



June-July 2025 Newsletter

EXCA Nationals Hosted By SOCA

The EXCA National Championships were held at Champions Arena in Shelbyville, TN on May 30th through June 1st. There were 140 entries from all over the US and Canada. Thanks so much to all of the judges and volunteers that made this event happen.



July 12th Schooling Day is Rescheduled for October 11th

Due to the extreme heat and other circumstances, the July 12th Obstacle Schooling Day has been postponed until October 11th. The updated flyer and entry form will be on the website soon. Thanks for your understanding and take care of those ponies!

2025 Tentative Events

**1/11-1/12/2025 – Craig & Cole Cameron
Clinic – Darby Oaks Stables, Bushnell, FL
POSTPONED**

**3/1-3/2/2025 – Florida Horse Park – Extreme
Cowboy Race (double points) on Saturday &
Obstacle Challenge on Sunday..**

**4/5/2025– Obstacle Challenge, Southern Roe's
Farm, Groveland, FL**

**5/3/2025 – Extreme Cowboy Race (double
points) The Canyon – Hodges, AL**

**5/30 - 6/1/2025 – Extreme Cowboy Race –
EXCA National Championships, Champions
Arena, Celebration Grounds, Shelbyville, TN
(5X Points)**

9/12/2025 –Clinic – Lee Hart

**9/13/2025 – Extreme Cowboy Race –SE
Regional Championships - (Triple Points)
Chicopee Agricultural Ctr, Gainesville, GA**

**10/11/2025 - Obstacle Schooling Day – Darby
Oaks Stables, Bushnell, FL (rescheduled
from July)**

**11/15/2025 – Obstacle Challenge, Darby Oaks
Stables, Bushnell, FL**

**THANK YOU TO ALL THE
VOLUNTEERS THAT MAKE THESE
EVENTS HAPPEN!!!!**

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RESULTS FROM THE EXTREME COWBOY RACE NATIONAL CHAMPIONSHIPS HOSTED BY SOCA, SHELBYVILLE, TN 5/30 to 6/1/25

