

## Lori Oleson & Ms Roze Grey+/-



American Endurance Ride Conference

**2015 AERC Decade Team**



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**Rider's name:** Lori Oleson

**Horse's name:** Ms Roze Grey +/-

**Year of First Endurance Ride (first year in the decade):** 2004

**Region:** West

**Current rider lifetime mileage?** 12,460

Endurance: 12,460

Limited Distance: 0

**Tell us about your horse. When/how did you come to get him/her?** I have had her since she was born

**What is your horse's breeding?** LS Zane Grey +/- x Khemos Tequila (by Litigator)

**Sex:** Mare

**DOB:** April 14, 1999

**Horse height:** 14.2 hands

**Approximate weight:** 900

**Color:** Chestnut

**Why did you decide to purchase this horse?** bred and raised to do endurance

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

**How many different horses have you ridden in this sport?** ~30

**Do you participate in any other horse sports or activities?** not at this time

**How many years have you been involved with endurance?** 32 years **With horses in general?** 42 years

**What got you interested in endurance riding?** I used to show western, but got tired of the politics, being judged and unnatural way horses had to move. What was it that kept you interested? Love being on the trail with my horse, beautiful trails, good people (mostly)

**How old was your horse when first started in endurance?** 5 years

**How many rides did you do your first three ride seasons?** Rosie's first 3 seasons 200, 200, 410

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

**How long until you top tenned or raced (if you did)?** second season

**How much time off do you give between ride seasons?** depending on distance and difficulty 1-3 weeks

**If you have done 100s, how much time off do you give after doing one?** 2-4 weeks

**If you have done multidays, how much time off do you give after doing one?** 2-3 weeks

**Do you use any special type of tack or shoeing with your horse?** Used many types of shoes from regular steel shoes, to natural balance, to EasyCare gloves, and now Sneakers

**What kind of problems have you overcome with your horse?** many problems; metabolic (ulcers, thumping, tie up); lameness (various ligaments)

**Describe the best ride you ever had on your horse.** American River 2007 - started last, finished first

**What was your most humbling experience?** Tevis 2009

**What lessons have you learned along the way that you feel are the most important?** Everything about Rosie has been a learning experience, from her dominant personality to her difficult management

**What advice would you give to new riders?** be patient, don't go fast just because your horse feels good

**Looking back, what do you feel you did right?** making changes until I found a way of riding and managing that worked for Rosie such as bit, starting position, shoes, electrolyte protocol, feeding low carb's

**What would you do differently?** been more consistent with the calcium

**What was your highest goal for your horse, and did you achieve it?** Decade Team (yes) and 3,000 miles (almost)

**Describe your horse's personality?** (independent, strong willed, dominant) How is it like or unlike yours? definitely independent, can be strong willed, not dominant, I am a lot easier going than Rosie

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

**In what ways has endurance riding made a positive influence in your life?** confidence, friends

**Is there anything special about your nutrition program you attribute to your success?** low carb diet is important with a horse that has ulcers

**Are there any major changes you've made to your nutrition program that you feel made a noticeable improvement or solved a problem?** again, low carb diet

**What kind of supplements (if any) do you use?** it depends on the horse. Rosie gets supplements that help with her ulcers and additional calcium for thumps and tie ups.

**Do you give any kind of joint products?** sometimes

**Describe your electrolyte protocol.** night before, before start, ~20 miles or first vet check, each vet check there after or if hot, after each water opportunity where the horse drinks

**How do you choose which rides to attend?** terrain, variety, difficulty, beauty, best for the particular horse

**Do you go to many rides outside of your region?** I try to

**Name three people involved in the sport of endurance that you look up to, and why.** Julie Suhr, success with grace; Becky Hart, success and very professional; Melissa Ribley, success and smart as a veterinarian and rider

**In choosing your next horse, what would you look for?** I have Rosie's son by Gulastra's Knight for my next endurance partner