

## Irving McNaughton & V.H. Phason ("O'Malley")



### AERC Decade Team



**2880 Miles, 46 ride completions**  
**First AERC ride: 1992 Region: NE**

***Tell us about your horse. When/how did you come to get him/her?*** I received this call from a friend: "I found your horse 4 yr old, dapple grey, 16 hands, all broke."

***What is your horse's breeding?*** Arab

***Sex:*** Gelding

***DOB:*** 6-4-85

***Horse height:*** 16.1

***Approx. Weight:*** 1050

***Color:*** Grey

***Shoe size: oversize*** 0

***Easyboot size:*** 1

***Why did you decide to purchase this horse (or if you didn't purchase, why did you choose to use this horse in endurance)?*** His legs, size, bone, way of going. He had done a couple or 3 fifty's & 3 day 100. He was calm, a be good, great recoveries, nice trot, relaxed all the time.

***Did you do endurance with any other horses before this horse?*** Yes, I started around 1981.

***How many different horses have you ridden in this sport?*** 7.

***Do you participate in any other horse sports or activities?*** Competitive rides as sanctioned by ECTRA.

***How many years have you been involved with horses? In endurance?*** Horses - since 1966; endurance since 1980 or 81; competitive since 1972.

***What got you interested in endurance riding? What was it that kept you interested?*** The first endurance ride I saw was with Suzy Kelley, Val Kanavy & Dan. (Val's daughter). The freedom of the sport. The Challenge. (for a person that with tack and all at 260#, that was a challenge).

***How old was your horse when first started? First ride?*** First ride (competitive) at 5 yrs old; First Endurance at 6 yrs old; First 100 mile endurance ride at 8 years old.

***How many rides did you do the first, second, and third ride seasons?*** First - 5 (25's) competitive; Second - 2 (2 day 50's) & 1 one day 50; third - 2 or 3 three day 100 & 2 or 3 50's.

***What mileage distance did you start with?*** Competitive -25; Endurance 50.

***How long till you top tenned or 'raced'?*** 1993, is first 100 endurance ride.† He top tenned (nobody else left, all pulled)

***How much time off do you give between ride seasons?*** 2 to 5 months (depending on snow & ice).

***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?*** Time off after 100 is usually 3 to 4 weeks. Schedule the month leading up to the ride: It depends upon his time in life. Starting out he gets ridden. After he is in shape - just enough to keep him loose.

***If you have done multadays, how much time off do you give after doing one? What is your schedule in the month leading up to the ride?*** I treat them the same as a one day 100.

***What kind of tack do you use?*** Orthoflex saddle (1987). Pad = Cloud Nine or Toklat. Bits = kimberwicke. Halters, etc.= biothane.

***What kind of shoes do you use on your horse?*** At this time, the eventor. In the past just old shoes.† In the past pads on front. With my new horse no pads and that includes down to Fort Valley in VA.

***What kind of problems have you encountered?*** With shoes, none. The only problem with Phazon (O'Malley) - when he was younger, he would sniff the mare and get nailed (kicked!).

***What was the worst or most severe injury your horse has had?*** Being kicked.

***How did you work through it?*** Keep being used.

***Describe the best ride you ever had on your horse?*** The first 100 at Vermont. I rode the last 30 miles alone.† Came in hold 4, the workers all said if you complete, you are in top 10. I was the tenth horse to make it that it that far -- mile 85.

***Describe the worst day you ever had with your horse?*** At Vermont. Black, pouring, glow sticks weren't all up.

***What was your most humbling experience?*** I guess this past week end at Fort Valley. Three of us came in late, not even close.

***What lessons have you learned along the way that you feel are the most important?*** I guess at the top is the famous words of Mathew McKay-Smith "Never hurry, never tarry".

***Where does your horse live?*** Pasture - 6 to 8 acres at home. In a stall if cold rain, out if snows.

***What kind of environment did your horse spend the first few years of its life in?*** Until I bought him, it was in a stall, then a paddock.

***What are your horse's strengths? Weaknesses?*** Strengths: relaxed, good eater, great recoveries, nice mover, can cover ground easy, doesn't get too excited. Weaknesses: sometimes a little too laid back.

***What advice do you have for new riders?*** Do your homework. Don't run the snot out of your horse. If you think you have to ride all the time, have two or three horses.

***Looking back, what would you do differently?*** Start riding competitive and endurance at a younger age.

***What do you feel you did right?*** Did my homework, listened to the older riders, etc.

***What was your highest goal for your horse? Did you achieve it?*** To go to the ROC. I completed it in 1997.

***I Describe your horse's personality? How is it like or unlike yours?*** Quiet, laid back, takes things as they come.

***What kinds of rides do you enjoy the most?*** 100's. But now it's try to get people to move up to the 100's.

***Describe your electrolyte protocol.*** Enduramax - one day before; the morning of the ride; every 10 miles during the ride; at all the holds.

***Is there anything special about your nutrition program you attribute to your success?*** Not so you would mention it. Just good wholesome high fat grain and good hay.

***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?*** When they started with a high fat grain that made a big difference as my horse got older.

***What kind of supplements (if any) do you use?*** Vitamin E; glucosamine & chondroitin; high fat.

***Do you give any kind of joint products?*** as above, Bee-J?

***How far do you usually travel to rides?*** I have completed rides from Nova Scotia to Florida to Tennessee (Memphis) up to Kent.

***Do you go to many rides outside of your region?*** Yes, the SE and MW.

***Name three people involved in the sport of endurance that you look up to, and why?*** Maggy Price; Mathew McKay-Smith; and all of the past Owls at GMHA, VT; all for their wisdom and experience.

***Did you have a mentor or first trail partner?*** No, I was the blind leading the blind.

***In choosing your next horse, what would you look for?*** Straight legs, good feet; good back, butt, neck, head, disposition.