

Issue One

THE

2019

# ICELANDIC HORSE

Q U A R T E R L Y



Official Publication of the United States Icelandic Horse Congress  
Member Association of FEIF (International Federation of Icelandic Horse Associations)



# TÖLT TACK

THE U.S. SUPPLIER OF ICELANDIC TACK

PROUD TO REPRESENT



TOLT TACK is here to serve the Icelandic Horse community with the best quality, value and service possible. See the website for the full line of superior products and services available.

STIRRUPS · BRIDLES · GIRTHS · GROOMING · VIDEOS · BOOKS



[INFO@TOLTTACK.COM](mailto:INFO@TOLTTACK.COM) - 541 490 0975  
[WWW.TOLTTACK.COM](http://WWW.TOLTTACK.COM)



RED FEATHER  
ICELANDICS

## Training and Lessons

At our gorgeous facility with our Holar certified trainer and instructor



## Horse Sales and Consignment

We will find you your dream horse or your horse a dream home!



## Breeding

To the two highest evaluated stallions in North America!



[www.redfeathericelandics.com](http://www.redfeathericelandics.com)





**SALES**

**BREEDING**

**IMPORTS**

**LESSONS**

**TRAINING**

**[WWW.HARMONYICELANDICS.COM](http://WWW.HARMONYICELANDICS.COM)**

For more information contact  
**[Virginia@HarmonyIcelandics.com](mailto:Virginia@HarmonyIcelandics.com)**



7TH ANNUAL

# NEIHC OPEN

JUNE 22 - 23, 2019



## USIHC Sanctioned Show

featuring *three* Sport judges

hosted by

**Thor Icelandics  
Hudson, NY**

for more information:  
[WWW.NEIHC.COM](http://WWW.NEIHC.COM)



Schedule  
your test ride  
today!

## UNSURPASSED FREEDOM OF MOVEMENT

Cut back at the withers,  
without rigid gullet plate.

Vertically and horizontally moving  
hinges on the head iron follow  
the horse's movement at withers  
and shoulder.

No more pinching at the withers.

Comfort for the horse improves  
relaxation and quality of gaits.  
Increased desire to move forward.

Close-Contact-Seat

Available in black or brown with  
flat, semi-deep or deep seat.

Dealer inquiries welcome.



Butterfly® saddles offer a revolutionary  
saddle tree system that adapts to the  
conformation of your horse.

There is no manual adjustment needed.  
The patented Butterfly® tree will conform to  
the shape of the horse.

Using one saddle on multiple horses is easy.  
Reflocking due to changes in body condition  
is no longer needed.

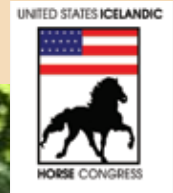
Adjustments to balance can be made  
simply using a shim pad.



### Butterfly Saddles USA

Andrea Collins • 610.220.3742  
andrea.collins242@icloud.com  
dt-saddlery.de/en



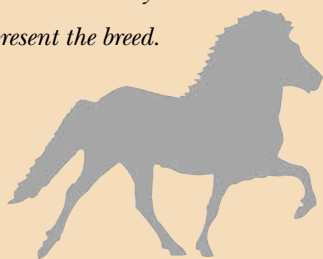


# THE USIHC MISSION

- To promote the knowledge of the Icelandic horse within the United States and its correct use as a competition and riding horse.
- To keep a registry of purebred Icelandic horses in the United States.
- To facilitate communication among all USIHC members.
- To represent the United States in FEIF.

*The U.S. Icelandic Horse Congress is a member of FEIF ([www.feif.org](http://www.feif.org)), the International Federation of Icelandic Horse Associations, representing the national Icelandic horse associations of 21 countries. FEIF governs competition activities and regulates the breeding and registration of Icelandic horses throughout the world outside of Iceland.*

*The USIHC was formed in 1987 by representatives of the U.S. Icelandic Horse Federation and the International Icelandic Horse Association to meet the FEIF rule that only one association from each country is allowed to represent the breed.*



W H Y J O I N T H E U S I H C ?

As the owner or rider of an Icelandic horse, you chose a very special breed with its own culture and history. It is important to learn about the breed's unique traits, capabilities, and needs, so that you and your Icelandic horse will have a happy relationship and it will live a healthy and long life. By joining the USIHC, you connect to a worldwide network of experts to help you care for, ride, train, breed, and learn more about your horse.

The USIHC is the umbrella organization of 14 affiliated clubs: 13 regional clubs and one activity club focused on breeding. Our Registry links to WorldFengur, the worldwide database of all registered Icelandic horses (USIHC members have free access to WorldFengur), and we publish *The Icelandic Horse Quarterly*, maintaining an online archive of all issues since 2008.

The USIHC sponsors scientific research on the Icelandic horse, helps promote the Icelandic horse at expos and through social media, supports educational seminars and events like the American Youth Cup, organizes leisure activities like the Sea 2 Shining Sea virtual ride, creates teaching tools like the Riding Badge Pro-

gram, and offers practical and monetary support to organizers of shows and clinics.

The Icelandic horse has international competition rules: You can compete in the same classes and receive comparable scores in any FEIF member country. Likewise, the Icelandic horse is one of few breeds with international evaluation standards, so that breeding horses from all over the world are judged on the same 10 points of conformation and 10 ridden abilities. The USIHC sanctions sport and breeding shows that conform to FEIF rules.

The USIHC is responsible for the U.S. teams at the FEIF Icelandic Horse World Championships, the FEIF Youth Cup, and the FEIF Youth Camp. Through FEIF, the USIHC votes on rules and policies that affect the welfare of the Icelandic horse worldwide.

As a member of the USIHC, your dues and registration fees make all this possible. Our board members and committee chairs are all volunteers. As a member-driven organization, the USIHC grows stronger the more active and involved our members become. Please join us so that the USIHC can, as FEIF's mission states, "bring people together in their passion for the Icelandic horse."

# RED FEATHER ICELANDICS TROUT LAKE, WA | AGES 12-17



JOIN US FOR

- A WEEK OF RIDING
- LESSONS WITH TOP TRAINERS
- TEAM DRIVEN COMPETITION

COME MAKE LIFE LONG MEMORIES AND FRIENDSHIPS!



FOR MORE INFORMATION, APPLICATION MATERIALS OR TO DONATE  
PLEASE GO TO  
[WWW.REDFEATHERICELANDICS.SQUARESPACE.COM/ABOUT](http://WWW.REDFEATHERICELANDICS.SQUARESPACE.COM/ABOUT)



THE  
ICELANDIC  
HORSE  
QUARTERLY  
Issue One 2019

Official Publication of the United States Icelandic Horse Congress (USIHC), a member association of FEIF (International Federation of Icelandic Horse Associations).

©2019 All rights reserved.

*The Icelandic Horse Quarterly* is published in March, June, September, and December by the USIHC as a benefit of membership. Renew online at [www.icelandics.org](http://www.icelandics.org).

Deadlines are January 1 (for the March issue), April 1, July 1, and October 1. We reserve the right to edit submissions. All articles represent the opinions of their authors alone; publication in the *Quarterly* does not imply an endorsement of any kind by the USIHC. Ads are accepted with the understanding that the advertiser is authorized to publish their contents and agrees to indemnify the USIHC and the *Quarterly* against any loss or expense resulting from their publication. The USIHC reserves the right to reject any ad.

*Quarterly Committee:*

Margot Apple, Andrea Brodie, Nancy Marie Brown (co-editor), Leslie Chambers, Alys Culhane, Nicki Esdorn (co-editor), Eileen Gunipero, Em Jacobs, Constance Kollmann, Gabriele Meyer, Celeste Newcomb, Kara Noble, Anne Owen, Alex Pregitzer, Chris Romano, Judy Strehler, Nancy Wines-Dewan, Lynn Wiese

*Advertising:* Jean Ervasti (917-648-8824 or [jjjervasti@hotmail.com](mailto:jjjervasti@hotmail.com))

*Graphic Design:* James Collins

**On the cover:** Breeder Susy Oliver captured this photo of little Ljufur from Tolthaven (US2017105277), with his beautiful mother Glódis von Hof Osterkamp (US2001204289), when he was just one day old. Ljufur is a son of Álfadans frá Ingolfshvoli (US1996104217). Susy says, "He has his parents' elegance, charisma, and warm personality—exactly what Tolthaven strives to breed."

# ICELANDIC HORSE

Q U A R T E R L Y

## 8 NEWS

- 9 USIHC News
- 14 FEIF News
- 16 Club Updates

## 26 FEATURES

- 26 Riders of the Month *by Lori Cretney*
- 28 Fit & Rarin' to Ride *by Kara Noble*
- 30 From No Tölt to First Prize *by Lucy Nold*
- 33 Staying Centered on the Knik River Ramble *by Alys Culhane*
- 36 Sport 101: Loose Rein Tölt *by Alex Pregitzer*

### USIHC CONTACTS

**Committees**

[Affiliated\\_clubs@icelandics.org](mailto:Affiliated_clubs@icelandics.org)  
Leslie Chambers (860-334-8259)

[Breeding@icelandics.org](mailto:Breeding@icelandics.org)  
Sherry Hoover (330-635-5623)

[Competition@icelandics.org](mailto:Competition@icelandics.org)  
Ásta Covert, interim (805-688-1393)

[Education@icelandics.org](mailto:Education@icelandics.org)  
Will Covert (805-688-1393)  
Kari Pietsch-Wangard  
(414-322-3214)

[Leisure@icelandics.org](mailto:Leisure@icelandics.org)  
Janet Mulder (907-351-4473)

[Promotion@icelandics.org](mailto:Promotion@icelandics.org)  
Emily Potts (413-531-6336)

[Quarterly@icelandics.org](mailto:Quarterly@icelandics.org)  
Nancy Brown (802-626-4220)  
Nicki Esdorn (914-826-5159)

[Youth@icelandics.org](mailto:Youth@icelandics.org)  
Linda Templeton (541-490-0975)

**Directors**

[President@icelandics.org](mailto:President@icelandics.org)  
Will Covert (805-688-1393)

[Vice\\_president@icelandics.org](mailto:Vice_president@icelandics.org)  
Lori Cretney (262-495-8745)

[Secretary@icelandics.org](mailto:Secretary@icelandics.org)  
Sherry Hoover (330-635-5623)

[Treasurer@icelandics.org](mailto:Treasurer@icelandics.org)  
Kari Pietsch-Wangard  
(414-322-3214)

Leslie Chambers  
([ljchambers17@comcast.net](mailto:ljchambers17@comcast.net))

Janet Mulder  
(907-351-4473)

Emily Potts  
(413-531-6336)

Linda Templeton  
(541-490-0975)

**Registry**

c/o Ásta Covert  
P.O. Box 1724  
Santa Ynez, CA 93460  
Toll free: 866-929-0009  
[registry@icelandics.org](mailto:registry@icelandics.org)

**Main Office**

United States Icelandic  
Horse Congress  
c/o Kari Pietsch-Wangard  
300 South Sawyer Road  
Oconomowoc, WI 53066  
Toll free: 866-929-0009  
[info@icelandics.org](mailto:info@icelandics.org)

**Website**

[www.icelandics.org](http://www.icelandics.org)  
[webhelp@icelandics.org](mailto:webhelp@icelandics.org)



## ANNUAL MEETING

The USIHC Annual Meeting, hosted by the Northeast Icelandic Horse Club (NEIHC), was held in Boston, MA on January 19. In addition to presentations by the USIHC Board of Directors and Committee Chairs (which are summarized in this section of the magazine), the meeting featured Nancy Marie Brown speaking on “Horses in the Sagas” and Svanhildur Hall leading a discussion on “Setting Clear Breeding Goals and How to Achieve Them.”

## AFFILIATED CLUBS

The USIHC began 2018 with 14 Regional Clubs and the Gæðingar Club, an activity club for those interested in breeding, committee chair Leslie Chambers reported. Before the year ended, an additional activity club was formed: Sleipnir, the Icelandic Horse Trainer and Instructors Guild of North America.

Ten of the 14 Regional Clubs held clinics or schooling shows, which were supported by Policy 31 funding from the USIHC. The clubs reported that this educational initiative helped their members enjoy and understand their horses using ground work, liberty training, dressage, and general riding instruction.

The USIHC paid out \$2500 of the \$3500 budgeted for this program. Each Regional Club was eligible for one \$250 grant.

## FEIF CENSUS

The Affiliated Clubs Committee also provides data on the number of Icelan-



Ásta Covert and Dynjandi frá Dalvík in perfect harmony. Ásta ranks first in the U.S. in T1, T2, and V1. Photo by Will Covert.



dic horse riders in the U.S. to our parent organization, FEIF, for the purpose of allocating voting rights in the international organization. Prior to 2017, FEIF rules only allowed us to count paid USIHC members. When FEIF redefined “membership” to let us count members of affiliated clubs who are not USIHC members, our tally jumped from 650 in 2016 to 1,008. That gained the U.S. an additional vote in FEIF.

For 2018 our tally remains at 1,008, which allows us to keep our three-vote status in FEIF.

However, according to the USIHC Secretary’s report, as of January 2019 the USIHC has 619 members in 515 households. Comparing the two sets of numbers, Leslie Chambers noted, “again suggests we have a large number of folks who belong to an affiliated club and not the USIHC and the converse—many folks who belong to the USIHC are not members of an affiliated club. The Affiliated Clubs Committee continues to discuss ways to increase membership for both the clubs and the USIHC, but to date most ideas have proved to have too many administrative issues to make them viable.”

## BREEDING COMMITTEE

The Breeding Committee met at Red Feather Icelandics, March 22-26, 2018, for a breeding seminar with Arnar Bjarki Sigurðarson. Reported Sherry Hoover, “The seminar focused on genetics, with a brief history of breeding and heritability. We covered topics ranging from color, gaits, conformation, FEIF’s goal for

evaluations, to setting personal breeding goals. We left the classroom to practice the conformation portion of a breed evaluation. Armed with the tools used in an actual evaluation, we measured several horses, all the while taking in our instructor’s tips on handling the tools with the horse.”

The committee’s goals for 2019 include organizing another breeding seminar, continuing its involvement with breeding horse evaluations, and adding a stallion section to the *Quarterly*.

## BREEDING SHOWS

Three breeding horse evaluations were held in 2018. The Léttleiki Icelandics Breeding Evaluations, held in Shelbyville, KY, was managed by Maggie Brandt with help from Lori Cretney; the judges were Marlise Grimm and Elsa Albertsdóttir. Five mares were evaluated, with total scores ranging from 7.47 to 8.16. Kvika from Four Winds Farm, ridden and trained by Terral Hill, earned first prize with 8.16.

The New York Breeding Evaluation, at the Cobleskill Fairgrounds in New York, was managed by Shannon Fitzgerald, with the assistance of Martina Gates and Amy Goddard; the judges were Nina Bergholtz and Jens Füchtenschneider. Ten horses were evaluated for conformation, with scores ranging from 7.69 to 8.16. Five of the 10 horses completed the Ridden Abilities section of the evaluation process, with scores ranging from 7.17 to 8.07. Zophonías from Vinland, ridden by Helga Una Björnsdóttir and trained by Martina Gates, earned first prize with 8.11.

The Breeding Evaluation at Harmony Icelandics in Peru, IA, was managed by Deborah Cook, with assistance from Kydee Sheetz and Katrin Sheehan; the judges were Nina Bergholtz and Jens Füchtenschneider. Four horses were evaluated, with total scores ranging from 7.73 to 7.87.

Two breeding horse and young horse evaluations are scheduled for 2019. The first will be held September 1-2 at the Cobleskill Fairgrounds in New York, and the second September 12-13, in conjunction with a Sport Show at Harmony Icelandics in Iowa.



In the 2018 USIHC National Ranking, Ayla Green is first in F1. Here she rides Stúdent frá Ketilsstöðum at the Montaire Show. Photo by Alex Venable.

### BREEDING AWARDS

The 2018 award for the highest evaluated domestic-bred breeding stallion, awarded in honor of Anne Elwell, goes to Vindur from Dalalif (total score: 8.16). Vindur is owned, trained, and ridden by Lucy Nold. (See the story in this issue.)

The 2018 award for the highest evaluated domestic-bred breeding mare, awarded in honor of Caryn Cantella, goes to Kvika from Four Winds (8.16), owned by Ron and Sherry Hoover and ridden and trained by Terral Hill. (See the story in Issue Three 2018.)

### EDUCATION

Will Covert and Kari Pietsch-Wangard presented the Education Committee's report, announcing the 2018 Riding Badge certifications, Tölt in Harmony Instructor certifications, Sport Judging certification, and FEIF Trainer of the Year nominations (see below).

"Our goal for 2019," they said, "is to define what is needed in the U.S. to provide support for our Icelandic horse community, either through instruction and/or training, and how to provide the best resources for this support. This will include, but not be limited to, development of a certified U.S. Riding Instructor/Trainer program."

### RIDING BADGES

Two Riding Badge clinics were organized by USIHC members in 2018. In August, Jessica Haynsworth taught a clinic at Mad River Valley Icelandic Horses in Vermont, with Jana Meyer as the examiner. Arianna DeForge and Cassidy Rosenhek passed the

exam to be certified at Riding Badge Basic Level 1. Keziah Dunn and Josie Nicholas were certified at Basic Level 2.

Coralie Denmeade held the second clinic at Tamangur Icelandics in Colorado in December; Florie Miller was the examiner. Sasha Mizrahi and Beth Sirles passed Riding Badge Basic Level 1, Deb Kenny passed Basic Level 2, Em Jacobs passed Competition Level 1, and Zoe Johnson and Pam Spooner passed Competition Level 2.

### TOLT IN HARMONY

The first Tölt in Harmony Instructor Certification clinic in the U.S. was held by the Alaska Icelandic Horse Association in June; the instructor and examiner was Trausti Þór Guðmundsson. Janet Mulder and Bernie Willis passed the exam and were certified as TiH Level 1 instructors.

### NEW SPORT JUDGE

The 5th USIHC Sport Judge Seminar was held in April at Red Feather Icelandics in Trout Lake, WA; the instructor and examiner was Þorgeir Guðlaugsson. Of the 15 attendees, eight took the exam, and one passed, with Lucy Nold achieving her US Sport B certification.



Kathy Love, riding Pegasus frá Skyggni, ranks first in the 2018 USIHC National Ranking in V2. Photo by Gigja Einarsdóttir.



## FEIF TRAINER OF THE YEAR

The Education Committee chose Alex Danenmann to be the USIHC nominee for 2017 FEIF Trainer of the Year; she subsequently won the award, which was announced in February at the FEIF Annual Meeting in Stockholm. The USIHC's nominee for the 2018 award is Caeli Cavanagh.

