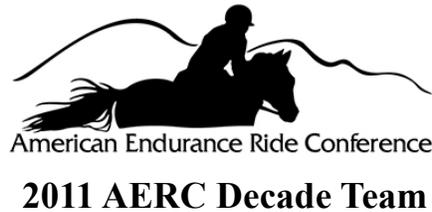


## Linda Joyner & Shennandoah (“Shenn”)



Rider Name: Linda Joyner

Horse Name: Shennandoah “Shenn”

Region: SE

Current Rider Lifetime Mileage? 2105 miles

Endurance: 2060 miles

Limited Distance: 245 miles

What is your horse’s breeding? Good question

Sex: Gelding

DOB: April 1996

Horse height: 15hh

Approx. Weight: 1050 lbs.

Color: Grey

Shoe size: 1

Tell us about your horse. When/how did you come to get him?

I bought Shenn as a two week old alongside his dam in 1996 after my first year of college. I was living outside of Louisville, KY for the summer break and working at a thoroughbred farm. I found an advertisement for Arabian mares and foals for \$650 in the paper and went to check them out. I was shocked to see about 40 or so emaciated mares dropping foals by the day and being fed straight corn. I just had to take at least one set home to save them! As it turned out, the horses were completely wild and had been shipped in from somewhere in Texas where the herd had been loose on rangeland for several decades. I selected a mare and foal (obviously these weren’t arabs, as the mare is a buckskin and the foal a palomino), took them home, and hid them behind the barn until we could get some weight on them. Shenn’s dam is only about 13 hands tall and he grew to be 15 hands, so it is amazing what a little nutrition will do! I ended up selling his dam (who I have now bought back) that same summer for \$600,

making Shenn only a \$50 investment!

Why did you choose to use this horse in endurance)?

My sister was into endurance and she introduced me to the sport. I had done several rides as a teenager and was ready to do something on my own. I was riding a Morgan gelding I purchased the same summer I got Shenn, but I did not feel he could handle 50's metabolically, so I started riding Shenn when he was old enough.

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

Yes, I rode my sister's Arab gelding when I was in middle and high school (although it does not show up in my history), then my Morgan gelding while I was in college.

How many different horses have you ridden in this sport?

Eight in all, but only two consistently. Most of the others belonged to friends who wanted some miles on their horses when I did not have a mount.

Do you participate in any other horse sports or activities?

I cross train with dressage, but I don't show and I don't take lessons as consistently as I would like.

How many years have you been involved with horses? I have pictures of myself less than 2 years old riding my sister's horses when we lived in CA, so 32 years, give or take some.

In endurance? I did my first LD when I was 14.

What got you interested in endurance riding? I liked that I could wear whatever I wanted and that I could enjoy this sport with friends. I was also compelled to do it because there were several local rides and they weren't expensive.

What was it that kept you interested? It is sort of addictive. I like the feeling of accomplishment at the end of each ride, whether we place first or last. Mileage milestones and looking forward to becoming a decade team with Shenn have also influenced my interest. Our goal is now for 3000 miles together.

How old was your horse when first started? I got on Shenn as soon as he turned 3. I was young, ignorant, and just could not wait to get on him. We did not do much until the fall of that year.

First ride? Shenn's first LD the fall after he turned 4.

How many rides did you do the first, second, and third ride seasons? (list w/ distances)

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

Shenn and I did two LD's (35, then 25), then moved on to 50's.

How long till you top tenned or raced? (if you did)

Our first 50 was a top ten, but it was still longer than 7 hours.

How much time off do you give between ride seasons?

Shenn gets a lot of time off, due to the fact that I have been pregnant and had 2 children in the last 10 years. I stay so sick when I am pregnant that I can barely sit upright, much less ride. (although I did try!)

If you have done 100's, how much time off do you give after doing one?

At this time, we have attempted two 100's, the first of which was changed to an 80 after I pulled Shenn for lameness at the 80 mile mark. The second we did not finish, either.

What kind of tack do you use? (saddle, pads, girths, bits, etc.)