Young Guns Division Results			Round 1	Round 2	Total
1	Essence Robertson	Stardust	233.150	224.111	457.261
Green Horse Division Results			Round 1	Round 2	Total
1	Annie Chance	CR Super Light	460.082	458.974	919.056
2	Hannah Howe	Peppy Jac Kingwood	465.257	449.800	915.057
3	Tim Yoho	Gentry	414.736	417.655	832.391
4	Lee Chapman	Ay Monarca	364.914	413.263	778.177
5	Jeff Smith	SQH Heza Plum Pepto	386.110	386.688	772.798
6	Angie Jones	Redden's Buzz Doll	396.420	372.185	768.605
7	Mike Jeffers	Bucky	396.391	367.193	763.584
8	Vaudry Edge	2X Thirteen Diamonds	387.811	355.697	743.508
9	Tammy Burgard	Smart Phoenix Dual	355.493	357.594	713.087
10	Dennis Tipton	Trendys Classic Jac	361.390	348.697	710.087
11	Susan Wingo	KRK Pretty Nifty Gal	344.334	364.685	709.019
12	Jazzy Durgin	Only 2X The Money	320.107	343.599	663.706
13	Kat Wiegand	WHR Tiny Dancer	323.979	330.149	654.128
14	Jen Peterson	Nona	328.535	315.670	644.205
Novice Division Results			Round 1	Round 2	Total
1	Terri Glonek	One Tuff Cowgirl	420.478	389.096	809.574
2	Chase LaMontagne	Indigo	382.896	410.774	793.670
3	Charles King Sr	Gus	420.490	372.619	793.109
4	Charles King Jr	Champ	390.490	382.284	772.774
5	Sara Pearl	Smart Lil Slick	410.128	362.448	772.576
6	Pat Keck	J-L	363.503	407.136	770.639
7	Christine Brier	Chisums Miss Kitty	432.730	329.278	762.008
8	Alecia Grissett	Pepper	375.989	379.650	755.639
9	Sandra Baird	Electric Lil Code	360.959	384.352	745.311
10	Reagan Geary	Johnny	355.026	366.692	721.718
11	Cullen Green	Buster	369.162	342.732	711.894
12	Terri Glonek	Tuff Lil Texan	324.603	358.756	683.359
13	Stacy Chambers	Bonita	324.832	342.572	667.404
14	Christine Brier	BFR Blackburn Steel	327.997	324.147	652.144
15	David Chambers	Sparkles	306.677	340.995	647.672
16	Renee Mims	Exquisite Doc Bar Molly	189.506	286.550	476.056
Non Pro Division Results			Round 1	Round 2	Total
1	Tim Yoho	Surely A Pepto Jewel	620.575	532.807	1153.382
2	Paityn Blunk	Bodocs Money Bar	608.700	544.487	1153.187
3	Laura Green Hart	ShesaOsaLenaCat	582.650	536.033	1118.683
4	Cindy Mitchell	Smarty Pants Joker	593.675	524.873	1118.548
5	James Ochs	Jesse	570.075	547.649	1117.724
6	Tracy Pinson	Tuff Struck Gold	569.725	537.066	1106.791
7	Kirsten Mew	Mister Twister	590.125	514.791	1104.916
8	Jason Keecker	DJF Zan Parr Smoke	568.375	531.866	1100.241
9	Tyler Howe	Indiana Cowgirl	566.750	528.096	1094.846
10	Tracy Pinson	2X T-Buck	588.475	500.598	1089.073
11	Tracy Pinson	Tuff Night At The Ritz	580.900	506.291	1087.191
12	Leanne Hale	Jigsaw	535.625	537.659	1073.284
13	Rick Peniston	Savvy Gun Play	555.150	499.050	1054.200
14	Julia Durham	Lena's Bad Peppy	545.075	503.658	1048.733
15	Tammy Burgard	WR Classic Whiskey	552.425	493.502	1045.927
16	Vaudry Edge	Rojo Willy John 2	540.150	477.904	1018.054
17	Karen Huey	Pepite	514.800	495.253	1010.053
18	Lee Chapman	Pistol Pete	527.700	477.115	1004.815
19	Kirsten Mew	Golden Nu Chex	531.000	445.451	976.451
20	Jason Keecker	TTR Nellie Belly	516.575	438.571	955.146
21	Lee Chapman	Reddens Sonny Joe	461.475	488.431	949.906
22	Bennett Green	Sheza Tuff Pearl	496.000	441.060	937.060
23	Blake Robertson	Tari	478.575	458.025	936.600
24	Julia Durham	A Chic Dun It	482.800	429.918	912.718
25	Kirsten Mew	Lil Shiny Joe	475.025	436.156	911.181
26	Gina Gatto	So Charming	483.000	427.668	910.668
27	Chantelle Croteau	Keep on Chuckin'	427.800	410.809	838.609
28	Meredyth Crews	Dixie	451.975	386.155	838.130
29	Kelsie Yates	Rosebuds Little Fox	536.825	0.000	536.825

