

## Jan Worthington & L.M. Master Mind



### AERC Decade Team

**First AERC ride: 1992    Region: MW**

**Sex:** Gelding      **Color:** Grey

**What are your horse's strengths? Weaknesses?** He has a fast pulse/recovery. He doesn't like to eat well. Master Minds soundness is a tremendous strength.

**What advice do you have for new riders?** Go slow for 1 or 2 years, then you can speed up. Remember "speed kills" not literally, but many problems can occur with speed.

**Looking back, what would you do differently?** Ride Master Mind a little faster sometimes.

**What do you feel you did right?** Master Mind spent 3 years at the beginning of his career competing in Competitive Trail rides. We started slowly and conservatively and he stayed sound.

**What was your highest goal for your horse?** To ride him in a World Championship.

**Did you achieve it?** Yes, at the World championship in Kansas.

**Describe your horse's personality? How is it like or unlike yours?** He is very laid back....I am not.

**What kinds of rides do you enjoy the most?** Probably 50's but 100's are most challenging.

**Describe your electrolyte protocol.** Master Mind is allergic to electrolytes. Basically he does not get any.

**Is there anything special about your nutrition program you attribute to your success?** Plenty of fresh air and sunshine, pasture and no stalls.

**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?**

**What kind of supplements (if any) do you use?** Vitamin E, Selenium, Cosequin.

**Do you give any kind of joint products?** Legend/Adequan.

**How far do you usually travel to rides?** I try to go to most rides within 400 miles, however, Master Mind has been to Western Canada and Vermont. I live in Northern Iowa.

**Do you go to many rides outside of your region?** Yes, I have travelled to Western Canada, Tevis, Swanton, Florida, Maine.

***Name three people involved in the sport of endurance that you look up to, and why?*** Meg Wade, an endurance rider from Australia. Meg started riding endurance about the same time I started Master Mind in endurance. I remembered when no one would lend Meg an endurance horse because she always went too fast. I remember lending her a couple of horses and she did a fine job. Meg learned quickly how to rate herself and her horse and is now probably one of the best endurance riders in the world.

Steve Rojek. Steve probably remembers Lucille Kenyon. We started doing 3 day 100 mile Competitive Trail rides together with her and learned the value of a consistent, steady pace. Steve is the master of that. No matter how muddy, raining, dusty or difficult a ride is, Steve always looks like he hasn't been anywhere.

Valerie Kanavy. I look up to Val for being an outspoken spokesperson for our sport the world over. She does her homework and is hard to beat.

***Did you have a mentor or first trail partner? Tell us about him/her/them.*** Lucille Kenyon. Lucille died many years ago and was my mentor for years. I first rode under her when she was a judge at a Competitive Trail ride (my first) in Ohio in 1972. Back in 1972, Competitive Trail rides and endurance rides sort of went under the same name. Lucille did clinics for both types of rides and encouraged me to do both. Lucille's first concern was always the welfare of the horse. This legacy she instilled in me. †

***In choosing your next horse, what would you look for?*** Calm mind, good legs and a horse that likes to eat!