Issue Three 2023

THE ICELANDIC HORSE

QUARTERLY

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

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ICELANDIC HORSE
QUARTERLY

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Issue Three 2023

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

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On the cover: The gelding Vigri frá Vallanesi (US2008104822) and his rider and trainer Jessica Haynsworth are enjoying a well-earned rest (and a little bite of grass!) after a bridleless conditioning ride in the Green Mountains of Vermont. Vigri is world-ranked in T1 and is also the first Icelandic horse ever to complete the grueling GMHA 100-mile competitive ride, the oldest in the US. Jessica is the owner and trainer at Mad River Valley Icelandics in Vermont. See the interview in this issue. Photo by Ezra Cackler.

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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), the International Federation of Icelandic Horse Associations, representing the national Icelandic horse associations of 22 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.

Photo by Will Covert

WHY JOIN THE USIHC?

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 for 13 regional clubs; activity clubs can also be formed.

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 Program, 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 helps organize 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."

BREEDING SHOW

The 2023 USIHC Breeding Horse Assessment was held at Montaire Icelandics in Virginia on May 13-14. As Carrie Lyons-Brandt of Taktur Icelandics wrote, "Evaluations are one of the most important things we can participate in. From the measurements to the conformation and ridden assessments, the data and knowledge collected gives us valuable information on our American-bred horses and horses we plan on using in our breeding programs. Breeding judges are some of our most educated, knowledgeable, and experienced judges, and therefore the ability for these events to include extensive continuing education for trainers, breeders, and horse owners in general is simply incredible. Thank you, Montaire Icelandics, for offering this weekend filled with learning for riders and breeders of all levels."

Contact Virginia Lauridsen (virginia@harmonyicelandics.com) for information on future breeding assessments. The FEIF Breeding Rules and Regulations (updated April 1) can be found here: https://www.feiffengur.com/documents/FEIF%20Breeding_2023.pdf

Shelby Walker of Massachusetts, the April S2SS Rider of the Month, gets ready for an Icelandic trek at Hestaland. Photo by Scott Smith.

WORLD CHAMPIONSHIP TEAM

Six riders qualified to represent the US at the 2023 World Championships, held in Oirschot, Netherlands on August 8-13. The tryouts were held in combination with the 2023 USIHC Virtual Spring Show. The riders, their events, and their winning scores are: Laura Benson (T2 = 7.03), Fleur Brown (T1 = 6.57), Caeli Cavanagh (T2 = 6.53 and F1 = 6.47), Ásta Covert (T1 = 6.73 and V1 = 6.8), Alex Dannenmann (T1 = 6.73 and V1 = 6.73), and Jenny Melville (T2 = 6.73 and V1 = 6.2).

Noted Caeli, "It has been such a fun and rewarding journey to get this far and we are so excited to see how high we can fly in this next stage."

The World Championships are organized every two years in one of the FEIF member countries and are an opportunity to experience the biggest stars in breeding and sport. Horses and riders travel from all over the world to compete. All full FEIF member associations may send teams of up to seven rider/horse combinations and up to five extra eligible rider/horse combinations, plus a limited number of reserve rider/horse combinations.

For information on the US Team Selection Criteria, see https://icelandics.org/client_media/files/docs/2023WCTryouts.pdf. To learn more about the 2023 World Championships, see https://www.wc2023.nl/.

Claudia Sihler, riding Fönix in Arizona, is the June S2SS Rider of the Month. Photo by Frank Sihler.

AMERICAN YOUTH CUP

The 2023 North American Youth Cup took place at Montaire Icelandics in Middleburg, VA on July 10-16. Twenty participants were selected by application and were placed in four teams, led by Karli and Robyn Schmutz from Oregon, Mouse Hedrick from California, and Maria Octavo from Kentucky. They spent the week taking lessons with renowned trainers, learning, and team building.

In March, the USIHC Board created an ad hoc committee tasked with making the North American Youth Cup a regular USIHC-sponsored event. According to the USIHC Youth Committee's proposal, "The Youth Cup has become an important part of the development of young riders in this country. This event is a wonderful blend of education, camaraderie, and team-driven competition. Bringing these kids together helps Icelandic horse youth, who are often very spread out and may be far from qualified instructors, to find a shared community, receive training from high level

educators and learn about Icelandic horse competition in a supportive and fun environment." For more information, contact Lucy Nold at youth@icelandics.org.