Intermediate Division Results			Round 1	Round 2	Total
1	Rick Schroeder	Black Gun Face	614.317	565.837	1180.154
2	Lisa Steinbach	Tuff Struck Gold	552.368	531.356	1083.724
3	Julia Durham	Lena's Bad Peppy	526.282	519.050	1045.332
4	Mary Jo Veluzat	Boom Jac Kid	539.125	479.787	1018.912
5	Edward Brown	Spook	521.867	461.075	982.942
6	Angela Graham	Macs Gentleman Jack	450.968	489.547	940.515
7	Angie Schulte	LC Stylish Lil Tux	461.509	470.032	931.541
8	Alecia Grissett	Pepper	448.284	460.753	909.037
9	Julia Durham	A Chic Dun It	459.934	430.976	890.910
10	Jen Casey	Leanne	478.751	405.735	884.486
11	Debra Sempter	Reddens Nifty Bar Jo	425.848	433.103	858.951
12	Chantelle Croteau	Keep on Chuckin'	388.375	452.684	841.059
13	Diane McMurtrey	I'm Gonna Rip It Up	366.342	371.488	737.830
14	Renee Mims	Exquisite Doc Bar Molly	315.299	333.540	648.839
Ride Show Division Results			Round 1	Round 2	Total
1	Tim Yoho	Surely A Pepto Jewel	593.975	598.554	1192.529
2	James Ochs	Jesse	590.075	589.619	1179.694
3	Laura Green Hart	ShesaOsaLenaCat	564.850	582.224	1147.074
4	Tracy Pinson	2X T-Buck	574.150	571.639	1145.789
5	Tammy Burgard	WR Classic Whiskey	564.000	565.572	1129.572
6	Rick Peniston	Savvy Gun Play	571.650	543.748	1115.398
7	Karen Huey	Pepite	569.775	542.015	1111.790
8	Tracy Pinson	Tuff Night At The Ritz	549.250	561.008	1110.258
9	Ricky Carey	Roger Diablo	541.325	552.006	1093.331
10	Vaudry Edge	Rojo Willy John 2	546.050	535.295	1081.345
11	Lisa Steinbach	Tuff Struck Gold	513.650	531.359	1045.009
12	Angela Graham	Macs Gentleman Jack	518.375	507.157	1025.532
13	Angie Schulte	LC Stylish Lil Tux	544.700	501.703	956.403
14	Bob Hill	RJ Freckles Jewel	465.450	470.957	936.407
15	Debra Sempter	Reddens Nifty Bar Jo	449.850	455.149	904.999
16	Kimberly Krueger-Duke	Burgundy on Ice	410.925	427.925	838.850
Pro Division Results			Round 1	Round 2	Total
1	Annie Chance	Black Gun Face	601.713	626.298	1228.011
2	Hannah Howe	High Flying X Tex	554.940	601.117	1156.057
3	Lee Hart	Mosu Freckle Lena	546.088	608.365	1154.453
4	Angeline Saliceti	Samson	555.350	595.205	1150.555
5	Lee Hart	Crimson Contender	515.326	577.016	1092.342
6	Chris Redden	Dualin Pistol Duke	510.869	548.283	1059.152
7	Jennifer Peterson	J-L	508.091	545.249	1053.340
8	Jazzy Durgin	Bullet Proof	510.776	540.154	1050.930
9	Chad Blunk	Reddens Red Stinger	485.613	560.438	1046.051
10	Angeline Saliceti	Keota	501.600	539.171	1040.771
Youth Division Results			Round 1	Round 2	Total
1	Bailey Jones	Wranglers Jewel Ellie	575.000	530.557	1105.557
2	Paityn Blunk	Bodocs Money Bar	545.350	552.465	1097.815
3	Braylie Sturgeon	Roger	539.700	494.341	1034.041
4	Harmony Robertson	Tari	509.575	491.606	1001.181
5	Gina Gatto	So Charming	485.875	492.594	978.469
6	Meredyth Crews	Dixie	479.225	473.198	952.423
7	Braylie Sturgeon	Dollar	513.600	422.835	936.435
8	Harmony Robertson	Smarty Little Sugar	452.325	450.017	902.342
9	Brooklyn Baldwin	Redden's Photo Finish	449.300	438.994	888.294
10	Jordan Jeffers	Champ	415.750	453.188	868.938
11	Hadley Smith	Hold Up Cowboy	343.175	417.256	760.431
12	Meredyth Crews	Enzo	102.500	0.000	102.500
Open Division Results			Round 1	Round 2	Total
1	Annie Chance	Smarty Marty	601.347	609.327	1210.674
2	Leanne Hale	Jigsaw	587.714	580.370	1168.084
3	Tyler Howe	Indiana Cowgirl	564.022	602.979	1167.001
4	Cindy Mitchell	Smarty Pants Joker	569.231	580.416	1149.647
5	Lee Hart	Mosu Freckle Lena	555.724	589.483	1145.207
6	Bailey Jones	Wranglers Jewel Ellie	553.256	552.381	1105.637
7	Jason Keecker	DJF Zan Parr Smoke	528.563	575.790	1104.353
8	Lee Hart	Hold Up Cowboy	535.469	563.560	1099.029
9	Chad Blunk	Reddens Red Stinger	522.507	560.866	1083.373
10	Rick Peniston	Savvy Gun Play	538.702	544.436	1083.138
11	Chris Redden	Dualin Pistol Duke	541.435	531.154	1072.589
12	Jazzy Durgin	Bullet Proof	514.553	539.250	1053.803
13	Jason Keecker	TTR Nellie Belly	532.283	518.904	1051.187
14	Lee Chapman	Pistol Pete	531.042	506.327	1037.369
15	Lee Chapman	Reddens Sonny Joe	475.023	521.517	996.540
16	Gina Gatto	So Charming	503.114	475.903	979.017
17	Chase LaMontagne	Indigo	457.616	496.772	954.388