## LEISURE RIDING

The Leisure Committee is sponsoring its second Sea 2 Shining Sea virtual ride, following a 9,900 mile circuit along the Butterfield Overland Mail Route and the Pony Express Route from July 2018 to July 2019. (See the article in Issue Three 2018.) Seven teams and 13 individual riders are competing, totaling 47 riders in all. So far, together they have logged 3,629 hours of riding, translating into 14,526 miles.

As of December 31, the Rocky Mountain High Tölter are in first place with 3,715 miles. Second is the Toppur Icelandic Horse Club (2,016 miles) and third is Hestafolk (1,747 miles). The top individual rider is Raven Flores (1,700 miles).

To help participants get to know each other, a Rider of the Month is randomly chosen and interviewed for the S2SS Facebook page and the *Quarterly*. In addition, Leisure Scouts are determined by the committee based on participation in the Facebook page. Jeannene Heinrich, Sandie Mortensen Weaver, Iris Heidberg, Raven Flores, Jeny Feldner, and Claudia Sihler have been declared Leisure Scouts.

## PROMOTION

"The Promotion Committee consists of an enthusiastic group looking forward to working on many ideas for the future promotion of Icelandic horses," noted committee chair Emily Potts. "We are open to any ideas that individuals may have to help promote this great breed of horse. If you can spare a little time and feel you have some experience to add to our group, we would greatly appreciate your help! Join us by emailing [promotion@icelandics.org](mailto:promotion@icelandics.org)."

## DEMOS AND EXPOS

Under Policy 21, the USIHC Promotion Committee can provide matching funds to help affiliated clubs pay for display spaces

("booths") or breed demonstrations at trade shows and events around the country. The total amount of funding for 2018 was \$750, with a limit of \$150 per event. Each club could receive funding for only one event per year. This year five affiliated clubs received Policy 21 funding: Flugnir (for the Minnesota Horse Expo), Klettafjalla (Colorado Horse Expo), NEIHC (Massachusetts Equine Affaire), Sirius (Ohio Equine Affaire), and Toppur (Iowa Horse Fair).

## HORSES OF ICELAND

The Promotion Committee also coordinates the USIHC's partnership with Horses of Iceland, a strategic marketing plan developed by a variety of stakeholders in the Icelandic horse community. Its goal is "to increase the awareness and strengthen the image of the Icelandic horse in international markets." The USIHC's financial contribution goes toward supporting the creation of educational and promotional content. Notes committee chair Emily Potts, "Horses of Iceland has consistently provided booklets, brochures, and videos to many of our breed demonstrations and display spaces here in the United States. Their vision and values align with the USIHC mission statement."

## NEW LOGO AND WEBSITE

"An ongoing project for the Promotion Committee," says chair Emily Potts, "has been a rebrand of the logo in preparation for a revamped website. The primary goal for the logo was to represent the spirit of the Icelandic horse with a timeless and elegant aesthetic (see page 9). The logo will be used digitally on the website and social media, as well as in print on brochures and clothing.

"The website will also have a new look and feel, such as an updated font, colors, and photos, but it will keep all of the same information and content. The layout is changing slightly to make information, pages, and documents more easily accessible. We strive to continue offering information and resources for both current members and new Icelandic horse enthusiasts. Our goal is to keep the user experience intuitive and visually interesting."



Maria Octavo ranks first in the 2018 USIHC National Ranking in both T7 and F2. Photo by Jean Ervasti.

## QUARTERLY COMMITTEE

Committee co-chair Nancy Marie Brown summarized the *Quarterly*'s year with a fun slideshow of photos created by co-chair Nicki Esdorn; it can now be seen on the USIHC Facebook page.

In 2018, Nancy reported, the 19 committee members and 45-55 contributors per issue (nearly 10% of USIHC households) worked to provide the content and style that makes the *Quarterly* an effective face of the USIHC. Six hundred copies of each issue were printed: 450 to 477 were mailed to member households; the remainder were used to welcome new members and to promote the Icelandic horse at the North West Horse Fair, Equine Affaire in Ohio and Massachusetts, the Minnesota Horse Expo, the Omaha International, the Midwest Horse Fair, the Iowa Horse Fair, and at private clinics.

---

## REGISTRAR'S REPORT

In 2018, a total of 115 horses were registered by the USIHC and recorded in WorldFengur; 139 registrations were transferred to new owners. Of these, 55 were foals under 12 months old (compared to 36 in 2017), 12 were domestic bred (compared to 25 in 2017), 37 were imported from Iceland (compared to 31 in 2017), 6 were imported from Canada (compared to 4 in 2017), and 5 were imported from other countries (compared to 2 in 2017). The total number of USIHC-registered horses in WorldFengur as of December 31, 2018 was 6,102, of which 3,311 are domestic bred.

## SPORT COMPETITION

In 2018, a total of 13 USIHC-sanctioned shows were held in the U.S.: two in Santa Ynez, CA; four in Shelbyville, KY (counting the weekend of World Ranking competitions as three separate events); and one each in Claverack, NY; Tunbridge, VT; Santa Cruz, CA; Eagle, WI; Des Moines, IA; Wasilla, AK; and Middleburg, VA. Scores for each show can be found on the USIHC website at [www.icelandics.org/showresults/](http://www.icelandics.org/showresults/).

The committee is currently organizing the USIHC team for the World Championships, to be held in Berlin, Germany on August 4-11. For information, see [www.icelandics.org/competition/wc\\_team.php](http://www.icelandics.org/competition/wc_team.php)

## NATIONAL RANKING

Will Covert, chair of the Sport Committee, announced the 2018 National Ranking at the USIHC Annual Meeting in Boston. The award winners are: Ásta Covert for T1 (with a score of 7.60), T2 (7.00), and V1 (7.25); Olivia Rasmussen for T3 (6.15); Grace Strausser for T4 (5.50) and T6 (5.55); Kydee Sheetz for T5 (5.65) and V3 (6.00); Maria Octavo for T7 (5.60) and F2 (5.25); Autumn Steiner for T8 (5.65); Kathryn Love for V2 (6.34); Orianna Bradley for V5 (5.85), Alicia Flanigan for V6 (5.77), and Ayla Green for F1 (6.60).

## WORLD RANKING

FEIF's World Ranking is a system to compare results of riders of pure-bred

Icelandic horses at selected sport events all over the world with each other. For information on what events qualify, see [www.feif.org/Sport/WorldRanking.aspx](http://www.feif.org/Sport/WorldRanking.aspx)

USIHC members currently listed in the overall World Ranking are Kathryn Love, Carrie Lyons Brandt, and Gabrielle Pittman. Kathy is ranked number 34 in V2 Four Gait (6.313). Carrie is number 194 in T1 Tölt (6.567), 237 in V1 Four Gait (6.387), and 202 in C4 Four Gait Combination (6.477). Gabrielle is number 294 in T2 Tölt (5.710).

## YOUTH

"It is our goal to make 2019 the Year for Youth," reported incoming committee chair Linda Templeton. The committee will be asked to identify opportunities to reach out to and engage with more young people. "We want to provide existing Icelandic riders with more activities and resources for learning, as well as reaching more riders from other breeds and introducing them to the joys of Icelandic riding. Today's youth riders are tomorrow's owners, trainers, ambassadors, and USIHC members."

## FEIF YOUTH CUP

The highlight of 2018 for the Youth Committee was the FEIF Youth Cup held in Sweden. This international Icelandic horse competition for riders aged 14 to 17 is held on even-numbered years. In 2018, 15 countries participated. The USIHC was proud to send four talented young riders: Alicia Flanigan from Maine, Eden Hendricks from California, Grace Strausser from Pennsylvania, and Isabelle Maranda from Vermont.

## SPAERI YOUTH AWARD

The Spæri Award for 2018 goes to Zoe Johnson for a well-written and researched article on "Horse and Human Sun Protection." The article will appear in the next issue of the *Quarterly*. Zoe is 15 years old and has ridden Icelandics since she was six. She lives in Monument, CO and cherishes her 10-year-old gelding, Prins, whom she got as the "best birthday present ever" five years ago. Zoe trains with Coralie Denmeade at Tamangur Ice-

landics. She rides every day after school and is lucky to live across the street from the Pike National Forest trailhead. She is excited to be able to ride other horses at Coralie's and at the USIHC Youth camps, to increase her experience and horsemanship skills. She aspires to be a horse chiropractor.

## AMERICAN YOUTH CUP

The 3rd North American Youth Cup will be held July 14-21, 2019, in the Pacific Northwest (not in Vermont as originally planned). The venue is Red Feather Icelandics, at the base of Mt. Adams in the Cascade Range. For the first time this will truly be a North American event, as we have opened the Youth Cup to our friends in Canada. We hope to bring great horses, great instructors, and a taste of what the Northwest has to offer to these participants. Applications must be in by March 15, and results will be available by March 31. Applications can be found at: <https://redfeathericelandics.squarespace.com/application-materials>

## SECRETARY'S REPORT

In January 2018, the USIHC had 655 members in 457 households. As of January 6, 2019, that number has grown to 683 members in 508 households, an increase in households of over 10%. We need to continue that positive trend by recruiting and retaining new members.

## TREASURER'S REPORT

As USIHC Treasurer Kari Pietsch-Wan-gard reported, our total 2018 income was \$44,348.08 and our total 2018 expenses were \$58,162.41. Compared to 2017, that represents an overall increase in income of 8.4% and an increase in expenses of 4.2%. The increase in expenses was mostly related to the costs of developing a new logo and website.

As Kari explained, "The total income and expenses resulted in a loss of \$13,814.33. While it's still a loss, that figure is 7.3% smaller the prior year's loss. So we are headed in the right direction." These loss numbers do not include the return of the \$5,000 deposit (from 2016) for the Blood Profile project. As it is a



return of capital, it cannot be considered “income,” but needs to be kept separate to get a true picture of what our 2018 income and expenses were.

“In 2018 we began a new budget process,” Kari explained. “We first identified all of the income and expense items that are necessary to run our basic organization and to fulfill our commitments to FEIF. Then we looked at what the various committees requested in their budget requests and decided how much we could fund, based on how much of a loss we were willing to take on for the year. As I said at last year’s meeting, we can’t continue this level of deficit spending. The only way we can continue to fund the various committee programs over the long term is by increasing our membership numbers and/or dues.”

The 2019 budget meeting was scheduled for February 12; committees were to submit their 2019 budget requests by January 31.

## BOARD MEETINGS

The USIHC board of directors met by conference call on November 13, December 18, and January 10. Complete minutes, including the monthly Treasurer’s and Secretary’s reports, can be found online at [www.icelandics.org/bod/minutes](http://www.icelandics.org/bod/minutes). USIHC members are encouraged to listen in on the board meetings. The agenda and information on how to call in are posted on the USIHC website the weekend before.

In addition to topics already reported upon in this section, at the November meeting Will Covert was removed as chair of the USIHC Sport Committee, at his request, while he serves FEIF as deputy chief judge for the World Championships. Ásta Covert was appointed interim chair.

At the December meeting Sherry Hoover and Janet Mulder were appointed to fill vacant seats on the board. Sherry was asked to chair the Breeding Committee and Janet was asked to chair the Leisure Committee.

An amendment was proposed to the U.S. Instructor Level 1 certification program, which had been presented by the Education Committee and approved by



Zoe Johnson, age 15, won the 2018 Spaeri Youth Award for her well-researched article on “Horse and Human Sun Protection.” It will appear in Issue Two 2018 of the *Quarterly*.

the board at the November meeting. The board referred the amendment to the Education Committee to discuss and bring back to the board for a final decision.

The board unanimously approved an amendment to Policy 9 concerning membership in USIHC committees, including who is eligible to join, members’ voting privileges, how a committee member can be removed by the chair, and for what reasons. In general, any USIHC member can join any committee, other than the Sport Committee, which has special educational requirements. The amended policy was tested on December 13, when the board (by email) voted seven to one to immediately accept all current members who had requested to be added to the Education Committee.

Finally, the board unanimously approved an amendment to Policy 36, “Standard of Conduct (Ethics Code), USIHC Board of Directors Statement of Expectations.”

Prior to the January meeting, Jessica Haynsworth and Kevin Draeger resigned from the board. Their seats were filled by former board members Linda Templeton and Lori Cretney. The day of the meeting Alex Dannenmann also resigned. At the meeting, the board elected officers, appointed committee chairs for 2019 (see page 8 for the complete list), and finalized the agenda for the Annual Meeting. USIHC Policy 36, “Standard of Conduct (Ethics Code), was further amended by unanimous vote.

In executive session, the board discussed the ramifications of Alex’s resignation and the previous legal action she had brought to the board. In reference to her work on the U.S. Instructor Level 1 certification program, the board decided unanimously that the USIHC would not use any documents that Alex had copyrighted and that her board seat would remain open for the near future.

# FEIF NEWS

## NOW ON INSTAGRAM

FEIF's new Instagram account was launched in December 2018. Please share your pictures and follow us on Instagram: [www.instagram.com/feiforg/](http://www.instagram.com/feiforg/)

## YOUNG LEADERS

The third FEIF Young Leaders seminar was held in southern Iceland on November 9-11. The seminar, which had 23 participants between the ages of 18 and 26, focused on self-development, leadership skills, and seeking solutions. Topics included: How do I build a team? What is the difference between teamwork and partnership? How do I practice communication at a higher level? The main speakers were Anna Steinsen, a recreational and social psychologist, and Karen Woodrow, a Hólar-trained riding instructor who also holds a Masters in Project Management. The program consisted of a mixture of lectures, icebreakers and other social games, and role-playing exercises, and included a visit to the breeding farm Grænholt. As always, a key goal was to foster new friendships and to strengthen the bonds between young people from different countries and cultures.

## COMMITTEE MEETINGS

In contrast to the FEIF Conference every February, when delegates from each member country come together to discuss developments in the Icelandic horse world, the annual committee meetings are much smaller. In 2018 these took place October 19-20 in Berlin. There, the elected committee members of FEIF's five portfolios—Breeding, Education, Leisure Riding, Sport, and Youth Work—met to review past events and discuss future plans. Scheduling all committee meetings at the same time also makes it possible for two to work together on a joint project, such as, for example, to plan an education seminar focusing on youth or to discuss ways in which sport and breeding rules can be further aligned.

## THE FUTURE OF FEIF

At the Berlin meeting, plenum sessions were called for all committee members to discuss the future of FEIF. Is our current



way of working the best way, or should we make changes? We discussed information flow, the cost of operation, decision making, interconnection or communication between departments and committees, the size of our committees, and our relationship with our member associations. Is FEIF appealing enough to new people to make them want to participate in our work?

The conversation evolved into a discussion of two questions: Why are we doing the work of FEIF, and how is FEIF heading toward the future? These are bigger topics than the more practical questions posed initially by the FEIF Board, and the Board decided to make this matter a priority topic for discussion during the 50-year anniversary conference in Berlin in February 2019. We need to be able to answer these questions. It is vital for FEIF to constantly review our work, to make sure we do not become stagnant or distant from our members. The board relies on the input from all FEIF's stakeholders: riders, breeders, volunteers, and the member associations. We urge you all to contact us with your ideas.

## YOUTH WORK

In Berlin, the FEIF Youth Work Committee reviewed the 2018 Youth Cup in Sweden, focusing on how to make it even better in Denmark in 2020. The committee also wants to further strengthen the FEIF Young Leaders seminars, which are now a permanent feature of our winter calendar.

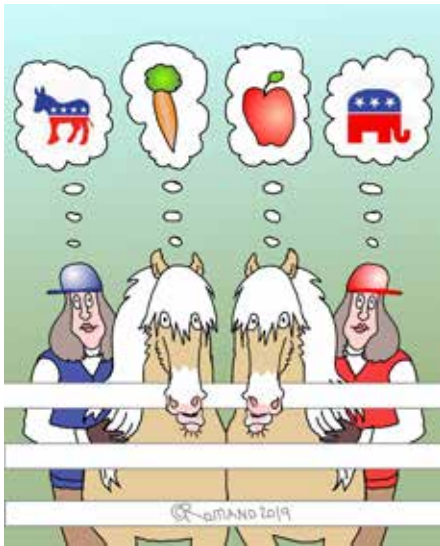


Throughout 2019, as we commemorate the 50th birthday of FEIF, we want to share memories of our beginnings in a Golden Age, when anything seemed possible, as well as looking forward to the next 30 years, during which the young people of today will become the leaders of tomorrow. Finally, FEIF Youth will run the video competition again in 2019. The challenge is for teenagers to produce a short film on the topic of "Blue" (details to follow). Who knows, maybe short videos are the appropriate way for our current dreams to become a future record of our shared history?

## SPORT COMMITTEES

The Sport Committee and the Sport Judges Committee held a joint meeting to ensure that the latest developments were discussed and that ideas were implemented in the ideal way. In addition to reviewing the past season, many points for the future were discussed. Among these were the idea to allow the organizer of a show to decide on the same starting order for the second run in P2, to make adjustments to the timetable of P2, to allow alternative horse shoes in general, to allow a new five-gait test where the rider can show pace on the pace track, to allow B-finals for young riders at World Championships, to alter the calculations in finals, and more. These ideas will be presented at the Sport Leader Meeting and the Delegates Assembly in February 2019, as appropriate.





### LEISURE RIDING

With the help of the Education Committee, the Riding Horse Profile was updated to use the same expressions as in sport and breeding, in order to make the evaluation systems more compatible. The new profile will be published on the website before the FEIF Conference in February 2019. Several new ideas were discussed at our meeting in Berlin, including the next steps to take with the video being produced in co-operation with Horses of Iceland ([www.horsesoficeland.is](http://www.horsesoficeland.is)). In cooperation with the Youth Committee, we discussed organizing a leisure riding camp or seminar, modeled after the well-known FEIF Youth Camp, for adults from different countries to get together and share their passion for the Icelandic horse. The committee is also developing its visions and goals, as part of FEIF's focus on the future. Apart from these projects, the group exchanged know-how at national levels, e.g. regarding riding routes and their possible presentation on the FEIF website.

### EDUCATION

The Education Committee prepared the first seminar for FEIF examiners, to be held in November 2019 in Sweden. This seminar seeks to encourage international cooperation and collaboration between international examiners for trainer exams at all levels. The seminar will include practical as well as theoretical parts, e.g.



how to avoid stress in exams, etc. Further information will follow in due time. Tölt In Harmony and its further inclusion in the national systems was another point of discussion, and will be on the agenda of the annual meeting.