FEIF YOUTH CUP

Three spots at the next FEIF Youth Cup, to be held July 13-21, 2024 in Switzerland, are reserved for USIHC youth members. The tryouts will be held in combination with the 2023 Virtual Fall Show.

The FEIF Youth Cup is a bi-annual event for riders aged 14-17, focusing on teamwork, sportsmanship, improved riding skills, and cross-cultural friendships. The week-long event features intense training with renowned international instructors, culminating in a competition with various youth classes.

All youth members interested in trying out for the FEIF Youth Cup team must submit videos to the 2023 Fall Virtual Show as part of the application. Riders must submit one tölt video (T1-Youth or T2-Youth) and one gait video (V1-Youth or F1-Youth). Videos may be made from June 1, 2023 up until October 27. See https://icelandics.org/virtualshow/ for a link to the application. Email youth@icelandics.org with any questions.

VIRTUAL SHOWS

The USIHC Virtual Spring Show 2023 was judged by six FEIF International Judges (Nicolai Thye, Halldor Gunnar Viktorsson, Stefan Hackauf, Sophie Kovac, Lutz Lesener, and Andre Bohme) and USIHC Sport Judge A Freija Thye. Results are available on the USIHC website (https://icelandics.org/national-ranking-show-results), as well as through IceTest NG. Riders can download the IceTest NG App from the App Store. Subscribers will have their show comments sent to them as long as the email address used to subscribe is the same as the one listed on the show registration.

The Spring 2023 show had 62 horse/rider combinations, as compared to Fall 2022 (71), Spring 2022 (49), Fall 2021 (61), Spring 2021 (78), Fall 2020 (72), and Spring 2020 (76).

The 2023 Fall Virtual Show opened on June 1. Videos can be made through October 27 and must be submitted by 9 pm EST that day. The deadline to register is October 20 (9 pm EST). Judging (by judges still to be determined) will begin November 3, with comments and awards sent by November 22. For more information and to register, see https://icelandics.org/virtualshow/.

Brigit Huwyler of Connecticut, the May S2SS Rider of the Month, competes at the 2022 NEIHC Open at Thor Icelandics. Photo by Ona Kwiatkowski.

SHOW SEASON

As of early July, scores for six National Ranking Shows have been posted at https://icelandics.org/national-ranking-show-results; they are the CIA Spring Open, the Taktur Gamankeppni, the three shows of the Léttleiki Ice Championships, and the USIHC Virtual Spring Show.

Still to come are results from the Toppur Spring Sport Show, held June 3-4 at Harmony Icelandics in Iowa, and the first two events in the Solheimar Triple Crown, held July 8-9 and August 19-20 at Solheimar Farm in Vermont.

Shows scheduled for the fall include Tamangur Icelandic's Fall Event, to be held September 2-3 in Colorado; Taktur's fall ranked show on September 23-24 in Kentucky; the NWIHC National Ranking Show, to be held September 23-24 at Alfadans Equestrian Arts in Oregon; the Triple Ice Championships, to be held September 29 to October 1 at Harmony Icelandics in Iowa; the Solheimar Triple Crown III, to be held October 14-15 in Vermont; and the USIHC Virtual Fall Show, for which registrations are due October 20 and videos must be submitted by October 27.

Watch the USIHC Events calendar at https://icelandics.org/events/ for announcements of additional shows.

SPRING CHALLENGE

In May the USIHC Sport Committee announced its 2023 Spring Challenge: an award for the best two combined scores (i.e., from a tölt test plus four-gait or five-gait test) achieved by one horse/rider combination during in-person competitions before July 1. No registration was required; the committee took the best performance at each in-person show. Winners were announced in eight categories: Open 4-Gait, Open 5-Gait, Intermediate 4-Gait, Intermediate 5-Gait, Novice, Youth, Green Horse, and Novice Hors

BREEDING CLINIC

Internationally renowned Icelandic horse breeder, trainer, and rider Olil Amble will share her knowledge of breeding and horse assessments with our US community

at Harmony Icelandics in Iowa on September 25-27. Her clinic, "How to Prepare Your Horse for a Breeding Assessment," is an opportunity to learn from one of the world's experts. On Day Three, she will be joined by experienced FEIF Breeding Judge Dísa Reynisdóttir to help develop a program for each horse and rider pair. For more information on this and future breeding clinics, contact Virginia Lauridsen at breeding@icelandics.org.