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PICTURES FROM 2025 EXCA NATIONAL CHAMPIONSHIPS EXTREME COWBOY RACE, SHELBYVILLE, TN

Thanks to Shelby Ratliff Photography



Lead Line



Young Guns



Green Horse



Novice



Non Pro



Intermediate



Ride Smart



Youth



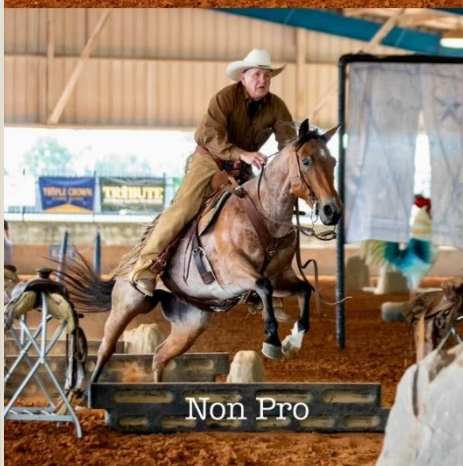
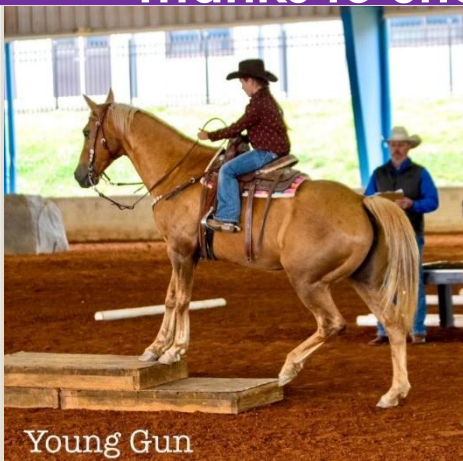
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PICTURES FROM 2025 EXCA NATIONAL CHAMPIONSHIPS EXTREME COWBOY RACE, SHELBYVILLE, TN

Thanks to Shelby Ratliff Photography





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2025 HIGH POINT STANDINGS Through 6/25/25

