



Relinquish the Sweat Scraper to Best Cool Horses



By Kentucky Equine Research Staff

If you want to start a heated discussion among equine enthusiasts, ask the best way to cool a horse after exercise. Chances are, most will agree that actively cooling the horse with cold water is the best place to start. After that, though, the conversation may rapidly devolve when you ask whether to leave the water on the horse or scrape it off?

The main mechanism horses use to thermoregulate (maintain an appropriate internal body temperature) is evaporation. In exercising horses, sweat evaporates from the skin to facilitate cooling. If horses are actively cooled with water, then some caretakers believe the water will trap heat against the skin unless it is removed by scraping. Others believe leaving the water will help cool the horse by an alternate method called heat conduction.

To learn more about cooling methods, Australian researchers used both cooling methods after exercise and compared the central and rectal temperatures in five horses.* Each horse was exercised on a treadmill in hot and relatively humid conditions (about 27° C [80° F] and 50% humidity). After exercise, horses were then actively cooled by applying eight gallons (30 liters) of cold water to the horse each minute for six consecutive minutes. The water was either scraped off after each application or the water was left in place.

“Compared to hoses that did not have direct water application after exercise, the body temperatures of horses that were actively cooled decreased significantly regardless of scraping,” explained Catherine Whitehouse, M.S., an advisor for Kentucky Equine Research. In other words, direct water application decreases a horse’s body temperature whether or not the water is

scraped off between applications.

“The data also showed greater reductions in body temperature were observed when the water was *not* scraped off between applications,” Whitehouse added. The researchers concluded “constant contact with water is more important for heat conduction and more effective than producing and using sweat evaporation to remove heat.”

Many regions of the world with large horse populations achieve or exceed the high temperatures and humidity used in this study. Because of this, these horses require active cooling after training or competition to avoid heat stress or exertion-related illness.

And with all that bathing, owners need to be cognizant of the health of the horse’s skin. Whitehouse said, “In addition to a well-balanced diet, owners should use high-quality products to provide key nutrients for the maintenance and repair of healthy skin. For those horses with stubborn skin problems, like rain rot or scratches, consider using a marine-derived oil high in omega-3 fatty acids, such as EO-3.”

She also noted when cooling off a horse after exercise or bathing it is important to remove all traces of sweat and residual soap to help maintain skin and coat health.

Kang, H., R.R. Zsoldos, J.E. Skinner, J.B. Gaughan, and A.S. Guitart. 2021. Comparison of post-exercise cooling methods in horses. Journal of Equine Veterinary Science:103485.



Caryn Vesperman Editor

All advertisements, articles and photographs (with photo release) should be submitted by the 15th of the preceding month of publication, unless you make prior arrangements for additional time.

Calendar of events will appear in both the eQuarter and on the WDCTA website.

Payment for advertisements should be submitted via PayPal through the WDCTA website (wdcta.org) or mailed with a check made out to WDCTA and mailed to the editor.

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Competing Yourself and Watching Others — Inspiring

I've competed now three weekends this summer, and am enjoying being back in the ring. However, I can't seem to shut off the judge in me, as I mentally calculate scores while I ride. ("That was good — maybe an 8" and "Oh, boy, that's going to be a 3 or 4" or "I think that was an average attempt—6.") Perhaps that explains why I went off course at the last show — too much multi-tasking and not enough focus!

I've been glued tthis past week to the USEF Network, watching the Festival of Champions at Lamplight Equestrian Center where the Young Horse Championships, pony classes, and numerous special FEI classes are going on. Very inspiring! If you missed them, they're available On Demand.

Best wishes to those attending the upcoming USDF Regional Championships and the US Eventing American Championships. Then, let's hope the US Dressage Finals will go forward at the Kentucky Horse Park, after being cancelled last year due to Covid. Now those are worth the drive whether you're competing or watching—wonderful rides and fabulous shopping!

