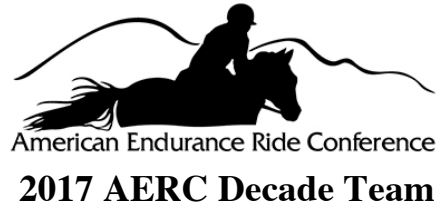


Rider Name & Horse Name



Rider's name: Debra Fisk

Horse's name: DB Prophet

Year of First Endurance Ride (first year in the decade): 2008

Region: NE

Current rider lifetime mileage:

Endurance: 1950

Limited Distance: 25

Tell us about your horse. When/how did you come to get him/her? Prophet was 3 when he came from Georgia to VT. His previous owner decided to sell him to me as he was favoring endurance rather than the show barn and she really wanted him to excel. His sire was also a talented endurance horse that was actually the husband horse who had the same disposition as Prophet. Ready to go and is serious in what he does. He has won the GMHA 50 endurance 8 times and we managed 1 BC due to the fact that my weight division has usually been my downfall so I don't usually stand.

What is your horse's breeding? Arabian

Sex: Gelding

DOB: 1999

Horse height: 15 hands +

Approximate weight: 950

Color: Bay

Why did you decide to purchase this horse? He just took my breath away and he had the background.

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

How many different horses have you ridden in this sport? 5

Do you participate in any other horse sports or activities? Competitive Trail, I have almost 8000 miles.

How many years have you been involved with endurance? 2003 **With horses in general?** Most of my life.

What got you interested in endurance riding? My first horse was arabian and her background relations were supposedly horses bred for the Tevis so I decided I would add that to my distance riding routines. What was it that kept you interested? Riding at the speed I prefer not having too many perimeters.

How old was your horse when first started in endurance? 17, I had done most of her miles in CTRs

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

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

How long until you top tenned or raced (if you did)? Not until I made sure my horses were fit in CTR's and could do the miles.

How much time off do you give between ride seasons? November-March usually.

If you have done 100s, how much time off do you give after doing one? 3-4 weeks

If you have done multadays, how much time off do you give after doing one? I've not done a multiday endurance but I would think one day or drop to an LD for one day, give them time off and then do another 50.

Do you use any special type of tack or shoeing with your horse? Usually use Zilco or Distance Depot, I do my own trims and boot up or glue.

What kind of problems have you overcome with your horse? Slowing Prophet down! The others are easy, usually eating and focusing on eating is always a concern.

Describe the best ride you ever had on your horse. VT100 1st time with another horse but on this horse, his first 50 at GMHA knowing he could make it through in good order. After that, then stepping it up and lightly cantering across the finish line at GMHA winning for the first time having the next horse behind me much later.

What was your most humbling experience? Being pulled last year at the VT100, I could not detect a thing, couldn't see a thing and having the horse thoroughly vetted out at home, couldn't find a thing in lab tests or the like...it was a fluke and still feel the disappointment but that certainly humbled me, I questioned that I couldn't find or feel a thing...it was a very strange feeling and one I could never feel closure. Directly after he was pulled no one saw a thing and I never saw or felt it at the first S&G so I chalk it up to learning a hard lesson...sometimes we just don't know.

What lessons have you learned along the way that you feel are the most important? Know your horse and always question things. Or take your time until you feel everything is right.

What advice would you give to new riders? Start out with competitive trail so you know your horse and then bump up. Take your time and try not to hurry getting there too quickly!

Looking back, what do you feel you did right? Took my time and knew my horses. Started out with CTR's and mix the two.

What would you do differently? That varies and I can't think of anything in particular. Maybe slow up and enjoy the rides more...you don't always have to ride fast.

What was your highest goal for your horse, and did you achieve it? Yes, attaining a BC finally! I am a FW and it is often hard and to do a great job with my horse...he shines most of the time.

Describe your horse's personality? How is it like or unlike yours? We are both high energy so the two mix at times...it works for the most part and he senses me so sometimes that is a bad thing like when I have to work hard at slowing him up. It's never the opposite.

What kinds of rides do you enjoy the most (50s, 100s, multadays, etc.)? 100's if I have the right horse that is making it easy. 50 if it's a nice fast ride and he is doing well...if not we just slow up and make it work.

In what ways has endurance riding made a positive influence in your life? Enduring all the elements of weather and the like...survival skills.

Is there anything special about your nutrition program you attribute to your success? No, I tend to eat well, the same with my horses, nothing special, all in moderation. Good healthy eating habits. Vegetarian most of my life.

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 changes I have made, really...I tend to think my horses do better in crewing areas with just grass if there is any and don't use much.

What kind of supplements (if any) do you use? Poulin Balancer, Myoguard

Do you give any kind of joint products? No

Describe your electrolyte protocol. Usually Lyte Now and Perform and Win with No Salt

How do you choose which rides to attend? Location

Do you go to many rides outside of your region? No, but would like to soon...I have a new truck so it should get us there!

Name three people involved in the sport of endurance that you look up to, and why. Steve & Dinah Rojek, Sue Greenall and all the other folks that continued to help me achieve the distance in the sport. I asked questions and they were willing to help me out and to watch and see those who are the best at what they do, do so well. I have a great deal of admiration for anyone that looks after their mounts and themselves who also look out to others. It's been a real pleasure to know everyone and I thank those who have helped me along the way...

Did you have a mentor or first trail partner? Tell us about him/her/them. No, back when I started there wasn't many other than the participants that I kept watching and asking questions. Now we have green bean programs and mentors, it's so nice.

In choosing your next horse, what would you look for? Arabian most generally, one with good/great confirmation, super disposition, gelding usually, and one that loves to go and enjoys running. Personality is key, too.