SOCA RACE HIGH POINT - 2025

Young Guns Division Results		Total
NO BUCKLE		
1 Maddie Jones	Drifting Thru Poco	250.173
2 Sadie Reilly	LEO's Pride	220.706
3 June Trommsdorff	Patch	207.412
Novice Division Results		
1 Chase LaMontagne	Indigo	1410.802
2 Cullen Green	Buster	1251.724
3 Terri Glonek	One Tuff Cowgirl	1130.949
4 Pat Keck	J-Low	1099.725
5 Terri Glonek	Tuff Lil' Texan	957.329
6 Stacy Chambers	Bonita	922.801
7 David Chambers	Sparkles	888.381
8 Charles King Sr.	Gus	793.109
9 Charles King Jr.	Champ	772.774
10 Alecia Grissett	Pepper	755.639
Green Horse Results		
1 Kat Wiegand	WHR Tiny Dancer	1068.950
2 Hannah Howe	Peppy Jac Kingwood	1254.373
3 Tim Yoho	Gentry	1140.625
4 Angie Jones	Barbie	1110.511
5 Lee Chapman	Ay Monarca (Queen)	1081.160
6 Dennis Tipton	Trendys Classic Jac	981.007
7 Mike Jeffers	Bucky	763.584
8 Vaudry Edge	2 X Thirteen Diamonds	743.508
9 Susan Wingo	KRK Pretty Nifty Gal	709.019
10 Jazzy Durgin	Only 2X The Money	663.706
Non Pro Division Results		
1 Tracy Pinson	Tuff Struck Gold	1967.315
2 Tracy Pinson	2X T-Buck	1955.975
3 Vaudry Edge	Rojo Willy John 2	1867.805
4 Lee Chapman	Pistol Pete	1823.778
5 Tim Yoho	Surely A Pepto Jewel	1574.941
6 Laura Green Hart	ShesaOsaLenaCat	1537.064
7 Meredith Crews	Dixie	1494.520
8 Rick Peniston	Savvy Gun Play	1472.294
9 Gina Gatto	So Charming	1453.154
10 Karen Huey	Pepite	1436.431
Intermediate Division Results		
1 Lisa Steinbach	Tuff Struck Gold	1672.588
2 Angela Graham	Jack	1672.517
3 Edward Brown	Spook	1368.541
4 Mary Jo Veluzat	Boom Jac Kid	1018.912
5 Alecia Grissett	Pepper	909.037
6 Michael Garman	Newt	861.627
7 Diane McMurtrey	I'm Gonna Rip It Up	737.830
8 Renee Mims	Exquisite Doc Bar Molly	648.839
9 Shannon Washam	TRUE	429.582
10 Kim Washam	Strawberry Pep	428.197
Youth Division Results		
1 Meredith Crews	Dixie	1681.448
2 Gina Gatto	So Charming	1505.194
3 Brooke Baldwin	Redden's Photo Finish	1271.058
4 Bailey Jones	Wranglers Jewel Ellie	1105.557
5 Paityn Blunk	Bodocs Money Bar	1097.815
6 Braylie Sturgeon	Roger Diabolo	1034.041
7 Braylie Sturgeon	Dollar	936.435
8 Jordan Jeffers	Champ	868.938
9 Meredith Crews	Enzo	692.202
10 Kailey Hetherman	One Tuff Cowboy	199.387
Ride Smart Division Results		
1 Tracy Pinson	2X T-Buck	2057.370
2 Vaudry Edge	Rojo Willy John 2	1960.722
3 Lisa Steinbach	Tuff Struck Gold	1820.589
4 Angela Graham	Jack	1807.357
5 Tim Yoho	Surely A Pepto Jewel	1631.215
6 Laura Green Hart	ShesaOsaLenaCat	1580.361
7 Rick Peniston	Savvy Gun Play	1553.920
8 Karen Huey	Pepite	1536.737
9 Tracy Pinson	Tuff Night At The Ritz	1110.258
10 Ricky Carey	Roger Diabolo	1093.331
Pro Division Results		
NO BUCKLE		
1 Jazzy Durgin	BulletProof	1447.868
2 Hannah Howe	High Flying X Tex	1156.057
3 Lee Hart	MOSU Freckle Lena	1154.453
4 Angeline Saliceti	Samson	1150.555
5 Lee Hart	Crimson Contender	1092.342
6 Chris Redden	Dualin Pistol Duke	1059.152
7 Jen Peterson	J-Low	1053.340
8 Chad Blunk	Redden Red Stinger	1046.510
9 Angeline Saliceti	Keeta	1040.771
10 Lee Hart	Lumpy	902.022
Open Division Results		
1 Lee Chapman	Pistol Pete	1877.888
2 Tyler Howe	Indiana Cowgirl	1604.921
3 Chase LaMontagne	Indigo	1536.694
4 Rick Peniston	Savvy Gun Play	1523.347
5 Gina Gatto	So Charming	1517.563
6 Jazzy Durgin	BulletProof	1460.211
7 Lee Chapman	Reddens Sonny Joe	1442.269
8 Leanne Hale	Jigsaw	1168.084
9 Lee Hart	MOSU Freckle Lena	1145.207
10 Bailey Jones	Wranglers Jewel Ellie	1105.637

