tier has dues of \$65 and \$15 for additional family members. The premium tier is \$85 for single membership and \$120 for family and \$15 for each additional family member. The premium tier includes \$20 individual excess liability insurance and the family membership includes \$40 family excess liability policy. This should be offered with the membership renewal for 2009.

Background, analysis and benefit (describe the problem this motion is solving)

Many of the AERC members may have this excess liability insurance. Everyone who has equines should have this.

Budget effect/impact (Attach spreadsheet if appropriate)

Impact is additional work load. Work load should be minimized with computer programming changes.

Benefit and/or Impact to Membership and/or the AERC Organization

AERC members who don't already have this from USEF or AHA will have a good opportunity from AERC at an economical rate.

Impact on AERC Office (Work load, budget)

Office needs to do a monthly report to Equisure and send payment for all new members.

Committees consulted and/or affected

Technical committee to rewrite membership program.

Implementation plan (Schedule, resources, financial)

Redo the membership renewal for 2009 to put the extra tier of membership in place to allow membership to participate in the excess liability insurance.

Supporting materials (List of any other documents and/or spreadsheets)

Supporting approvals (proposing committee, participating committees)
Office Committee