



IEBRA Newsletter  
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# NEWSLETTER

MARCH 2011

WWW.IEBRA.NET

## PRESIDENTS LETTER

Hey Girls!

I hope everyone has got a chance to start legging up, it sure is nice to have another hour of daylight! I was very impressed with our general meeting last month, everyone seemed excited to get the year rolling. We have a busy race schedule planned with some historical races set and some new arenas to try out.

I would like to thank all of you who were able to attend the meeting and to those who stepped up to direct some races.

Please check the website, newsletter and approvals for updated race info as this is early in the year and there have already been some date and arena changes made.

The booth at the 4H tack swap went well, there was a lot of interest in the club. Congratulations to Keri Hutchins for winning the membership drawing! Welcome to IEBRA Keri!

Heather Beierle  
2011 IEBRA President

### IN THIS ISSUE!!

- Race Season Schedule
- May Approvals
- Booth display at the 4-H tack sale
- Preparation & Conditioning Your Horse
- 17 seconds with members:  
Erin Gleave & Lindsey Ham
- 2011 Member Application

Deadline for submitting to the newsletter will be the 15th of every month.  
E-mail me pictures of you running barrels for the website.



## INLAND EMPIRE BARREL RACING ASSOCIATION, INC. 2011 MEMBERSHIP APPLICATION

Members must reside in Spokane, Stevens, Ferry, Pend Oreille, Lincoln, Whitman, Adams, Grant, Douglas & Okanogan Counties in the State of Washington And Boundary, Bonner, Kootenai, Shoshone and Latah Counties in the State of Idaho.

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State/Zip: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

E-Mail \_\_\_\_\_ Newsletter e-mailed to you: YES \_\_\_ NO \_\_\_

MEMBERSHIP FEE: INDIVIDUAL \$25 \_\_\_\_\_ FAMILY: \$35 \_\_\_\_\_

(For award purposes): Belt size: \_\_\_\_\_ Coat size: \_\_\_\_\_ Boot Size: \_\_\_\_\_  
Horse Blanket Size: \_\_\_\_\_

**OPEN DIVISION COMPETITOR:**

Rider: \_\_\_\_\_ Horse(s): \_\_\_\_\_

**LIST 2000 OR 500 NOVICE REGISTRATIONS BELOW:**

RIDER'S NAME	HORSE NAME: REGIS. & BARN	2000 / 500	LIFETIME EARNINGS
1			\$
2			\$
3			\$

Application will not be accepted without lifetime earnings filled in.

**JUNIOR DIVISION: AGES 12 & UNDER**

**YOUTH DIVISION: AGES 13-18**

RIDER'S NAME	YOUTH OR JUNIOR	CHILD'S BIRTHDATE
1		
2		
3		

**IEBRA RELEASE FORM**

AS MEMBER OF THE IEBRA, I HEREBY AGREE TO HOLD HARMLESS AND ASSUME THE RISK OF ANY INJURY TO MYSELF, MY PROPERTY AND EVERY MINOR PERSON WHO ACCOMPANIES ME TO AN IEBRA SPONSORED OR CO-SPONSORED EVENT. FURTHER I WILL HOLD HARMLESS EACH EQUINE ACTIVITY SPONSOR FROM ANY CLAIM OF INJURY OR DAMAGE THAT COULD BE SUSTAINED BY MYSELF, MY PROPERTY AND EVERY MINOR PERSON WHO ACCOMPANIES ME TO AN IEBRA SPONSORED OR CO-APPROVED EVENT.

