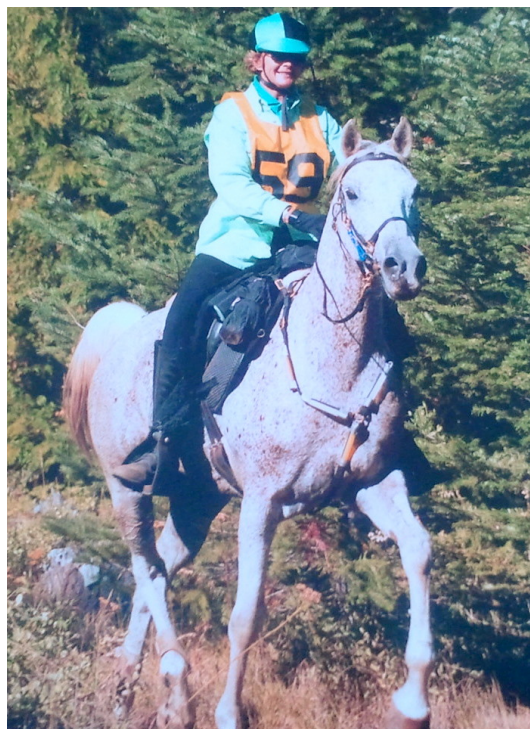


Suzanne White Hedgecock & AA Montego



American Endurance Ride Conference

2011 AERC Decade Team



Region: Mountain

Current Rider Lifetime Mileage?

Endurance: 10,000+

Limited Distance: +/- 250

Tell us about your horse. When/how did you come to get him/her? After the 3rd relapse of Non Hodgkins Lymphoma and when I was getting stronger I decided it was time to get on with a few of my earthly dreams. I needed to get some horses I could ride and ride and ride...and forget about my disease.

What is your horse's breeding? Bask* and double Bask* on the bottom. Some Babson blood. some Egyptian way back on top. Tail female line goes back to Rodania, Silver Drift

Sex: gelding

DOB: 4/1990

Horse height: 15h

Approx. Weight: 975

Color: flea bitten grey with bloody mark (the bloody mark looks like an angel to me! Mickey Mouse to others!)

Shoe size: 1

Why did you decide to purchase this horse? He was just a horse that the breeder's son said could probably do endurance. I purchased 2 anglos out of the last of the breeding program, too. I just could not leave them there. All went into my endurance quiver. I called them "the Ghost Brothers", all flea bitten greys that needed to get off the over used ground they were on and into a job.

Did you do endurance with any other horses before this horse? Yes, as a kid on rural Vermont we would put in 20 + miles a day when we had the chance. Swimming, running, camping with our horses, finding wild blueberries, strawberries and black berries, raspberries. No one knew where we were. Our horses always brought us home. This was not "formal endurance competition", but still endurance!

How many different horses have you ridden in this sport? formally 20 or more

Do you participate in any other horse sports or activities? as a kid?:barrel racing, gymkhana, shows judged by Sally Swift, reining, all in S. Vermont. We used to start, break and train horses in South Dakota for Roe Bailey and he would bring 60 – 75 horses and sell them off our place in Marlboro for 15 years.

How many years have you been involved with horses? In endurance? 55/35

What got you interested in endurance riding? What was it that kept you interested? Mytwin sister Sally White did the GAHR. I couldn't go because I was training for the U.S. Ski Team that summer and working. I missed the chance of a lifetime..... I love to do things with my horses -still!How old was your horse when first started? First ride? Montego was halter broke, poor, and 9 years old. I got him in July 2000 and he was starting his ride career in 2000 at Bryce!!



How many rides did you do the first, second, and third ride seasons? (list w/ distances) 1st year: 1 or 2 50's. 2nd year half a dozen 50's and multiday. 3rd year many 50's including 100's and multidays. I rode all the time!! Also Bobbie Wong took Montego because I was on the verg of a relapse in 2002. She rode him slowly which helped his development, but it also made him very difficult and unmanageable. He was hyper.

What mileage distance did you start with? (25, 50, etc.)50How long till you top tenned or raced? (if you did)I think in his 3rd or 4th year. He started winning multidays overall. I don't know if I ever raced

Montego. Mainly I held him back because I did not want him to break. In 100's he finally made his mark by making the top of the short list for 3 overseas teams.

How much time off do you give between ride seasons? I work teaching skiing so all my horses are off Dec thru March. That makes for a very short ride season.