### BREEDING COMMITTEES

The Breeding and Breeding Judges Committees discussed new and better-defined breeding goals for the Icelandic horse, together with a proposal for new guidelines for the judging of ridden abilities. The weighting factor for each trait will be further discussed in 2019. A proposal to decide on the judging panel at all breeding shows in 2019, based on the decision of the breeding leaders and judges, was prepared for implementation during the next months. Þorvaldur Kristjánsson was appointed chief judge for the Breeding Show during the 2019 World Championships, to be held in Berlin. Together with representatives of the show organizer and other FEIF departments, the committees visited the world championship site, where many new structures have been built. At the same time as the committee meetings, a WorldFengur workshop with more than 20 participants took place. The workshop included practical work as well as discussions on EU topics, perspectives from the national studbooks and the GDPR consequences, and the planning of further lectures.



### WORLD CHAMPIONSHIPS

The selection of the Sport Jury for the 2019 World Championships in Berlin is complete. The following judges will form the jury: Ann Winter, Anna Andersén, Åsa William, Fi Pugh, Frauke Walter, Henrik Már Jónsson, Nicolai Thye, Ólafur Árnason, Oliver Kubinger, Pia Andrússon, Sophie Kovac, Stefan Hackauf, and Valdimar Auðunsson. Þorvaldur Kristjánsson was selected as Chief Judge for the Breeding Show. Will Covert was appointed Deputy Chief Judge.

### THE ICEHORSE FESTIVAL

If you happen to be traveling to Europe in April, don't miss the Icehorse Festival. This four-day event, April 4-7, is an international world-ranking competition for Icelandic horses on an 250-meter indoor oval track at the fairgrounds in Herning, Denmark. The festival features about 300 riders from all over Europe competing in Sport A and Sport B classes, as well as a festive stallion show and interesting lectures. Plus, there will be a huge exhibition area where spectators can shop for the newest equipment. The Icehorse Festival is held in collaboration with the Danish Icelandic Horse Association. For more information, visit <https://icehorsefestival.com/>

---

# CLUB UPDATES

---

There are two Activity Clubs and 14 Regional Clubs affiliated with the U.S. Icelandic Horse Congress. To find the Regional Club nearest you, see the USIHC website at [www.icelandics.org](http://www.icelandics.org). Contact information for the Activity Clubs can also be found there. The following clubs filed updates on their activities this quarter.

## **GÆÐINGAR**

By *Kydelee Sheetz*

The Gæðingar Club is an activity club that was founded to create a setting for Icelandic horse breeders and those interested in breeding to connect and learn from each other.

Our main focus is to educate the membership and to bring breeders and clients together. We encourage our members to be involved in the USIHC and to support their regional clubs as well. The Gæðingar Club hopes you will visit our website, [www.icebreeders.com](http://www.icebreeders.com), to become a member or just visit! We have a comprehensive listing of farms in the United States and Canada, information on stallions, mares, and horses for sale, and a calendar of events applicable to breeders and clients.

The Gæðingar Board is excited to be working on several concepts currently, and we encourage breeders and potential buyers to contact us with any recommendations regarding these programs or anything else that you would find helpful! An activity club is a new concept for the USIHC, and we would appreciate your input. We are committed to encouraging and educating breeders, as well as efficiently connecting people looking to purchase an Icelandic horse with breeders who have quality horses for sale.

Our goals for 2019 are: To create an on-line system where buyers can input what type of horse they are looking for and then receive information from breeders from around North America who have potential matches. To develop an Education Farm program where people interested in learning more about Icelandic horses can visit to learn more about our special breed. To invent new ways to encourage regional clubs, breeders, and owners to support and participate in breeding evaluations. To build awareness of what services we can pro-



Sleipnir Guild members Alex Venable, Laura Benson, and Grace Strausser share a victory lap at the 2018 FIRC Open in Montaire, VA. Photo by Heidi Benson.

vide by connecting with people at Icelandic horse events around North America.

We look forward to meeting you online as well as at various Sport, Breeding Evaluation and educational events in 2019!

## **SLEIPNIR**

By *Caeli Cavanagh*

Sleipnir: The Icelandic Horse Trainer and Instructors Guild of North America was founded as a USIHC-affiliated activity club this year in order to create an association of professional Icelandic horse trainers and instructors.

Activities which will fall under the goals of this association include defining industry standards; creating educational opportunities specific to the needs of trainers such as conferences, lectures, and clinics; and providing networking opportunities. We also seek to create a sense of community that can be difficult to form in our vast countries.

This organization is comprised of trainers supporting trainers in developing our Icelandic horse economy. Our goal is to stimulate the increase of quality and standards in our marketplace in order to carry out the diverse functions required of our profession. We are very excited to start working on these goals! We have three membership types: active trainers, junior trainers, and emeritus trainers. If you or someone you know is interested in learning more about our membership requirements, please contact [caeli.cavanagh@gmail.com](mailto:caeli.cavanagh@gmail.com).

## **ALASKA**

By *Jane Wehrheim*

We all truly enjoyed the extended fall season in Alaska this year as it gave us more riding opportunities and ample time to prepare for winter.

The back half of 2018 saw several events for the Alaska Icelandic Horse Association, including a youth camp for Tölt Alaska and a schooling show to prepare us for our main event of the season, the AIHA Sanctioned Show with judge Peter Jökull Hákonarson.



Freyja from Alaska Ice Farm, one of the many new youngsters this past year. Photo by Janet Mulder.



A complete list of riders and their scores can be viewed on our website, [alaskaicelandics.org](http://alaskaicelandics.org), along with a photo gallery. We had wonderful weather and many generous sponsorships. We all look forward to doing it again next September!

As I write, we are busy finalizing dates for clinics and events in 2019, including a Tölt in Harmony Clinic by Trausti Guðmundsson over Memorial Day weekend. Confirmed events are updated and posted on both our website and our Facebook page.

### FLUGNIR

By Jackie Alschuler & Eve Loftness

The Flugnir Icelandic Horse Club of Minnesota and Wisconsin started off 2019 with our Annual Winter Warm Up party in January. Board members provided the main dishes for a potluck evening of fun and fellowship here in the Bold North. At the party, we welcomed our newest Board member, Ellen Parker. Ellen is an avid trail rider with her black Icelandic mare, Mysla from Nordurstjarna, and she brings a joyful spirit and a new perspective to our board. As the September Rider of the Month in the Sea 2 Shining Sea virtual ride, Ellen was featured in the last issue of the *Quarterly*.

On October 21, Ellen took part in the Fall Hunter Pace hosted by the Long Lake Hounds Club, in Hamel, MN. She writes: "The day started out cool and sunny, as trucks and trailers pulled into



Flugnir member Ellen Parker and Mysla from Nordurstjarna.

the field. Seven Icelandic horse riders unloaded and looked forward to showing the crowd what their energetic little horses could do. As usual, when a group of Icelandics are around, they attract a lot of attention and admiration for their glorious looks and spirited energy.

"Karl Lieder, a cheerful leader of the club (and easy to spot in his fire-red jacket), pointed us to the registration tent and made us feel very welcome. He and the group running registration outlined the rules and goals: to follow the carefully

marked course across five to eight miles of varying farm field and manicured lawn edges, woodland trails, and a couple of connecting roads. Walking only next to the roads and careful passing of other riders was emphasized, but on the field edges and in other open places, each team of up to four riders could set its own quicker pace. The ideal time and the exact distance of the course is kept secret, with the goal being to have your team come as close to that ideal time as possible.



Seven Flugnir Club members took part in a Hunter Pace. Eve Burch-Loftness, Jackie Alschuler, and Liz Stimmler finished in second place; Ann-Sofie Kruger, Diane Hovey, Ellen Parker, and Kat Payne finished fourth.

“Two teams of Icelandic riders registered in the lower experience class and time, since only a couple of us had ever done a Hunter Pace before. The course had some challenges, but nothing our all-terrain horses couldn’t handle with flying colors. Most of us did pass alongside the scattered jumps, but some of them could have been jumped, with more practice. While the occasional hunt-horse group did pass our Icelandic teams, it was clear that our horses kept the pace easily, and everyone enjoyed the absolutely perfect weather of late October.

“Both teams of Icelandic riders finished the course and placed with a ribbon. Team 1 was Eve Burch-Loftness, Jackie Alschuler, and Liz Stimmler, who finished in second place; Team 2 was Ann-Sofie Kruger, Diane Hovey, Ellen Parker, and Kat Payne, who finished in fourth place. Everyone came away knowing that this was a special event that they would likely attend again and would recommend to others. The speed and navigation on the course offered a fun challenge to enjoy with friends and an inspiring way to show off our beautiful horses.”

Flugnir will once again attend the annual Minnesota Horse Expo, which takes place this year on April 26-28 at the Minnesota State Fairgrounds. The Icelandic horse drill team presentation is always a fan favorite and a highlight at the Expo. The Expo is a wonderful time for old friends to get together, to meet new friends, and to introduce the general public to our special breed. It is also the unofficial kick-off to our trail riding season, and we all look forward to getting out in nature in the warmer weather.

Flugnir will host two USIHC-sanctioned Icelandic competitions in 2019: The Flurnirgæðinga Show June 8-9 and the Flugnirkeppni on August 24-25. Both shows will take place at beautiful Tolthaven Farm in Pelican Rapids, MN. This will be the first time that Tolthaven hosts a USIHC-sanctioned show, and we welcome members of the Icelandic horse community to come join the fun.

For more information on Flugnir activities, please visit our website, [www.flugnir.org](http://www.flugnir.org).



Laura Benson on Lykill frá Stóra-Ási and Ebba Mehan on Sigurlín frá Hús compete in the USIHC-sanctioned show held by the Frida Club at Montaire Icelandic Horses in Middleburg, VA in October. Photo by Valerie Durbon.

## FRIDA

*By Marilyn Tully & Alex Pregitzer*

The Frida Icelandic Riding Club of the Mid-Atlantic Region closed 2018 with much merriment in the air as our members gathered for our annual potluck Holiday Party on December 8 at the home of Pat and Jim Carballo in Columbia, MD, an ideal meeting place midway between the members traveling from Pennsylvania and those coming from Virginia and points south. There was



Heidi Benson and Strokur frá Syðri-Gegnishólum cantering to victory in F1. Photo by Valerie Durbon.

delicious food, homebaked goodies, a silent auction, and a 50-50 raffle. Following lunch, Pat Carballo presented a slideshow of members’ horses, and members had to name the horses, the horses’ owners, and indicate whether the horse was mare, gelding, or stallion. One point for each correct answer. It was fun and an excellent way to get to know each other’s horses.

All told, 2018 was a great year for the Frida Icelandic Riding Club. Thirty-four new members joined and an energetic schedule of events rolled out all year long.

Members gathered for trail rides at beautiful national and regional parks across the greater Virginia, Maryland, and Pennsylvania area. In the fall, riders saddled up at the Fair Hill Natural Resources Management Area in Maryland on October 13. Fair Hill is a 5,000-acre maze of wooded trails, open meadows, covered bridges, and creek crossings. On October 21, members got together for a trail ride at Bucklodge Forest Conservation Park, which covers 215 acres of forested woodlands along the Bucklodge Branch stream valley in Montgomery County, MD.

The club’s annual USIHC-sanctioned competition show was held on October 27-28 at Montaire in Middleburg, VA, the home of Antje Freygang and husband Mike Padgett.

When Antje and Mike purchased





Patricia Carballo on Dahla from Norris Farm and Carrie Laurencot on Gnótt frá Holtsmúla 1 showing off in the ribbon class at the Montaire Show. Photo by Valerie Durbon.

Montaire, they had a vision of sharing their beautiful facility with other Icelandic horse enthusiasts. Montaire is a welcoming place, as well as the perfect facility for Icelandic horse competitions, clinics, and other educational opportunities. Montaire features a regulation-size 250-meter oval track, an airy 20 x 40 meter covered arena, as well as access to trails, a separate barn for guest horses, and a large number of paddocks and green pastures.

A pre-show clinic on Thursday and Friday was led by Guðmar Pétursson for riders planning to compete in the sanctioned show. The classes started Saturday morning with FEIF International Sports Judge Andre Böhme, as well as scribes Susan Moore and David Badtke, announcer Florian Schneider, Alexandra Dannemann managing Icestest, and Amy Goddard playing the right beats to get us into the swing of things. What a great team to have for the show! Competitors, visitors, and friends came from across the United States and Canada, and even from as far away as Iceland and Germany. We were especially happy to see a large number of wonderful American-bred horses, who showed off our promising breeding here in the United States. The Icelandic god Thor also played his role well, providing



FIRC1 The V2 finalists: Laura Benson, Carrie Brandt, Ebba Meehan, Alex Venable, and Mackenzie Durbin. Photo by Valerie Durbon.

some Icelandic weather to really set the mood for the show.

There were individual classes and group classes suitable for all levels of riders and horses, with the aim to accommodate beginner riders, novice riders, and green horses, as well as intermediate and advanced riders. Sunday started with the Tölt T4 finals. Colorful stallions (some freshly imported from Iceland) and longtime fa-

vorite family horses competed side by side and were so much fun to watch. The club made sure to offer a variety of fun classes, such as the extremely popular costume class, which showcased creative costumes with whole groups of adorable Wizard of Oz characters, strong Vikings, powerful stallion hot dogs, dragons, and butterfly princesses, to mention just a few. Other popular fun classes included the Lead Line class and, of course, the Beer Tölt!

Those watching got to see some great performances in all of the classes. Here are some of the highlights: Sunday's winner of the F1 Individual Five Gait class, with a total score of 6.29, was the California team of Heidi Benson and Strokur frá Syðri-Gegnishólum. The finals in V1 Individual Four Gait were a tight race between Alexandra Venable on Veigar frá Lækjamóti, with a final score of 6.50, and Laura Benson on Geysir frá Kvistum, with a total score of 6.40. The Tölt T1 final at the end of the day was won by show host Antje Freygang and Vaskur frá Kagaðarhóti with a total score of 6.00. All show results can be found on the USIHC website at [www.icelandics.org/showresults/](http://www.icelandics.org/showresults/).

At the end of the show, Antje sponsored a Harmonious Rider award,



Marilyn Tully managed the ribbons. Photo by Valerie Durbon.



The Montaire show's host, Antje Freygang, placed first in the V3 finals with Galdur frá Reykjavík. Photo by Valerie Durbon.

which was given at the judge's discretion to the rider who showed exceptional harmony between horse and rider. The award went to Laura Benson on Geysir frá Kvistum.

Did we say hot dogs? Nobody had to go hungry. Gourmet food trucks provided delicious crepes and different ethnic food choices to make sure we all made it to another home-cooked gourmet evening meal, generously prepared and sponsored by Mike Padgett.

While the horses were munching on their grass and hay, enjoying a well-deserved break from the competition, the riders, friends, and volunteers gathered in a decorated tent for a silent auction, homemade chili, music, drinks, and, last but not least, some dance moves to stay limber for the next morning. Thanks to artist Sandy Newkirk for donating her beautiful oil painting, "Icelandic Spring," for the raffle. The happy winner was club member Marilyn Tully.

Thanks so very much to Curtis Pierce for his long hours serving as show secretary

and coordinator. He and the full cadre of volunteers put together an impressive premier show at Montaire. It takes a village to support an event of this magnitude, and the club couldn't have done it without the help and support of its members. The club thanks our team of professionals and our volunteers, Marilyn Tully, Millie Angelino, NikkiSue and Lee Flanigan, Alicia Flanigan, Carrie Laurencot, Kathryn Brockhouse, Marjorie Lewis, Charlotte Reilly, Leslie Chambers, Antonio Ortiz, Nicole Kempf, Maryls Shoup, Amanda Malone, and Kelly Smith. The club volunteers were joined by Jennifer, Catherine, Antonio, Hunter, and Buck, who provided hospitality and outstanding facility support. Thank you also to Valerie Durbon Photography for shooting fantastic photos throughout the show for the Montaire Gallery.

Finally, the show would not have been a success without the support of the competitors! The club is grateful that participants traveled so far to show us their beautiful and talented Icelandic horses.

## GLITFAXA

By Gabriele Meyer

I am sure you have heard the saying, "You can lead a horse to water, but you can't make it drink." Well, this might not be entirely true. Glitfaxes member Lisa Herbert actually can make her horses drink!

Teresa Halperin's mare Skugga, on the other hand, can give her rider a helping "hand" by picking up a dropped whip with her lips and turning her head to give it back to the rider.

These two unusual examples of trained horse behavior inspired me to dedicate this report on the Glitfaxes Icelandic Horse Club, which represents the Greater Bay Area of California (including San Francisco East and North Bay, Sacramento, and the foothills), to a topic that could be called "cool tricks our horses can do." But let me start from the beginning.

A few months ago, Teresa Halperin had invited me for a trail ride with her two mares Solarljós and Sól Skugga. During a break, I tried to take a few pictures of us and accidentally dropped my whip. Teresa stopped me from jumping off the horse and advised me to hold the reins loose and on the buckle. Then she pointed with her finger to the whip and said, "Skugga, get it!" To my utter astonishment, Skugga lowered her head, picked up the whip with her teeth, and turned her head around so that I could take it out of her mouth. Problem solved,



Glitfaxes member Teresa Halperin taught Sól Skugga a useful trick: to pick up a dropped whip. Photo by Laurel Edgecomb.





"When our horses see a scary thing, they can be asked to touch them. When they do, they get a treat," notes Glitfaxes member Laurel Edgecomb. Here, Indianaskjóni from Tuskast meets some Halloween horses.

no getting off the horse for me, and a big cookie for Skugga!

Teresa explains: "We are working on expanding this to other dropped items such as gloves, which frequently happens when we take them off to use the cell phone. The command is 'Get it.' The horse picks up the whip and swings it around to the rider. The rider takes the whip from the horse's mouth and gives the horse a reward. This was taught on the ground first by putting the whip in the horse's mouth and having her hold it. Then taking it out and giving a treat. You keep having them hold the whip longer in their mouth and then learning to hand it to you. Eventually this happens from the saddle."

A couple of weeks later, at our annual club meeting, I recounted our ride with the "whip incident," and the story triggered our members to chime in with the "cool tricks" their horses can do. Here are some of them:

As I mentioned at the beginning, Lisa taught her geldings Krummi and

Bangsi to drink when cued. Lisa is an avid trail rider and has probably ridden every single trail the Marin coast has to offer. She likes to make sure that her horses are well hydrated before hitting the trails, especially in the summer. "I've taught them to drink using positive reinforcement. You can't really make them drink, but using a clicker, you can teach them to want to drink."