Carrie Lyons Brandt (left) holds a mare during the conformation part of the 2023 USIHC Breeding Horse Assessment, held at Montaire Icelandics in Virginia in May. Photo by Cameron Durbin.

RIDERS OF THE MONTH

Each month the USIHC Leisure Committee randomly chooses a rider in the Sea 2 Shining Sea Virtual Ride (S2SS) to be the Rider of the Month. This quarter's riders are Shelby Walker of Massachusetts, Brigit Huwyler of Connecticut, and Claudia Sihler of Alaska and Arizona.

A newcomer to riding, Shelby retired from competitive roller derby in the fall of 2021 and was looking for a new sport. She and her husband, Scott Smith, now own four Icelandics: Balthasar and Loki are in Massachusetts, while Oddur and Róm are in Iceland at Guðmar Pétursson's Hestaland, where Shelby went trekking along with her friends from Merrimac Valley Icelandics. In the US, she enjoys drill teams, riding to music, and, of course, trail riding. "I love the feeling of being in nature," she says, "traversing more technical terrain and partnering with my horse on something we both enjoy."

Brigit keeps her two horses, Draumur and Prinsessa, at West Wind Farm in the Catskill region of New York. Of S2SS she says, "I loved the idea of a virtual distance ride, where I keep track of how much I actually ride. I think it motivates me, especially since I am part of a team. We encourage each other to record our rides and to come up with creative ways to ride even when the weather is bad. I regard riding as a journey that continues lifelong: I continuously learn from my horses, my teachers, and my fellow riders."

Claudia and her husband, Frank Sihler, own two Icelandics, 8-year-old Sjálfstæður (or Indy) and 5-year-old Fönix; their three older horses passed away in the last five years. Her goal is to ride 500 trail miles in a calendar year. She plans to ride on the Maricopa County Trail, which makes a loop around Phoenix, AZ. "Eventually I want to ride every section of it. This will hopefully lead to making me a better rider and my horses better trail horses, as they are both still young. I want my horses to enjoy the outings as much as I do." She also practices mounted archery with her husband, who ranks in the top 10 in the US in that sport.

BOARD MEETINGS

The USIHC Board of Directors met by Zoom call on May 9, June 13, and July 18; there will be no August meeting due to the World Championships. Complete minutes, including the monthly Treasurer's and Secretary's reports, committee reports, and the annual budget, can be found online at https://icelandics.org/minutes. USIHC members are encouraged to listen in on board meetings. The agenda and information on how to connect are posted on the USIHC website the weekend before.

In addition to the news reported above, the board discussed trying to coordinate show dates to allow as many participants to attend as many shows as possible. The idea of holding regional or national championships was also discussed, but tabled for this year.

Pace events (P2) will be allowed at breeding shows, as long as the track, judges, and time equipment are all appropriate. The national ranking fee would need to be paid and an application submitted to the Sport Committee. Also, to follow FEIF rules, horses cannot be overworked; they cannot be assessed at the breeding show and compete in P2 on the same day.

Janet Mulder volunteered to work on designing USIHC-approved dressage tests, as many shows are now offering tests based on their own designs or on tests from Germany. The Sport Committee will need to approve the final tests.

The board also approved a slight rule change recommended by the Sport Committee concerning eligibility. Starting July 1, riders under the age of 14 will be allowed to compete in Open tests if they have placed out of the Intermediate tests, on the same class track, by receiving a score above 6.0 three times.

Updating the Riding Badge program to make the tests more easily understood was also discussed; Jeff Rose will recommend the task to the Education Committee.

Following a request by the Promotion and Quarterly committees, to save time and money the Welcome Packet for new members will move from print to digital. Promotion chair Emily Potts is also updating the website; every committee is responsible for keeping track of what needs to be updated and for providing Emily with the new information to add.

