

Spring has come and summer is not far behind. New life is starting all over our area with new grass popping up, leaves budding on the trees and foals running in the paddocks behind their moms. A new competition season is also upon some of us and others are gearing down as the temperatures down south become a little too warm. As the show season starts for me each year, I think about what my goals are for the year for the competitions that I run and also in my riding. I'm bringing my wonderful paint horse back from over a year off due to an injury and it's caused a little bit different train of thought for me.

I'm drifting back to my old eventing patterns, thinking more in terms recently of endurance, strength and fitness. We've had fun with our timed trot and canter sessions and doing lots of road and tracks down our gravel roads. The neighbors have become complacent (and I know they laugh behind their hands!) with the vision of Joe (my paint) and I trotting past them over and over with me singing at the tops of my lungs along with my Ipod. Joe is getting stronger and stronger and loves being back to work and this whole process has brought back to me once again how much I love riding and how much I hold dear the wonderful partnership a person can have with their horse. They save us so much money in therapy! I'm trying to follow the same strength and fitness patterns for my horse with myself, but that's a little harder sometimes... I'll ride in the wind, rain and snow, but it's not so much fun to go for a walk on your own two feet in that weather. Thank goodness for water aerobics!

We have finalized our potential candidates for the 2012 FEI North American Junior and Young Rider Championships. We have 21 folks who have declared, so hopefully Region 5 will field two full teams. If you would like to contribute or help with their fundraising efforts, please contact Joan Clay, our Region 5 Jr/YR FEI coordinator at jnclay@comcast.net or 970-420-0877.

In a couple of weeks I head off to the USEF Spring Executive Board meeting. I look forward to sharing with you all the wonderful things going on in our organization in my next monthly update.

Please enjoy your time with your horses and the wonderful educational process that dressage is and can be.

Till next month!
Heather Petersen

Region 5 Director