SOCA OBSTACLE CHALLENGE HIGH POINT - 2025

	Rider	Horse	Total
Novice Division			
1	Julie Testa	Boone	236.00
2	Frances Hamlett	Fate	227.00
3	Laura Sirak	Chief	221.50
4	Daisy Jones	Dutton	215.00
5	Kimberly Whitmore	River	212.00
6	Nicole Dalton	Chip	196.50
7	Rebecca Hurm	Lovealottajack	131.50
8	David Chambers	Sparkes	127.00
9	Richard Bladow	Monte	117.50
10	Joni Nathanson	Prime Time Spook (Blue)	113.50
Youth Division			
1	Alexa Jackson	BiBi	268.00
2	Maddie Jones	Drifting Thru Poco	205.50
3	Kailey Hetherman	One Tuff Cowboy	171.00
4	Jackson White	Sunny	124.00
5	Gina Gatto	So Charming	122.50
6	Sophia Johnson	Uno	119.50
7	Meredith Crews	Dixie	119.00
8	Brooke Bremer	Shades	113.50
9	Meredith Crews	Enzo	104.50
10	Khloe Murray	KitKat	102.00
Intermediate Division			
1	Jenna Bishop	J-Low	277.00
2	Denise McMeekin	Macky	262.00
3	Kimberly Paquette	Absoluteontherocks	245.50
4	Anne Hanley	Spirit	241.50
5	Tim Haupt	Mercy Reigns	226.00
6	Diane McMurtrey	I'm Gonna Rip It Up	207.50
7	Karen Ketchum	Bindi	201.00
8	Elizabeth Yorke	Harry Potter	133.00
9	Stephanie Suarez	Doc's Straight Silver (Bogey)	128.00
10	Barbara Van Winkle	Pepper	128.00
Open Elite Division			
1	Lesa Roe	Cat	280.00
2	Lisa Cusimano	Sierra	265.50
3	Connie Lloyd	Lark's Grey Twist	264.00
4	Margo Cook	Luna	263.50
5	Terri Glonek	Tuff Lil' Texan	166.50
6	Briana Tribett	Jasper	126.00
7	Marilyn Loaces	Manolo	124.50
8	Kat Wiegand	WHR Tiny Dancer	122.50
9	Cindy Hahn	Jager	121.00
10	Sarah Bremer	Doc	106.50

Southern Obstacle Challenge Association

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White Line Disease From Vetericyn



White Line Disease in Horses: Everything You Need to Know

Horse ownership can be rewarding, but can also require a special level of care that other domesticated animals might not require. They have strict feeding, exercise, and grooming needs, and when these aren't taken care of, horse owners run the risk of something going wrong. One of the most common conditions in horses is called white line disease. Let's learn more about what white line disease is, how to treat it, and tips to prevent white line disease from plaguing your horse.

What is White Line Disease in Horses?

According to Life Data Labs, white line disease is a "hoof wall invasion of common organisms in the environment." White line disease affects the medial, or middle, of the hoof wall and can be caused by invading or opportunistic fungus and bacteria (pathogens). While nearly any horse can get white line disease, the fungi is often caused by mechanical, environmental, physiological, or nutritional issues. It can also be caused by trauma to the healthy hoof tissue.

Can You Treat White Line Disease in Horses?

Luckily, you can treat white line disease in horses if it's caught early. The most common symptoms of the fungal infection include:

- Thickening of the white line on the solar surface of the affected hoof
- Abnormal percussion in areas of the hoof walls
- The outer hoof wall is the concave opposite of the affected areas
- Hoof capsule bulges above the affected areas
- Lameness in advanced stages of the fungal infection
- When treating white line disease in horses, first consider the potential source and address that. For example, proper nutrition and hoof hygiene are key.

In addition, topical products that jumpstart healing and prevent infection are also key. These antimicrobial products can help prevent hoof cracks and other trauma. Look for all-natural products that won't cause harm to you or your horse. For example, Vetericyn hoof care and hoof soak products are perfect for the ongoing maintenance of your horse's hooves.