EXPLORE BLUP

A lot of knowledge can be found in WorldFengur, the Studbook of Origin of the Icelandic Horse (at WorldFengur.com), for example, information on individual horses, pedigrees, and assessments of conformation and rideability at breeding shows or evaluations, now better characterized as breeding field tests. It is very valuable to breeders to be able to take all of this information into account when planning for the next generation of Icelandic horses. For that purpose, two tools in WorldFengur—Select Stallions and Virtual Mate Selection—are invaluable.

One of the most important tools available for breeders of Icelandic horses, however, is the BLUP value. BLUP (Best Linear Unbiased Prediction) is a mathematical method that summarizes all available information included in the breeding goal of the Icelandic horse from breeding field tests of all horses in the population. It estimates the breeding value of each individual horse and ranks it, based on its expected contribution to the development of the breed.

BLUP calculations for Icelandic horses are done for the entire population—all registered horses in all countries. Approximately 500,000 Icelandic horses have calculated BLUP values that are updated every year, as new information is added from breeding field tests on a yearly basis.

On the BLUP scale, 100 is the average value and one standard deviation is 10 units. The worldwide population of Icelandic horses is distributed over six standard deviations (a normal distribution), with only a few horses' scores falling outside of the range of 70-130. The FEIF recommendation is to not use individuals for breeding that have a BLUP value below 100, as their contribution is likely to be in a negative direction, compared to the official breeding goal for the Icelandic horse.

In this context, however, it is important to take the accuracy of the BLUP calculation into account—it differs from one horse to another. The more information there is in WorldFengur about an individual horse's parents and relatives, the higher the accuracy of the BLUP estimation becomes—which is why it is important for as many horses as possible to be assessed at breeding field tests. An accuracy score of below 60% should be interpreted as a relatively uncertain estimation. In general, the higher the accuracy becomes, the lower the standard deviation will be.

For example, a horse with an estimated breeding value total score of 118 and a standard deviation of 5, with 87% accuracy means that this horse has a true breeding value of between 113 and 123, with 87% accuracy. This horse can be considered to be a very good breeding horse—among the approximately 15% best of all horses in the Icelandic horse population worldwide. In plain words, it's likely that this individual will pass on good genes to the next generation of Icelandic horses.

To learn more about BLUP, see https://www.feif.org/breeding-dept/general-information-on-the-blup/

RIDING HORSE PROFILE

FEIF has developed a tool to help leisure riders find the best possible match when buying a new horse. The tool seeks to identify the traits a horse needs to create a safe, comfortable relationship and to prevent the negative consequences of a poor match, which benefits both the buyer/rider and the horse.

The FEIF Riding Horse Profile represents a neutral description and assessment of the character and behavior of a horse, as well as of the character and needs of the buyer/rider. The process recognizes that each rider and horse are special, with their own character and qualities. A horse which may be a completely wrong choice for one rider may be the perfect match for another.

The FEIF Riding Horse Profile does not give marks, but instead creates a neutral, descriptive snapshot of both the buyer/rider and the horse at a specific moment.

The FEIF Riding Horse Profile consists of two forms which are completed by the buyer/rider in cooperation with professional trainers. The questions are designed to guide the buyer/rider and

trainer toward the best possible match with a horse.

The buyer/rider completes the Rider's Form, describing their ideal riding horse. This process requires the buyer/rider to focus on the key traits and training their dream horse should have. There are questions relating to their dream horse's general characteristics, willingness, education level, abilities, gaits, and desired behavior—independent of any specific horse being considered. The information on this form can be compared to any horse, as long as the answers are fairly recent and accurate.

The second part of the FEIF Riding Horse Profile, the Trainer's Form, is completed in cooperation with a professional trainer and is focused on a particular horse. The trainer records observations about the horse made from the ground and when riding the horse. The trainer observes the horse being prepared to ride, being mounted, being ridden indoors and out, and in as many unusual situations as possible.

The list of unusual situations to consider includes encounters with dogs, bicycles, other horses, cars, etc. The more of these situations which can be observed, the better. When riding out, for example, the trainer might observe the horse's reaction to approaching and passing a group of horses.

The FEIF Riding Horse Profile was developed from material provided by several FEIF member countries in cooperation with educational institutions in Iceland. It is important to stress that the FEIF Riding Horse Profile gives a snapshot of the horse and rider at a specific moment. There is no guarantee that the results are reproducible over time, with different riders, or under different circumstances.

