

Heidi Siegel & Rhaz Calobask



AERC Decade Team



**5375 Miles, 101 ride completions
First AERC ride: 1991 Region: W**

Tell us about your horse. When/how did you come to get him/her? I saw the ad in the Reno Gazette, liked him and bought him.

What is your horse's breeding? Arab and Running Quarter

Sex: Gelding

DOB: April 29th, 1986

Horse height: 15 hands

Approx. Weight: 900 pounds

Color: Grey

Why did you decide to purchase this horse? I liked his conformation and his kind eye.

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

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

Do you participate in any other horse sports or activities? I ride in parades.

How many years have you been involved with horses? In endurance? Since 1978.

What got you interested in endurance riding? What was it that kept you interested? Crewing for the Tevis, seeing the beautiful country one is riding through.

How old was your horse when first started? First ride? 6 Years.

How many rides did you do the first, second, and third ride seasons? 4 50 milers / 7 50 milers / 4 50 milers.

What mileage distance did you start with? 50 Miler.

How long till you top tenned or “raced”? 2 Years.

How much time off do you give between ride seasons? 2-3 Months.

If you have done 100's, how much time off do you give after doing one? What is your schedule in the month leading up to the ride? One month. I usually do a 65 or 70 miler before and see how much horse I have left.

If you have done multidays, how much time off do you give after doing one? What is your schedule in the month leading up to the ride? One month. I do a couple of 50's.

What kind of tack do you use? English Steuben, regular girth and a hackamore.

What kind of shoes do you use on your horse? I use the Swiss-Horse-Boots since the convention of 2000. I rode 1200 miles on the first set. I have Rhaz's feet trimmed every 6 weeks. When his not ridden, he is barefoot.

What kind of problems have you encountered? On a multiday ride the heels get sore from the sand.

What was the worst or most severe injury your horse has had? Rhaz got kicked at a waterstop on a ride. I found out that Rhaz had a damaged muscle in his hip.

How did you work through it? I gave him 2 months off.

Describe the best ride you ever had on your horse? The XP Bryce Canyon 4-day ride. It was the first multiday ride for Rhaz and I, and we ended up having the fastest overall time!

Describe the worst day you ever had with your horse? The worst day was when my friend and I took the wrong turn and did 70 miles, instead of 50 and then at lunch stop, the vet came and told us that we would never be able to finish on time. We did finish and had 15 minutes to spare!

What was your most humbling experience? Don't have one.

What lessons have you learned along the way that you feel are the most important? Get to know your horse and listen to him.

Where does your horse live? Rhaz has a nice Paddock and 3 acres of pasture.

What kind of environment did your horse spend the first few years of its life in? Don't know.

What are your horse's strengths? Weaknesses? Rhaz has a strong walk and is good on hills. He does not like to go downhill fast, which is okay for me.

What advice do you have for new riders? Bring up your horse slowly and get to know your horse.

Looking back, what would you do differently? Nothing.

What do you feel you did right? I learned from my first horse and did not make the same mistakes with Rhaz.

What was your highest goal for your horse? Did you achieve it? My goal was to get 5,000 miles on Rhaz and keep him sound. Accomplished!

Describe your horse's personality? How is it like or unlike yours? Rhaz is very competitive just like me.

What kinds of rides do you enjoy the most? Multidays.

Describe your electrolyte protocol. I use Lew Hollander's mix and give it to Rhaz mixed with applesauce.

Is there anything special about your nutrition program you attribute to your success? Good hay, clean water and after every workout a supplement of rice bran, cob without molasses, Mega Cel 1 oz. and carrots and apples.

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.

What kind of supplements (if any) do you use? Mega Sel.

Do you give any kind of joint products? No.

How far do you usually travel to rides? As far as necessary to get to the rides I like.

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

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

Julie Suhr for what she has accomplished. I rode many, many miles with her. I admire the way she takes care of her horse and she is a great friend.

Earle Baxter for the way he rides a race and is thinking of his mount.

Bonnie Way. She is always there to help you on the trails. She is a great horse women and rider.

Did you have a mentor or first trail partner? Not really.

In choosing your next horse, what would you look for? I already have my next horse, I bred her.

I wish that new riders would look more at the condition that their horse is in, rather than their finish position.