Well, what goes in must come out again, and member Julie Ryan's horse Sægóla (aka Siggí) has been taught to pee out on the trails. We don't have pictures of Siggí peeing but I think you all know what that would look like, and Julie has a bunch of credible witnesses. Julie reports:

"As I was riding her on the trail, she would veer into piles of leaves, and I realized that she needed to pee. But she would stop multiple times before she found the perfect spot. Sometimes she would stop five or six times and do nothing. I felt this was too much for the other riders to deal with when we were riding as a group. So next time when I

rode alone, I took a handful of treats with me. When she stopped I showed her a treat, telling her she would get it when she peed. She caught on very quickly, and before I knew it, she would stop right away at the start of a ride for her 'pee and treat'! Sometimes we have hardly left the barn area and she finds her spot. Everyone laughs and says, 'Siggí has to pee,' we all stop, and then we are done for the rest of the ride."

Back to Teresa Halperin. One other cool trick she has taught her horses is the Emergency Stop. When Teresa makes a special, trilling sound with her lips, her two Icelandics have been taught to stop immediately and wait to be given a treat. "This works from a dead run when I am in the saddle, and most of the time it also works when they are loose in the arena. I use it to get their attention if something scary like a big noisy truck is going by us on the road. It's nice to have emergency brakes, and this trick has come in handy many times."

Our members came up with a number of other creative tricks for their horses, which I can't include here due to limited space. The idea was born to organize a clinic to gain further knowledge and insights around clicker training. Glitfaxes member and FEIF International trainer Nicki Esdorn was also at the annual meeting, and spontaneously we decided to organize a clinic titled "Hands-on Introduction to Training with Positive Reinforcement."

Four weeks later, we met at the club house of the beautiful horse facility owned by the Northgate Equestrian Center HOA in Walnut Creek. Nicki started her presentation by describing the "Seven Core Emotions" of horses (you can read up on them in Issue Two 2017 of the *Quarterly*). She explained why knowing the core emotions enhances our understanding of horses' behavior during training sessions (which is every time we handle our horses) and horse welfare in general. She focused on the Playing and Seeking emotions and that these are the states you want your horse to be in during a meaningful training situation, she went on to the definitions and details

---

of training with negative and positive reinforcement techniques and the value of freedom of choice for the horse.

After all the theory, we were happy to stand up and try our hands on the clickers and targets Nicki provided. Pairing up in role play, we practiced to present the target, to time the click, and to hand the reward in the correct manner and position. Once we had convinced Nicki that we were sufficiently handy with all that, we went to the barn and got to practice with the horses. We found out that the sequence of presenting, clicking, and treating needs to be repeated many

---

At Hestafolk's clinic with Freya Sturm, Judy Skogen works with Freya from Extreme Farm, above, and RJ Argenzio with Gloinn from Rivendell. Photos by Tira Hardesty.



times (by the person, not the horse) in order to make it smooth and for us to stay grounded and relaxed. We also got into further details, such as different horse personalities, the value of different treats, reinforcement schedules, and more.

This clinic day was a lot of fun, and we had a number of Aha! moments. It is fair to assume that, just like me, all participants went home inspired to search for ways to incorporate the new knowledge into our daily horse routines. While we have not yet set a date, all of us are looking forward to the next clinic with Nicki!

Glitfata thanks Teresa Halperin and the Northgate Equestrian Center HOA for hosting us, and Nicki for being the clinician. We also would like to mention that the clinic received support by the USIHC, through the clinic sponsorship policy.

#### **HESTAFOLK**

*By Lisa McKeen*

The Hestafolk Icelandic Horse Club serves members from all over the state of Washington (and some in British Columbia). We were so busy all summer that most of us just sailed through the last part of the year. Several members are riding

for our Sea to Shining Sea team and continue to log miles of riding time.

In addition, we have members riding and logging hours in a Cold Weather Challenge. It is fun, being the second or third year for many of us. This particular challenge begins on the first day of fall and runs until the first day of spring. You document your ride, keep count, and share that information on a private Facebook page. It is fun to get to know other dedicated riders and their horses. The Cold Weather Challenge is open to all breeds, so those of us whose horses aren't registered still get to go out and show people the power, grace, and work ethic of our beauties. The goal is to get 50 rides in, and we generally go over that by many; some folks have reached 100!

On October 6-7, Hestafolk held a clinic with Freya Sturm. We were able to fill it, in part, because of our Canadian friends, who came and rode local horses. The survey after the clinic helped us to think about what we need to do to continue our learning. Freya also does lessons with individuals, so we are encouraging all riders and handlers to take a lesson and enjoy the camaraderie of other Icelandic owners.

We held our planning meeting on December 2 and refreshed our leadership. Kathy Lockerbie will serve as President, Natira Hardesty as Vice President, Lisa McKeen as Secretary, and Christine Vowles as Treasurer. We have revised our policies for club trips and will be enforcing the required deposits on all events. Because our club has members from all over the state and into Canada, we are attempting some traveling meetings. In January, Bellingham members carpooled to Whidbey Island and rode a ferry to the wonderful town of Port Townsend for a walk through downtown, lunch, and a meeting to plan certain rides and clinics for 2019. We are looking forward to more clinics with Freya Sturm, a trip to the beach, a trip to Leavenworth, and possibly some glamping in Montana!

In the meantime, find the Horse Radio Network and listen to any of the programs, but especially "Horses in the Morning."



## KLETTAFJALLA

By Kristina Stelter

The Klettafjalla Icelandic Horse Club had quite the year in 2018! We are looking forward to a fresh year with new members from our Rocky Mountain region and new leaders.

Our group did very well in the Sea 2 Shining Sea competition, with our Rocky Mountain High Tölter logging impressive miles and battling it out for first place! We think we riders rode well enough for a seat in Oðin's mead hall by taking first place in the 2017-18 virtual ride.

We also had some wonderful clinics, trail rides, and horse camping getaways this year, and some of our members attended Landsmót, the Icelandic national horse-show.

Looking into 2019, we are excited to put forth new events, including Lightness Clinics, camping getaways with wonderful trail rides, and more. Stay tuned for more information.

Are you looking for a new horse to complete your 2019 celebrations? We have some wonderful horses for sale in our club. Check out Lough Arrow Icelandics, Tamangur Icelandics, Hestar Ranch, Windsong Dressage, and our KIHHC website, [www.klettafjalla.com](http://www.klettafjalla.com), for more information.



Klettafjalla member Kristina Stelter met this mare and foal in north Iceland last July.



Young horses at Lough Arrow Icelandics, owned by Klettafjalla member Andrea Brodie, enjoy the cooler weather.

## NEIHC

By Jess Haynsworth

The Northeast Icelandic Horse Club includes members from every New England state, New York, New Jersey, and Pennsylvania.

One of our club's most important events of the year is Equine Affaire, which was held November 8-11 in Springfield,

MA. Writes Emily Potts: "This year's Equine Affaire was a success, thanks to a dedicated team who worked tirelessly before, during, and after the event to introduce people to our wonderful breed. This year over 90,000 people attended the event, so it is a huge promotional and educational opportunity for our club."



At the NEIHC booth at Equine Affaire (from left): Þórdís Anna Gylfadóttir, Leah Greenberger, Bailey Soderberg, Emily Potts, Margot Apple, and (in front) Rebecca Hoyt.

---

“Leah Greenberger and her amazing horse team, including John Prenosil, Grace Greenberger, Maren Prenosil, and Avery Prenosil, provided our equine superstars: Thokki, Magni, Lif, and Vaka. They were excellent ambassadors, displaying the Icelandic horse’s calm and friendly demeanor. Our booth crew helped set up, answer questions, and pass out information. The crew included everyone in the horse team, as well as Margot Apple, Rebecca Hoyt, Leslie Chambers, and Bailey Soderberg.

“This year we again shared the cost of the booth space with Horses of Iceland, which was represented by Þórdís Anna Gylfadóttir. Horses of Iceland brought a beautiful display and educational materials. They offered visitors a virtual reality 3D experience, gave a presentation, and provided a contest for a free riding vacation in Iceland—which was a huge draw, as you can imagine.

“The USIHC provided funding to help us return year after year, as well as copies of the *Icelandic Horse Quarterly* for people to look through, read, and take home with them. Many NEIHC members also contributed materials, such as brochures, pamphlets, business cards, books, and photos! Many also stopped by to say hello and visit with us. It’s always nice to see familiar and friendly faces throughout the course of the expo’s four days. We thank them all.

On January 19, the NEIHC hosted the USIHC Annual Meeting in Boston, at the Hilton hotel at Logan Airport. (See the USIHC News in this issue.)

On March 2, as this issue is in the mail, we will be enjoying one of our favorite events of the year, the NEIHC’s Annual Meeting and Thorrablot party! This year, the event takes place at West Winds Farm in New York.

While June is still just a glimmer on the horizon, it’s never too early to start planning for show season. Sigrún Brynjarsdóttir of Solheimar Farm in Vermont will host a schooling show from June 8-9, a great way to prepare for the NEIHC Open Annual Sanctioned Competition, which will take place from June 22-23 at Thor Icelandics in Claverack, NY. We hope to see you there!



NWIHC member Samantha Harrigan enjoys a foggy trail ride on Ari from Amore Icelandic. Photo by Laura Harrigan.

### **NWIHC**

*By Caeli Cavanagh*

The Northwest Icelandic Horse Club serves the Eastern slope of the Cascade Mountain range in Washington state. Our big event since our last report was a wonderful holiday giving party. We had a potluck, a lively Yankee Swap, and very productive meeting planning demos and events for the coming year. And most importantly, we raised money for the Camelot Equestrian Park Foundation, a nonprofit group that has been housing and taking care of 50 horses found wandering in the surrounding area after the Camp Fire. It was a great party with wonderful people and we are excited for all that 2019 will bring.

One thing we are very excited about is our upcoming demo and information booth at the Northwest Horse Fair and Expo, in partnership with the Cascade Club. Our fantastic drill team members have been hard at work so that they can put on a first-rate demonstration of our amazing breed. Come see us in Albany, OR on March 22-24. We hope to see you there!

### **SIRIUS**

*By Kerstin Lundgren*

October was the month of the Triple World Ranking Show at Léttleiki Icelandics in Kentucky. It was a very warm weekend, but for those of us who went as spectators it was just as fun and educational as always. We staffed a booth with information about our club. We are currently raffling off a \$200 grooming package, including an Osters A5 clipper with wide blade, among other items. The winner will be drawn at our booth at Equine Affaire in Columbus, OH in April.

Also in October, Sirius Club members Colleen McCafferty, Kathy Rekers, and I, along with our friend Christina Meyer, visited the Vermont Icelandic Horse Farm for three days of trail riding. We had an absolutely wonderful visit. We stayed at the Mad River Inn (thank you Karen Winhold and Luc Maranda for your hospitality and delicious meals). The weather could have been better, but it was all worth it—especially getting into the hot tub out on the deck of the inn after a long ride in the rain. We all enjoyed the





Sirius Club members Kerstin Lundgren, Kathy Rekers, and Colleen McCafferty, with their friend Christina Meyer, joined riders from North Carolina on a trail ride at the Vermont Icelandic Horse Farm, owned by USIHC member Karen Winhold.

horses assigned to us. I rode a new horse for each of the four rides that we went on.

Another Sirius member, Anneliese Virro, invited me to ride with her and her husband, Olaf, at their truly enchanting farm, Unicorn Valley Icelandics in Kentucky. We enjoyed three days of great trail riding with perfect fall weather. As Anneliese rode her three youngsters in training, I enjoyed riding the four older, well-trained horses. We all got a good workout, and all the horses did great.

Through the winter, with the weather and the ground being the way it is in our part of the country (mud and more mud), it has been hard to ride. For those of us without any kind of arena (indoor or outdoor), it's been even harder. But to keep our motivation going, some of us have registered with the Sea 2 Shining Sea virtual ride. We're actually doing pretty well, compared to other teams, and it's fun to keep track of our time in the saddle.

On a last note, I would like to announce the officers of the Sirius Icelandic Horse Club, which covers Ohio and Kentucky: President Sherry Hoover, Vice President Kerstin Lundgren, Secretary Frances Rospotynski, and Treasurer Constance Wilmoth.

### **TOPPUR**

*By Lisa Blumhagen*

The Toppur Icelandic Horse Club is located in Iowa. We had multiple trail rides planned for the fall, but due to the weather, to our dismay, only one worked

out. Three riders, Liz Clemens, Daniela West, and Lisa Blumhagen, rode Disa from Klakahross, Riddari from Bonaventure Farm, and Hetja vom Pfaffenbuck II through the Des Moines Waterworks Park on a cold, muddy day in mid-October. It was a lot of fun to be together, and the horses loved getting out and socializing. The trails in the park by the Raccoon River were wide and calming. We didn't see any other riders or people—and we

were in the middle of the city! We all saw this as a taste of what we can look forward to in the spring. We're hoping for some beautiful days when we can have some impromptu rides with anyone who is available, because it seems that every time we plan a ride, it's either too hot, too cold, too rainy, or the trails are muddy due to flooding. For now, we live vicariously through our friends who ride Icelandics in other parts of the country and world!



Toppur members (left to right) Lisa Blumhagen, Liz Clemens, and Daniela West enjoy a post-ride laugh.

# S2SS RIDERS OF THE MONTH

BY LORI CRETNEY

**S**ea 2 Shining Sea is a virtual ride organized by the USIHC Leisure Riding Committee. Since July 4, USIHC members have been “riding” the Pony Express and Butterfield Overland Mail routes, making a large circle around the United States twice for a total of 9,932 miles, as described in Issue Three 2018. The ride continues until July 3, 2019, and although you won’t catch up to the frontrunners if you join now, you still have the chance to meet some very interesting Icelandic horse riders along the way, like these randomly chosen “Riders of the Month.”

## OCTOBER RIDER OF THE MONTH

Jeny Feldner comes from Yoder, CO and owns seven Icelandic horses: Rán from Lough Arrow, Álfadís from Locust Hill, Hvatúr from Windy Acres, Perla from Windsong, Leiðsögn frá Fossi, Andi from Aslan’s Country, and Arða frá Hofi.

*Q. Why did you join Sea 2 Shining Sea?*  
I thought it would be fun to see how many hours I ride and how far I would go. It’s also fun to watch other riders’ progress and see the pictures on Facebook of where they are riding.

*Q. What are your goals as a rider?*



Jeny Feldner out on the trail.

To improve as a rider, to better communicate with my horse, and to explore new trails.

*Q. What do you enjoy about trail riding?*  
I enjoy being out in nature with my horse. There is nothing better than flying down a trail in a good tölt. And of course, I enjoy showing off our beautiful horses. I enjoy the solitude by going out on my own, and I love riding with others.

*Q. How did you get interested in Icelandic horses?*

Growing up in Germany, my favorite childhood movies had Icelandic horses in them, as did some of my favorite books. Unfortunately, the area I grew up in didn’t have any Icelandics, so I didn’t ride them until I was an adult. My cousin now owns a farm in Germany and has Icelandics. That’s where I rode my first one, while on vacation. A year later, I found an ad on Craigslist for Icelandics for sale in my area of Colorado.

*Q. What other activities do you do with your Icelandic horse?*

I attend clinics and take lessons, compete in Icelandic horse shows, ride in a drill team, and take part in fun shows to raise money to support our local horse rescue.

## NOVEMBER RIDER OF THE MONTH

Payton Black comes from Cotopaxi, CO and owns three Icelandic horses: Bleikur from Arnarbaeli, Kúfur from Black Creek, and Tyja from Fitjamryi.

*Q. Why did you join Sea 2 Shining Sea?*  
It’s a friendly, fun competition.

*Q. What are your goals as a rider?*  
My long-term goal is to eventually ride in the World Championships. My short term goal is to be the top rider in Sea to Shining Sea.

*Q. What do you enjoy about trail riding?*  
I enjoy the freedom of it, the relaxed pace, and the beauty.

*Q. What attracted you to Icelandic horses?*  
The tölt.

*Q. What other activities do you do with your Icelandic horse?*

I compete in Icelandic fun shows and open shows, and like to take part in photo shoots.

## DECEMBER RIDER OF THE MONTH

Cynthia Niebuhr comes from Johnston, IA and has one Icelandic horse, Baron from Creekside Farm. But, she says, “Real soon we will own another!” (Editor’s note: Just before this issue went to press, the Niebuhrs bought Fangi frá Hallkelsstaðhlið.)

*Q. Why did you join Sea 2 Shining Sea?*

Lisa Blumhagen, the leisure coordinator for the Toppur Club, contacted me. Her sweet nature is very hard to say no to. Plus, I loved the idea of working as a team toward a goal. Keeping track of my time has also helped me to structure my riding program by figuring out the best times, days, and places that Baron works best.

*Q. What are your goals as a rider?*

I have recently retired from a long career in education dealing with special needs students. So I have the time and the patience to figure out the peaks and valleys of working with a younger horse. Baron was green-broke and a blank page when I purchased him from Virginia Lauridsen of Harmony Icelandics last summer. My goal is to bring Baron along and to make him the best horse he can possibly be, yet to keep him happy and fresh. I would like to show Baron and to ride him as much as I can on trails. My final goal will be to take my Icelandic horses to as many places as possible with Toppur Club members, promoting this breed’s versatility and willingness to be a partner. I would also like to see our club continue to grow and to create more opportunities for all Icelandic owners to ride, show, and have fun with their horses.

*Q. What do you enjoy about trail riding?*

My parents both came from horse families. My mother’s side had work horses and draft ponies, while my father’s side ran stock/quarter horses. So it wasn’t uncommon for my sisters and me to be on horseback right after we finished our chores and homework. During the summer, I would ride with my sister and my friends all day from sunup





Payton Black posing for a photo shoot.

to sundown, capturing make-believe criminals and demons while solving the world's problems, just like our Saturday morning heroes, Batman and Robin and The Lone Ranger. When I went to college, we all tried to get together as much as possible. We found freedom in our long rides to once again discuss those mystical demons and to solve more realistic world problems.

After I married and moved to the East Coast, my husband and I purchased our first stock/quarter horse. This allowed me to once again find a social network with whom I could explore the boundaries of the coastline, ride the highways and byways of its beautiful woodlands, and discuss the demons we all come across on a daily basis—as well as trying to solve the world's problems. My husband and I then transferred back to the Midwest, purchasing 20 acres of beautiful rolling grassland. We planted our roots, raised our daughter, and continued riding our horses whenever we could. My daughter and I were blessed with the opportunity to train in and explore different disciplines and different types of horses. But I always went back to that long rambling ride where nature's sounds and landscapes help you see through those frustrations in your life and help you solve those challenging world problems.