Some possible uses of the FEIF Riding Horse Profile include: A trainer defining focus areas together with a student by using the Rider's Form. A seller may ask a trainer to prepare a Trainer's Form to get a professional, neutral description of a horse for sale. A stallion owner may ask a trainer to prepare a Trainer's Form to get a professional, neutral description of the stallion to be shared with persons interested in using that stallion for stud service. A buyer may ask for a Trainer's Form to get a neutral description of a horse before making a purchase. Buyers of horses are strongly encouraged to use the Rider's Form to focus their search for their dream horse.

The Rider's and Trainer's forms can be downloaded at https://www.feif.org/leisure-riding-dept/riding-horse-profile/

PLANNING A TREK

The FEIF Leisure Committee has created a guideline on how to plan for a trek or tour—or any ride that continues over several days. The intention of this guideline is to share experience and to let the guideline serve as inspiration. If all goes well, the guideline will be amended, improved, and developed further over the coming years.

"So far, what we have in writing is based on the previous FEIF Relay Rides," the committee reports. "Any input to improve the guideline is welcomed.

"The guideline is designed to be used as a check-list by the organizer of a tour. It is important to be able to communicate clearly to the participants about the terms for their participation, as well as to take the relevant measures to make the ride as safe as possible. You may also use the list for inspiration when planning shorter tours as well.

"It is recommended that the organizer tests the planned tour on horseback to find the best locations for making rest-stops, having lunch, etc. It goes without saying that the planned route must be legal, and that agreements must be made beforehand with private landowners, if crossing their land is desirable."

For detailed information, see https://www.feif.org/leisure-riding-dept/documents/

LEISURE RIDING STANDARD

Any leisure rider on an Icelandic horse is an ambassador for the entire Icelandic horse community. The whole community will be judged on how that individual behaves and treats their horse.

Especially in areas where access to riding out in nature is becoming more and more restricted, this fact is important to bear in mind. Every rider can contribute in good or bad ways. By following the FEIF standard, all leisure riders can be good ambassadors for the Icelandic horse and the Icelandic horse community.

A standard for safe and harmonious riding tours:

1. You are a guest: Follow the instructions of your host and behave as you would like your own guests to behave.

2. Take care of your most valuable and vulnerable asset: Wear a helmet.

3. Show consideration for others you meet who are also enjoying the environment: When you pass other riders, bikers, hikers, or carriages, do so at a walk.

4. Make use of roads and paths reserved for horses: Cycling paths and sidewalks are for cyclists or walkers.

5. Be careful with the vegetation: Don't let your horses nibble on bushes or trees and take care that you don't destroy vegetation by riding through newly planted trees or other plants or through uncut hay or crop fields, for example.

6. If you ride in a group, show consideration for any nervous riders or horses in the group. We have all been a learner at some point.

7. Make sure that you agree on speed increases in the group. Pay attention to any groups that may be ahead of you, and moderate your speed when approaching them. Let those behind know when you need to slow down quickly.

8. If you ride with a guide, respect their guidelines and instructions.

9. When riding in a group, cross roads and other barriers together in an organized and safe manner.

10. Keep in mind that a horse is a living creature, with needs and reactions of its own. Ensure that your horse is in good condition for the tour, and that your equipment is safe for both your horse and yourself.

CLUB UPDATES

There are 13 Regional Clubs affiliated with the U.S. Icelandic Horse Congress. To find the one nearest you, see the USIHC website at www.icelandics.org. The following clubs filed updates on their activities this quarter.

ALASKA

by Dan Coverdell

The Alaska summer is flying by rapidly. Alaska is 14 times the size of Iceland, but we have fewer than 1,000 Icelandic horses here. Summer solstice passed on June 21, so our days shorten now, and a frenetic pace has ensued. The fireweed will start blooming in several weeks, and by the time the blooms at the top have begun to wilt, we know that the first snow is less than six weeks away.

Over a dozen Alaska Icelandic Horse Association members gathered at Kerry Wappett's farm in Fairbanks for a clinic given by Janet Mulder of AK Ice Farm on May 27-28. The weather was wonderful, and much knowledge was gained by all. It was the first time there had been a clinic for Icelandic horses in Fairbanks, and the experience was much appreciated.

