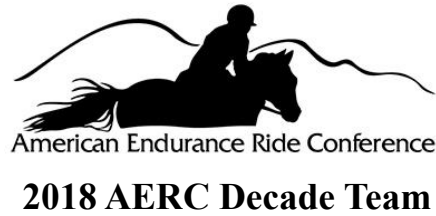


Lindsay Campbell & Pocita de Cosa Dulce



Rider's name: Lindsay Campbell

Horse's name: Pocita de Cosa Dulce

Year of First Endurance Ride (first year in the decade): 2007

Region: Southeast

Current rider lifetime mileage

Endurance: 1615

Limited Distance: 5,065

Tell us about your horse. When/how did you come to get her? I leased her dam for several years and got two foals from her. Then I sent the dam, bred to my stallion, Leo de Vez, back to the owners. Six years later the owners called me to see if I would like to buy the now six year old offspring, a mare. I said yes.

What is your horse's breeding? Paso Fino (Leo de Vez by Coral LaCE x Cosa Dulce de Remanso by Cantante de Omega).

Sex: Mare.

DOB: 02/28/96.

Horse height: 14 hands.

Approximate weight: 800 pounds.

Color: Buckskin.

Why did you decide to purchase this horse? Because I really liked both her sire and dam for trail riding and for their dispositions.

Did you do endurance with any other horses before this horse? No. Did CTR and LD with my stallion, Leo de Vez.

How many different horses have you ridden in this sport? Six (three in END and LD, 3 LD only), all Pasos.

Do you participate in any other horse sports or activities? Trail riding and marking for rides.

How many years have you been involved with endurance? Eleven. **With horses in general?** Over 50 years.

What got you interested in endurance riding? Doing CTR became a bit too much like showing to me so I decided, ten years after my last CTR, to try a LD ride.

What was it that kept you interested? The riding itself, having goal of miles only, a good horse, friendships made along the way, new places to ride.

How old was your horse when first started in endurance? Eleven.

How many rides did you do your first three ride seasons? Thirty-eight LDs. My eighth through tenth seasons I did 22 END rides plus some LDs.

What mileage distance did you start with? (25, 50, etc.) 25-35 mile rides.

How long until you top tenned or raced (if you did)? I have never raced. First top ten was on an LD in 2003.

How much time off do you give between ride seasons? Four to five months usually.

If you have done 100s, how much time off do you give after doing one? I have never done a hundred.

If you have done multadays, how much time off do you give after doing one? Three to four weeks.

Do you use any special type of tack or shoeing with your horse? I ride in an original McClellan Army saddle or a clone called a Marin. Neither are made any more. I utilize biothane tack and a Colombian Paso bit.

What kind of problems have you overcome with your horse? Nasty mare attitude, kicking at other horses and at people, some medical issues (Cushings and inability to sweat which we are working on now).

Describe the best ride you ever had on your horse. My first END ride, a fifty-five miler at Blackwater Boogie in the Florida Panhandle.

What was your most humbling experience? The first time Pocita and I did a fifty miler one day and a twenty-five the next and she looked even better the second day.

What lessons have you learned along the way that you feel are the most important? Riding your own ride, consider the horse's health and attitude daily, staying up to date with veterinary and nutritional studies, using electrolytes effectively, not over training.

What advice would you give to new riders? Find an experienced mentor, volunteer at some rides, read all the information on the AERC website, especially the educational sections, and in the beginning ride to complete. Winning, if that is desired, should come later. Experience first.

Looking back, what do you feel you did right? I knew that Pasos would not out compete Arabians. So from the beginning I rode to complete and to get the mileage. I did not beat myself or my horse up over trying to top ten.

What would you do differently? When I started this sport on my twenty year old stallion in retrospect I would have done less riding between rides. There were some rides he was overly tired. I should have allowed him more rest between rides and seen the rides as conditioning and training themselves.

What was your highest goal for your horse, and did you achieve it? I have achieved all my goals with Pocita except one: Recognition from AERC for fifteen years of competition. Hopefully we reach that goal in 2019. Decade Horse and Rider was our most important goal.

Describe your horse's personality? Dominant, bossy mare with tons of heart, like me.

What kinds of rides do you enjoy the most (50s, 100s, multadays, etc.)? I am older so I mostly like the LDs. I still like the challenge of an occasional fifty, however.

In what ways has endurance riding made a positive influence in your life? It has kept me fit and engaged through middle age. It allows me to have goals, but fun, too. Also, I have met lots of people from across the US and from other countries. I have been able to compete in rides in six states so far and have ridden several very good horses. Outdoor activity is, of course, very good for humans and partnering with a horse to do this is the best way.

Is there anything special about your nutrition program you attribute to your success? No.

Are there any major changes you've made to your nutrition program that you feel made a noticeable improvement or solved a problem? I use electrolytes in food more and less syringing without buffering. I make sure that at rides the horses have 24/7 hay access and am liberal with hydration hay and very sloppy beet pulp mashes.

What kind of supplements (if any) do you use? BCAA, Perform and Win, occasionally CMPK with dextrose and amino acids or Nutrient Buffer.

Do you give any kind of joint products? No.

Describe your electrolyte protocol. I give salt daily to all my horses. A week prior to the ride I substitute Perform and Win in food twice daily and continue it in all mashes at the ride. If it is very hot and the horse is sweating I will add, by direct syringing, Nutrient Buffer with some CMPK as noted above or the latter alone.

How do you choose which rides to attend? I like to attend rides no more than three hours away.

Do you go to many rides outside of your region? I have attended two outside my region. I hope to do more. I ride other peoples' horses when I do this.

Name three people involved in the sport of endurance that you look up to, and why. Meg Sleeper for pure grit, professionalism, and positive behavior at rides. Cheryl Van Deusen for the ability to literally thousands of miles of END around the country and at times the world annually. Jody Buttram for taking a huge chance and starting a focused breeding program of Arabians which have good aptitude for END.

Did you have a mentor or first trail partner? Tell us about him/her/them. My partner, Ed Casillas, got me back into distance riding by dragging me to my second LD ever in 2002. We ride together a lot. Just as often I ride alone or with friends. I had no mentor when I started. But I did have extensive trail and some show experience.

In choosing your next horse, what would you look for? If I were to get another I would like a Paso Fino mare with bloodlines similar to what I have now, already with basic training, five to ten years old, no more than 14.3 hands tall, with very smooth, consistent, ground covering gait, and a love for hitting the trail.