

## Deb Ambrose & Kaylyp-So



### 2012 AERC Decade Team



Rider Name: Deb Ambrose

Horse Name: Kaylyp-So (Lippy)

Region: SE

Current Rider Lifetime Mileage? 1920

Endurance: 1920

Limited Distance: 30

Tell us about your horse. When/how did you come to get him/her? I had a POA and later an Appaloosa as a kid, wanted to have a horse with spots. When I started looking for an endurance horse, Google led me to him.

What is your horse's breeding?  $\frac{3}{4}$  Arabian (Polish)  $\frac{1}{4}$  Appaloosa

Sex: Gelding

DOB: 7 July 1994

Horse height: 14.3

Approx. Weight: 950

Color: Bay roan, blanket w/spots

Shoe size:

Or, hoof boot size: size 1 Renegades

Why did you decide to purchase this horse (or if you didn't purchase, why did you choose to use this horse in endurance)? After 30 horseless years, the itch became too wild to ignore. I found his breeder in Ohio (we're in North Carolina) and she had done this breeding five times, with mostly colorful geldings resulting. Lippy wasn't for sale at the time, but I liked him best. When he came back to his breeder, she emailed me, and I bought him without sitting on his back. He was five at the time.

Did you do endurance with any other horses before this horse? No

How many different horses have you ridden in this sport? Just Lippy.

Do you participate in any other horse sports or activities? I keep thinking about Competitive Mounted Orienteering, or TREK, maybe when he's done with endurance.

How many years have you been involved with horses? Five years in my childhood as a Pony Clubber when it was a backyard activity, then nothing for a long time. In endurance? Going on 11 now.

What got you interested in endurance riding? What was it that kept you interested? Like many folks, I saw an article in Western Horseman about the Tevis, and remember specifically a picture of a mother and daughter trotting side by side on a training ride. They said they trot up the hills and the horses got to walk down as a reward. I remember the daughter was pulling off a mitten in the picture, and they all looked so happy and relaxed. I grew up near Seattle, and the dream of riding in the Southwest, or anywhere warm and dry, was intoxicating.

How old was your horse when first started? He was started as a three year old, sold, did trail rides and lessons, and his owner became intimidated by him. He went back to the breeder, and she got him going again. (I made most of the same mistakes with him his first owner did, but I didn't give up.) First ride? 8 for the LD, just turned 9 for his 50

How many rides did you do the first, second, and third ride seasons? (list w/ distances) 1<sup>st</sup> year: 30 miler. 2<sup>nd</sup> year: 3 x 50 3<sup>rd</sup> year: 5 x 50

What mileage distance did you start with? (25, 50, etc.) 30

How long till you top tennered or raced? (if you did) Never.

How much time off do you give between ride seasons? We putz around trail and farm riding as we can during deer season until we can go back into the woods.

If you have done 100's, how much time off do you give after doing one? Didn't get to that one.

If you have done multidays, how much time off do you give after doing one? We did the first, third, and fifth days of the Grand Canyon XP in 2010. The trip was long both ways, but I was back on him a week

after we got back.

What kind of tack do you use? (saddle, pads, girths, bits, etc.) Bob Marshall Sports saddle, Skito or Toklat pads, Mylar comfort snaffle. No neoprene (see reaction with white hair on chest)

What kind of shoes do you use on your horse? Pads? Barefoot? Barefoot and booted? Shod for years, but my farrier became ill, and I couldn't find a good replacement. I had a guy pull his shoes, and decided to try boots. We did a fifty three weeks later with the Glue On Renegades, and haven't looked back. Luckily my farrier regained his health, and trims for us.

What kind of problems have you encountered? Sheesh, lots, mainly due to little things I didn't recognize early. Torn check ligament on a spook, metabolic problem following a hot, humid ride, slight suspensory strain, all requiring time off. Note our mileage total.

What was the worst or most severe injury your horse has had? Our scariest time was unrelated to endurance, he acted off a cold day in January a couple of years ago, vet came out and we found a high fever. It was colitis, (a bacterial problem in the colon), and it took five days in the NC State vet hospital on fluids and meds to come right.

How did you work thru it? \$\$\$\$

What was the worst or most severe injury you have ever had relating to horses or endurance riding? I chipped a bone in my elbow coming off on a spook/spin on a cold, windy day with lots of blowing leaves in the winter when I pushed him repeatedly to "get over it". Ha.

How did you work thru it? Ibuprofen.

Describe the best ride you ever had on your horse? They've all been good, we seem to like Biltmore for all the green grass along the way; any time we cross the finish line, it's a wonderful sensation. I would trade almost anything to be able to ride more Duck rides in the Southwest and Mountain.