Tips to Prevent White Line Disease

Now that we understand what white line disease is and how it can be treated in horses, let's look at some tips to hopefully prevent the condition in the first place:

- Keep your horse's hooves well-trimmed and balanced with horse hoof cleaning. Trimming their hooves regularly will help prevent abscesses in horses or tearing or cracking.
- Try to exercise your horse enough. White line disease is more common in stalled horses, or show horses who might not get enough pasture time.
- White line disease can often be a secondary complication to something else going on in the hoof. Make sure to examine your horse's hooves regularly to avoid old nail tracks, areas of hoof wall separation, and any other concerns.
- Practice proper hoof care. This includes picking your horse's feet daily.
- In overly wet conditions, take even more care of your horse and their hoof health by providing a clean, dry environment.

Here at [Vetericyn](#), we believe it's important that we take care of our equine friends by treating their skin and hooves with proper care. Not only do horses need adequate exercise, a healthy diet, and regular grooming, but they also need hoof capsule maintenance to keep them healthy and active

How Hot is Too Hot to Ride?

For many riders, summer brings the most time to spend in the saddle. Days are longer and horse activities abound. This season is also typically when heat-related risks are highest. With intense exercise in hot weather, the horse's internal temperature can briefly climb as high as 108° Fahrenheit. To recover, the horse is not just battling the ambient temperature, but also his body's ability to cool itself. So how hot is too hot to ride?

When you're training toward a goal, consistency is important, but be mindful when you ride to avoid overheating—or worse. "The coastal humidity in Florida multiplies the heat index substantially because it reduces the body's ability to dissipate heat through evaporation or sweating," explains Caitlyn Henderson, DVM, of Peterson Smith Equine Hospital in Ocala, one of Florida's largest equine clinics. "It's akin to trying to breathe and cool yourself from under a hot, wet blanket." In addition to not riding during midday, Henderson always advises having a shaded area where horse and rider can take short breaks. Keep buckets of cool water available so the horse can drink. When humidity climbs, it helps to add a misting fan if the area has access to electricity.

Horses at Risk of Overheating

Certain horses are more vulnerable to overheating. These include:

- Old or very young
- Not acclimated to climate
- Out of condition
- Heavily-muscled, thicker body types
- Diagnosed with an endocrine disease, like PPID (Cushing's disease)
- History of equine asthma
- Recovering from a recent respiratory challenge
- Diagnosed with anhidrosis (partial or total inability to sweat)



Keep Horses Drinking When It's Hot

Hydration is critical for horses in hot weather. Electrolyte loss due to exercise or simply sweating can lead to metabolic stress and decrease the horse's thirst response, which can result in dehydration and overheating. In addition to access to salt (plain or trace mineral), horses may need electrolyte supplementation to replenish the sodium, potassium, calcium, and chloride lost through sweating and urination. Henderson tells riders to prepare for summer temps by introducing electrolytes to the horse's diet earlier in the year. The goal is to encourage water intake year-round, so horses are always well hydrated before exercising.

Cool Down

Many people think the best way to cool a hot horse after exercise is just to walk him in the shade. However, research shows that the most efficient method is to continuously shower a stationary horse with cool (79° Fahrenheit) tap water. In a recent study, this method decreased the horse's core temperature in an average of just two minutes. "Focus water on the jugular vein and the large veins inside the legs," says Staten, noting that this helps cool the horse's core temperature.

Finish cooling out by slowly walking the horse until his respiratory rate and body temperature are normal. Movement helps remove lactic acid from the system and keeps muscles from tightening up. Always allow the horse to drink during recovery. Research shows that horses voluntarily drink more within the first hour after exercise when water is about 68° Fahrenheit. Offer half a gallon of water at a time throughout the cool-down process until the horse doesn't want to drink any more. Make sure there is plenty of water in his stall/corral to drink after he's totally cooled out.

Why Are Horses Fearful?



