

Performance Shagya Arabian Registry Annual Awards



Performance Shagya Arabian Registry Awards Presented

This was the seventh year for the PShR Awards Program and each year the program is growing and getting better. This year's winners are:



Dressage Training Level Champion, Marilyn Weber & H. WineGlass Sangria
Dressage First Level Champion, Rachel Boyce & H. WineGlass Gideon

Endurance Champion, Alex Uspenski & Marton
Endurance Reserve Champion, Brian Coss & Lily Creek Stetson
Endurance Honorable Mention, Carol Federighi & Lily Creek Legacy and Dale Scoville & Ninja PFF

Limited Distance Champion, Marty Power & SA Te Jat
Limited Distance Reserve Champion, Chris Power & WineGlass Debonair
Limited Distance Honorable Mention, Olivia Rudolphi & H. WineGlass Syrah

Competitive Trail Riding Champion, Beth Rudy & WineGlass Dora
Competitive Trail Riding Reserve Champion, Holly Kemmis & WineGlass Vino (tie)
Competitive Trail Riding Reserve Champion, Nicole Mauser-Storer & H. WineGlass Pik George (tie)

Shagya Ambassador Champion, Holly Kemmis & WineGlass Vino and WineGlass Remy
Shagya Ambassador Reserve Champion, Lisa Fiano & Szigfrid AF
Shagya Ambassador Honorable Mention, Olivia Rudolphi and Linda Rudolphi

High Point Rider, Holly Kemmis

Meritorious Sire, *Budapest

NOW is the time to get your Registration forms in for the 2016 competition season. Remember, the competition year is from December 1, 2015 to November 30, 2016. To be eligible to receive year-end awards the horse must be registered with the Performance Shagya-Arabian Registry. Additionally, Rider and Owner must have paid membership dues to the PShR for the competition year. A Nomination Form for each horse in each discipline must be submitted to Holly Kemmis, the PShR Treasurer with appropriate fees postmarked at least 7 days prior to their first event in order for scores to count. More information about the awards program can be found on the PShR website at <http://www.performanceshagyaregistry.org/annual-program.html>. Please review the website for changes! The biggest change is that in each discipline the horse/rider team must compete in at least two competitions to qualify for year end awards. If you have any suggestions for improving the program or questions contact the Awards Chair, Marty Power.

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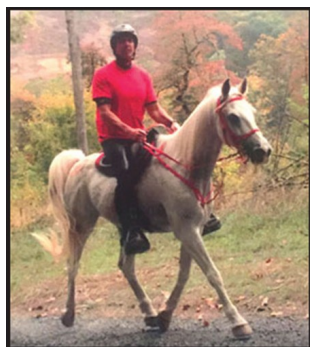
PShR Shagyas Dominate AERC National Championship

LILY CREEK STETSON, owned by **Brian Coss** and masterfully handled by **Carol Federigi**, finished second in the 100 mile AERC National championship endurance ride, held in Okney Springs, Va. on Oct. 8 & 10 2015. His time was 12:15, a personal best!

Carol also rode **LILY CREEK LEGACY** in the 50 mile event and finished 17th with a time of 7:06

Alex Uspenski came in third in the 50 mile AERC championship ride with a time of 5:43. Alex was riding **MARTON**, Shagya gelding. Marton was a first place winner and BC at the Huron River event held 8/22. He has 465 lifetime miles

You will find a review of both events by the riders, **Carol Federighi** and **Alex Uspenski** in this newsletter



Alex Uspenski—Endurance News Essay

I would like to thank every AERC rider barrage of questions about training, electrolytes, strategy, etc. I would also like to thank Arabian dressage trainers Wendy Gruskiewicz and Danielle Blymier-Hebler for all their help in training Marton, my Shagya. And of course my wife, Karen, for putting up with all this insanity. Even my sister flew in from Colorado to watch and help.

