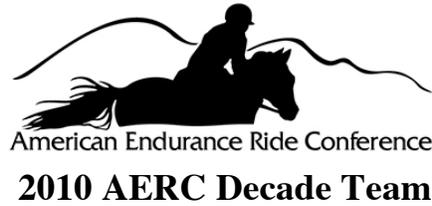


Rebecca Florio & TR Ready Set Go (“Kay”)



Region: PS

Current Rider Lifetime Mileage?

Endurance: 5405

Limited Distance: 1060

Tell us about your horse. When/how did you come to get him/her? After looking at about 40 geldings over about a 6 month period, I opened my search to mares. “Kay” caught my eye. She was so pretty-she reminded me of a deer. I fell in love! I would have felt sorry for her hauling my butt up a hill, but on our first ride, she just floated up a hill. Since then, she has floated my butt up lots of hills, including all of the Tevis hills.

What is your horse’s breeding? Arabian (Sam Tiki)

Sex: mare

DOB: 05/25/1995

Horse height: 15hh

Approx. Weight: 750-800

Color: Grey

Shoe size: 00

Or, hoof boot size: 00

Why did you decide to purchase this horse? She was off the track, and had good movement.

Did you do endurance with any other horses before this horse? Yes, but his brain wasn't right. . . . So I got Kay as a backup horse.

How many different horses have you ridden in this sport? 10, but only 3 consistently

Do you participate in any other horse sports or activities? Dressage, voluntary patrolling for State, National and Regional parks

How many years have you been involved with horses? 30 **In endurance?** 12

What got you interested in endurance riding? Friend **What was it that kept you interested?** Friends, horses-bonding and having fun with them, seeing the country

How old was your horse when first started? 5 **First ride?** 5

How many rides did you do the first, second, and third ride seasons? (list w/ distances) 1st year-11 50's(10 completions) and 7 LD's, 2nd year 12 50's(9 comp) ,3rd season 12 50's (9 comp), 1 100 (didn't complete) 5 25's

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

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

How much time off do you give between ride seasons? Rode year around.

If you have done 100's, how much time off do you give after doing one? 3-4 weeks

If you have done multadays, how much time off do you give after doing one? 3-4 weeks

What kind of tack do you use? RP endurance model, Skito Dryback, mohair cinch, S hackamore. Shoes +/- pads on rocky rides

What kind of shoes do you use on your horse? Pads? Barefoot? Barefoot and booted? Regular shoes with clips. Pads when going on rocky rides, or I slow down.

What kind of problems have you encountered? Back problems at first-saddle fit issues- causing intermittent lameness's. Improved dramatically after switching to RP. Also, she would get cramps/colic

when she ovulated if we were racing.

What was the worst or most severe injury your horse has had? Muscle tear in origin of semi-membranosis/semi-tendinosis, muscle pull-groin-separate time.

How did you work through it? Time and massage. I also had the help of one of the best body workers that I've ever seen. He has an amazing way with horses (and I thought I did). Van Harding has done an absolutely fantastic job on Kay. Many times....He can turn her into a pretzel, and she likes it! He has helped teach me about saddle fit, and muscle and body work.

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

How did you work through it? Surgery and PT

Describe the best ride you ever had on your horse? Besides all of them??? The Bear Valley Springs ride, I remember heading up the mountain after one of the checks, and going up a really steep hill. A REALLY steep hill. Kay acted like she was going to die, so as we finished the loop, and got back into the check point I was going to pull. But she ate everything in sight and tried to pull me out of the checkpoint and back onto the trail. On the rest of the way down the hill and into the finish, she passed about 15 people, and raced into the finish. Her HR was 60 within 5 minutes and she felt great.

Describe the worst day you ever had with your horse? Kay pulled back from the trailer before a training ride, slipped, hit her head on the running board, knocked herself out, and had a nice little seizure. After she got up, and wobbled around a little, she was fine....I think!

What was your most humbling experience? Having her carry me for 100 miles at the Californio's and Tevis, and having her still be very willing to continue on. And have her still talk to me afterwards!

What lessons have you learned along the way that you feel are the most important? It's not over until it's over. This includes not only the ride, but all of life. For example-the weather forecast may call for rain on ride day, but still go and see. Some of my best rides have been ones that were supposed to be rained out. Also, enjoy every moment, whether expected or not!

Where does your horse live? Full turnout? In a partly covered pen

What kind of environment did your horse spend the first few years of it's life in? (pasture, w/ a herd, etc.) She was born in Florida, and was on the flat race track for 2 years.

What are your horse's strengths? Strong work ethic, hills

Weaknesses? Pulls back in the trailer if tied, narrow back. (She would do better with a lighter rider)

What advice do you have for new riders? Do arena work to help out on the trail. Start rides slowly! It is easy to speed them up later: it is hard to slow them down!

Looking back, what would you do differently? Lose weight. (Yes, I know I still can.....)

What do you feel you did right? Lots of arena work/dressage.

What was your highest goal for your horse? Did you achieve it? Be a decade team. Yes!, now on to 20 years!

Describe your horses personality? How is it like or unlike yours? She had a strong work ethic. And wants to get the job done. She doesn't like to spend time at the vet checks beyond what is necessary. She likes to be very close to her friends, otherwise she gets upset. She likes things her way, and likes to benignly control the group she is in. Like a Princess. All this seems like me, too.

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

In what ways has endurance riding made a positive influence in your life? Being able to take each day as it comes and being able to relinquish control as needed to go with the flow. But only to a certain extent....

Describe your electrolyte protocol. I use Accu-lytes. If it is summer, she gets $\hat{A}\frac{1}{4}$ to $\hat{A}\frac{1}{2}$ dose about every 8-12 miles. Sometimes more, sometimes less. In winter, she gets $\hat{A}\frac{1}{4}$ to $\hat{A}\frac{1}{2}$ dose every 18-25 miles.

Is there anything special about your nutrition program you attribute to your success? Platinum Performance, beet pulp.

Are there any major changes you've made to your nutrition program? She seemed to do great no matter what she was fed.

What kind of supplements (if any) do you use? Platinum Performance, Glucosamine

Do you give any kind of joint products? Platinum Performance Ortho Con II HA

How far do you usually travel to rides? 2-10 hours

Do you go to many rides outside of your region? yes

Name three people involved in the sport of endurance that you look up to, and why? Tammy Robinson, Karen Chaton, and Crockett Dumas—All of you take such good care off your horses, and do so well, and are such good sportspersons.

Did you have a mentor or first trail partner? Tell us about him/her/them. Tammy was my first Mentor. She helped me learn to pace, and that it is okay to pull, even if you are only 3 miles from the finish!

Describe the first rig you had and then tell us how it compares to your current rig? I was a trailer whore, and rode with a friend using my tuck with a shell, and her 58 Miley. We slept in the back of the pickup or in a tent. I now have a 3 horse slant load Exiss, that I have a bench inside that I use for sleeping. Still no electricity, but much more comfortable. And I can stand up!

In choosing your next horse, what would you look for? Steadiness, a good mind and good gaits. I keep trying to get one with a fast walk. But I think that's a hoax.