Fear can be useful in the wild. It allows a horse to avoid danger from predators. For a domesticated horse, it proves to be problematic though. A fearful horse on the ground or under saddle is unpredictable and dangerous to be around. They can become a safety hazard to their handler and rider. You never know when they may bolt or lash out. It's important to know why your horse is acting fearful, so you can help them work through this feeling.

Why Are Horses Fearful?

- 1. Environment:** Often, they become fearful because of an environmental trigger. There may be a new or unusual object or noise. If a horse isn't properly socialized and desensitized, they may struggle in new situations. Uncertainty can creep up and the horse's natural instincts take over. They need to have confidence in their handler and rider to work through the situation without escalating to a dangerous level.
- 2. Past Experiences:** An anxious horse needs an experienced handler. They often mirror the anxiety of their person. If they haven't had good experiences in the past, this can lead them to be untrusting. Additionally, if their training was rushed or aggressive, they will likely have holes in their foundation. These will become more visible in new environments.
- 3. Natural Instincts:** Horses are flight animals. Generally, they choose to run before fighting. This fight or flight response can be more obvious in some horses. These flightier horses tend to always be on high alert. Their anxiety is usually increased when they're away from their herd, which is usually the horse's safe zone. It's important they develop trust and security with you, so the two of you can create your own herd when out riding and in the barn.

A calm, patient handler can bring confidence to a fearful horse. They will need time and consistency. You should expose them to new situations and objects in manageable steps. Always reward them when they show signs of being relaxed. It will take time, but any horse can learn to trust.





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June-July 2025 Newsletter

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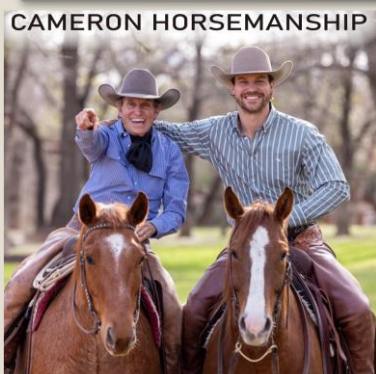
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SOCA is a **501c3 Non Profit Organization**, so donations are tax deductible. Small or large, ALL donations are appreciated!!! Sponsorships help us provide better events for you, including prizes, donations to charities and buckles for high point awards.

THANK YOU!!!

SOCA NEWS

Purpose of SOCA

OBSTACLE CHALLENGES

- Divisions for all levels of horses and riders
- Open to all breeds
- Payback in all classes, prizes, and ribbons
- Ten to fifteen obstacles
- Events will be in arenas and on the trail

EXTREME COWBOY RACES

- Sanctioned Extreme Cowboy Races with divisions for: Pro, Non-Pro, Novice, Intermediate, Ride Smart, Youth, Young Guns, & Green Horse
- Open to all breeds
- Payback, prizes, and ribbons

CLINICS/SCHOOLING DAYS

- Learn to negotiate obstacles
- Schooling days will allow you to practice obstacles with the help of others, and without the pressure of competition.

**THANKS TO ALL OUR
SPONSORS, JUDGES &
VOLUNTEERS THAT MAKE OUR
EVENTS POSSIBLE!**

Extreme Cowboy Racers

Reminder to pay your dues to the EXCA so your points will count! If you aren't sure if you are current, check the EXCA website under the club page.



**SOCA dues (\$10) are due
January 1st!**

Please renew at your first event of the year. Dues help fund the highpoint awards and administrative costs of the club.

If you have news that you would like to submit to the SOCA newsletter, please email it to southernobstaclechallenges@gmail.com

SOCA would like to thank the following for Product Donations:

Adequan, AHC Products – Animed, Cameron Horsemanship, Hooey, Jacks Inc/JMI Pet Supply, JT International (Tough-1), Life Data Corp & Farrier's Formula, Platinum Performance, Rocking "S" Tack, Spurs Big Fix, Straight Arrow (Mane n' Tail & Cowboy Magic), Stud Muffins, Tom Balding Spurs, Tribute Equine Nutrition, Triple Crown, TWHBEA, US Rider, Vetericyn, Durango Boots and Winners Circle Horse Supply

