

2017 Performance Horse Seminar

February 18 & 19, 2017 Olds College

Featuring Dr. Susan Garlinghouse

Susan Garlinghouse, DVM MS has been involved in endurance since 1989. In addition to her doctorate in veterinary medicine, she has completed graduate work in equine exercise physiology and clinical nutrition, and is an adjunct professor at three California state universities. She has published endurance-horse research in peer-reviewed journals, authored articles published in seventeen languages and spoken to equestrian groups worldwide. She serves on the AERC Board of Directors, and is active as a rider, ride veterinarian and chair of the AERC Education Committee.

There is no cost for this seminar however you must pre-register by February 13 as seating is limited.

Food: As this event has free registration, we will **NOT** be providing lunch or any coffee services. Please feel free to bring your own beverages and snacks to the lecture hall. We will have a 45 minute lunch break and Olds has many options to grab a quick bite or you may choose to pack your lunch ahead of time.

Please complete this form to register and forward to Marlene Vanderwekken, TRAC membership director.

Email - marlene@stonewillowvet.ca fax 403-786-9976 or mail RR 4 Site 5 Box 44 Lacombe, AB T4L 2N4

Name: _____

Address: _____

Phone: _____

Email: _____

Directions: Head towards Olds, AB via Hwy 2. Take exit 340 B and go west on Hwy 27 towards Olds. Turn left at Hwy 2A and Olds College Campus is on your left.

Room and building to be announced after February 13 so please make sure that we have your email to contact you.

There are numerous hotel options available in [Olds](#) for your overnight stay the closest ones include:

Pomeroy Inn and Suites is right on campus and can be reached at 403-556-8815

Best Western Olds is right across from campus and can be reached at 403-556-5900

Dr. Garlinghouse has prepared a series of 90 minute lectures covering many aspects of distance riding related topics. These topics are comprehensive and assume basic knowledge of distance horse management, but provide applicable information for both relative newcomers and experienced competitors. Please see our schedule below:

Saturday – Start at 9 am

Beating the Metabolic Pull - 90 minutes. A detailed discussion of how hydration, gut motility and energy management positively affects performance and metabolic integrity during distance events. Includes a discussion of the physiology, common mistakes and how to manage each component.

How to Feed the Better Bucket - 90 minutes. A detailed discussion of how to choose and provide appropriate supplements for distance horses, including what supplements are contraindicated and why. A review of how key supplements benefit the distance horse, health and performance.

(Lunch break) 12:15 - 1:00

Nutrition Solutions for Performance Problems – 90 minutes. A discussion of the relationships between nutrition and common problems in distance horses, including tying-up, anemia, thumps and gastric ulcers.

Running on Empty – 90 minutes. Dehydration and the distance horse. Virtually every metabolic failure in distance horses is related to the cascade of adverse effects caused by dehydration and electrolyte abnormalities. This talk discusses the physiology, effects and tips on how to improve water intake. Includes a discussion and comparison of electrolyting strategies

But I Read It Online! - 60 minutes. A review of some of the current "flavors of the month" in equine supplements, therapies and cures, including the use of turmeric, aloe vera, coconut oil, flax and chia seeds. Sunday (We can start earlier, if you want to get going so everyone can be on the road by lunch time)

Sunday – Start at 9 am

Body Condition Scoring and Why it Matters - 60 minutes. The research and effects of how competing horses outside an ideal window of condition scores affects performance. Includes both the adverse physiologic effects of both excessively thin and excessively fat horses during endurance.

Ten Things You Can Do Better - 90 minutes. A discussion of current peer reviewed research with practical applications for managing the distance horse. Includes new information in nutrition management, biomechanics and applied physiology.