

## Angela Lewis & Gotcha's Dark Seekret



### 2018 AERC Decade Team

Rider's name: **Angela Lewis**

Horse's name: **Gotcha's Dark Seekret "Spirit"**

Year of First Endurance Ride (first year in the decade): **2003**

Region: **West**

Current rider lifetime mileage? **3860**

Endurance: **2815**

Limited Distance: **1045 (one not listed just finished this past Saturday)**

Tell us about your horse. **She is an opinionated mare with a HUGE trot, we have fought many miles over the years but I love her like no other horse I have ever owned.**

When/how did you come to get him/her? **Bought her from a friend in 2002, my friend was going to take her to auction because she liked to buck and she could not sell her.**

What is your horse's breeding? **Reg 3/4 Arabian**

Sex: **Mare**

DOB: **05/04/1996**

Horse height: **14.3**

Approximate weight: **800**

Color: **Bay**

Why did you decide to purchase this horse? **I loved her look she has an amazing trot and my heart could not see her going to auction.**

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

How many different horses have you ridden in this sport? **14**

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

How many years have you been involved with endurance? **18** With horses in general? **20**

What got you interested in endurance riding? **Loved long trail riding.** What was it that kept you interested? **The people and the different trails**

How old was your horse when first started in endurance? **7**

How many rides did you do your first three ride seasons? **11**

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

How long until you top tenned or raced (if you did)? **2<sup>nd</sup> LD and I was pregnant with my son.**

How much time off do you give between ride seasons? **I don't I ride all winter, I do give a few weeks off if I ride a 50, and a week if an LD of rest at least.**

If you have done 100s, how much time off do you give after doing one? **NONE yet is my goal!**

If you have done multadays, how much time off do you give after doing one? **Have but not on same horse**

Do you use any special type of tack or shoeing with your horse? **Freeform saddle and boots if possible if not shoes**

What kind of problems have you overcome with your horse? **Bucking bolting rearing you name it she challenged me every mile the first few years.**

Describe the best ride you ever had on your horse. **Love every ride I have on her she is special, probably the last one in April she was 22 the weather was HORRID, and she still pulse in with a 44, gave me her all she wanted to go faster, but I just wanted to finish. I am heavyweight and as I get older I tend to fret more.**

What was your most humbling experience? **Hanging on for dear life on her first 50 as I left with the front runners and she was out of control bucking down the road at a full gallop, I thought I was going to die. My friend yelling behind "hand on Angela, hang on", and I did. Taught me NEVER to leave in the beginning and get caught up in that RACE brain again.**

What lessons have you learned along the way that you feel are the most important? **Leave a few mins after the fast runners, listen to your horse, make sure they drink and eat well. No one knows your own horse better then you do.**

What advice would you give to new riders? **Take care of your horse, never ride in a ride faster than you condition, and help others if needed.**

Looking back, what do you feel you did right? **Every ride is a learning ride, we live and learn. She is still sound and happy so hope I have done right by her.**

What would you do differently? **Take her slower when I started, she still has quite the race brain and wants to go fast. She does not drink well till after 20 miles and that always concerns me.**

What was your highest goal for your horse, and did you achieve it? **I wanted us to make the decade team award, sound and happy. She still has lots of life but I worry as she is getting older.**

Describe your horse's personality? **She is driven, and super opinionated. She used to try and bite people, would go after people over food. She was NOT a nice horse. Would try to kick you. How is it like or unlike yours? I hope she is totally different than me, don't opposites attract LOL**

What kinds of rides do you enjoy the most (50s, 100s, multadays, etc.)? **Only done LD and 50s Love them both.**

In what ways has endurance riding made a positive influence in your life? **Yes keeps me motivated and sane. I am a 911 dispatcher so my days are pretty hectic so riding keeps me happy.**

Is there anything special about your nutrition program you attribute to your success? **No, just long slow miles and conditioning.**

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? **No**

**but do not feed Alfalfa any longer just good grass hay from research.**

What kind of supplements (if any) do you use? **LMF Performance, LMF Gold, CA Trace Minerals, beet pulp, rice bran, Platinum Performance, and Purina Horse feeds.**

Do you give any kind of joint products? **No**

Describe your electrolyte protocol. **None**

How do you choose which rides to attend? **Ones that are fairly close to me but try to venture to go to one new ride a year.**

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. **Karen Chaton, she always is willing to give guidance and advice and has so many miles on same horses. She really cares for her horses, and her record reflects that. Dave Rave he is always such a hoot, he has so many miles and is so gracious and helpful on the trail. Just an amazing person. Gina Hall and her daughter Carolyn are such sweet people, always willing to help and offer advice, willing to babysit me when I do my first 100. The West Region has so many hard to pick just 3.**

Did you have a mentor or first trail partner? Tell us about him/her/them. **Ginger Bill and Diana Mason/Hayes got me into riding and endurance.**

In choosing your next horse, what would you look for? **I have plenty, they seem to fall into my lap, I love them all but good recoveries are important correct legs and good feet, as well as a solid mind.**