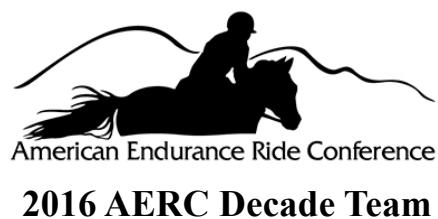


## Michael Campbell & AH Diamond Bezska (Sugarfoot)



**Rider's name:** Michael Campbell

**Horse's name:** AH Diamond Bezska (Sugarfoot)

**Year of First Endurance Ride (first year in the decade):** 2003

**Region:** Central

**Current rider lifetime mileage?**

Endurance: 11,720

Limited Distance: 1295

**Tell us about your horse. When/how did you come to get him/her?** We bred him and raised him at our little farm/ranch.

**What is your horse's breeding?** Polish Arabian, we owned his dam, Skalsa, and bred her to Bezibn.

**Sex:** Gelding

**DOB:** 4-18-98

**Horse height:** 15.2

**Approximate weight:** 1000

**Color:** Bay

**Did you do endurance with any other horses before this horse?** Yes, a few, including his sister.

**How many different horses have you ridden in this sport?** About 14.

**Do you participate in any other horse sports or activities?** Competitive trail riding, sometimes.

**How many years have you been involved with endurance? With horses in general?** 21

**What got you interested in endurance riding? What was it that kept you interested?** I first went to a ride with some friends and had a wonderful time. I just kept going.

**How old was your horse when first started in endurance?** He was five years old.

**How many rides did you do your first three ride seasons?** 17

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

**How long until you top tenned or raced (if you did)?** My first endurance ride with him, he was top ten.

**How much time off do you give between ride seasons?** None, really, our season is year round. After a specific ride, I give the horse at least one day off for every 10 miles of the ride.

**If you have done 100s, how much time off do you give after doing one?** About 6 weeks.

**If you have done multadays, how much time off do you give after doing one?** About 2 weeks.

**Do you use any special type of tack or shoeing with your horse?** Nothing unusual.

**What kind of problems have you overcome with your horse?** He injured his LF at about 6 years. He hooked his hoof on wire fencing and almost ripped it off. It was a serious injury and required several months recovery.

**Describe the best ride you ever had on your horse.** Every ride on this horse is the best, but his decade ride is probably my favorite. He had been off for a couple of years with a recurring injury so we had to work extra hard to prepare for that ride. Hopes were high and he came through, as usual.

**What was your most humbling experience?** When he was injured, I learned to be patient with the recovery process. Although, riding this horse is always humbling to think that such an ordinary person gets to ride and be friends with such a remarkable horse.

**What lessons have you learned along the way that you feel are the most important?** Patience and focus on the horse and his abilities.

**What advice would you give to new riders?** Don't let your ego control your ride. Have a ride plan based on your training and stick with it no matter what other horses and/or riders are doing.

**Looking back, what do you feel you did right?** Fell in love with this horse.

**What would you do differently?** Ride more slowly and carefully.

**What was your highest goal for your horse, and did you achieve it?** Completing 100 mile rides—yes.

**Describe your horse's personality? How is it like or unlike yours?** He is always eager to go and pays close attention to my requests. We're probably a lot alike in that we are both very determined and focused on the task at hand.

**What kinds of rides do you enjoy the most (50s, 100s, multadays, etc.)?** Multadays although we don't have a lot where I live.

**In what ways has endurance riding made a positive influence in your life?** I've learned to be patient and attentive to my horses and friends. It has also been a good balance for my work as a psychologist. The work can be intense at times. I've also met wonderful people and believe that I have received far more from endurance riding and AERC than I could ever give back.

**Is there anything special about your nutrition program you attribute to your success?** Not really.

**Are there any major changes you've made to your nutrition program?** No.

**What kind of supplements (if any) do you use?** Feed through fly control, flax seed.

**Do you give any kind of joint products?** This past year, I started giving him hyaluronic acid and chondroitin sulfate on the advice of several veterinarians.

**Describe your electrolyte protocol.** I give electrolytes the night before a ride and at every vet stop.

**How do you choose which rides to attend?** Any ride I can get time to go to.

**Do you go to many rides outside of your region?** Whenever I can.

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

Mike Maul—good friend and mentor, helps think through things.

Julie Suhr—classy lady and good example of the kind of person I would like to be.

Lisa Schneider—sets a good example of an endurance family and a knowledgeable horsewoman.

**In choosing your next horse, what would you look for?** Willing attitude—like Sugarfoot.