I started competing Shenn in an older wintec all purpose, then moved to a Bob Marshall that did not work for me (his wide back and my thick thighs need a narrow twist), and we are now in a wintec dressage saddle.

What kind of shoes do you use on your horse?

Shenn has been shod for his entire career. I am just a steel shoe person. We rarely pad.

What kind of problems have you encountered?

Shenn is really easy when it comes to shoeing, so we have had pretty good luck. Great feet also help. We did have issues with pads early on when junk became trapped under them. New products and more knowledge have kept that problem at bay.

What was the worst or most severe injury your horse has had?

In 2004, when we were trying our first 100, it was horribly muddy, as it tends to be at LBL. Shenn tore 14% of his deep digital flexor and 10% of his suspensory in the mud about two miles before the 80 mile mark. I knew right when it happened (I will never forget the feeling as it happened- he lurched and almost fell over) and I had to walk him back the last few miles to camp. This was Shenn's first ever pull.

How did you work thru it?

Shenn had a long time off, with tons of stall rest. I followed the vet's instructions to the "T." In addition, I am very wary now of muddy conditions and will pass up a ride that I feel might overly endanger my boy in any way.

What was the worst or most severe injury you have ever had relating to horses or endurance riding?

I have been knocked unconscious several times coming off of several horses. That was in my pre-helmet days, though. I now appreciate my brain and I make better decisions on what horses to ride. Shenn has always taken fabulous care of me.

Describe the best ride you ever had on your horse?

In 2003, Shenn received his first Best Condition Award. The entire ride went beautifully, with wonderful weather, a happy horse, and a happy atmosphere.

Describe the worst day you ever had with your horse?

In 2009, Shenn and I attempted Biltmore for the first time. Everything seemed fine until we got out on the trail. Shenn just was not himself, for he had very little impulsion. I stopped a few miles into the ride and started walking him until we found a place to call for help. Another girl had the same problem with her horse and she stopped with me. When we got back to camp, Shenn vetted through just fine and was considered fit enough to continue and grade 1 lame. I decided that we should pull- something just was not right. Then Shenn peed and it was dark. I immediately called the attention of the treatment veterinarian and she started Shenn on fluids. Shenn's blood tests came back okay, but we still gave him several bags of fluid. I was scared to death. There were at least four other horses being treated for the same issue of tying up, but were far worse off than my boy. I can remember feeling the hard lump on the top of another guy's horse's rump and thinking of how close Shenn could have come to being in that position. Fortunately, he recovered just fine (he acted like he felt fine about eating and drinking the whole time) and I will always remember to follow my instincts as I did that day.

What was your most humbling experience?

Pick any problem above. All were pretty humbling.

What lessons have you learned along the way that you feel are the most important?

Trust your instincts and your horse. If something does not feel right, it isn't. If there is any question as to whether or not you should keep going, stop.

Where does your horse live?

In my backyard. I am lucky enough to live on 30 acres.

Full turnout?

Definitely, although I can bring him in during really bad weather. (Very rare)

What kind of environment did your horse spend the first few years of its life?

Shenn has always been a pasture pony. He spent his first few years with my best friend's horse, as they are only a month apart in age, but since she kept her boy a stallion, I moved Shenn when he was three to our current property. I have six other horses, all of which he spends some time with. He is always turned out with at least one or two other horses.

What are your horse's strengths?

Tough. One thing I can say about Shenn is that he is not a wimp. He does not complain about anything, so I know if he is acting lame, it is for a real reason!

Easygoing. Shenn puts up with my fits and weathers them just fine. I really think that many of the other horses we see at rides would not put up with me. In addition, I can take Shenn to one ride and ride in the front, then go to the next ride and get turtle. He is not a “wild man” at the beginning of a ride and he pretty much always minds his manners. The vets do not have to fear for their lives around him and I can trust him with my children.

Motivated. Shenn knows what he is out on the trail for and he is not going to quit. I can't say that he has ever “hit a wall” as people refer to it. He tends to increase in momentum from one loop to the next.

Weaknesses?

Shenn has a long back and his trot is not the smoothest, although he can move right along. He is also a mud ball at all times. It is really hard to deal with when he is supposed to be a strikingly white gray horse.

