

Julie Suhr & HCC Gazal+//



AERC Decade Team

Rider's name: Julie Suhr

Horse's name: HCC Gazal+//

First 50: Almaden 50 in 1981

Last ride: Applegate Lassen 250 miler in 1990

Region: West

Current rider lifetime mileage? 30,000 plus

Tell us about your horse. When/how did you come to get him/her? Recommended by a fellow endurance rider

What is your horse's breeding? Polish Arabian

Sex: Gelding

Horse height: 15 hands, approximate weight: 750-800

Why did you decide to purchase this horse? Needed a horse. Recommended by a friend.

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

How many different horses have you ridden in this sport? 30 or 40

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

How many years have you been involved with endurance? With horses in general? 50 years; 80 years

How old was your horse when first started in endurance? 6 years

How many rides did you do your first three ride seasons? 1, 1, 1

What mileage distance did you start with? (25, 50, etc.) 100 miler

How long until you top tenned or raced (if you did)? 4 years

If you have done 100s, how much time off do you give after doing one? Depends on the horse's athleticism

If you have done multadays, how much time off do you give after doing one? Depends on horse

Do you use any special type of tack or shoeing with your horse? No

What kind of problems have you overcome with your horse? He never wanted to trot, just wanted to canter. Spent three years trying to teach him to trot and then gave up and let him canter.

Describe the best ride you ever had on your horse. On this particular horse, Race of Champions in Colorado

What was your most humbling experience? Haggin Cups. In awe of a magnificent animal.

What lessons have you learned along the way that you feel are the most important? I understand other people's addiction.

What advice would you give to new riders? Keep from getting too enthusiastic or you will override your horse.

Looking back, what do you feel you did right? Became emotionally involved with each horse so that I approached no two in the same way.

What would you do differently? Try to cope more calmly with sleepless nights and churning stomachs before each ride...regardless of length or importance

What was your highest goal for your horse, and did you achieve it? Never set a goal. Stuff just happened.

Describe your horse's personality? How is it like or unlike yours? Joyful. He was always happy.

What kinds of rides do you enjoy the most (50s, 100s, multadays, etc.)? multi-days

In what ways has endurance riding made a positive influence in your life? Kept me healthy; made me realize that neither failure nor success is permanent.

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 (i.e., changed from one hay to another, added something special) that you feel made a noticeable improvement or solved a problem? Fed straight alfalfa for 40 years. Then told that was a no, no so now feed alfalfa, grass and oat. Did not notice a change.

What kind of supplements (if any) do you use? None.

Do you give any kind of joint products? Adequan 72 hours before ride.

Describe your electrolyte protocol. Have never used them.

How do you choose which rides to attend? Proximity

Do you go to many rides outside of your region? Not any longer. Did once upon a time

Name three people involved in the sport of endurance that you look up to, and why. Kathie Perry,

(honesty and integrity) Becky Hart (dedication and desire to excel); Phil Gardner (never give up perseverance)

In choosing your next horse, what would you look for? The Three S horse....Safe, short and smooth