Since I have retired, I have found a bigger joy and calmness when working with my horses than ever before. It seems my journey has taken me back home again,

where my family and friends and I can ride together, working through and laughing about those mystical demons, and challenging in a positive way the problems of the world.

*Q. How did you get interested in Icelandic horses?*

It all started with a long drawn-out conversation with my friend Roxanne Antisdell. For several weeks, she had listened to me

carry on about my frustration with my horse situation. Somehow she coaxed me into coming down to the Iowa State Fairgrounds to watch a presentation by Harmony Icelandics. The owner and exhibitor of those Icelandics, unbeknownst to me, was Virginia Lauridsen, whom I had met several years before when we both fox-hunted. Her enthusiasm and warmth of heart drew me in immediately as she showed me her Icelandics. I was instantly hooked. Virginia and Roxanne introduced me to the Toppur members, and I felt instantly at home. I think it's the people of the Icelandic horse culture that really make the difference. I have never experienced such open, loving, intelligent, willing, and (when needed) forgiving individuals as I have this past year. They truly work as a family. The horses won me over with their genuinely sweet, calm nature, their versatility, size, and hardiness, and of course their wonderful rich history.

*Q. What other activities do you do with your Icelandic horse?*

I plan on competing on my Icelandic horses, doing drill team activities, camping, and promoting the breed at horse fairs or other breed shows, so that others can appreciate what special horses they are.



Cynthia Niebuhr and her first Icelandic.

# FIT & RARIN' TO RIDE

By Kara Noble

When March roars in, we're on the cusp of spring. In the northern U.S. at least, that means the best part of the riding season is right around the corner.

It's exciting to book clinics, choose trail rides, and register for shows. It is far more sobering to take a long look at your horse and ask yourself, "Is this equine really fit and ready to ride?"

There are a lot of reasons why Icelandic horses slip out of condition. In the northern U.S., many riders give their horses the winter off. Equally as many southern riders take an extended vacation to spare their mounts from the brutal heat of the summer. Horses and riders might also need a hiatus to recover from illness, injury, pregnancy, or the pressures of a life or work crisis.

Regardless of the cause, three or four months of inactivity will leave a horse needing a fitness reboot.

What's the best way to get your horse back into shape?

## IDENTIFY YOUR GOALS

According to breeder and trainer Sigrún Brynjarsdóttir of Sólheimar Farm in Vermont, the best first step in designing a horse fitness program is to identify your riding goals. Do you want to condition your horse for trail riding? Do you want to try eventing? Are you preparing for a breeding show? Do you plan to compete in Icelandic competition? At what level? Four-gait or five-gait?

Once you have specific objectives in mind, you should make sure your horse



In the winter, Sigrún lunges Ísold to get her in shape. Photo by Emily Potts.



A very fit Ísold from Solheimar, ridden by Sigrún Brynjarsdóttir at the 2018 Solheimar Open. Photo by Ona Kwiatkowski.

is healthy. Schedule an appointment with your veterinarian, who can pinpoint any issues that might affect your fitness-building program. Your vet can also show you how to establish your horse's baseline temperature, pulse, and respiration rate so you can monitor changes in these vital signs during and after exercise.

If your horse is overweight or underweight, work with your veterinarian to develop a weight control, reduction, or maintenance plan, including modifications to diet or supplements, before you start exercising. Don't forget to check your horse's teeth, especially if weight is an issue.

Have a farrier check your horse's feet, trim as necessary, and fit shoes or boots if they're needed to allow the horse to exercise comfortably, especially once the weight of a rider is added.

Before you launch into an exercise program, be sure your own patience is firmly in place. It takes three to four months to work an unfit horse back into top form. It isn't fair to ask your horse to do something that is beyond its physical or mental capabilities, and rushing the process increases the risk of injury.

## GET TO WORK

Once your goals are in place and your horse has a clean bill of health, you're

ready to get to work. Many horse professionals recommend that you use a conditioning program that includes activities that will:

- Build muscles and strength.
- Increase suppleness and flexibility.
- Improve balance and collection.
- Increase stamina and endurance.

Trainers often suggest developing a horse's fitness in the order given above, but there will be much overlap between those elements, and each horse needs its own custom training plan. Be prepared to be flexible, to adapt, apply creativity, and evolve your methods as you and your horse work toward your fitness goals.

If you are unsure about the best way to proceed, educate yourself and seek professional guidance. Consult riding instructors, horse trainers, your veterinarian, perhaps even an alternative care provider such as an equine chiropractor or massage therapist. Talk to other experienced Icelandic horse owners. Consult one of the many excellent fitness training manuals available in book or video form, and read articles from back issues of the *Quarterly*, which are available on the USIHC website.

## ADD VARIETY

Looking at a fitness program for a hypothetical "average" Icelandic horse can make it easier for non-professionals to grasp some key concepts in equine fitness building.

Let's assume you want to condition a 10-year-old horse that is healthy and at a proper weight. The horse has average muscle tone; there are no particular areas of weakness or imbalance, no gait problems, and the horse is willing and eager. Your goal is to prepare this horse for pleasure riding, schooling shows, and novice or intermediate classes at a USIHC-sanctioned sport show.

Maggie Brandt, owner of Léttleiki Icelandics in Kentucky, has some great advice for conditioning this horse (or any other): "Try to keep things interesting for the horse with a variety of stretches and movement exercises."



To Maggie, fitness training programs should be designed “to meet the needs of each horse, working to improve balance, stretch and raise the back, loosen the poll, maintain suppleness, strengthen the topline and core, and improve endurance, among many other goals.”

According to Sigrún, a good first step in such a program would be to develop and strengthen the horse’s back and topline—the areas that need to be strongest to carry a rider.

She and Maggie both begin with groundwork exercises, such as free lunging and double lunging with side reins. But, Sigrún cautions, “Don’t do too much lunging on a curve. That’s hard on the horse. Use more free lunging. There is no pressure from a lead-line, nobody pulling on anything. It leaves a horse free to find its rhythm and balance.”

Early on, avoid working an unfit horse on hard ground to protect its feet and legs.

Ponying—leading one horse while riding another—is another great fitness builder, allowing a trainer to take an unfit horse on trail “rides” without compelling it to carry a rider. “Ponying is a big part of how I train,” says Sigrún. “I can mostly leave the horse alone and let it run up and down hills. It helps to build cardio and endurance, and it’s really healthy for them.”

Don’t have a pony horse? No problem. With a little practice, horses can be ponyed off a four-wheeler.

For our hypothetical horse, Sigrún would likely begin a conditioning program with stretches and five minutes of free lunging on one hand, then five minutes more on the other side. She would work



Helga Una Björnsdóttir shows Zophonías from Vinland at the 2018 breeding show in New York. Photo by Shannon Fitzgerald.

such a horse five to six days a week for two weeks, gradually increasing the amount of free lunging each day and slowly incorporating ponying and trail riding.

“Remember to swap hands regularly as you work, so the horse builds muscle evenly on both sides,” she says.

At all phases of training, it is important to monitor the physical and mental health of the horse. “We all want our horses to be willing, engaged, and happy,” says Maggie.

One of the things trainer Trausti Þór Guðmundsson emphasizes is not being bound by a strict regime of training. Include time to just enjoy being with your horse. Interact with your horse without training it. Creative, playful interactions during training, and strategic short breaks (a couple of days up to a week), encourage a horse to remain fresh and eager to work.



Martina Gates lunging Zophonías to get him in shape. Photo by Polona Safaric Tepes.

## BEGIN RIDING

After your horse has built up some muscle strength and endurance, you can begin riding at low to medium speeds. Keep those early rides short—20 minutes is good at first. Increase your riding time over a period of weeks as your horse’s fitness improves.

According to the professional trainers, it’s wise to include lots of walking in those early sessions. Keep corrections to the horse’s gaits minimal in the early days. Stay out of your horse’s way and allow it to use its body freely and well. Once the horse is carrying you comfortably, you can begin to ask for more precise movements.

As the horse’s collection improves, add transitions to encourage the horse to use its hind end more effectively. Sigrún offered an example: “Go from slow tölt to faster tölt and back to slow tölt. Go from slow trot to faster trot to slower trot again. Transitional work like this gets the horse more on the hind end.”

Consistent exercise is vital as your training program progresses. An old horse-training canard says you should ride two or three days a week to maintain a horse at its current level. You must ride four days a week or more to improve the horse.

Following this type of conditioning plan over the course of three or four months will help get your horse into shape for routine trail rides, clinics, and local shows. If your riding goals involve more intense activity (such as breed evaluations or endurance riding), it may take longer to get your horse prepared to give its peak performance, and you’ll probably want more professional guidance.

Once your horse is in shape, the best thing you can do for it is to keep it in good physical condition. Ride regularly. If you can’t ride, use free lunging, ponying, and stretches to keep your horse in good muscle. Continuously evaluate your horse’s health, and promptly address any issues that arise. Build positivity by making training fun and by keeping it varied.

At a clinic at Merrimack Valley Icelandic in Massachusetts, trainer Guðmar Pétursson offered another bit of sage advice for horse owners who want to keep their horses fit and happy. “Keep yourself fit, too. Exercise. If your riding muscles are strong, it will make your horse’s job easier, and it will make riding better for both of you.”

# NO TÖLT TO FIRST PRIZE

by Lucy Nold



When Lucy Nold bought Vindur from Dalalif (US2010104354) at age five, he did not tölt. At the 2018 Vernon Breeding Show, he scored 8.5. All Photos by Mark Lawrence.

Vindur from Dalalif may be known now as a beautiful, colorful first-prize stallion, but his journey to reach this accomplishment was not a simple walk in the park. Vindur was bred at Flying C Ranch in southern California and sold as a young horse. He had several owners and lived in three different states all around the country, before I bought him, sight unseen, as a five year old. I knew his parents and his siblings and had a gut feeling that he too would be incredible. But reality walked off the trailer: a skinny, under-muscled young stallion with absolutely no tölt.

I set to work with a good nutrition and exercise plan I had developed based on my many equine science classes at University of California, Davis. Over the next many months, he developed some muscle and learned many new things under saddle. Still there was not a single step of tölt, not even in transitions. He felt like a very fancy dressage pony with his piaffe and passage capabilities, but such collection did not bring out the tölt.

I sought help and advice from my training mentors, who all said the same things. He must learn to go laterally in walk until the walk becomes tölt. He must learn to carry some tension in his back and also to take long steps forward instead of quick high steps. I set to work teaching lateral movements on the circle and teaching him to speed walk with long steps as fast as he could without falling into trot. For months I did not ride him in trot, only walk and canter. I rewarded every effort toward lateral movement, though at first these were very few and far between.

Some days I felt like there was no point, he would surely just be a three-gaited Icelandic, and I would geld him and sell him as a dressage pony. But persistence began to pay off, and slowly but surely he began to show more and more movements that resembled tölt. As his strength continued to build, his tölt slowly became faster and straighter. Over time, I introduced back the trot and developed his tölt outside and on different surfaces.

## GREEN HORSE CLASSES

The next step in our process was to compete in sport competition. By the fall of 2017, after almost an entire year of tölt training, Vindur was finally ready to enter the green horse classes. We traveled from Oregon to California to compete, and he received much positive feedback from the judges about his potential. This fueled my desire to continue training him through the winter, with the aim of having him evaluated at a breeding show the following year.

Again in the spring of 2018, we returned to California to compete in the green horse classes. Prior to the show, I was lucky to have some lessons with my mentor, and Vindur's breeder, Ásta Covert. She gave me advice about what needed more work before the breeding evaluations in less than two months. I returned home from the competition full of ideas on preparing him for the evaluations, while trying to keep expectations realistic. Given my inexperience with the evaluation process and his still-developing tölt skills, it was unlikely we'd reach "first prize," for which his combined score for conformation and ridden abilities needed to reach 8 out of 10.

The next month sped along, as training continued in the midst of foaling season. I found a place I could trailer Vindur out to that had a long road just like a breeding track. I took him there several times to practice the speed that would be expected by the breeding judges. I saw amazing changes while riding him out and forward behind another horse. It was as if all the tölt training I had done had suddenly and greatly improved his trot! He felt as though he could fly, with so much suspension I could barely keep myself in the saddle.

## THE BREEDING SHOW

Soon it was time to leave for Canada, where the 2018 Vernon Breeding Show would be held at Fitjamyri Icelandic Horse Farm in Vernon, BC. Knowing the drive was going to take about 14 to 16 hours, depending on the border crossing, I loaded up my two stallions and my dog at 3:00 in the morning on Tuesday and hit the road. I was lucky to have an easy



drive and nice border patrol officers, so I arrived at the farm and could settle the stallions into their stalls and set up my camp in the trailer before dark.

Though I had driven these distances with horses many times before, I had never gone alone with two stallions out of the country to an important event like this one. I was so grateful for all the kind people at Fitjamyri who helped me in every way they could. I arrived a few days early so that I could ride Vindur on the track and practice standing both stallions for the conformation assessment. This being only the second time I had ever shown horses at a breeding evaluation, my nerves grew shakier as the day came closer.

On Friday afternoon, the evaluations began with measurements and veterinary health checks. Saturday started with conformation assessments in the morning, followed by ridden abilities assessments in the afternoon. The conformation assessment requires the rider to hold the horse for the judges so that they can best see its conformation. The horse must stand relatively still, with its legs evenly spaced and nicely lined up under its body. Once the judges have taken a good look, they ask the rider to walk and trot the horse so that they can judge the correctness of its limbs in movement. Horses that do not trot in hand cannot score over a certain amount, as the judges cannot properly assess their correctness. Vindur's conformation assessment went well, with a 10 (the highest score possible) given for Mane and Tail, 9.0 for Head, 8.5 for Proportions and Hooves, and 8.0-plus for Neck-Withers-Shoulders. The plus meant that the judges would give themselves the chance to improve the score after seeing him under saddle.

#### **UNDER SADDLE**

On Saturday afternoon, we walked the horses from the barn area down to the breeding track for the evaluation of their performance under saddle. With mares and stallions everywhere, the horses' emotions were running high. Vindur felt very tense, and my stomach began to churn.

As a rider who has mostly shown in sport competitions, I am used to having a clear plan of how and when I will ride each gait. However, I was advised by many good breeding evaluation riders that in this kind of show it is best to go with whatever feels right in the moment and

not to have a plan. In breeding evaluations, the first day you are given 10 passes on the track to show all your horse's gaits. You must show walk, trot, slow tölt, fast tölt, slow canter, gallop, and pace (if your horse can pace). There is much freedom in when and how you show the gaits. There is also the opportunity to show other exercises, like loose rein tölt or speed changes, which could positively affect your horse's score for willingness.

So here I was, moments before entering the track, feeling totally lost without a defined plan of how I was going to ride these 10 passes. But seconds later, when I entered the track, I forgot about my panic and just rode what Vindur gave me. All I could hear above the sound of my heart pounding was his hooves hitting the ground. I'm sure it lasted a few minutes, but it felt like no time at all before we were finished and headed for the vet check, both dripping sweat and panting.

I have never felt so shaky and exhausted from only a few minutes on a horse. I walked Vindur by the vet check as the judges announced our scores. I was ecstatic! Vindur received 8.0 for Tölt, 9.0 for Trot, 8.5 for Gallop, 8.0 for Spirit, 8.5 for General Impression, and 8.5 for

Walk, for a total of 7.78. Of course, as a four-gaiter showing no pace, he received only 5.0 for Pace, which brought down his overall score.

The judges had also chosen to improve his Neck-Withers-Shoulders score to 8.5 after seeing how he was able to carry himself.

Upon hearing the scores, I decided to take Vindur the long way back to the barn with a friend and her stallion. We rode a trail through the woods until we lost the trail, and our trusty stallions climbed their way through the bushes and fallen trees until we found the barns. I still to this day think it is amazing that in our breed a stallion can go from being a high adrenaline competition horse one minute to an off-road bushwhacking trail horse the next. Vindur never fails to astonish me with his pleasing temperament and versatility.

#### **IMPROVING OUR SCORES**

That evening, the judges called a meeting with the riders to help each one decide what they should show the following morning to improve their scores. In the second round of the ridden abilities assessment, the riders have 6 passes on the



Trot was always Vindur's gait of choice. Says Lucy, "He felt as though he could fly."



“Give your horses time,” says Lucy, “trust the training process, and never forget the importance of fitness.”

track and can only improve their scores, not lower them. In this round, more than one horse is shown on the track at the same time, and the riders can work together to organize who will ride each pass first and in what gaits.

The judges were very helpful in their suggestions and I decided to focus on raising my walk and tölt scores. I decided that in order to keep Vindur calmer and more relaxed than the day before, I would begin by showing walk and then follow with several tölt passes. I hoped that by doing this I could maintain more suppleness and relaxation than I had been able to show the first day.

When morning came, a lot of the tension in both Vindur and me had faded. I kept our warm-up short, just doing some lateral-work stretches before entering the track in walk. On the second day, the judges announce any score improvements after each pass. I finished my first

pass and the judges announced that my Walk score had been raised to 9.0.

Then I began to show tölt; first slow, then fast, and then speed changes. I took my time preparing him on each end, keeping him soft and supple. The judges announced that my Tölt score had been raised to 8.5, along with my Spirit score. When I finished and walked Vindur to the vet check, someone helped me calculate his new total rideability score of 8.01. This put him at first prize for rideability and first prize overall, with a total score of 8.16.

#### **FIRST PRIZE**

I couldn't believe it! It didn't feel real—my once three-gaited Icelandic had just become first prize, one of only a handful of domestic-bred stallions to become first prize in North America. For a four-gaited horse to become first prize, it must compensate hugely for not having pace—making it a very difficult achievement and something I had not thought possible for

Vindur. But now he was the highest evaluated domestic-bred four-gaited stallion in North America!

I learned so incredibly much from this entire experience, from start to finish. The evaluation process is extremely demanding of the horse, and we must be patient and thorough in our preparation so that our horses can shine and show the best of their abilities. The biggest thing that has stuck with me is the importance of giving each horse the time and training he needs to develop to his full potential. It is so important that we, as owners and trainers, believe in our horses and don't give up! Not every horse will succeed on the first try, but just because he is struggling with something in his training, that doesn't mean it is not possible. I urge everyone to give your horses time, to trust the training process, and to never forget the importance of fitness and nutrition.