What advice do you have for new riders?

Get a good mentor who has a lot of experience and soak up the information. Listen to your horse and your instincts. Never let anyone make a decision for you.

Looking back, what would you do differently?

I can't change the past. I prefer to look ahead, feeling that I have learned something from each mistake I have made.

What do you feel you did right?

I sure picked the right horse out of that herd in the pasture when I bought him.

What was your highest goal for your horse?

My highest goal would be for Shenn to be a perfect 10 equine, but I don't know that we can achieve that. Finances make it difficult and Shenn is now almost 16. Our goal right now is 3000 miles together.

Describe your horse's personality? How is it like or unlike yours?

Shenn is very laid back. He knows when it is time to work and when it is time to chill out. Although he can be ready to move out on the trail, he always shuts down at vet checks and recharges. He takes my moods in stride and is rarely cranky or obstinate. I wish I could say that about myself!

What kinds of rides do you enjoy the most? (multidays, 100's, 50's, etc.)

I love 50's and have only done one multi-day, but I do enjoy those as well.

In what ways has endurance riding made a positive influence in your life?

Endurance gives me time to release stress from my busy life. I am able to get away from my full time job and motherhood and spend some time with friends or alone in nature.

Describe your electrolyte protocol.

I am a perform and win fan. I usually preload before the ride and administer at every vet check. If a loop is long enough, then I will take a syringe of powder with me out on the trail and administer it at a creek or using the water from my water bottle.

Is there anything special about your nutrition program you attribute to your success?

I don't think there is anything special about Shenn's feeding program. He gets a molasses-free pelleted grain that includes beet pulp, rice bran and oats. Shenn has free choice grass during most of the year and I keep hay available at all times during the winter.

Are there any major changes you've made to your nutrition program (ie, changed from one hay to another, added something special) that you feel made a noticeable improvement or solved a problem?

Not really.

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

I don't use any supplements currently. Shenn does not like to eat his feed when there is extraneous stuff in it, making supplements a pain. Unless he shows a specific need for something, I am not worried about giving anything.

Do you give any kind of joint products? (describe)

I have given Shenn Cosequin in recent years, but not consistently. Like I said, he turns his nose up at stuff in his feed.

How far do you usually travel to rides?

I try to stay within an 8 or so hour radius of my house, although I have not been going that far recently due to being too busy at home and with the price of fuel.

Do you go to many rides outside of your region?

I like several of the MW region rides and I have done some CT region rides that are within my driving radius.

Did you have a mentor or first trail partner? Tell us about him/her/them.

My first trail partner was my older sister, Wendy. She is who really supported my horse interests, bought my first horse, which was really her horse, and who took me to my first endurance ride (Nachez Trace in 1993.)

Describe the first rig you had and then tell us how it compares to your current rig?

My first rig was an oxidized red two horse trailer pulled by my hubby's 1987 chevrolet truck. The manger in the front of the trailer was wooden and you had to climb into the back of the trailer and open

the bottom of the manger inside to get to the storage area. The trailer was what my husband would call an “eyesore,” but it was safe and worked just fine. I upgraded to my current trailer in 2001. I bought a friend’s converted gooseneck stock trailer. Her husband had converted it for her, building a wall for the dressing room and lining it with insulation and wood. He also made the horse area a two or three horse slant load. I have a window air conditioner under the gooseneck and my hubby moved the spare tire to the front. My husband also converted the back door into two doors and built me a folding tack area. He also enclosed all of the stock bars and put in windows with drop down windows in front of the horses. He added an escape door in front of the front stall and made that partition a stallion stall. That is where I store the millions of things I might need during a ride. I normally leave out the other partition and let Shenn have the space of the back two stalls to ride in. I pull my trailer with a 2000 Chevrolet 2500 single cab gasoline burner that likes to drink it up. It is all paid for and is definitely better than camping in a tent like I used to do! My trailer has a bumper sticker that says, “Driver carries no cash. What the horses didn’t eat is in the tank!”

In choosing your next horse, what would you look for?

I really don’t want to think about that right now, but I do have his younger brother, who I hope ends up a lot like Shenn.