MEMBER SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

GUARDIAN: \_\_\_\_\_

**SEND APPLICATIONS TO: IEBRA SECRETARY**

Erin Gleave 509/499-8635  
24511 S. Rupp e\_gleave@hotmail.com  
Cheney, Wa. 99004

### **17 seconds with: Erin Gleave**

- 1. Hometown:** Spokane
- 2. Age:** ...uh I think I'm 36, I choose not to think about it too much!
- 3. Family:** My husband Larry, 13yr old son Chance, and 9yr old Cheyanne.
- 4. Horses** - Okey Dokey Newt-6y old gelding from the Lost Fork Ranch in Montana. I team rope and barrel race off him!
- 5. I cant remember how long** I've been a member! Took a break to team rope only for a few years and came back around 2002!
- 6. My first job** was at a riding stables in Spokane, we were given 1 year old, unregistered horse sale colts as payment! That was interesting!
- 7. The talent** I would most like to have would be...maybe singing. I am really bad, I can't even sing to myself in the car!
- 8. My favorite arena** is probably Davenport, I feel very confident there with the gate set-up and ground. My most memorable race was winning the Rosalia Bull Bash on my previous horse Pockets the year before I sold him! What a thrill to know that a horse I raised and trained could do that! I thought it was a good example of the novice format shaping a young horse from the \$100 Novice to the Open against tough "rodeo" girls!
- 9. My favorite T.V. shows** are Two and a half men and Criminal Minds.
- 10. My favorite food** would be any sort of Surf and Turf and Chocolate cake. I don't discriminate against any foods, except maybe liver and tongue!
- 11. My favorite quality** in horses and people is probably calmness and a level head. I love a sense

- of humor in the people, although consider it suspicious in horses.
- 12. My least favorite quality** in people are those who try to manipulate what they want you to do, just tell me straight up what you want and we will work it out. I also dislike people who talk behind my back, just say it to my face and stop being a coward! I dislike horses that are flighty. I think there are too many good ones out there to mess around with ones that can't settle down and learn.
  - 13. What items must you have in your gear bag/tack compartment:** I must have a hoof pick!
  - 14. When we aren't Barrel racing** we are team roping! I think we went to the lake once but I ended up thinking about barrel racing and roping all weekend and didn't have much fun!
  - 15. The biggest barrel racing thrill** I have had other than winning Rosalia was winning an open jackpot by hundredths against one of the well known barrel trainers on his good futurity horse! I almost drew out cause I didn't think I could beat him, I was thrilled that I was able to ride right under some pressure and pull it off!
  - 16. My goal for 2011** is to bring my Newt horse at least through the \$2000 Novice, which will be a challenge! Despite the fact that he has a high speed index and CAN run, convincing him to do it is hard! He is very lazy, I will need to be more aggressive than I have ever needed to be to keep up!
  - 17. I would love to travel** with Jacki Jatzlau. I have been to many different clinics, and by far learned and liked and respected her the most! I would love to observe her edge and work ethic, how she's been so successful at so many levels on different horses!



### **17 seconds with: Lindsey Rae Ham**

- 1. Hometown:** Cheney Washington
- 2. Age:** 21 in February
- 3. Family:** mom-Pamela, sister-shaley, brother-wade, dad-frank
- 4. Horse (s):** Kitty and Woody
- 5. # Of years IEBRA member:** This will be my second year being a member
- 6. First Job:** House cleaning
- 7. Talent I'd most like to have:** Being an awesome singer
- 8. Favorite race or arena:** Fowlers
- 9. Favorite TV shows:** Gossip Girl, Las Vegas
- 10. Favorite Food:** Over easy eggs with toast!
- 11. Favorite Quality in People/Horses:** trust, love,

- and joy!
- 12. Least Favorite Quality in People/Horses:** Never knowing what mood they will be in that day.
  - 13. What items must you have in your gear bag/tack compartment:** Rubber bands...always a must. Horse boots and a whip.
  - 14. What do you do when you're not running barrels on the weekend:** Attend college, workout, ride horses, watch Craig rope, and work
  - 15. What's been the biggest thrill you've had running barrels:** Watching my times improve every weekend and winning my first buckle!!
  - 16. Goals for 2011:** To keep on improving! Clean runs and have fun!
  - 17. Pro Barrel racer you would most like to travel with:** Lindsey Sears