Describe the worst day you ever had with your horse? His needing treatment following a ride in Florida. He completed fine, but had a hard look in his eye as we went back to the trailer. It was obvious he needed help within minutes. Fluids brought him around, but it was sobering. We hadn't gone fast, but it we had done too much for the weather and his fitness.

What was your most humbling experience? See above.

What lessons have you learned along the way that you feel are the most important? Don't be in a rush. I'm not a competitive person, so I was pretty immune to wanting to speed through the first couple loops, or get my name called 18<sup>th</sup> instead of 47<sup>th</sup>. After my second fifty, a girl came up to me and chided me for going so slow (8 hours). She asked, "How long have you been training this horse? What are you waiting for?" among other comments. Even though I was new, I knew better. I've thought of her advice many times, and wondered how many people she gave it to. I go pretty slow. I'll get there anyway.

Where does your horse live? Full turnout? At home, on four acres with a run in shed.

What kind of environment did your horse spend the first few years of it's life in? (pasture, w/ a herd, etc.) I believe he was in a pasture with his dam and siblings, until sold as a three year old. Then in a paddock next to a stallion who chomped him regularly on the neck and back. He's an only horse with me, and seems pretty easygoing socially.

What are your horses strengths? He settles down pretty good on rides after the first 10 miles. No spooks at endurance rides (knock on wood). He has a smooth, if not fast, trot.

Weaknesses? Not a great downhill horse, on rides with multiple loops out of camp, he's not on fire to leave camp on the last loop. I wish he drank more in camp the night before.

What advice do you have for new riders? Don't feel you have to race anyone. If you compete at a much faster pace than you train, even for just a loop, you're inviting soundness problems.

Looking back, what would you do differently? Learn to help him carry himself better. We spent a lot of time with a high head and hollow back.

What do you feel you did right? Not feel I had to be in a hurry. I was lucky to love this horse, new to the sport, we were able to complete most of our rides.

What was your highest goal for your horse? Did you achieve it? I wanted to get to 3000 miles, we're just closing in on 2000 now, so don't know if we'll get there. I'm pretty happy getting to the Decade Team stage!

Describe your horses personality? How is it like or unlike yours? Kind of. We both get along with most folks, but are fine keeping to ourselves.

What kinds of rides do you enjoy the most? (multidays, 100's, 50's, etc.) One taste of the Grand Canyon ride, and the answer is Multidays, out west with the long loops and scenery. When we started in the Southeast, many rides were four loops back to camp on a fifty. He's not inspired on those.

In what ways has endurance riding made a positive influence in your life? I've been places with him I can't even describe. The sound of his feet crossing the Shenandoah River, or muffled on pine needles in total darkness on a moonlight ride. I can leave home and be gone for hours without seeing anyone, doing conditioning rides and assessing our fitness as a team has given me a reason to think I'm an athlete too. Just enjoying being in the outdoors with an creature who loves it too, it's been a second childhood for me.

Describe your electrolyte protocol. A little bit at each check.

Is there anything special about your nutrition program you attribute to your success? Not going crazy with any particular fad. This horse likes to eat, so I give him clean hay and very little concentrates if we're not at a ride.

Are there any major changes you've made to your nutrition program (ie, changed from one hay to another, added something special) that you feel made a noticeable improvement or solved a problem? Probably

Adequan is the biggest addition.

What kind of supplements (if any) do you use? Selenium and Assure, a probiotic.

Do you give any kind of joint products? (describe) Adequan monthly, plus one shot before a ride.

How far do you usually travel to rides? There are a lot in South Carolina and North Carolina, so usually 2 – 4 hours. But we've been to Alabama, Virginia, Georgia, Florida and Tennessee, as well as out West once.

Do you go to many rides outside of your region? See above.

Name three people involved in the sport of endurance that you look up to, and why. I admire anyone who puts their horse first, is a good sport, and enjoys the out of doors.

Did you have a mentor or first trail partner? Tell us about him/her/them.? I linked up pretty early with Sue Jackson when she was campaigning her high mileage horse Sedgie. They were a great example of a good, steady pace. At home, we always condition alone, because if we try to ride with a neighbor, Lippy thinks he's at an endurance ride as soon as we start to trot.

Describe the first rig you had and then tell us how it compares to your current rig? For seven or eight years I rented a pickup from Rent A Wreck (because they would let me tow), and rented a horse trailer for \$30/weekend from the Fort Bragg Stables. When I talked my husband into going to the Grand Canyon, we bought a two horse bumper pull, and a used vehicle that looks like a Fed Ex truck. Good for towing and sleeping in. With that we took our six dogs, the horse, my bicycle and took a three week trip. I highly recommend it.

In choosing your next horse, what would you look for? Gosh, if I can convince my husband we need one, it would be a gelding, similar breeding if I can find it, with a kind eye. One who likes to get out and explore. No bigger than 15 hands. Anyone know one?