# STAYING CENTERED ON THE KNIK RIVER RAMBLE

BY Alys Culhane

It was time for the 2018 Knik River Ramble awards ceremony. I was tired but eager to hear the results. I sensed that our team—comprised of my Icelandic horse Raudhetta and me; my second Icelandic, Hrimfara, ridden by Sarah Gotschall; and Judy Hayes on her mule Isme—had been top finishers.

As I waited for the horsemanship and veterinary judges to do their final tally, it occurred to me that I had a story in the making that would attest to Centered Riding founder Sally Swift's belief that flexibility, focus, and the use of imagery are integral to being centered, and that being centered is integral to doing well in a Competitive Trail Ride (CTR).

## CONDITIONING IS KEY

I began preparing for the 2018 Knik River Ramble, to be held in late July near our home in Palmer, AK, at the conclusion of the 2017 Challenge of the North CTR in Fairbanks, AK. I drew upon my Centered Riding, TTeam, Intrinzen, positive reinforcement, and sports psychology training in putting together my combined horse/human conditioning program. And I



Alys and Raudhetta head out on Day Two of the 2018 Knik River Ramble CTR. Photo by Pete Praetorius.



Yes, it's a mule—teamed up with two Icelandics. Photo by Pete Praetorius.

conferred with my CTR mentor, Laurie Knuutila, a longtime CTR Ride Manager.

I did short rides on local trails through the winter. Come early spring, I began increasing our mileage; I rode, walked, and ran with Raudhetta (aka Raudi). Come late spring, I rode on different trails and with other riders in order to keep Raudi in the right mindset. We did short rides, and on rest days we did agility and Intrinzen work. (If you're unfamiliar with Intrinzen, see the story in Issue Three 2016 of the *Quarterly*.)

My husband, Pete, accompanied us on longer jaunts, sometimes riding Hrimfara (Hrimmi) and sometimes riding his mountain bike. By mid-June, Raudi and I were routinely covering 20 miles on hilly terrain.

Conditioning was key. The day after the 2017 CTR, I began charting Raudi's vital signs, pulse and respiration included. Raudi and I also spent considerable time engaged in activities that were integral to further developing horse/human body awareness. For example, we walked agility courses backwards, played horse soccer, and trotted over poles of varying distances.

Horses are judged on their ground manners in a CTR, so I used positive reinforcement training (using treats to reinforce good behavior) in teaching Raudi to stand quietly when I checked her heart rate and respiration. Remaining motionless in a grassy field was most difficult for her. Finally, one day she netted the jackpot reinforcer: a handful of dandelion tops.

## TEAM DILLY DALLY

I'd been entertaining the thought of riding in the two-day Open Class in the 2018 Knik River Ramble. Horses in this division are required to cover the 20-plus miles a day at a faster speed than those in the shorter two-day Competitive Pleasure Division. However, Pete was the CTR Ride Manager and therefore not allowed to compete. This left me minus my usual riding partner. I didn't want to ride solo in the Open because neither Raudi nor I enjoy being passed by larger, faster horses.

One day I went for a 10-mile trail ride on the Knik River with Sarah, who said that I was welcome to ride with her in the Open; however, she added, she'd keep going if I fell behind or got held at a Pulse and Respiration (P&R) stop. Horses are held for 10 minutes if their vitals are above a pre-determined rate. I was eager to ride with this like-minded individual, which was why I didn't articulate my two concerns. Raudi's heartrate would skyrocket if her presumed trail buddy left the P&R area without us. And we'd have to repeatedly switch gaits in order to keep pace with Sarah's long-legged Tennessee Walker mare, Spiffy. Repeated walk-trot-tölt-canter transitions would be tiring. I decided to continue to train with Sarah and see how it went before deciding if we'd make a team.

We trained daily for two weeks. Then Sarah called one morning and announced that Spiffy was lame. When a few days' rest did not take care of the problem, Sarah conceded that she wouldn't be able to ride Spiffy in the late July CTR. We were both disappointed. Then Pete offered to let Sarah ride Hrimmi in

the less strenuous Competitive Pleasure Division. Pete added that the pinto mare, who had been foaled and raised at our place, would be up for doing two 20-mile days at a medium speed trot. Sarah took Hrimmi on a trail ride and said that she'd be happy to ride her in the CTR for she was "a lovely horse with good manners and a great disposition."

It dawned upon me that the change in plans might be fortuitous, for having a buddy along and going at a slower pace would be to Raudi's advantage.

The first week in July, Sarah's friend Judy asked if she might ride in the CTR with us. Her mount was a green three-year old mule. I told Sarah this was a terrible idea (my exact words being "mules sound like rusty water pumps and cow kick"). However, my concerns fell by the wayside after I met and rode with Judy, for she proved to be a very brave and tenacious individual.

Two years previously, Judy, the director of neurology at Providence Hospital in Anchorage, was attending a meeting when a staff neurologist noticed that her pupil size differed. He speculated that she was having a stroke. Tests confirmed this and Judy was rushed into surgery. The same neurologist later informed her that she'd never ride again. Judy finally convinced him that riding her 20-year-old mule should be part of her rehabilitation program. When her mule colicked and died, Judy purchased Isme.

Our first collective ride went well, and subsequent rides went even better. Raudi paid no attention to the mule. Every so often Hrimmi would give Isme the stink eye, but otherwise she was okay with having her along. And like Raudi and Hrimmi, Isme was gung-ho about crossing creeks and bridges and embarking on lengthy uphill climbs.

We humans were also compatible, which was what prompted Sarah to name us Team Dilly Dally. We spent considerable time chatting when tacking up and while out on the trail; however, our high degree of preparation made up for lost time.

I breathed a sigh of relief when Sarah remarked that it would work best during the CTR if we stayed close when being evaluated on our trail-based horsemanship skills, adding that we should all wait if any one of us got held at the P&R stops, for this would reduce the likelihood of equine separation anxiety. We practiced

being evaluated in a variety of settings by Pete, our stand-in veterinary and horsemanship judge. And prior to the mandatory pre-ride check-in, we set up our ride camp so that all our mounts were in sight of one another.

### DEFINING "CENTERED RIDING"

Sarah had attended a Centered Riding clinic I'd organized, and so, under the tutelage of Level Four Instructors Susan Harris and Peggy Brown, had learned to internalize Centered Riding founder Sally Swift's four basics. This, while on rides, enabled us to put Sally's theories about breathing, centering, soft eyes, and building blocks into practice.

Judy didn't have previous Centered Riding training. However, she took to the four Centered Riding basics quickly. She most liked Centered Riding's use of imagery, which is based on the premise of neural intelligence. I discovered the latter one day when we were out on a lengthy ride. Isme unseated Judy, who immediately got back into the saddle. We moved along, with Judy doubled over and gasping for breath. I told her to picture a spruce tree, and to think about this image in relation to the alignment of her ankles, hips, shoulders, and head. This stabilized her posture, as did my telling the injured rider to envision her feet being like roots, extending into the ground.

Other alignment-related mental pictures we shared during our rides were of a balloon on the back of our heads, angel wings on our shoulder blades, and alligator tails extending downward from the base of our sacrum.

To some people Centered Riding, and especially its use of imagery like this, is off-putting because it brings to mind the term "New Age," with all its unsubstantiated self-betterment-related trappings. In other words, they scoff at the notion, "You just gotta believe!"

But Sally Swift does an excellent job in her two Centered Riding books of defining how we might use imagery to better balance ourselves and our horses. For example, she suggests that centering involves filling our lower body behind and through our navel, dropping our consciousness down within ourselves, and pretending we are a doll weighted at the bottom (*Centered Riding I*, p. 190).

She further writes about the effect that being a Centered Rider has on one's horse: "A centered, balanced rider with good

awareness of her body and that of her horse develops correct musculature, and moves with balance and freedom of motion. The horse has a chance to work in harmony with his rider and take pleasure in his work rather than develop stress, and too often, pain. This freedom of motion leads to efficiency of movement, which in itself produces beauty" (*Centered Riding II*, p. 2).

I was for some time puzzled by the fact that Sally did not directly define centering. This, I decided, was because she wanted us to come up with our own definition. Otherwise, internalization would not occur; rather, in our reliance upon a more formulaic definition, we would remain off-center. Instead, Sally cites Al Cheng Liang, author of *Embrace Tiger, Return to Mountain*, noting that when we're centered, we're following the wisdom of our own senses, our bodies and minds working together as one process (*Centered Riding I*, p. 132).

I became obsessed with coming up with my own definition of centered after reading this passage. I took Tai Chi, Functional Fitness Training, Yoga, and Feldenkrais classes. I also took three college-level anatomy and physiology classes. I finally determined that we become centered when we make the mind/body connection, enabling both to work in concert with one another. And we become better centered riders when we make the horse-human mind/body awareness connection, which enables us to better connect with our horses and vice-versa.

I can best illustrate this premise through the use of an example: I was a timid rider in past CTRs. I rode behind Pete and his horse, Tinni, and when Pete asked our older horse to trot, I begged him to slow down, for I feared that Raudi would take the bit in her teeth, fly by Tinni, and gallop up to the next group of horses. However, in the 2018 CTR I rode out front at a good clip; so much that Sarah gave me the nickname "Princess Trot-a-Lot." My change in attitude was reflective of my change in posture, and vice-versa. My shoulders were open, my breathing was measured, my eyes were soft and relaxed, and my alignment, while not perfect, was far better than it used to be. Raudi was also much happier than previously, because I was encouraging her to do what she as an Icelandic horse was born and bred to do: move forward freely in a fashion that indicated that she now owned her own movement.



## THE KNIK RIVER RAMBLE

It had been rainy, overcast, and chilly all spring and summer. The sun, however, materialized on the morning of the 2018 CTR, meaning that it was going to be hot and humid. I told Sarah that this didn't bode well for Raudi and Hrimmi, who were used to the cooler weather. We agreed to withdraw from the event if either horse showed any signs of duress.

Sarah, Judy, and I approached the starting line. We watched as the individual riders in the Open Division left in 30-second intervals. The riders in the Competitive Pleasure Division followed. I dealt with my pre-race jitters by picturing a sun at the center of my core. It radiated light and filled my entire being. Raudi watched the other, more nervous horses race off, and when our number was called, she followed suit but at a more relaxed pace. I stopped, and we waited for Sarah and Judy to join us. I felt immense pride when I heard Sarah say to a spectator in passing, "Look! I'm riding an Icelandic!" For me, this spoke of the high degree of respect Sarah now had for the breed.

Isme, braying loudly, announced to all that we were going to be a tough act to follow. Together we rode to the first trail obstacle, which was a mile distant from the start. We were instructed by CTR Horsemanship Judge Jamie Dieterich to walk across a handful of poles and continue over a creek bridge. Raudi forged ahead and Hrimmi and Isme followed. "Really nice," Jamie yelled as we headed into the wooded trail. This bit of encouragement, and the fact that we were familiar with the ride's trail system, got us off to a good start.

There were, in the two riding days that followed, numerous course challenges. The varied footing included several miles of hard-packed gravel, soft sand, and swampy mud. Just before the first day's lunch stop, Hrimmi lost an expensive Renegade boot in the mire. The bright-orange boot was retrieved by a volunteer and turned over to Pete, who remarked, "Good boots. They float."

Our horses were okay with the dirt bikers and ATVers who frequented the river trails. They also were unfazed by the Glenn Highway traffic. And they remained oblivious to three members of a nearby yak herd, who, when we passed, ambled to the edge of their enclosure and walked along beside us.



Team Dilly Dally arriving at the CTR lunch stop on Plumley-Maud Trail: Sarah Gotschall leads with Alys's Icelandic, Hrimfara, hiding Judy Hayes on her mule, with Alys on Raudhetta behind them. Photo by Pete Praetorius.

The heat and humidity posed a challenge that was countered by our mounts' being in excellent shape and our obsession with keeping them cool. We encouraged them to drink up at the river's edge and at creek crossings. We sponged them down at the P&R stops and further cooled them with small fans we'd brought along. We did TTeam ear slides and body work. And I softly sang "You Are My Sunshine," "I've Been Working on the Railroad," and "Spinning Wheels" to further calm Raudi and Hrimmi.

The fourth and final trail-related P&R site was located next to an ATV parking lot. The noise and dust were reminiscent of a scene from "Road Warrior." The other competitors' horses danced like dervishes. Not ours. A volunteer put her stethoscope under Raudi's elbow. I took her head in my arms and told her we had five miles left. The chestnut mare sighed and closed her eyes. Before mounting up and taking off the three of us gave one another high fives, for our final P&R's were the lowest of the entire ride.

Our one problematic moment occurred on the first day, with just a mile left to go. We were commending one another for having had an uneventful ride when two large dogs appeared on both sides of a residential road and bared their teeth. Raudi spun to the left and Isme spun to the right. I stayed on, as did Judy. Hrimmi pinned her ears back and prepared to give chase. "Keep going!" Sarah yelled, "We don't have time to dilly dally." We cantered down the mile-long single-track trail, turned left, and crossed the CTR finish line with huge smiles on our faces.

## THE AWARDS CEREMONY

Our horsemanship and conditioning score sheets verified what I'd suspected: Sarah, Judy, and I had done well. My horsemanship score was 96. I'd lost points on the final afternoon because my sidepass over the log was "sloppy," and Raudi waited for Hrimmi before embarking on the final river crossing. We placed third and received a purple ribbon for having a conditioning score over 90. And I won the Iceland Horse Breed award, sponsored by the USIHC-affiliated Alaska Icelandic Horse Association. Sarah placed first in horsemanship, and fourth in conditioning. And Judy won the Mule Breed award. What made Judy's accomplishment more impressive was that she later discovered she'd done the CTR with cracked ribs.

Months after the fact, I'm still acknowledging the enormity of Raudi's and my accomplishment. Things of such magnitude take time to sink in. My initial hopes were dashed, but better ones materialized. We'd begun CTR training alone, with the goal of competing in the Open Division. We ended up training and riding with two other individuals in the Competitive Pleasure Division. Since July, Sarah, Judy, and I have remained in close touch and will resume trail riding in the spring. My having made two lifelong friends means more to me than the ribbons hanging on our kitchen wall. Yes, my ongoing Centered Riding training made the above possible, for in remaining centered I embraced rather than eschewed change.

# SPORT 101: LOOSE REIN TÖLT

BY ALEX PREGITZER



Nicole Kempf on Dalur frá Háleggstöðum (left) and Alex Venable on Veigar frá Lækjamóti show loose rein tölt in the T2 test at the Montaire Show. Photo by Valerie Durbon.

Everyone who rides Icelandic horses loves tölt, and we especially love tölting freely on a loose rein. Yet when the members of the *Quarterly* committee and I were discussing what classes to feature in this series on how to ride the various sport competition classes, I learned that there seems to be a lot of confusion about what loose rein tölt really is.

To me, it is amazing to watch a loose rein tölt competition and to see the horses tölting in total balance, keeping an even beat and a constant speed without any rein contact. It is stunningly beautiful. But other people, I learned, see loose rein tölt as a more “casual” riding style, less formal than a “proper” tölt with rein contact. At one show, someone called it “cowboy tölt” and others compared it to the Beer Tölt class, just good for showing off or having fun.

Then I asked some trainers for tips on getting your horse ready for loose rein tölt competition. Their comments showed not only how complex good loose rein tölt really is, but how very valuable it can be in achieving improved communication, self-carriage, and trust between horse and rider—not just for showing, but for any kind of riding we do, whether on the trails, in the arena, or on the oval track.

What is the difference between reg-

ular tölt and loose rein tölt? We usually ride Icelandic horses with rein contact and use that rein contact when we tölt. Nevertheless, we can let go of the reins and continue tölting if the horse is in balance and understands what we are asking it to do. USIHC-sanctioned Icelandic horse shows, following the guidelines established by FEIF (the International Icelandic Horse Association), include three Loose Rein Tölt competition classes: T2, T4, and T6. In these classes we show both regular tölt and loose rein tölt. The loose rein tölt segment is the hardest part of the test.

## WHAT ARE THE JUDGES LOOKING FOR?

In good tölt at any speed, the horse should go in an even four-beat rhythm, which runs fluidly through the horse. In slow speed tölt, the horse’s neck should be arched and his back active and rounded, the whole topline being without tension. The hindquarters are well engaged, and the movements of the front part are light and free. In fast speed tölt, the horse should lengthen his strides and his head and neck can become more extended than at slow tölt, the whole topline still being strong and without tension. The horse should move in balance, with a

strong and active back, active hindquarters, showing suppleness and fluid movements. At the loose rein tölt, the head and neck can be more extended than when the horse is ridden with active rein contact, so long as the horse still moves in balance, with a strong and active back, active hindquarters, showing suppleness and fluid movements.

The prime judging criterion for all Icelandic horse sport competition classes is the harmony between horse and rider. In order to reach a well-balanced assessment of your performance, the judges look at these key elements:

- Riding skills and connection
- Beat and balance
- Suppleness and relaxation
- Outline and movements
- Correctness and precision of the execution

Please see our article “Sport 101” in Issue Two 2018 of the *Quarterly* for a detailed description of these elements.

It is important to keep in mind that the scores in loose rein tölt classes are a combination of these elements. All of them are considered. There are also so-called “firewalls” that the judges use to



find a fair score that looks at the whole performance. Here are some examples that may help you to understand the concept of firewalls (also see the FEIF judging guidelines, under “Resources,” below):

Example 1: If your tölt beat is not quite clear, but is a little trot-beated or pace-beated, then the quality of the tölt would be a 5.0. You may be showing a perfect loose rein tölt, with loopy reins and zero corrections, but you still will not get a 10 for your loose rein tölt section because you have hit a firewall in the beat and balance element.

Example 2: Your tölt is really good, with a clear beat. Your horse is relaxed, your riding is beautiful, and everything looks great. You would deserve a 7.0 for quality. Unfortunately, you have had to make more than a few corrections to keep your horse in tölt. You have hit a firewall in the execution element, which does not allow your score to go higher than 6.0.

### THE CHALLENGE

Some horses are better at loose rein tölt than others. Within our breed, horses come with a variety of gait distributions. Some Icelandic horses are four-gaited, some are five-gaited, and some are in-between. Even though all four- and five-gaited Icelandic horses have tölt, in addition to the basic gaits (walk, trot, and canter), there are big differences in the horses' breeding lines, conformation, balance, and willingness. These result in very different strengths, weaknesses, and preferences regarding the individual gaits.

Some Icelandic horses tölt right after they are born and prefer this gait to any other. Other Icelandic horses do not show tölt in the field, but will have a beautiful tölt under saddle after they receive tölt training. These horses still have the genetic disposition to tölt, but they need specific gait training.

