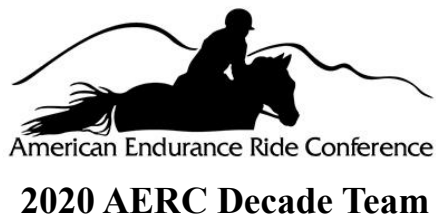


Ashley Sansome & Barney's Single Shot



Rider's name: Rider's name: **Ashley Sansome**

Horse's name: **Barney's Single Shot**

Year of First Endurance Ride (first year in the decade): **2011**

Region: **W**

Current rider lifetime mileage?

Endurance: **2010**

Limited Distance: **1660**

Tell us about your horse. When/how did you come to get him/her?. **Couldn't post anymore, bad knees. So looked for gaited horse.**

What is your horse's breeding? **MFT Gaited**

Sex: **G**

DOB: **2005**

Horse height: **15.1**

Approximate weight: **1000lbs**

Color: **Chestnut**

Why did you decide to purchase this horse? **Saw a 5 sec video of him gaiting! Good conformation, forward, smooth**

Did you do endurance with any other horses before this horse? **Yes**

How many different horses have you ridden in this sport? **A few**

Do you participate in any other horse sports or activities? **No**

How many years have you been involved with endurance? With horses in general? **Endurance 12 years, grew up with horses so 60 years involved with horses**

What got you interested in endurance riding? What was it that kept you interested? **Vet school P and R; the challenge, bonding with the horse, friends**

How old was your horse when first started in endurance? **5 yrs**

How many rides did you do your first three ride seasons? **16 lots of LD's**

What mileage distance did you start with? (25, 50, etc.) **25**

How long until you top tenned or raced (if you did)? **Not my goal**

How much time off do you give between ride seasons? **3-6 months**

If you have done 100s, how much time off do you give after doing one? **N/a**

If you have done multadays, how much time off do you give after doing one? **N/a**

Do you use any special type of tack or shoeing with your horse? **Sneakers, RP, Living bar**

What kind of problems have you overcome with your horse? **Issues relating to previous early bad riding/breaking**

Describe the best ride you ever had on your horse. **Bowling's ride 2020; he was a fire breathing dragon!**

What was your most humbling experience? **Losing him on trail at Grand Canyon**

What lessons have you learned along the way that you feel are the most important? **Too many to say**

What advice would you give to new riders? **Have Fun, Go slow, start in the back**

Looking back, what do you feel you did right? **Going slow, long rests after each ride**

What would you do differently? **More aggressive leg icing**

What was your highest goal for your horse, and did you achieve it? **Decade; yes!**

Describe your horse's personality? How is it like or unlike yours? **He really enjoys life!**

What kinds of rides do you enjoy the most (50s, 100s, multadays, etc.)? **3-4 day rides so I can do a day ride during the week, less people**

In what ways has endurance riding made a positive influence in your life? **Keeps me sane, love getting out in back country where there are minimal signs of human changes to environment**

Is there anything special about your nutrition program you attribute to your success? **24/7 grass hay**

Are there any major changes you've made to your nutrition program (i.e., changed from one hay to another, added something special) that you feel made a noticeable improvement or solved a problem? **Testing grass hays for proper nutrition.**

What kind of supplements (if any) do you use? **Cal trace +, e-lytes, omega 3's**

Do you give any kind of joint products? Absolutely; **Adequan, legend**

Describe your electrolyte protocol. **1 dose in feed nigh before; morning 1 dose, then 1 more during the day**

How do you choose which rides to attend? **If I haven't done that ride, natural beauty of the ride, which ones my friends are going to**

Do you go to many rides outside of your region? **Yes**

Name three people involved in the sport of endurance that you look up to, and why. **Ann Hall, Hal Hall, Tony Benedetti. Long term sound horses while top tenning.**

Did you have a mentor or first trail partner? Tell us about him/her/them. **No**

In choosing your next horse, what would you look for? **Oh boy, been looking for years;**

Gaited (due to my arthritis); smooth; sound; sane; short, good recoveries, good conformation, enjoys the sport, no neurological signs (ie no EPM). Hopefully not broke till age 4 or 5. Very difficult to find; back east where most gaited horses come from, they often break them at 2 years and sadly they have emotional and physical long term damage because of it.