The weigh scales really rock when I get on. I am at 23% of Marton's body weight. So we have a system. When Marton gets to the bottom of a steep hill or the crest of a steep descent, he turns his head, does a half halt and looks at me with his left eye. This is how he cues me to get off and run. And I comply. But I decide when it is flat enough to get back on. This is a cornerstone of our team work in the equine version of cyclocross. We did this several times during the event.

Our goal for this ride was exactly the same as any other ride. First, keep Marton safe and happy. Second, do the best we could. But nationals are definitely different than a local ride. The air buzzes louder. The start is more serene, but at the same time more intense. These great riders I read about were all over the place. And I was riding with them. What a cool feeling! The course was technical and fun. Seeing sparks fly from the shoes as we flew through the woods in the early morning was just plain awesome.

We also had a ton of help with people jumping in to crew without asking. Camaraderie like this does not grow on trees. This is the endurance culture and it is the people that make up the sport, with an association that recognizes it and promotes great behavior. This quality national championship ride was facilitated by a great Old Dominion staff and volunteers. Thanks for such a positive experience.

Upper Midwest Endurance and Competitive Rides Association Annual Awards

L to R:

Nicole Mauser-Storer (HS WineGlass Pik George): Outstanding Service Award

Chris Power and WineGlass Debonair: 3000 lifetime miles

Marty Power and SA Te Jat: 4000 lifetime miles

Not pictured - **Beth Rudy** and WineGlass Dora: Reserve Champion Novice

Hungarian Horse Association

H. WineGlass Syrah (*Budapest x H. WineGlass Sonoma), Hungarian Felver/Shagya Sporthorse mare, was champion Hungarian Limited Distance ridden by Olivia Rudolphi.



INTERVIEW WITH ALEX USPENSKI ~~ THIRD IN AERC NATIONAL RIDE (50 MILE)

One note specific to the breed organization, is the Shagya inspection and how critical it is. When MARTON was inspected as a youngster all the things that he is good at was noted in the inspection. But an even more important aspect of the assessment is the animal's faults! It was noted that he had a weak and underdeveloped back. So we worked relentlessly on his back. Seven saddle adjustments later his monster trot really blossomed and gave the Shagya breed a great feather in its cap for endurance 2015. So I am sold as a proponent of inspections.

Besides the AERC rides for 2015 below, he was Grand Champion in a 50 mile elevator CTR at Cuyahoga Valley National Park. In fact, he has GC'd 3 elevators in his career!

Q: How did you get involved in endurance and why?

A: An experienced endurance rider I happened to meet at a local trailhead offered to take me on a training ride. I was "just curious" to see if my at the time trail mare, MFT, would be suitable if I wanted to dip my toes in the sand so to speak. I have been involved with some form of off road racing for almost forty years. I started racing motocross at age 12 and then transitioned to mountain bikes as aging progressed. So all the pieces were there;

- The addiction of butterflies in your stomach on the morning of a ride.
- Endurance training/rest/nutrition (although from the human aspect).
- Livestock farming for many years.
- The love of animals, and a healthy respect of large ones.
- Love horse camping.
- Good physical condition.
- Having been involved in other similar structured sports; so a thorough understanding and admiration of a ride manager's struggles and respect for the parent organization and staff for all they do.

Q: Did you ride and compete in other horse sports before endurance

A: Not horse sports!

Q: How old are you?

A: 52

Q: What state do you reside?

A: Ohio

Q: What is your weight that puts you in the Heavyweight division?

A: I am 6'1" 185#

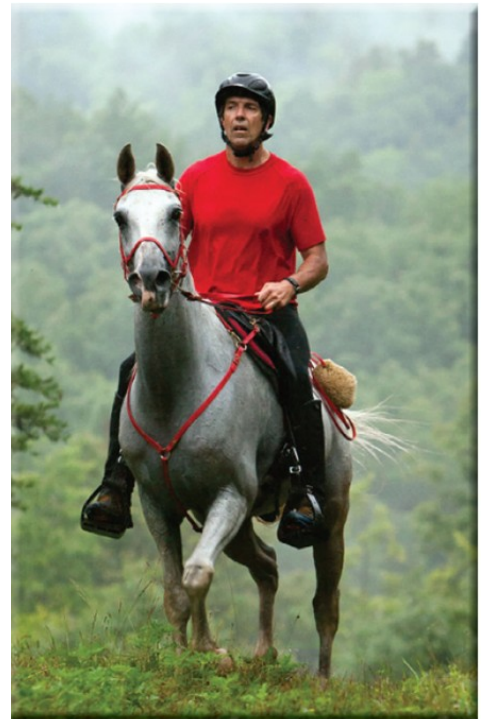
Q: Weight with saddle?