The tölt in any Icelandic can be clear-beated, pace-beated (pacey), or trot-beated (trotty). Some horses have a wide range of speed at the tölt (slow, medium, or fast), while others are more limited in their ability. For further information about the different kinds of tölt, please see Gabriele Meyer's article, “Beyond Tölt,” in Issue One 2018 of the *Quarterly*.

The aids that we use to ride the tölt are just as variable. One of the big

challenges in riding Icelandics is to figure out the correct tölt aids for the individual horse we are riding. Some Icelandic horses need a lot of collection to tölt or else they will simply trot. It is natural for these horses to trot whenever they are relaxed and strung out. They need some degree of collection, cued by rein contact, to stay in a clear-beat tölt. Not many Icelandics are naturally balanced enough to tölt under saddle without any rein contact whatsoever and still maintain a clear four-beat tölt, not falling into trot, not falling into canter, not leaning on the forehand, and not getting pacey or trotty. But there are some, especially those who have no trot at all, who will tölt from the beginning of their training with no rein contact.

However, the training goal with any Icelandic horse is to try to minimize the rein contact and to help our horses achieve such good self-carriage that they can tölt under saddle without much help from the rider and without relying on the rein contact to balance themselves.

### HOW TO TRAIN

“Loose rein tölt really comes down to developing the physical and mental balance of the horse,” says Kentucky-based trainer Carrie Lyons-Brandt of Taktur Icelandics. “The physical balance is developed through building up the horse's strength so that he can carry his topline in a positive fashion without the rider correcting



Look, no hands! Carrie Brandt has fun on Svali frá Tjörn after a loose rein tölt class. Photo by Deborah Cook.

the form with the reins. The horse also needs to develop enough security in the tölt rhythm to maintain a consistent beat and tempo without assistance. Perhaps most important is the trust between the horse and the rider. In many ways, I feel that loose rein tölt is all about the horse being self-confident without the rein contact and taking responsibility for his movement himself.”

This summer, when Alex Venable from California was visiting Taktur Icelandics, she and Carrie worked together with Veigar frá Laekjamoti on loose rein



Ásta Covert and Dynjandi frá Dalvík in loose-rein tölt. Ásta ranks first in the U.S. in T2. Photo by Will Covert.



USIHC president Will Covert and Blær frá Sigluvík, won the gold medal in T2 at the 1999 Icelandic Horse World Championships. It remains the only gold medal the U.S. has ever won.

tölt. This first-prize stallion had been shown very successfully in T1 Tölt and VI Four-Gait, but loose rein tölt was a new adventure for him. Alex says about her work with Veigar and with other horses that she has trained for loose rein tölt, “What I find important with loose rein tölt is confidence and trust. It isn’t just the rider being confident that the horse will do his job, but the horse trusting you for whatever you may ask him to do. Having clear communication through your seat is the key to success.”

Adds Carrie, “Preparing loose rein tölt has two parts. One is just general training. If your goal is lightness and increased dependence on the seat aids, then your training goal is going to help you achieve a good loose rein tölt. The other part is helping the horse to understand what is being asked of him, especially in the loose rein tölt segment of the class. Often horses that have the training and natural ability for loose rein tölt still take time to settle into the concept.”

The following brief overview highlights the different loose rein tölt classes: T2, T4, and T6. T stands for Tölt, and these classes each contain a loose rein tölt section. All three classes are shown on the oval track. Take your pick and start practicing to show off your horse at one of the upcoming shows or to impress your friends.

## T2 OPEN LOOSE REIN TÖLT

This is an individual class, meaning you will be the only rider on the track. You, the rider, choose the rein—the direction—to start out on. The gaits are not announced in this class. You have three rounds to show the following gaits in the following order:

1. Any speed tölt.
2. Slow, steady, and calm tölt. Return to walk and change rein.
3. Slow to medium speed tölt, holding both reins in one hand, clearly showing no rein contact with the horse’s mouth.

Each section is shown only once, for one round. The scores for Section 3 (loose rein tölt) are doubled.

Comments: Although you ride the program independently, the order of the gaits is fixed and cannot be changed. Because the scores for the third section are doubled, it is important that this part of the performance is your strong suit and works well for your horse. Be sure to know exactly how to hold the reins and what corrections are allowed to get the best possible score. Some horses do much better without any other horses on the track, other horses excel with company. This is something to keep in mind when picking your class.

Who is eligible for this class? Any

rider 14 years and older, professional or non-professional.

What does “any speed tölt” mean? It means, literally, that you can go at whatever speed you like, but it is important that your speed be rather even. In most cases, going very slow or very fast will not be beneficial, though, because your goal is to show your best tölt. Pick the speed in which your horse is the most balanced. This is the speed that allows your horse to tölt in a clear beat, without getting pacey or trotty, and that will not make you roll in the corners. This speed is different for each horse, but many horses do well with a slow to medium speed tölt. If you work with a trainer or instructor, have them watch you ride before the show and discuss the ideal speed. If you train by yourself, find the speed that feels best and easiest to you and your horse. This is the speed you want for this part of the test.

What does slow, steady, and calm tölt mean? Slow means fairly slow. In earlier articles in this series, I have described the slow tölt that is required for such classes as T1 or T7. A slow, steady, and calm tölt can be slightly faster than this. A true slow tölt is often described as a tölt that would allow you to ride a 10 m (30 ft.) circle at that speed. A slow, steady, and calm tölt can be a little faster. The tölt should still be ridden with energy and focus and at an even speed. It may help to find T2 videos on YouTube and look at different performances to develop a feel for the correct speed, especially if you do not have an experienced trainer to work with.

How do you ride Section 3, the loose rein portion of the test? You start out in the middle of the short side of the oval track getting your horse into tölt. Once you feel he is securely in tölt, you loosen the reins, holding the reins in one hand that is clearly visible and not kept further forward than the middle of the horse’s crest. Ideally, you do this very soon after you start tölting. The reins must be slack and hanging loose in loops that are equally long on both sides. There should be no active contact with the horse’s mouth or chin groove (for example, through the chain of an Icelandic bit). If the reins are somewhat loose but not really, it will result in lower scores. If you carry a whip, it must not be held in front of the point of the horse’s shoulder or behind the point of his hip at any time, since this will



be considered a correction and will result in lower scores as well. The same applies if the rider grips the mane of the horse. The correct execution is very important. If you feel that your horse is losing his balance, you are allowed to correct him by using rein contact to give a half halt; however, the number of corrections will reflect in your scores. The allowed speed in this portion of your test is slow to medium, so anything in that range is acceptable. An even speed is best.

#### **T4 OPEN GROUP LOOSE REIN TÖLT**

This class is basically the same as T2 except that it is a group class, so both the preliminaries and the finals are ridden in a group. The preliminary is ridden in a group of up to three riders on the oval track at once, instructed by an announcer. You start on the rein set in the starting list, and ride three sections:

1. Any speed tölt.
2. Slow, steady, and calm tölt. Return to walk and change rein.
3. Slow to medium speed tölt, holding both reins in one hand, clearly showing no rein contact with the horse's mouth. The scores for Section 3 are doubled.

Comments: As in T2, because the scores for the third section are doubled, it is important that this part of the performance is your strong suit and works well for your horse. If your horse does better with other horses on the track, this class is better suited for you than T2. See the description of T2 (above) for tips on the different tölt speeds.

Who is eligible for this class? Any rider 14 years and older, professional or non-professional.

#### **T6 INTERMEDIATE LOOSE REIN TÖLT**

This is also a group class, with the gaits and change of rein announced by a speaker. The preliminary round is ridden in groups of up to four riders on the oval track at the same time. You start on the rein set in the starting list and ride two sections:

1. Any speed tölt. Return to walk and change rein.
2. Slow to medium speed tölt, on the long sides of the track only, holding both reins in one hand clearly showing no

rein contact with the horse's mouth.

Comments: This class is more forgiving than T2 or T4. There are only two sections in this class, as compared to three in T2 and T4. More importantly in Section 2 of T6, loose rein tölt is shown only on the long sides of the track. This means that you can correct your horse on the short sides, picking up the rein contact, re-collecting your horse, and starting off fresh in loose rein tölt on the next long side. Also, the scores for loose rein tölt in Section 2 are not doubled.

Who is eligible for this class? As an intermediate class, T6 is open to any non-professional rider who has not achieved a score of 6.0 three times, riding the same or different horses, in this loose rein tölt class. Once you have achieved a score of 6.0 or higher three times, you must compete in T2 or T4.

#### **FINALS FOR T2, T4, AND T6**

In the U.S., we mostly have A-finals. In A-finals, the five best riders in the preliminary rounds compete against one another and are on the oval track at the same time. Their scores are shown after each segment of the test, while the horses are walking. The order of the gaits is the same as in the preliminaries, and are announced by a speaker. It is up to the show organizer to decide on finals in in-

termediate classes (such as T6). If there is a final, it is held later the same day or on the next day. Check the show schedule to see what finals are planned (those classes will be marked with the words FINAL).

#### **RESOURCES**

On the USIHC web site, you can find further information about sanctioned show rules and procedures here: <https://www.icelandics.org/competition/sanctioned-shows2016.pdf>

You can find the USIHC modifications to the FEIF Sport Rules in a pdf format here: [https://www.icelandics.org/competition/competition\\_rules\\_2016.pdf](https://www.icelandics.org/competition/competition_rules_2016.pdf)

On the FEIF website you will find the complete, official FEIF Sport Rules in a pdf format here: [https://www.feif.org/files/documents/FEIF\\_Rules\\_Regulations2018\\_1\\_website.pdf](https://www.feif.org/files/documents/FEIF_Rules_Regulations2018_1_website.pdf)

The FEIF judging guidelines are a good source of information on judging elements, scores, and firewalls; see: [https://www.feif.org/files/documents/sj\\_guidelines2018.pdf](https://www.feif.org/files/documents/sj_guidelines2018.pdf)

Please note that the Icelandic horse competition season, as governed by FEIF and the USIHC, starts on April 1 of each year. Changes in competition rules and any other relevant updates are published on the FEIF and USIHC websites close to that date.

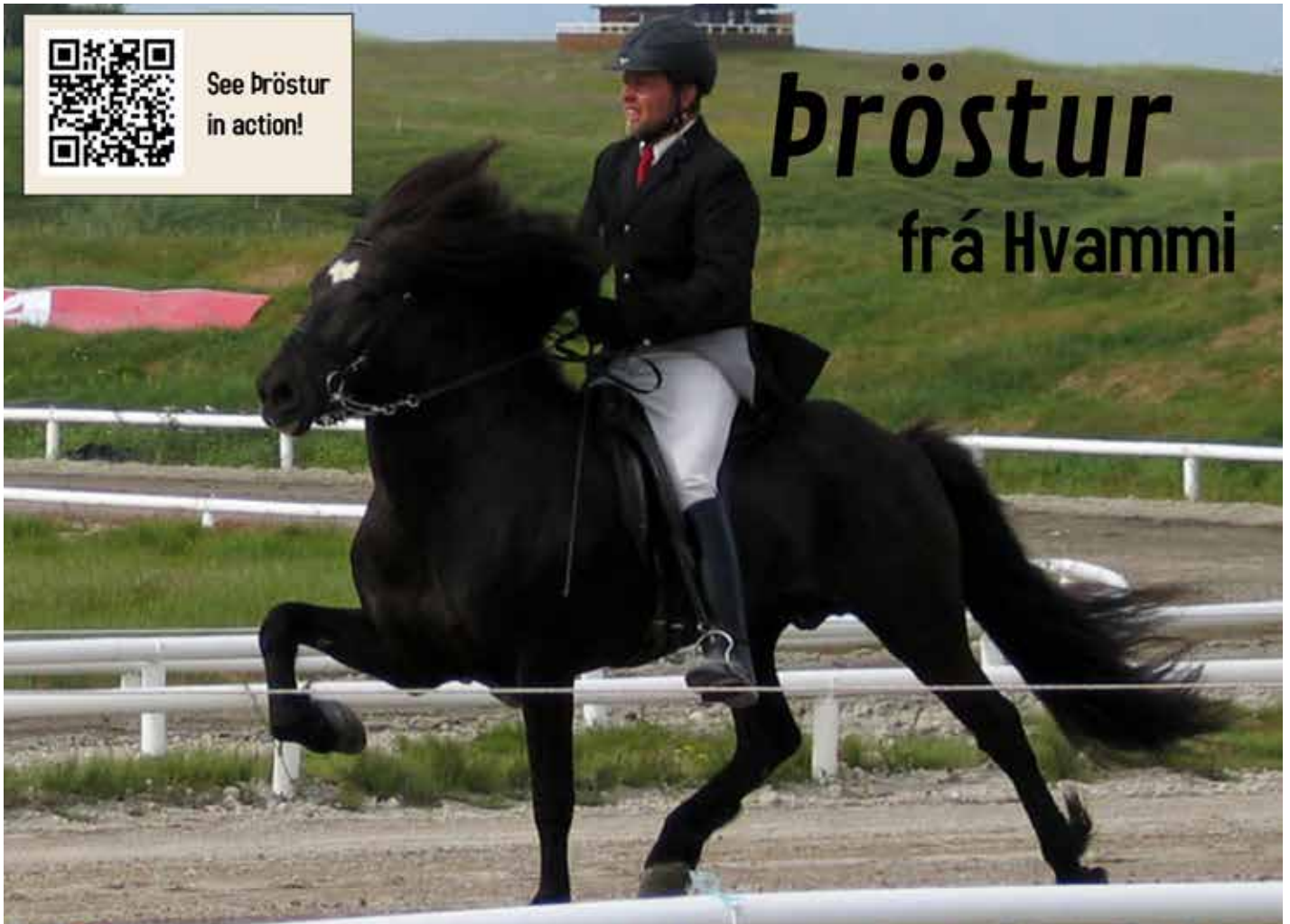


White reins show off Charlotte Reilly's loose rein tölt on Spretur from Destiny Farm. Photo by Valerie Durbon.



See Pröstur  
in action!

# Pröstur frá Hvammi



Trausti frá Þórrrodstöðum  
Highest scoring 4 yr old 2015  
8.87 Ridden abilities

Gammur frá Hemlu II  
8.43 Rideen abilities  
9 for pace

Hátíð frá Hemlu II  
Scored 7.96 in T1  
competition

Valíant frá  
Vatnshömrum  
9 for trot

## Breed to the proven best...

Pröstur is the highest evaluated stallion in North America, with a temperament that is a perfect blend of willingness and cooperation. However the true proof of his breeding prowess lies in his offspring who have received high marks in both breeding evaluation and sport. Take your breeding program to the next level and match your mare with the proven best!

[www.redfeathericelandics.com](http://www.redfeathericelandics.com)

Phone: +1 541 490 0975

Email: [redfeathericelandics@gmail.com](mailto:redfeathericelandics@gmail.com)







**GÆDINGAR**  
Icelandic Horse Breeding Club

USIHC Activity Club

## BRINGING BREEDERS AND CLIENTS TOGETHER

### FEIF Icelandic Breeding Shows 2019

Cobleskill, NY: 1<sup>st</sup> - 2<sup>nd</sup> September

Peru, IA: 12<sup>th</sup> - 13<sup>th</sup> September

[www.icebreeders.com](http://www.icebreeders.com)

- stallion & mare listing
- horses for sale
- US & Canada farm listing
- education
- breeding events

join us!



*Lettleiki*  
ICELANDICS

# TRIPLE WORLD RANKING SHOWS

OCTOBER 4, 5 & 6 2019 · SHELBYVILLE, KY



ONE EVENT, THREE OPPORTUNITIES TO RIDE YOUR CLASSES · TRIPLE ICE  
CHAMPIONSHIP AWARDS · FIVE INTERNATIONAL JUDGES · FULLY  
ACCOMMODATING VENUE · COME JOIN US THIS FALL

FIND OUT MORE AT [LETTLEIKIICELANDICS.COM](http://LETTLEIKIICELANDICS.COM)

EMAIL [MAGGIE@LETTLEIKIICELANDICS.COM](mailto:MAGGIE@LETTLEIKIICELANDICS.COM) OR CALL 502-541-4590





## MEMBERSHIP APPLICATION

New Application  Renewal

Membership Type:  Individual  Family  Junior  
 Foreign Friend of the US Icelandic Horse Congress

Name: .....

Address: .....

City: ..... State/Province : ..... Postal Code: ..... Country: .....

Phone: ..... Email: .....

- Keep my name and contact information private.
- Never use my email address instead of the US Mail to notify me of official USIHC business.
- I prefer **not** to receive a copy of the *Quarterly* magazine in the US Mail.

Regional Club: .....

If you have selected a Family Membership, please complete the following for the second adult and any children to be included in the membership (use the back of the page to add more family members):

Name	Year of Birth (juniors only)	Email (optional)	Enroll in Pleasure Rider Program (optional)

- Farm Listing.  
Paid members of the USIHC may opt to include a farm listing on the Congress's web site ([www.icelandics.org](http://www.icelandics.org)). There is a \$110.00 annual fee for the farm listing in addition to your membership fee.

Farm: .....

Owners: .....

Address: .....

City: ..... State/Province : ..... Postal Code: ..... Country: .....

Phone: ..... Email: .....

Fax: ..... Web: .....

Membership Fees & Restrictions			
<b>Individual</b>	\$45/year. One adult. One vote.	Membership Fee:	\$.....
<b>Family</b>	\$65/year. Two adults and unlimited children living in the same household. Adults vote.	Farm Listing Fee:	\$.....
<b>Junior</b>	\$35/year. One child (under 18 years). Not eligible to vote.	<b>World Championships Donation:</b>	\$.....
<i>Members in the categories above with non-US mailing addresses must be US Citizens</i>		Youth Fund Donation:	\$.....
<b>Foreign Friend</b>	\$70/year. One adult non-US Resident/non-US Citizen with limited benefits. Not eligible to vote.	(optional support for youth programs)	
		Total:	\$.....

**Make checks to "USIHC" and mail to the MAIN OFFICE address.**  
**Congress memberships are for one year. Your membership is active on receipt of payment and expires one year later.**

MAIN OFFICE: 300 South Sawyer Road, Oconomowoc, WI 53066  
 Phone: (866) 929-0009 [extension 1]      Email: [info@icelandics.org](mailto:info@icelandics.org)

# Five-Gait Farm Icelandic Horses

Training ∪ Lessons ∪ Sales ∪ Breeding

Home of the highest evaluated domestic bred four-gaited stallion in America!



