

Rider Name & Horse Name



American Endurance Ride Conference

2017 AERC Decade Team



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Rider's name: Shana Hall

Horse's name: Thorn (Fortunes Meisha, had to look it up because we never use it)

Year of First Endurance Ride (first year in the decade): Our first ride together was in 2008 at the Biltmore Challenge

Region: SE

Current rider lifetime mileage? 2015

Endurance: 1775

Limited Distance: 240

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

He belonged to Larry Pitts but they never seemed to click so he became a Birthday gift to me. I have often described riding Thorn as like riding a squirrel, he can also become a fire breathing dragon after a 100 miles, I've seen him do it. Not always the most fun to ride but never boring? When he's bad he is literally a Thorn in my side but when he is good there are none that compare.

What is your horse's breeding? Arab

Sex: G

DOB: 06/26/1997

Horse height: 15

Approximate weight: 965

Color: Bay

Why did you decide to purchase this horse? Gift

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

How many different horses have you ridden in this sport? 6

Do you participate in any other horse sports or activities? Pleasure riding

How many years have you been involved with endurance? 12 **With horses in general?** 40

What got you interested in endurance riding? Debbi Clark got me started and I never looked back!
Thanks Deb!

What was it that kept you interested? It's addictive and the endurance family is the best.

How old was your horse when first started in endurance? 10

How many rides did you do your first three ride seasons? 13

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

How long until you top tenned or raced (if you did)? Last ride of the first season

How much time off do you give between ride seasons? 5 months mostly because of time and I hate cold weather

If you have done 100s, how much time off do you give after doing one? 1 month

Do you use any special type of tack or shoeing with your horse? Nothing special and I do my own shoeing

What kind of problems have you overcome with your horse? We remain a work in progress

Describe the best ride you ever had on your horse. Winning the LD at our home ride at Leatherwood Mountains

What was your most humbling experience? Finishing our 100 mile ride at Biltmore

What lessons have you learned along the way that you feel are the most important? Trust your instincts.

What advice would you give to new riders? Take your time and ask questions

Looking back, what do you feel you did right? I didn't overtrain

What would you do differently? Go to more rides

What was your highest goal for your horse, and did you achieve it? 100 miler and we did it

Describe your horse's personality? How is it like or unlike yours? We often butt heads because we both want to be in charge all the time

What kinds of rides do you enjoy the most? All distances but the 100 is very rewarding mentally

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

goals and reaching them

Is there anything special about your nutrition program you attribute to your success? No

What kind of supplements (if any) do you use? None

Do you give any kind of joint products? No

Describe your electrolyte protocol. I start the day before a ride, usually dose once during the loop unless it's short then dose at the vet check

How do you choose which rides to attend? usually what is closest

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

Susan Kasemeyer for her experience, common sense and love of the sport, Laura Horst for her experience, common sense and love of the sport and Connie Walker for her experience, common sense and love of the sport. I'm sensing a theme here?

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

I've been able to ride with a great group of people all of whom have taught me something at some time or other but my best trail partner would have to be Cindy Cairns as we have journeyed many emotional miles together and helped cheer each other on time and time again. Thank you Cindy!

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

Not sure I'll be actively looking – maybe the next one meant for me will show up again like Thorn did when I least expect it?