



December 2019 Newsletter



Where you and your horse
can have fun!

Merry Christmas & Happy New Year!!!

Finishing up 2019 and on to 2020!

Our last event for 2019 was an obstacle schooling day held on November 30th at Darby Oaks Stables in Bushnell, FL. Over 40 participants challenged themselves and their horses (and mules!) with the variety of obstacles. We appreciate everyone that turns out for these events and all your kind words.

The Craig Cameron Clinic is full, but we still have audit spots available. There is a waiting list, if you wanted to be added in case of cancellations.

Full service campsites are limited for the January event at the Florida Horse Park. If you haven't sent your entries and reservations in for this event, please do so now! This is always a great event with Craig Cameron clinic Friday, the Extreme Cowboy Race on Saturday and the Obstacle Challenge on Sunday.....Don't miss this one!!

THANKS TO ALL OUR SPONSORS THAT MAKE OUR EVENTS POSSIBLE!

If you are interested in becoming a 2020 sponsor, please let us know...we would love to have you!

2020 Events

- 1/11-12/20** – Florida Horse Park – Extreme Cowboy Race (double points) on Saturday & Obstacle Challenge on Sunday – **Flyer Attached**
- 1/10/20** – **Craig Cameron Clinic - Full**
- 2/15/20** – **Obstacle Schooling Day**, Bushnell, FL - **Flyer Attached**
- 3/14/20** – Florida Extreme Cowboy Race – Darby Oaks Stables, Bushnell, FL (not a hi point race) - **Flyer Attached**
- 4/4/20** – Extreme Cowboy Race (double points) - Green River Farm, Gaffney, SC
- 4/25/20** – Obstacle Challenge – Bushnell, FL
- 5/9/20** – Extreme Cowboy Race (double points) The Canyon – Hodges, AL
- 5/30-31/20** – Extreme Cowboy Race – EXCA Nationals (Triple Points) – Decatur, AL
- 7/11/20** – Obstacle Schooling Day – Bushnell, FL
- 8/8/20** – Extreme Cowboy Race (Double Points) – Chicopee Agricultural Center, Gainesville, GA
- 9/12/20** – Obstacle Challenge – Darby Oaks Stables, Bushnell, FL
- 9/26-27/20** – Extreme Cowboy Race SE Regional Championships (Triple Points)- Green River Farm, Gaffney, SC
- 10/10/20** – Florida Extreme Cowboy Race – Darby Oaks Stables, Bushnell, FL (not a hi point race)
- 11/28/20** – Obstacle Schooling Day – Bushnell, FL

Flyers for all events are on the SOCA website. It's not too early to enter any 2020 events.....we appreciate pre-entries!

Southern Obstacle Challenge Association

352-217-2448

P.O. Box 1479, Bushnell, FL 33513

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Each year, SOCA makes a donation to charities on behalf of our judges/volunteers that go above and beyond by judging at all of our obstacle challenges. Here are the recipients of this year's donations!



Special Olympics Florida on
behalf of Kathy Beville & Danny
Hochadel



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Leslie Ehrich

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LLS on behalf of Mike Woodard,
announcer for all SOCA obstacle
challenges



Runway To Hope behalf of
Janine Charles





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Article Reprinted from SmartPak

An Overview of Horse Digestion, By: Dr. Lydia Gray, SmartPak Medical Director/Staff Veterinarian

Basic Anatomy

The equine gastrointestinal tract can be divided into two main sections: the foregut and the hindgut. The foregut consists of the stomach and small intestine while the hindgut or large intestine is made up of the cecum and colon.

The equine stomach is only able to hold 2-3 gallons at a time, making it the smallest stomach in relation to body size of all our domestic animals. Depending on how big the meal is and what it contains (e.g. hay vs. grain vs. liquid) food may remain in the stomach as little as 15-30 minutes or as long as 12 hours, with 3-4 hours being average. Dubbed the “non-glandular region,” the upper 1/3 or so of the stomach is where 80% of ulcers form since this area does not have protection from acid like the lower, glandular portion does.

The next part of the tract is the small intestine. Approximately 70 feet in length, it is made up of three parts: the duodenum, jejunum, then ileum. Food moves through the entire small intestine in as little as 30-60 minutes but can take longer, up to 8 hours.

Continuing on to the large intestine, the first layover is the cecum. Basically a fermentation vat—similar to the rumen of a cow—this comma-shaped structure on the right side of the horse is approximately 4 feet long and holds 8 gallons. From the cecum the order is the large colon (10-12 feet long), then the small colon (also 10-12 feet long). Time for passage through the whole hindgut can range from less than 1 day to as many as 3 days.

The Equine Digestive Process

Since the functions carried out in the front of the gastrointestinal tract versus those carried out in the back of the GI tract are very different, it makes sense to focus on each part separately.

