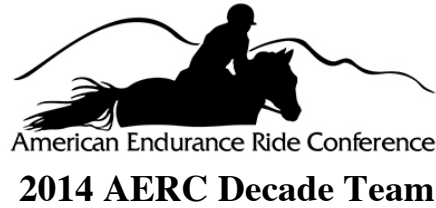


## Connie Creech & LS Shardonney Bey+/10



*Photo © Rene Baylor*

**Rider's Name:** Connie Creech

**Horse's name:** LS Shardonney Bey+/10

**Year of First Endurance Ride (first year in the decade):** 2005

**Region:** West

**Current rider lifetime mileage?** Endurance: 29,320 / Limited Distance: 62

**Tell us about your horse. When/how did you come to get him/her?** I bred and raised Shardonney. Her dam is 5000 AERC mile mare LS Shareem. Shareem was a USA Gold team medal winner at the FEI World Champion in 1988 in Front Royal Virginia and Top Ten at the 1990 FEI World Equestrian Games in Stockholm, Sweden.

**What is your horse's breeding?** 7/8 Arabian, 1/8 Morgan/Cross

**Sex:** Mare

**DOB:** 5/31/1998

**Horse height:** 15.1hh **Approximate weight:** 1000 lbs. **Color:** Black Bay

**Why did you decide to purchase this horse?** Bred and raised her for endurance riding

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

**How many different horses have you ridden in this sport?** 24

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

**How many years have you been involved with endurance?** 42 years

**With horses in general?** 47 years

**What got you interested in endurance riding?** My sister and brother-in-law, Louie & Sharon Henderson

**What was it that kept you interested?** The challenge, the horses, the people, the country, the competition

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

**How many rides did you do your first three ride seasons?** 7, 9, 9

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

**How long until you top tenned or raced (if you did)?** Second year

**How much time off do you give between ride seasons?** 2 to 4 months

**If you have done 100s, how much time off do you give after doing one?** 4 to 6 weeks

**If you have done multadays, how much time off do you give after doing one?** 2 to 3 weeks

**Do you use any special type of tack or shoeing with your horse?** Rolled toe, wide web iron shoe with easyboots over front shoes, for sole protection and concussion due to the majority of rocky terrain we cover.

**What kind of problems have you overcome with your horse?** Shardonney has experienced lameness, dehydration, electrolyte imbalances, colic, and ulcers over her 10 years of competing. She also suffered a broken jaw while being tied to the trailer at a multiday ride. She recovered from surgery and fortunately has not had any long term problems associated with it.

**Describe the best ride you ever had on your horse.** Virginia City 100, a completion under the full moon. She was perfect all day and night in her attitude, soundness and metabolic condition and very happy to share the trail with her stablemate. She is super smart and fun to ride on a trail she knows in the dark.

**What was your most humbling experience?** A voluntary pull at 55 miles on Tevis 2013, when we lost too much time from a belly cramp after drinking cold water early in the ride.

**What lessons have you learned along the way that you feel are the most important?** Patience, humility, perseverance, every horse is an individual.

**What advice would you give to new riders?** Condition their horse using LSD work over several years to build a strong structure that will be less prone to injury when speed increases. Learn as much as they can for what works best for their horse. Remember that rest is an important part of conditioning. Looking back, what do you feel you did right? Paid close attention to speed over hard terrain What would you do differently? Use more cross training

**What was your highest goal for your horse, and did you achieve it?** 10 one day 100 mile rides and 5000 AERC miles. Yes on the 100's. She is 210 miles short of 5000 miles, which I still hope to get.

**Describe your horse's personality? How is it like or unlike yours?** Stubborn, competitive, opinionated, aloof. Very similar except I am more social.

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

**In what ways has endurance riding made a positive influence in your life?** Has kept me engaged and motivated. Taught me that it is OK to fail and has helped me stay fit and healthy.

**Is there anything special about your nutrition program you attribute to your success?** Because my horses are kept in a paddock I have to adjust feed to their exercise. Try and find good quality, alfalfa, grass and oat hay, with minimal grain.

**Are there any major changes you've made to your nutrition program that you feel made a noticeable improvement or solved a problem?** Yes, for ulcers used omeprazole, Redmond Daily gold and aloe vera juice

**What kind of supplements (if any) do you use?** Vita e-selenium, MSM, magnesium

**Do you give any kind of joint products?** Yes, oral joint supplements

**Describe your electrolyte protocol.** Enduramax, Perform & Win or other electrolyte dry powder mixed in syringe with applesauce and Pro-CMC. 30 to 60cc at each vet check or water spot on trail.

**How do you choose which rides to attend?** Start with which 100's, add 50's and multi-days to condition for 100's. Try and ride a 50 every 4 to 6 weeks, try and support all local rides.

**Do you go to many rides outside of your region?** Not many, but will travel out of the region for multi- days and one day 100 mile rides.

**Name three people involved in the sport of endurance that you look up to, and why.** Becky Hart, (admire all her talents, mentorship and endurance accomplishments), Dave Rabe (his kindness to others, his hard work and dedication to the sport and his toughness), Steve Rojek (excellent example of a perfect endurance rider)

**Did you have a mentor or first trail partner? Tell us about him/her/them.** Yes Louie Henderson, my brother in-law. He introduced me to the wild adventure of endurance riding when I was sixteen. Right off the bat I was taught no whiners or complainers, just endure. He helped to organize the Nevada All- State Trail Riders and their Virginia City 100 starting in 1968, which I am still very involved with.

**In choosing your next horse, what would you look for?** Correct conformation, light on the ground, efficient movement, confident & happy expression.