Enjoy the rest of your summer, and as always, stay safe!

Caryn

U.S. Dressage Team Announced for CHIO Aachen CDIO5* Nations Cup

US Equestrian announced the athlete-and-horse combinations for the Aachen CDIO5*, hosted as part of the prestigious CHIO Aachen Sept. 10-19 in Aachen, Germany.

Competition will begin Friday, Sept. 17, with the FEI Grand Prix, and continue through Sunday, Sept. 19, concluding with the FEI Grand Prix Freestyle.

The following combinations for The Dutta Corp. U.S. Dressage Team will be led by Chef d'Equipe Debbie McDonald and are:

Anna Buffini (San Diego, Calif.) and her own FRH Davinia La Douce, a 14-year-old Hanoverian mare

Ben Ebeling (Moorpark, Calif.) and Illuster van de Kampert, a 13-year-old Belgian Warmblood gelding owned by Sasha Cutter for Nuvolari Holdings & Amy Ebeling

Charlotte Jorst (Reno, Nev.) and Kastel's Nintendo, an 18-year-old Dutch Warmblood stallion owned by Kastel Denmark, and

Jennifer Schrader-Williams (Olympia, Wash.) and Millione, an 18-year-old Danish Warmblood gelding owned by Millione Partners LLC.

The World Equestrian Festival in Aachen, Germany is back for the

first time since 2019, following the cancellation of the competition last year due to the COVID-19 pandemic.

The CHIO will showcase dressage, driving, eventing, jumping, and vaulting, beginning on Friday, Sept. 10, and continuing through Sunday, Sept. 19.

Nations Cup dressage competition will begin with the Grand Prix at 8:45 p.m. GMT+2 on Friday, Sept. 17, in the Deutsche Bank Stadium. The FEI Grand Prix Special will begin at 12:00 p.m. GMT+2 on Saturday, Sept. 18. The FEI Grand Prix Freestyle CDIO5* will be held at 10:00 a.m. GMT+2 Sunday, Sept. 19.

For more information, visit chioaachen.de.

Dressage Horse Boarding Eagle, WI



Tailwind Farm, a premier dressage facility in Eagle, WI has one opening beginning March 1, 2021.

Heated barn and tack room. 12x12 matted stalls with automatic waterers. Grain AM and PM, hay fed 4 times daily. Daily turnout in spacious dry lots and attached pastures are used weather permitting.

Warm 60'x150' indoor arena with well maintained footing. 2 outdoor arenas, one sand and one grass standard dressage arena.

This 30 acre farm has trails surrounding the property and hay field, also with in a short distance of the Kettle Moraine trail system.

Training and lessons provided by Andrea Schten. Andrea is a USDF Gold, Silver and Bronze medalist on self-trained horses. Multiple students have also obtained their USDF medals under her tutelage.

Please contact Andrea Schten for more information. Call or text 262-470-4557, email: aschten@hotmail.com

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Andrea & Dean Achtenhagen, owners

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(262) 470-4557
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andreaschten.com



Calendar of Events

Other Events

Sept. 25
Three Gaits Schooling Show
English and Western dressage
Judge: Megan Dischler, "L" graduate
Contact: Sandra Faust (608) 219-7644
Registration: opens July 17 and closes Sept. 11
For registration information, visit: three-gaits.org

Stable, Instructor, Breeder and Business Listing Form

For only \$10 per category or \$35 for all four, you can have your stable, instructor, breeder or business listing appear in the eQuester newsletter and on the WDCTA website. This advertising is for WDCTA members only. Must be a WDCTA member to be listed.

(Please limit your information to 35 words per category.)

CHECK ALL THAT APPLY: STABLE INSTRUCTOR BREEDER BUSINESS

MEMBER NAME: _____ PHONE: _____

STABLE/BUSINESS NAME: _____ EMAIL: _____

ADDRESS: _____

STABLE FACILITY FEATURES: (OUTDOOR/INDOOR ARENA, TURNOUT, LOUNGE, WASH STALL, TRAILS, LESSONS AVAILABLE)

BREEDER INFORMATION: (STANDING STALLIONS, BLOODLINES, BREEDS, ETC.)

