

**Teresa Fett & CR Mistiraaz10**



American Endurance Ride Conference

**2021 AERC Decade Team**



Teresa Fett and CR Mistiraaz10 at the 2021 Bighorn 100.

Photo © Adrienne Dymesich

## Decade Team Interview Questions

Please fill out with answers to as many questions as you wish to answer. You are welcome to send a photo for use on the AERC website – please be sure you have the photographer's permission to reproduce the photo, and include the photographer's name and contact information.

Return to: [endurancenews@foothill.net](mailto:endurancenews@foothill.net). Thank you!

Rider's name: Teresa Fett

Horse's name: CR Mistiraaz10

Year of First Endurance Ride (first year in the decade): 2012

Region: Midwest

Current rider lifetime mileage? 12,485

Endurance: 6,135

Limited Distance: 6,350

Tell us about your horse. When/how did you come to get him/her? Purchased from a fellow endurance rider when he was 1.5 years old.

What is your horse's breeding? Arab

Sex: Gelding

DOB: 04/19/2005

Horse height: 15.2

Approximate weight: 850 lbs.

Color: Bay

Why did you decide to purchase this horse? Liked his looks and needed a future horse

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

How many different horses have you ridden in this sport? 5

Do you participate in any other horse sports or activities? Trail Riding

How many years have you been involved with endurance? With horses in general? 28 years / 53 years

What got you interested in endurance riding? What was it that kept you interested? Wanted to do something with my horse that allowed riding time. Competition.

How old was your horse when first started in endurance? 4 years LD, 7 years Endurance

How many rides did you do your first three ride seasons? 28 LD's

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

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

How much time off do you give between ride seasons? All winter in northern Minnesota

If you have done 100s, how much time off do you give after doing one? 4-5 weeks

If you have done multadays, how much time off do you give after doing one? 2 weeks for multiday LD's.

Do you use any special type of tack or shoeing with your horse? Podium saddles and borium on shoes

What kind of problems have you overcome with your horse? Allergys

Describe the best ride you ever had on your horse. 2018 100 Nationals, NC, 10<sup>th</sup> place finish in hot, humid weather.

What was your most humbling experience? Trying to finish Bighorn 100 in 2021 with a rookie ride partner on my other horse.

What lessons have you learned along the way that you feel are the most important? Take one "hold" at time.

What advice would you give to new riders? Don't override a new horse

Looking back, what do you feel you did right? Not overriding my horse when we started and moving up as he progressed.

What would you do differently? Not really anything, if not broke don't fix it.

What was your highest goal for your horse, and did you achieve it? Yes, top 10 in nationals and a few more goals to work towards.

Describe your horse's personality? How is it like or unlike yours? Stoic. We both take it like it comes and move on to the next ride.

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

In what ways has endurance riding made a positive influence in your life? Gives me a goal to work towards with the beginning of each new season.

Is there anything special about your nutrition program you attribute to your success? Nothing special except a balanced diet along with pasture grazing.

Are there any major changes you've made to your nutrition program (i.e., changed from one hay to another, added something special) that you feel made a noticeable improvement or solved a problem? Platinum Performance solved his allergy problems and allowed him to gain weight for improved endurance and recovery.

What kind of supplements (if any) do you use? Platinum Performance GI.

Do you give any kind of joint products? Included in the Platinum Performance

Describe your electrolyte protocol. I pre-load 3 days before, during the ride every 2 hours.

How do you choose which rides to attend? Varies with my work schedule

Do you go to many rides outside of your region? About 3-4 if possible

Name three people involved in the sport of endurance that you look up to, and why. Darlene Molitor, Dr. Dean Peterson, my crew person Dale Fett

Did you have a mentor or first trail partner? Tell us about him/her/them. No, started on my own.

In choosing your next horse, what would you look for? Not starting a young, unbroke horse at my age.