## **2011 SCHEDULE (tentative)**

- May 8<sup>th</sup>** Mother's Day, Davenport FG, Double 11 AM
- May 15<sup>th</sup>** Canyon Creek Farms, Newman Lake, Double 12 PM
- May 29<sup>th</sup>** Ride to Succeed, Deer Park, Double 3 PM
- May 30<sup>th</sup>** Knapp Arena, Deer Park, Double 11 AM
- June 4<sup>th</sup>** Rosalia Bulls and Barrels, time TBA
- June 5<sup>th</sup>** Gladys Hellyer Memorial, Spokane FG, time TBA
- June 12<sup>th</sup>** Melody Riders, Chewelah, Double, time TBA
- June 18<sup>th</sup>** Clayton Rodeo Arena, Single 12 PM
- July 2<sup>nd</sup>** Ride to Succeed, Deer Park, Double 11 AM
- July 16<sup>th</sup>** Newport Bulls and Barrels, 7:30 PM
- July 24<sup>th</sup>** Knapp Arena Deer Park, Double 12 PM
- July 30<sup>th</sup>** Ropin and Racin Rosalia, time TBA
- July 31<sup>st</sup>** Ropin and Racin Rosalia, time TBA
- Aug. 13<sup>th</sup>** Run for St. Jude Benefit, Deer Park, Double 12 PM
- Aug. 20<sup>th</sup>** Cusick Fair, Cusick WA, Single 12 PM
- Sept. 5<sup>th</sup>** Labor Day Race, Davenport FG, Double Open 11 AM
- Sept 10<sup>th</sup>** Ride to Succeed, Deer Park, Single 10 AM
- Sept 18<sup>th</sup>** Canyon Creek Farms, Newman Lake, Double 12 PM

This is a tentative schedule and may change as the season progresses. Please check the website, and newsletter for updates!!

## Approvals

**Race Name: Mother's Day Race**  
**Name of Arena: Davenport Fairgrnds**  
**Date of Race: May 8, 2011**  
**Time: 11am**

Open Single:  
\$100 Added  
\$35 Entry Fee  
\$7 Office Charge

Novice Double: Jackpot, \$2000, \$1000,  
\$500, \$250, \$100, Youth, Junior  
Entry Fee per rule 9.4.3  
\$7 Office Charge

Time Only's: 9am - \$4 for each \$10 for 3

**Entry Person:** Becky Evers (509)725-0007  
Entry Date/Time: Thursday, May 5, 2011 @  
7-8:30pm  
Call Back Date/Time: Thursday, May 5,  
2011 @ 9pm

**Notes:**

Accept Open late entries for \$10 late fee.  
(As long as open fills)  
Please leave the fairgrounds in the condi-  
tion it was in when you got there.  
Please take home any manure an fill in  
holes around your trailer. Thank you

**Race Name: Canyon Creek Farms**  
**Name of Arena: 10110 N. Starr Rd -**  
**Newman Lake, WA**  
**Date of Race: May 15, 2011**  
**Time: noon**

Open Single:  
\$100 Added  
\$35 Entry Fee  
\$7 Office Charge

Novice Double: Jackpot, \$2000, \$1000,  
\$500, \$250, \$100, Youth, Junior  
Entry Fee per rule 9.4.3  
\$7 Office Charge

Time Only's: 10am - \$4 for each \$10 for 3

**Entry Person:** Heather Beierle @  
509 - 981-0455 or e-mail me at  
hbeierle@hotmail.com. I will send you a  
confirmation e-mail. If you don't get an e-  
mail please call during entry time.  
Entry Date/Time: Thursday, May 12, 2011  
@ 7-8:30pm  
Call Back Date/Time: Thursday, May 12,  
2011 @ 9pm

**Notes:**

Accept Open late entries for \$10 late fee.  
(As long as open fills)  
This is a new arena, and a boarding facil-  
ity. Please pick up after your  
horse and leave the area around your  
trailer clean. Thank You.