A: 221-228# depending on conditions. If it is hot I take a big CamelBak. I run 23% of his bodyweight.

Q: Tell me about your horse Marton. How old is he and how did you acquire him. Is that his registered name? What breed? If half or purebred Arabian what is his registered sire and dam's names?

A: Marton (registered name) is a 15 year old Shagya Arabian. His sire is Shagya Sun and dam is Blue Mist. A very notable element is that he traces to Budapest, and from what I understand this blood line runs strong in him. He is typical of his lineage. He is about as rock solid, spook free an animal as I have ever seen. True to his roots of a Hungarian war horse.

CONTINUED



Alex Uspenski and MARTON

INTERVIEW WITH ALEX USPENSKI -- THIRD IN AERC NATIONAL RIDE (50 MILE) - CONT

I visited the owner looking for a completely different breed. She loved Marton, but her life had taken a different path and had no time for him. She wanted the right owner, and now I know why. She told me how great he was, etc., etc. Same story you hear from everyone. It turned out it was all true. So I went to visit him and took a ride in a large arena. I really did not know what I was doing. I got one foot in the stirrup and he bolted, doing multiple laps in the arena at full bore with very little horse knowledge and one foot in. The saddle started slipping around. He felt the imbalance and immediately shoved his shoulder under me to save me. But he had no intention of slowing down. So I knew right there and then he was very kind and very strong. The women all had eyes like golf balls watching him race around. It was comical. They finally got him stopped. The owner shrugged and sort of alluded to "oh well..." All I said was "Perfect, I'll take him". So I leased him for a year and the purchase was a no brainer. We were totally bonded.

Q: What makes him special for this sport and to you?

A: He is very smart and very tough. He sort of knows what place he is in at all times. I think he can count. He is competitive, but race brain was totally extinguished after his fifth ride. He is great in traffic, and kind to most all other horses.

What made him special was working with Arabian trainers Wendy Gruskiewicz and Danielle Blymier Hebler to address his back issues. And we keep working. We have made 7 saddle adjustments since we started.

We are joined at the hip. He has taught me more about patience and the importance of dressage than I ever dreamed of knowing. And he has forgiven every mistake I have ever made. What more can one ask?

Q: How was the trail? How was the footing and weather?

A: The trail was as hard a trail as we have ever ridden. The great thing is Virginia in fall is beautiful and warm by NE Ohio standards. There were two significant climbs, and this is the type of course a national championship should be. Challenging, but safe and do-able. The ride management and volunteers had it down perfectly. This is a well-run organization. The people do it out of the love of riding, and it shows.

Q: Were there any times you thought "Uh-oh, we are in trouble."?

A: On the first loop we were 1 mile from the Bird Haven (stop 1). We got there quicker than expected and were off camber crossing a steep freshly paved asphalt road. Volunteers did not have enough time to put sand down. We were literally standing still on the road and Marton fell and knocked the wind out of himself! I got my feet out as he was going down so here I am, standing over a horse laying down in the middle of a road. I never actually fell. But he was totally unscathed, no doubt because it was so slippery and the off camber grade actually lessened the angle of incidence in his landing. That was a novel experience.

Even though I by and large run the climbs and steep descents, He was starting to crack at the second hold after the big second climb. So we walked for a long time between Laurel Run and Bird Haven (stop 2 and 3). Finally we found a grass patch that he went bananas over! And by then a half a dozen horses were closing in, including the second heavyweight, Sallie Sullivan, on her steam roller Asgard mount, Ivan Grozni. But we had 4 miles to go to the hold, and I knew we would pulse down quicker. I knew with all that easy riding and a belly full of grass and water he was OK. The heavyweight title was won in the last hold. Marton and I had six miles to scamper in. I knew her pace, which was fast, but I also knew if we just ran steady with endurance icon, Claire Godwin, we would make it. So that's just what we did.