## Vindur from Dalalíf

*Total 8.16*

*Trot 9 ~ Walk 9 ~ Head 9*

*Mane & Tail 10*



[www.fivegaitfarm.com](http://www.fivegaitfarm.com)

[www.fivegaitfarmicelandics@gmail.com](mailto:www.fivegaitfarmicelandics@gmail.com)

(831)332-5328



# Fall and Winter Workshops



## HESTALAND

5-day blocks offered September–April

Join us for a rare, authentic learning opportunity in Iceland as a student trainer at our training operation.

[www.hestaland.net](http://www.hestaland.net)



Guðmar Þór Pétursson  
Riding Instructor



Linda Rún Pétursdóttir  
Riding Instructor



Riding Tours & Treks · Guest House · Barn Tours · Training · Breeding · Horse Sales and Export



### *Did you know?*

If you are promoting the USIHC or the Icelandic horse, you can request free copies of **The Icelandic Horse Quarterly** to give away. Quantities are first-come, first-served, as they are available.

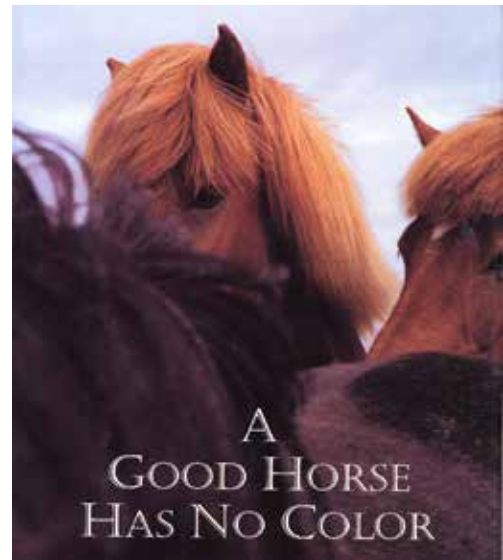
Send your name & address, the name of your business or event, and the number you'd like to request to:

[Quarterly@icelandics.org](mailto:Quarterly@icelandics.org)

## BOOKS ON ICELAND

sagas • history • culture • horses

[NANCYMARIEBROWN.COM](http://NANCYMARIEBROWN.COM)



[AMERICA2ICELAND.COM](http://AMERICA2ICELAND.COM)

for riders and non-riders

## TOURS TO ICELAND



# F A R M L I S T

The owners of the farms listed below have offered to have you visit in order to become acquainted with the Icelandic horse. Some are breeders, some importers, and some are interested in breed promotion alone. Their listing here does not constitute an endorsement of any kind by the USIHC.

## CALIFORNIA

Bohart K K Ranch  
Bonnie and Randy Bohart  
2242 Mesa Drive  
Newport Beach, CA 92660  
(949) 735-6804 (phone)  
(949) 660-7139 (fax)  
bonnielou92660@yahoo.com  
www.bohartkkranch.com

Flying C Ranch  
Will & Asta Covert  
3600 Roblar Ave.  
Santa Ynez, CA 93460  
(805) 688-1393 (phone)  
info@tolt.net  
www.tolt.net

Valkyrie Icelandic  
Laura Benson  
1 Duane St. #33  
Redwood City, CA 94062  
(650) 281-4108 (phone)  
laura@valkyrieicelandic.com  
www.valkyrieicelandic.com

## COLORADO

Hestar Ranch  
Monika Meier-Galliker  
P.O. Box 1744 / 30420 C.r. 500  
Arboles, CO 81121  
(970) 883-2531 (phone)  
m.meier@hestar-ranch.us  
www.hestar-ranch.com

Tamangur Icelandic Horses  
Coralie Denmeade  
5775 Best Road  
Larkspur, CO 80118  
(719) 209-2312 (phone)  
coralie@tamangur-icelandics.com  
www.tamangur-icelandics.com

## FLORIDA

Florida Icehorse Farm  
Beerihomes Lic  
10551 Deal Rd  
North Fort Myers, FL 33917  
(239) 223-5403 (phone)  
floridaicehorsefarm@gmail.com  
www.floridaicehorsefarm.com

## GEORGIA

Creekside Farm  
Katrin Taylor-Sheehan  
3170 Double Bridges Road  
Rutledge, GA 30663  
(706) 347-0900 (phone)  
kat@creeksideusa.com  
www.creeksideusa.com

## IOWA

Harmony Icelandics  
Virginia Lauridsen  
1401 Casady Dr.  
Des Moines, IA 50315  
(515) 556-3307 (phone)  
virginia@harmonyicelandics.com  
www.harmonyicelandics.com

## KENTUCKY

Lettleiki Icelandic  
Maggie Brandt  
6105 Eminence Pike  
Shelbyville, KY 40019  
(502) 541-4590 (phone)  
maggie@letteikiicelandics.com  
www.letteikiicelandics.com

Taktur Icelandic Horses  
Terral Hill & Carrie Lyons Brandt  
12501 W Hwy 42 Apt B  
Prospect, KY 40059  
(502) 409-1924 (phone)  
carrieandterral@gmail.com  
taktur.horse

## MAINE

Boulder Ridge Farm  
Brian & Cindy Wescott  
1271 Cape Rd  
Limington, ME 04049  
(207) 637-2338 (phone)  
info@bricelandics.com  
www.bricelandics.com

## MASSACHUSETTS

Merrimack Valley Icelandics  
Neil and Ebba Meehan  
282 Main Street  
Boxford, MA 01921  
(781) 521-0841 (phone)  
ebbameehan@me.com

## MISSISSIPPI

Northstar Farms - Oh, Ky, Ms  
Lanny L. Carroll  
4690 Cr 600  
Booneville, MS 38829  
(937) 687-7103 (phone)  
ohioicelandics@yahoo.com  
www.northstaricelandics.com

## NEW MEXICO

Windsong Icelandic  
Ulla Hudson  
P.O. Box 918  
733 State Road 344  
Edgewood, NM 87015  
(505) 615-5050 (phone)  
(505) 286-7791 (fax)  
ullahudson@mac.com  
windsongdressage.com/windsongicelandics.com/windsongtack.com

## NEW YORK

Sand Meadow Farm  
Steven & Andrea Barber  
300 Taylor Road  
Honeoye Falls, NY 14472  
(585) 624-4468 (phone)  
toltstar@yahoo.com  
www.sandmeadow.com

## NORTH CAROLINA

Hulinndalur  
Sara Lyter  
372 John Weaver Rd  
Columbus, NC 28722  
slyterz@yahoo.com

## OHIO

Beat'n Branch Icelandic  
Ron & Sherry Hoover  
4709 Beat Rd  
Litchfield, OH 44253  
(330) 635-5623 (phone)  
890hoover@gmail.com

Common Ground Farm and Kennel  
Jim and Laurie Blakey  
12698 Mantua Center Rd.  
Mantua, OH 44255-9368  
(330) 995-9273 (phone)  
commongroundfarmandkennel@gmail.com  
poodlepony.com

## OREGON

Mountain Icelandic Farm  
Annette Coulon  
19565 Tumalo Reservoir Rd  
Bend, OR 97703  
(831) 331-0442 (phone)  
annette@mountainicelandics.com  
www.mountainicelandics.com

Schwalbenhof  
Karin Daum  
10676 Nw Valley Vista Rd  
Hillsboro, OR 97229  
(503) 724-9537 (phone)  
daumkarin@gmail.com





## **SOUTH CAROLINA**

Black Creek Farm  
Sarah C. Elkin  
449 Jewell Boone Rd.  
Pelion, SC 29123  
(803) 894-4514 (phone)  
bigdoglady@pbtcomm.net  
blackcreekfarm.us

## **SOUTH DAKOTA**

Morning Star Farm  
Margaret Hillenbrand  
6758 Nameless Cave Road  
Rapid City, SD 57702  
(605) 381-4956 (phone)  
hillenbrandmimi@gmail.com

## **TENNESSEE**

Shady Brook Farm  
Marilyn Chapman  
148 Shady Brook Lane  
Kingston, TN 37763  
(865) 376-8584 (phone)  
lucybexpress@yahoo.com

## **VERMONT**

Lunar Hill Icelandic  
Jana Meyer  
151 North Bridgewater Road  
Bridgewater, VT 05034  
(603) 856-6697 (phone)  
lunarhill70@gmail.com  
www.lunarhillicelandics.com

Mad River Valley Icelandic Horses, LLC  
Jess Haynsworth  
1268 Fuller Hill Rd  
Warren, VT 05674  
(617) 962-0065 (phone)  
madrivervalleyicelandics@gmail.com  
www.madrivervalleyicelandics.com

Vermont Icelandic Horse Farm  
Karen Winhold  
3061 N. Fayston Road  
Waitsfield, VT 05673  
(802) 496-7141 (phone)  
(802) 496-5390 (fax)  
horses@icelandichorses.com  
www.icelandichorses.com

## **VIRGINIA**

Montaire Icelandic Horses  
Antje Freygang  
36727 Leith Lane  
Middleburg, VA 20117  
(202) 372-5324 (phone)  
freygang999@gmail.com  
www.montaire.org

## **WASHINGTON**

Five-Gait Farm Icelandics- Young Horse and Retirement  
Jennifer Denning and K.c. Thornley  
15 Foster Lane  
Centerville, WA 98613  
(831) 332-5328 (phone)  
fivegaitfarmicelandics@gmail.com  
fivegaitfarm.com

Lone Cedar Icelandic Horses  
Dawn Shaw  
P.O. Box 524  
451 E. Murray Road N  
Grapeview, WA 98546  
(360) 275-7542 (phone)  
iceherd@hotmail.com  
www.lonecedaricelandichorses.com

Red Feather Icelandic  
Dick and Linda Templeton  
24 Whitewater Drive  
Trout Lake, WA 98650  
(541) 490-0975 (phone)  
redfeathericelandics@gmail.com  
www.redfeathericelandics.com

## **WEST VIRGINIA**

Deep Creek Farm  
Curtis Pierce and Marsha Korose  
537 Fjord Rdige Dr  
Mathias, WV 26812  
(304) 897-6627 (phone)  
cepinwv@yahoo.com  
www.deepcreekfarm.com

Icelandic Thunder  
Denise & James Taylor  
550 Hackers Creek Rd  
Philippi, WV 26416-7198  
(304) 457-4238 (phone)  
icywoman@msn.com  
icelandicthunder.com

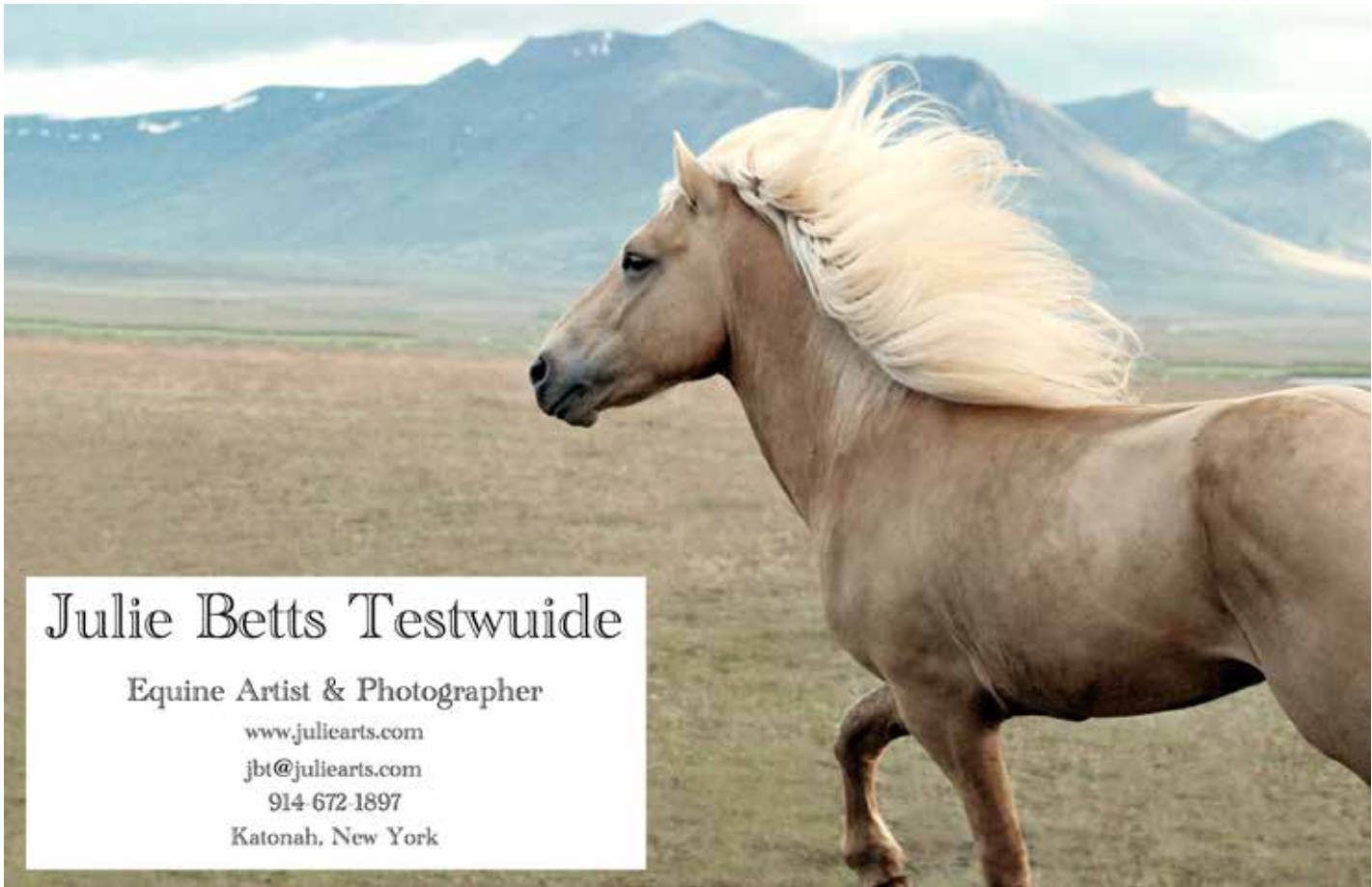
## **WISCONSIN**

Winterhorse Park Icelandics Horse Farm  
Barbara and Daniel Riva  
S75 W35621 Wilton Rd.  
Eagle, WI 53119  
(262) 594-5152 (phone)  
(262) 594-2720 (fax)  
winterhorse@centurytel.net  
www.winterhorse.com

# JOIN THE RIDE

<https://www.icelandics.org/s2ss>





## Julie Betts Testwuide

Equine Artist & Photographer

[www.juliearts.com](http://www.juliearts.com)

[jbt@juliearts.com](mailto:jbt@juliearts.com)

914 672-1897

Katonah, New York

## Beat'n Branch Icelandics Presents Our Finest Offspring



### Eldrottning from Beat N' Branch

US2016205158

F: IS1998186693 Hjörtur frá Holtsmúla 1

FF: IS1986186055

Orrí frá Þúfu í Landeyjum

FM: IS1983265001 Hreyfing frá Árgerði

M: IS1999237400 Glóð frá Brimilsvöllum

MF: IS1996187052

Glaumur frá Auðsholtshjáleigu

MM: IS1982237004 Iða frá Brimilsvöllum



### Hríma from Beat N' Branch

US2017205263

F.: IS2005137340 Sporður frá Bergi

FF.: IS2001187660 Álfasteinn frá Selfossi

FM.: IS1994237335 Hrísla frá Naustum

M.: IS1998225081 List frá Hrafnhólum

MF.: IS1991158626

Kormákur frá Flugumýri II

MM.: IS198422508 Löpp frá Hrafnhólum



### Þorinn from Beat N' Branch

US2018105318

F.: IS2001187041 Þröstur frá Hvammi

FF.: IS1989184551

Þorri frá Þúfu í Landeyjum

FM.: IS1985287026 Löpp frá Hvammi

M: IS1999237400 Glóð frá Brimilsvöllum

MF: IS1996187052

Glaumur frá Auðsholtshjáleigu

MM: IS1982237004 Iða frá Brimilsvöllum

Beat'n Branch Icelandics is on Facebook



Ronald and Sherry Hoover 330-635-5623





# HALLKELSSTAÐAHLÍÐ



## Visit Iceland and stay at an Icelandic horse farm

3500 acres of breathtaking scenery • Riding Tours and lessons • Large lake for fishing  
Lodging (cabins with jacuzzis and camping) • Working horse and sheep farm

Learn more at [icelandonhorseback.com](http://icelandonhorseback.com)



4-beat<sup>llc</sup>

- training
- riding instruction
- clinics
- shows

Alexandra Pregitzer - IPZV Trainer C - USIHC Sport Judge B  
[www.4-beat.com](http://www.4-beat.com) email: [alexandra.pregitzer@gmx.de](mailto:alexandra.pregitzer@gmx.de)

## YOUR ICELANDIC RESOURCE IN THE ROCKIES



TRAINING • LESSONS • SALES • BOARDING

CORALIE DENMEADE (FEIF Level 1 certified)  
P.O.Box 2771 • Monument, CO 80132  
[info@tamangur-icelandics.com](mailto:info@tamangur-icelandics.com)  
Phone 719.209.2312

TAMANGUR ICELANDIC HORSES  
[www.tamangur-icelandics.com](http://www.tamangur-icelandics.com)





# granite peaks ranch

EQUINE VACATIONS AND DAY TRIPS EXCLUSIVE  
FOR ICELANDIC HORSE CLUB MEMBERS

## GET YOUR VIKING ON THE WESTERN WAY!

UPCOMING COLORADO CLINICS

All clinics have follow up classes in August/September

**Cart Training  
Introduction for the  
Icelandic Horse  
with Bob Olson**

JUNE 4<sup>TH</sup>-9<sup>TH</sup>

**Introduction to  
Mounted Archery  
and Recurve Bows**

JUNE 20<sup>TH</sup> & 21<sup>ST</sup>

**CT2V Ranch  
Horsemanship  
Clinic with  
Brandy Von Holten**

JUNE 22<sup>ND</sup> & 23<sup>RD</sup>

*Day Passes include a pack lunch, independent access to 500 acres of marked natural trails, resting spots for you and your horse along the way, direct access to the San Juan Mountains and Uleminuche Wilderness, primitive camp site, fly fishing access, trailer parking & overnight pen & hay for your horse. Meals can be arranged separately.*

WE ARE ONE HOUR FROM DURANGO, COLORADO

[GRANITEPEAKSRANCH.COM](http://GRANITEPEAKSRANCH.COM)





*Lettleiki*  
ICELANDICS

*Suzanne Clume*

TRAINING • EDUCATION • SALES • BREEDING  
(502)541-4590      LETTLEIKI ICELANDICS.COM      SHELBYVILLE, KY