**Race Name: Ride to Succeed Arena**  
**Name of Arena: 7910 W. Burroughs Rd**  
**- Deer Park, WA**  
**Date of Race: May 29, 2011**  
**Time: 3pm**

Open Single:  
\$100 Added  
\$35 Entry Fee  
\$7 Office Charge

Novice Double: Jackpot, \$2000, \$1000,  
\$500, \$250, \$100, Youth, Junior  
Entry Fee per rule 9.4.3  
\$7 Office Charge

Time Only's: 1pm - \$4 for each \$10 for 3

**Entry Person:** Makayla Ralston @ 509-999  
-5808 or 509-496-3545  
Entry Date/Time: Thursday, May 26, 2011  
@ 7-8:30pm  
Call Back Date/Time: Thursday, May 26,  
2011 @ 9pm

**Notes:**

Accept Open late entries for \$10 late fee.  
(As long as open fills)  
There are pens available and owners have  
welcomed us to stay over and BBQ  
after the race! Pens \$10 each or you can  
set up your own. The race on  
5/30 is not far up the road.

**Race Name: Memorial Day Race**

**Name of Arena: Knapp Arena Deer Park**

**Date of Race: May 30, 2011**

**Time: 11 am**

**Entry Person:** Noretta Stritzke

(509)935-8797

Entry Date/Time: Thursday, May 26, 2011,  
@ 7-8:30 pm

Call Back Date/Time: Thursday, May 26,  
2011 @ 9pm

Open Single:  
\$100 Added  
\$35 Entry Fee  
\$7 Office Charge

Novice Double: Jackpot, \$2000, \$1000,  
\$500, \$250, \$100, Youth, Junior  
Entry Fee per rule 9.4.3  
\$7 Office Charge

Time Only's: 9 am \$3 for each or \$10 for 3

**Notes:**

Accept Open late entries for \$10 late fee.  
(As long as open fills)  
This is private residence arena. Please pick  
up after your horse and leave the area  
around your trailer clean. Thank You.



IEBRA Showcased at Annual  
4-H Tack Sale. Chances are if  
you attended the sale you saw  
Heather and Erin handing out  
membership forms and race  
schedules.

Encouraging horse enthusiasts  
to check out what IEBRA is all  
about!!

### PREPARATION AND CONDITIONING

Equine (as well as human) physiology naturally but gradually compensates and strengthens (shaping up) during times when more work is needed. But like us, horses can quickly lose conditioning or "get out of shape" during long periods of rest. That is, a strenuous mountain ride would not be an appropriate activity just after 3 months of pasture or stall rest. In this article we will briefly go over some of the factors you should consider as you prepare your horse for upcoming events and activities. These factors include: cardiovascular fitness, respiratory fitness, thermoregulation, muscle fatigue and skeletal fatigue.

**Cardiovascular fitness-** The resting heart rate of horses is approximately 35 bpm and can reach up to 250 bpm during extremely high intensity exercise. Each beat can pump between .8 and 1.2 liters of blood. Therefore, a horse exercising at maximum intensity can pump enough blood to fill a 55 gal drum in 1 minute! As a horse becomes more fit, the stroke volume increases permitting sufficient oxygen transport with fewer beats. Conditioning exercise will improve blood circulation through muscles. As blood circulates more efficiently through muscle, more oxygen is made available, and more heat can be removed.

**Respiratory fitness-** Respiration is of course how oxygen is introduced to the horse's blood. Limiting factors can influence the amount of available oxygen. These include, the volume of the lungs, the diameter of the airway from the nostrils through the windpipe, and their gait (since horses breathe in rhythm to their stride). One reason horses breathe faster during hard work is directly related to the pH of the blood. The more acidic the blood (from CO2 and Lactic Acid) the harder the horse will breathe to get rid of excess carbon dioxide as well as to take in sufficient amounts of oxygen.

**Thermoregulation (dissipation of heat)-** Working muscles produce heat. Horses have two ways to remove it. One is through breathing heavily. Horse's lungs are very large and the expiration of hot air and inspiration of cool air helps to reduce the temperature of the body, especially the area around the heart. (To be Continued in April Newsletter or

Go to [www.IEBRA.net](http://www.IEBRA.net) under membership section to read the rest of the article)