

Debra Fisk & Nick Of Tyme



American Endurance Ride Conference

2016 AERC Decade Team



Photo © Ben Kimball, Northeast Race Photos

Rider's name: Deb Fisk

Horse's name: Nick of Tyme

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

Region: NE

Current rider lifetime mileage? 1750

Endurance: 1750

Limited Distance: 25

What is your horse's breeding? Russian/Polish

Sex: Gelding

Horse height: 15.1

Approximate weight: 1000

Color: Gray

Why did you decide to purchase this horse? Great legs, wonderful personality and he had not done endurance and seemed to be a good fit for long distance.

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

How many different horses have you ridden in this sport? 3 of my own, the 4th coming up.

Do you participate in any other horse sports or activities? CTR's

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

What got you interested in endurance riding? Breed I first bought. **What was it that kept you interested?** The partnership, the distance and learning more about what it takes to be a good rider.

How old was your horse when first started in endurance? Nick was 8, my first horse was much older, like in her teens.

How many rides did you do your first three ride seasons? Usually I would do 3- 4 50's,

What mileage distance did you start with? (25, 50, etc.) 50, earlier they didn't have LD's

How long until you top tenned or raced (if you did)? 3rd yr. I tend to be conservative.

How much time off do you give between ride seasons? All my horses get Nov-Feb off.

If you have done 100s, how much time off do you give after doing one? Usually I only do one per yr. and they get a whole month off before doing another ride.

If you have done multadays, how much time off do you give after doing one? I've never done a multiday on endurance, have on CTR 100's so they go all three days.

Do you use any special type of tack or shoeing with your horse? I do my own trims and use boots.

What kind of problems have you overcome with your horse? Feeding and electrolyting.

Describe the best ride you ever had on your horse. On Nick, finishing 3 100's to get a bronze.

What was your most humbling experience? Pulling at mile 70 when it was a rider option...I felt I used the wrong pad and I didn't want Nick to suffer even though I was OK to go.

What lessons have you learned along the way that you feel are the most important? Too many to list, in all, listen to your horse, I usually do, know when to pull before it's too late and sometimes just things happen.

What advice would you give to new riders? Go slow, don't expect to always make it through a ride and expect anything to happen.

Looking back, what do you feel you did right? Pay attention to my horse. Usually your hunch is right. Watch them and listen to them.

What would you do differently? Not use new equipment!

What was your highest goal for your horse, and did you achieve it? 3 100's.

Describe your horse's personality? Gentle but has go...he listens to me and he's proud. **How is it like or unlike yours?** He's low key, I'm wired and like to go, he isn't quite like that. He's steady most of the time. This is why we make it through rides...he knows and I know he knows so I usually let him be the one to make the decisions.

What kinds of rides do you enjoy the most (50s, 100s, multadays, etc.)? My preference is the VT100...other than that 50's.

In what ways has endurance riding made a positive influence in your life? Stamina and being one with my horse.

Is there anything special about your nutrition program you attribute to your success? I don't do anything real special. I bring everything...I listen to others and learn by what they do.

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? Not really. I bring 2nd cut, 1st cut, alfalfa and Dengie. I bring it all.

What kind of supplements (if any) do you use? Usually I have complete feeds and little supplements.

Do you give any kind of joint products? Hit or miss.

Describe your electrolyte protocol. Usually Perform and Win, No Salt or Lite but usually NS, Lyte Now.

How do you choose which rides to attend? Local and then go from there.

Do you go to many rides outside of your region? Each year is different but I try to go all around the NE.

Name three people involved in the sport of endurance that you look up to, and why. Sue Greenall, answered a lot of questions and rode with me a little, Steve and Dinah Rojek, because they are generous and give lots of advice and help, and a myriad of other great riders.

Did you have a mentor or first trail partner? No, learned on my own with the help of many.

In choosing your next horse, what would you look for? I have a few now, good legs, good confirmation, great attitude and check out their vital stats as well as how they eat and their health.