BUSINESS INFORMATION: (TYPE OF BUSINESS, DAYS OPEN, HOURS, LOCATION, ETC.)

INSTRUCTOR INFORMATION: (COMPLETE BELOW)

EQUESTRIAN EDUCATION BACKGROUND: (DO NOT INCLUDE NAMES UNLESS PROVIDING WRITTEN PROOF OF PERMISSION)

YEARS OF TEACHING EXPERIENCE: _____

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LEVEL OF RIDING EXPERIENCE: _____

SCHOOL HORSES AVAILABLE: YES _____ NO _____

WILL TRAVEL: YES _____ NO _____

REFERENCES AVAILABLE UPON REQUEST: YES _____ NO _____

AWARDS EARNED: _____

ADDITIONAL INFORMATION: _____

[25]

*Only WDCTA members can be listed.
One name per instructor listing.*



**COMPLETE FORM AND
SEND PAYMENT TO:**

Diane Brault
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Instructor/Trainer Profile
For WDCTA Members Only

These questions are only to get the ideas for your profile started. Use as many of them as you want, and add others as needed. Email or mail this sheet and additional pages. The editor will follow up with any additional questions or clarifications.

Please submit some photos of yourself, facility, horses, etc. to:

Caryn Vesperman, newsletter editor
W1619 King Road, Brooklyn, WI 53521
newsletter@wdcta.org



Name: _____
Address: _____ **City** _____ **State** _____ **Zip** _____
Phone(s): _____
Website: _____ **Email** _____

Teach dressage, jumping, both: _____ **Riding Since Age:** _____

Background History:

Current and Past Instructors/Mentors:

Horses -- Past and Current:

Your Showing/Riding Accomplishments:

Students' Accomplishments:

If you own your facility, describe:

Dream or What Inspires/Motivates You:

Interesting or Amusing Personal Story:

Riding/Training Philosophy or "Motto":

Anything Else?

Renew Today!

Time to renew your membership and your stable, instructor, business and/or breeder listings.

The cost is so reasonable!
See forms toward end of this newsletter or go online at wdcta.org.



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Ad size below. Photos should be submitted as jpegs. Or, mail to editor for scanning. Include self-addressed, stamped envelope for its return.

Deadline:

All calendar submissions, ads and payment must be received by the 15th of the month prior to publication. Make checks out to WDCTA.

WDCTA members receive special rate (in **ORANGE).**
See calendar information at bottom of page.

Editor Contact Info:

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Description	1 x	6 x	12 x
Business Card 3.5 x 2": In <i>eQuester</i> newsletter with link to email OR website.	\$10 (\$9)	\$50 (\$45)	\$100 (\$90)
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Half Page 7.5 x 5" or 3.75 x 10": In <i>eQuester</i> newsletter with links to email AND website.	\$20 (\$15)	\$100 (\$90)	\$195 (\$175)
Full Page 7.5 x 10": In <i>eQuester</i> newsletter with links to email AND website.	\$40 (\$35)	\$150 (\$175)	\$300 (\$350)
Website Banner Ad 180x150 pixels, and can be a .jpg, .gif or .png	N/A	\$200 (\$150)	\$400 (\$300)

eQuester and Website Calendar of Events Submissions: *For WDCTA members only. (Up to 20 words).*

INCLUDE THIS: Date > Event > Location > Contact (Name/Phone/Email) > WDCTA-Sponsored Event (Yes/No)

WDCTA Event: Link to organizer's email and registration form, if applicable

NON-WDCTA-Sponsored Event: Link to organizer's email only.

Member-hosted private riding clinics cannot be advertised in the newsletter at this time.