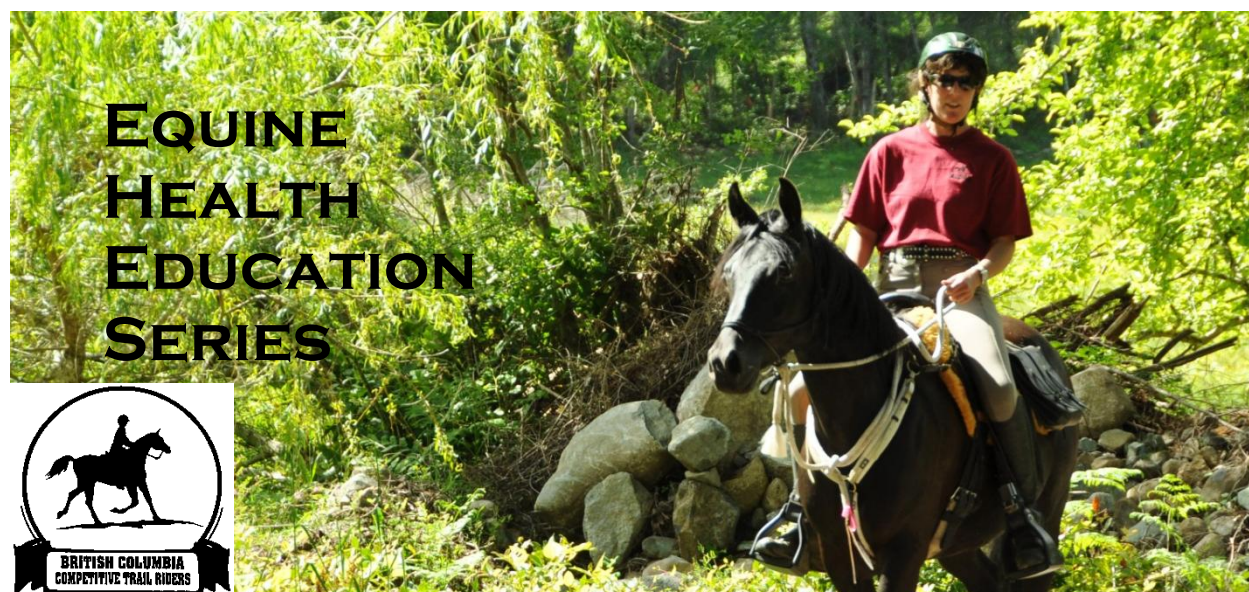




BC Competitive Trail Riders' Association is spearheading a new education series this spring on equine health. The schedule provides learning opportunities for equestrians to learn more about horse fitness and conditioning, the basis of competing in long distance riding. While the topics are intended to help competitive trail riders prepare for the 2011 season, equestrians in other disciplines are also welcome to attend.

Location: Vancouver Island University – Building 250 – Room 210 Nanaimo campus

Time: 7:00 – 8:30 pm

Cost: BCCTRA members – Free, Non members \$3 each session

For more information on this series – please contact Nicole Vaugeois, PR Director for BCCTRA at nicoleathome@shaw.ca or at 250-245-4405

Date	Topic	Speaker
Wed. March 2	Biomechanics: A foundation for Injury Prevention and Optimal Performance Correct mechanics is fundamental to sport performance. Optimal biomechanics increase performance by decreasing abnormal stresses on the body allowing energy to be used more effectively. Aberrant mechanics not only lead to a decrease in performance, it also increases the risk of developing repetitive strain injuries. These types of injuries often go unnoticed until they surface as missed training days, scratches from competition due to your horse "being off", or the development of a lameness of unknown cause. Join Dr. Andrea Sargent as she speaks passionately about the mechanics behind horse's movement, common repetitive strain injuries	Dr. Andrea Sargent BSc (biomechanics), DC, is a certified human chiropractor with post-graduate qualifications in animal chiropractic care. Her practice focuses on sport performance, achieved through education, treatment and rehabilitation of both the horse and rider. She provides her clients with biomechanical explanations behind faulty movement patterns and behavioral/training issues, which can frequently be treated with non-invasive solutions

	affecting our horses during competition season and how they can be prevented.	
Wed. March 16	No Foot – No Ride The importance of hoof health cannot be understated, yet many riders have a limited understanding about basic hoof care. Join this session as Shane Sampson educates equestrians on what happens within the horses’ foot during exercise, particularly in sports where multiple compressions occur – such as long distance riding events. Shane will then link this information to hoof care including tips for riders to maintain proper hoof health. Whether you shoe, go barefoot or use boots for riding, this session will leave you with a better understanding about what your horses’ feet need to be ready to carry you forward this year.	Shane Sampson is a certified Farrier with the American Farrier Association and a member of the Western Canadian Farrier Association. Shane has been shoeing for over 10 years and advocates for healthy feet – shod, barefoot or boots. He has provided hoof care on the mainland and the island and understands the complexities of terrain, use and horse conformation on hoof health. He is currently the farrier of both the 2010 BCCTRA High Point Lightweight, Heavyweight and overall champions.
Wed. April 13	Recognition and Management of Metabolic Conditions in Equine Endurance Athletes	Dr. Reagan Brendle is the newest addition to the Petroglyph Animal Hospital equine practice. Originally from Campbell River, Dr. Brendle cultivated her passion for the equine community by showing western performance horses, competing in barrel racing, and instructing riding lessons and summer riding programs as a CEF certified coach. She completed a Bachelor of Science degree from the University of Victoria, and attended the Western College of Veterinary Medicine in Saskatoon. Following graduation from the DVM program in 2007, she completed a medical and surgical equine internship at Brazos Valley Equine Hospital in Texas, and remained in Texas for two years in private equine practice.
Wed. April 27	Understanding the TPR and tips for obtaining the most accurate values This talk will cover how to perform a basic physical exam on your horse. It will include how to take your horse's temperature, pulse and respiratory rate. It will also cover assessing hydration status, listening to gut sounds, and palpating for a pulse. As we learn how to obtain this information, we will cover what is normal versus what is abnormal.	Miranda was born and raised in Tucson, Arizona, where she trained and competed in the hunter/jumper discipline. She completed her undergraduate schooling at Oregon State University, followed by her veterinary medical degree in Los Angeles from Western University of Health Sciences in 2008. Following graduation, she pursued an intensive internship at New England Equine Medical and Surgical Center in Dover, New Hampshire, where her focus was emergency/critical care, internal medicine, lameness, and surgery. A combination of personal and professional reasons attracted Miranda to Vancouver Island almost two years ago, where she works for both Dr. Danielle Fritz and Petroglyph Animal Hospital.