100 MILE AERC NATIONAL CHAMPIONSHIP RESULTS IN A PERSONAL BEST FOR LILY CREEK STETSON

By Carol Federighi

LILY CREEK STETSON is 16-year-old Shagya Arabian owned by my fiancé, Brian Coss, and bred and raised by Brian's mother, Donna Coss, at her Lily Creek Ridge farm in Freeport, Illinois. Brian and I take turns riding him, and we decided I would ride him in the Championships. Stetson's prep for the year consisted of two fast races in the spring and then two very slow 100s in the summer. He was also second this year in the Eastern Regional Ride and Tie Championships at Big South Fork! Just a stroll for him at only 25 miles, however.

The weather for the Championships was cool and dry, and I was looking forward to riding the familiar (to both me and Stetson) Old Dominion course when it was not gruesomely hot! My goal was to start out with the leaders and just play it by ear. Given the level of competition, I didn't expect to end up near the lead. I knew that Stetson was fit and can be competitive. But he'd never really done a super-fast 100, and I didn't know if the recent, slow 100s had worn him out, gotten him fit, or gotten him fit but instilled plodding.



For the first two loops, we rode in the front group of about 8-10. At both holds Stetson pulsed down immediately, as he did all day, and so leaving the second hold we found ourselves in the lead with three other riders. I'd already started to think this might be Stetson's day. He was having no trouble pulsing down and was feeling particularly strong on the long uphill climbs.

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At the third hold, one of our group of four dropped back because his horse was not eating. Three of us left together for the fourth loop, but shortly afterwards one rider's horse stumbled and lost a shoe. (Stetson and I were using Easyboot Glueons, which are fantastic on the OD's rocks, so we were not concerned about losing shoes ourselves.)

At that point, I had lost sight of Bryna, who was in front, and I began really pushing Stetson, desperate to catch Bryna by the 10-minute gate-and-go at Wates Run. Luckily, I got there before she pulsed down, and Stetson and her horse pulsed down at the same time. We left Wates Run together and were basically together in the lead for the rest of the race. Stetson continued to feel strong and I could tell that he always knew where he was, even though he had only done the OD 100 once before. And my crew was awesome, letting us rest, getting Stetson to eat, and making sure we left the holds on time.

Bryna is an amazing rider and fierce competitor. I was just the follower for most of the race -- she mostly led and had the faster horse. So I agreed with myself that I would not race-off to the finish -- I had tried that in the spring in Foxcatcher, and Stetson had come in lame. He's not the fastest of horses and doesn't quicken readily, so he probably had no chance against Bryna's horse anyway.

CONTINUED

PERSONAL BEST FOR LILY CREEK STETSON—Cont

We finally reached the road, 1/2-3/4 mile from the finish, with Bryna a couple of lengths in front. As we cantered towards the finish, I politely asked Stetson if he wished to make a race of it. But he had obviously reached the same conclusion I had about race-offs and he politely declined. I didn't insist, and we cantered through the finish second by two lengths.

A few more "fun facts" -- Stetson was orphaned at one month old and was bottle fed after that. Then he was a breeding stallion for a number of years -- one of his sons, LC Nobelest, has completed Tevis. And Stetson and our three other horses live part-time at a boarding stable in Rock Creek Park in urban Washington DC and we do a lot of our training on the trails in Rock Creek Park.

Stetson had a 5th place in the Vermont 100 and 10th place in the Northeast challenge earlier in 2015. Stetson has 1624 Lifetime mile record and 175 LD miles. His sire is SARVAR PFF and dam was SONATA PFF. He is the sire of many sport horse crosses, with Trakhaner and Thoroughbred mares. Some have been division champions in Hunter Jumper shows. Two of these champions were ridden by 14 year old girls.