Foregut digestion

After food is gathered up, chewed, and swallowed, the stomach kicks into gear. The main functions of the stomach are to add gastric acid to help with the breakdown of food, to secrete the enzyme pepsinogen to begin protein digestion, and to regulate the passage of food into the small intestine. Basically the stomach is a holding and mixing tank, not unlike a cement truck that is constantly churning and mixing ingredients.

While food breakdown may begin in the stomach, it continues in the small intestine, where secretions help with the further digestion of protein, simple carbohydrates, and fat. The small intestine is also the main site of nutrient absorption once they are in small enough form. Amino acids, glucose, vitamins, minerals, and fatty acids are taken into the body as they move along the small intestine, so progress shouldn't be too fast or too slow.





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Article Reprinted from SmartPak (cont'd)

Hindgut digestion

The processes that occur in the cecum and colon are less about breaking down food into smaller, absorbable particles with the aid of enzymes and more about fermenting complex carbohydrates (fiber) into useful end products with the assistance of the “good bugs.” In addition to generating fatty acids, which supply energy or calories, these helpful microorganisms also produce B-vitamins, Vitamin K, and some amino acids. The colon then serves not only to absorb these nutrients but also a portion of the water that accompanies food as it moves along the digestive tract.

Horse Digestive Problems

With all these moving parts, it's no wonder sometimes things don't always run smoothly. However, just because the digestive tract of the horse is long and complicated shouldn't keep owners from doing their part to help maintain a healthy digestive system. To understand where best to focus these efforts, it's important to understand the most common problems of the foregut (gastric ulcers) and the hindgut (colic).

Gastric ulcers or, erosions in the stomach lining, occur because sensitive tissue undergoes prolonged contact with irritating acids. In the short-term prescription medication may be needed for tissue healing, but in the long-term a combined approach of pharmaceuticals, natural agents, and dietary and management changes may be required to maintain healthy stomach conditions. In particular, ingredients like sea buckthorn, glutamine, aloe vera, pectin, and lecithin have been shown to be especially helpful in supporting overall stomach health.

“Colic” is simply a general term meaning abdominal pain. Despite the fact that it doesn't point to any specific cause or location in the belly of the horse, limiting the proven risk factors as much as possible can go a long way toward keeping a horse's GI tract operating smoothly. Abrupt changes in hay or grain, large amounts of grain, abrupt changes in activity, large amounts of stall time, poor parasite control, and lack of access to water have all been linked to colic. On the other hand, digestive supplements like prebiotics, enzymes, and yeast have all been shown to support normal hindgut activity.

Horses will be horses, and no feeding or management system can fully prevent the accidents and injuries or disorders and conditions they are prone to. But gaining a better appreciation for what's normal and not-so-normal when it comes to the elegant, yet fragile GI tract of the horse can still make a big difference!





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FINAL 2019 HIGH POINT STANDINGS

SOCA OBSTACLE CHALLENGE HIGH POINT - 2019

	Rider	Horse	Total
Novice Division			
1	Donna Schneider	Hey Gotcha (Superman)	393.00
2	Randy Holdaway	Hy Steppin Lil Lena	390.00
3	Catherine Erickson	Bella	376.50
4	John DeArmond	Truly Tru Titan	375.00
5	Leslie Davis	Willy	340.00
6	Vickie Sparacino	Spirit	336.00
Youth Division			
1	Mackensie Brown	Tango With A Blue Twist	407.50
2	Breanna Bork	Diego	280.00
3	Cameron Calloway	Chyenney Justice (Onyx)	269.50
4	Emily Bickel	Sunshine & Whiskey	260.00
5	Brooke Bremer	Shades	183.00
6	Jazzy Durgin	Pistol	140.00
Intermediate Division			
1	Briana Tribett	Imheirrisistibletoo	400.50
2	Renee Lewis	TR Really Splendid (Ace)	393.50
3	Nancy Biddinger	Splash	390.00
4	Anne Hanley	Lucky Chance	367.00
5	Karen Chadwick	Bocelli	361.50
6	Mo Earle	Whodat	301.00
Open Elite Division			
1	Jan Garvin	Peponitas Shot Gun	427.00
2	Traci Woodard	Montana Nicajack	424.50
3	Cathy Rotola	BKP Nick of Time	420.50
3	Connie Lloyd	Chance	418.00
5	Terri Glonek	One Tuff Cowgirl	408.00
6	Lesa Roe	Cat	404.50