If you have done 100s, how much time off do you give after doing one? 3- 6 wks depending

If you have done multadays, how much time off do you give after doing one? 2 – whatever depending on the individual. It all depends on what each individual needs

What kind of tack do you use? (saddle, pads, girths, bits, etc.) biothane, zilco, saddle w/tree (leather). all endurance stuff. custom Skito saddle pad from Tom

What kind of shoes do you use on your horse? Pads? Barefoot? Barefoot and booted? depending. shoes, pads, eventers or another wide webbed shoe

What kind of problems have you encountered? only pasture incidents...and a run away from a mtn. lion

What was the worst or most severe injury your horse has had? probably when the farrier drew blood and quicked my Montego to within a mm of bottom of his sole. This knocked us off a U.S. team. Montego recovered....I told that farrier if he ever came within the line of my sight again I would go after him

How did you work THROUGH it? time off, major vet. expenses, severe lock down which never set well with Montego....maniac over that

What was the worst or most severe injury you have ever had relating to horses or endurance riding? severe colic to Alburuke at Chicken Hawk 2010....maybe it was the cold water he sucked after coming out of that canyon. That was a major expense at Loomis Basin!! Al was back in form in the fall. Damn near lost him, tho

How did you work through it? Vets took care of him, friends too, including Kassandra Tucker

Describe the best ride you ever had on your horse? Arabian Nights, 2nd place 7hr. 58min. 2004. I was awestruck. But with Montego he always was incredible

Describe the worst day you ever had with your horse? when he spun and took off out of my hands during a training ride running during training before Aachen: from what I think was a Mtn. Lion. He ran 15 miles cross country down 3,000 ft off the mountain, all alone, tack flying about. He was a shaking, blithering, frightened mess. but he recovered..the other horses all ran off in various directions after a mass exodus.

What was your most humbling experience? In 2003 when he would not recover at first vet hold because the gang of horses he was with went to their stations .@ Ft . Howes. He left the hold in last place and ended up in 7th. It had taken him 60 miles to calm down. It was his FEI depute

What lessons have you learned along the way that you feel are the most important? Adjust, respect, redirect, acknowledge,adapt, take responsibility. Never ever give up....take care

Where does your horse live? Full turnout? with me so I can see him everyday first thing. Always full

turn out on my property unless he is really not able.

What kind of environment did your horse spend the first few years of life? Locked up on terrible ground

What are your horse's strengths? Breeding. ilove him

Weaknesses? Breeding

What advice do you have for new riders? learn all you can

Looking back, what would you do differently? Live where I can ride all year round

What do you feel you did right? rested my horse enough

What was your highest goal for your horse? Did you achieve it? highest goal = stay healthy, meet his potential as a companion. Yes he more than achieved this

Describe your horse's personality? How is it like or unlike yours? calm, crazy, nuturing, needy, independent, free spirited, worried

What kinds of rides do you enjoy the most? (multidays, 100 s, 50 s, etc.)all of the above. they each have their own set of challenges and fun

In what ways has endurance riding made a positive influence in your life? it all started by giving me in the moment goals and to forget about cancer and disease. I was too busy taking care of my horse. It has turned into a positive in the moment experience I cannot at this point live without



Describe your electrolyte protocol. change, adapt, experiment

Is there anything special about your nutrition program you attribute to your success? every horse is different. I can throw anything at Montego including the kitchen sink and it would help him. Other horses have had other needs

Are there any major changes you 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? again, each horse is different, especially when geographics come into play. it is always a challenge to make it right for each individual horse.....some of it just comes naturally if you listen and look, study

What kind of supplements (if any) do you use? all kinds, including honey, pureed papaya, Redmond salts and clay. apple cider vinegar, minerals from Redmond (local quarry). yogurt.....electrolytes, kosher

salt. he, he, he just gotta know when and how

Do you give any kind of joint products? (describe) adequan, gold meadows products, cosequin, joint help as needed

How far do you usually travel to rides? up to a weeks travel distance one way Do you go to many rides outside of your region? yes for championships and fei

Name three people involved in the sport of endurance that you look up to, and why? Sally White (my twin: always a step behind or ahead of me) Sally Swift who took a big interest in us as kids with horses in s. Vermont. Roe Bailey who made sure there were horses in my life. He left me the money to buy Montego. Roe would have loved to hear our stories. Roe caught and broke “the last wild horse in the Badlands of South Dakota!” And Ray Hunt who gave me the tools to start and ride all these horses later in life. Geeze, my dad Arnold White got it all going when we were 3 years old!! There is not enough room here

Did you have a mentor or first trail partner? Tell us about him/her/them. Sally White. We rode all over S. Vermont and the Black Hills of S. Dakota as kids – alone with our horses, for years

Describe the first rig you had and then tell us how it compares to your current rig? I rode other people’s horses in the early 80’s out of the back of a jetta. It was ugly and uncomfortable. My husband was generous to loan it to me. I am comfortable in my current rig, as long as everything works!

In choosing your next horse, what would you look for? another Montego. But that could never be.