SOCA RACE HIGH POINT - 2019

	Rider	Horse	Total
Young Guns Division Results			
NO BUCKLE			
1	Emily Ennis	Chief	399.086
2	Alyssa Young	Diablo	362.674
Novice Division Results			
NO BUCKLE			
1	Jovie Reeves	Levi	1721.712
2	Terri Glonek	One Tuff Cowgirl	1659.105
3	Lesa Roe	Cat	1535.812
4	Karen Huey	Roanie	1206.822
5	Gregg Moore	Boomers Double Doc	1057.378
6	Dennis Whitely	Drifting Pick	1051.149
Green Horse Results			
1	Tracy Pinson	2X T-Buck	2629.689
2	Shelby Ratliff	Dangerous Da Vinci	2381.069
3	Mike Jeffers	Chex	1635.710
4	Kirsten Mew	Oakley	1583.002
5	Vaudry Edge	Rojo Willy John 2	1346.402
6	Jason Keeker	Frenchie	1176.160
Non Pro Division Results			
1	Tracy Pinson	Tuff Night At The Ritz	3461.528
2	Shelby Ratliff	Drifting Thru Poco	3088.100
3	Bob Hill	RJ Freckles Jewel	2478.295
4	Vaudry Edge	Drifting Pick	2366.665
5	Rick Peniston	Savvy	2300.524
6	Mike Jeffers	Jasmine	2063.539
Intermediate Division Results			
1	John Hodges	SB Shaney Face Dunit	3120.220
2	Lisa Steinbach	Tuff Struck Gold	2966.739
3	Jane Peniston	Smoochie	2474.128
4	Bob Hill	RJ Freckles Jewel	2303.824
5	Jovie Reeves	Levi	2090.134
6	Joe Holloway	Solanos Moonlite Run	1782.558
Youth Division Results			
NO BUCKLE			
1	Jazzy Durgin	Pistol	2075.948
2	Dakota Jeffers	Champ	1978.278
3	Savannah French	Frank	1169.903
4	Shelby Keeker	Wonder	1084.375
5	Josh Sandness	Ocho	1079.171
6	Charlize Harper	Jack	953.757
Ride Smart Division Results			
1	John Hodges	SB Shaney Face Dunit	3261.235
2	Vaudry Edge	Drifting Thru Poco	3035.585
3	Jane Peniston	Smoochie	2586.920
4	Rick Peniston	Savvy	2576.919
5	Bob Hill	RJ Freckles Jewel	2565.809
6	Vaudry Edge	Drifting Pick	2418.969
Pro Division Results			
NO BUCKLE			
1	Leanne Hale	Jigsaw	1877.788
2	Kelsie Yates	Whiskey	1464.284
3	Jason Keeker	Dozer	1389.689
4	Rick Sandness	Sage	1021.916
5	Josh Sandness	Ocho	1018.003
6	Lee Hart	Lumpy	932.480





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SOCA Member News

MANUFACTURER'S COUPON

EXPIRES: DECEMBER 31, 2019

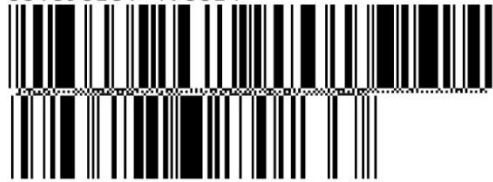


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**SOCA
Members!
Use this
coupon
toward
Vetericyn!!**

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

THANKS TO ALL OUR JUDGES, VOLUNTEERS & SPONSORS!!!!

Thanks to Lightning Signs (The Charles Family) & Margo Cook for the awesome obstacle numbers!!!

Southern Obstacle Challenge Association

352-217-2448

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**Southern Obstacle
Challenge Association**

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SOCA would like to thank our Corporate Sponsors

**Knights Farm Fresh Feeds – Go Anywhere Travel – Morgan County Celebration Arena
Stellar Marine – Walker Pond Farm – Darby Oaks Stables – Flying L Stables
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**Thank you to our buckle,
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SPONSORS NEEDED!

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!!!**



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2020 High Points

In 2020 SOCA will award high point obstacle challenge winners in the following divisions: Novice, Youth, Intermediate and Open Elite. Points from each of the 2020 SOCA Obstacle Challenges will be totaled and the horse/rider team with the most points will be the high point champion. Please make sure you see the "moving up" rules on the event flyers.

Regional Championship buckles for the Extreme Cowboy Races will be determined by points accumulated at SOCA events only. The horse/rider teams accumulating the most points at each designated SOCA EXCA race (with 5 times points at the Nationals in June and triple points at the Regional Championship races in September, as well as double points for all State Championships) will be awarded the high point buckle in the following divisions: Pro, Non-Pro, Ride Smart, Novice, Green Horse, Intermediate, Youth and Young Guns. The March and October FL races do not count toward this high point.

To be eligible for high point buckles, SOCA members must have attended all challenges or races.

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.

Purpose of SOCA

OBSTACLE CHALLENGES

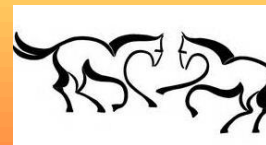
- Divisions for all levels of horses and riders
- Open to all breeds
- Payback in all classes, prizes, and ribbons
- Ten to fifteen obstacles
- Events will be in arenas and on the trail

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.



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.

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

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