Alfasteinn from Fitjamyri, a four-year-old stallion, and Misty Bohnert represented the Icelandic horse at the Stallions of the North expo on May 21. Alfasteinn was startled by the loud applause of the crowd at the end of their show, but he held his position. Misty has worked hard to help Alfasteinn have positive experiences as a young stallion.

Next was a Trausti Þór Guðmundsson clinic at Arctic Arrow on June 6-7. It was a very positive experience for all participants; five AIHA members rode with Trausti.

Numerous AIHA members and their Icelandic horses participated in the Alaska Dressage Spring Festival, held on June 10-11 in Anchorage.

On June 23-26, over a dozen AIHA members gathered at Arctic Arrow for private lessons and a clinic taught by Freya Sturm from Vinur Farm. The event, with a focus on a proper rider seat, was well received by all of the participants. Freya uses Feldenkrais in her teaching, which was a new experience for many of us. We agree that Freya's approach will lead to healthier bodies for both horse and rider.

AIHA has two full teams participating in the USIHC Sea 2 Shining Sea Virtual Ride this year, duking it out for miles with frequent lead changes. As of July, each team is closing in on 2,000 miles, with no broken bones, no lost riders or horses, and no bear attacks. There are many excellent riders and experienced Icelandic horses in the mountains of Alaska these days.

On August 19-20, Janet Mulder will conduct a clinic, and there will be an AIHA national ranking show Education

Above, AIHA member Katelyn Barnett rides Rauðhetta frá Flugumýri II at the Freya Sturm clinic. At left (top to bottom), Terri Mielke on Dynur from Creekside at the Trausti clinic, Misty Bohnert presenting four-year-old stallion Alfasteinn from Fitjamyri at Stallions of the North, and Cirrus Bunn on Gjöf from Vindsdalur at the Trausti clinic.

Above, Skuggi, owned by Cascade Club member Diana Harris, shows off his many ribbons from the NWGHA All Gaited Breeds show. Below, Krakatindur in Viking gear at the Spring Fair in Puyallup, WA.

Day on September 2, followed by AIHA national ranking shows on September 3 and 4, judged by Þorgeir Guðlaugsson. Both events are being held at Arctic Arrow, Bernie and Jeannette Willis's beautiful farm, with a competition track. It is with much thanks that AIHA has access to such a wonderful facility!

All and all, it's been a busy summer for Icelandic horses and their riders here in Alaska, with many wonderful opportunities for growth and camaraderie!

CASCADE

by Lisa Roland

We had some busy members here in Washington and Oregon this spring! Diana Harris was interviewed by *Horse Illustrated* about her Icelandic gelding Skuggi. You can find the article in the May 2023 edition. Diana and her horse also successfully participated in the NWGHA All Gaited Breeds and TWH Pleasure Easter Parade and won multiple blue ribbons.

Lori Birge got her handsome new horse Snillingur from Iceland; he has settled in nicely and has turned out to be a great match for her.

Lisa Roland and Krakatindur went to help Hestafolk member Lauren Murphy represent the Icelandic horse at the Spring Fair in Puyallup, WA. Lisa also attended another air scent clinic in Sisters, OR with clinician Terry Nowacki. Who would have known that they had a total of three Icelandics at the clinic? Krakatindur did great, and he is another step closer to getting

certified for Mounted Search and Rescue.

Cascade Club Members Lori Birge, Linda Eddy, and Renny Christopher have been very active participating in clinics and lessons with Caeli Cavanagh at Alfadans Equestrian Arts in Oregon.

Lauren Murphy and Lisa Roland attended a dressage clinic with Freya Sturm at Vinur Farm in Trout Lake, WA.

We are fortunate to have such a selection of trainers in our area!

CIA

by Asta Covert

The California Icelandic Association organized the CIA Open, the first national ranking show of 2023. It was held at Flying C Ranch in Santa Ynez in April. Riders came from Southern California, Northern California—and all the way from Oregon, too. Five-Gait Farm, led by Lucy Nold, brought 14 horses from Oregon, with multiple young riders and adult riders, as well. It was a fun week of training and riding, topped with the national ranking show judged by Nicolai Thye.

FRIDA

by Suzi McGraw

It was an unusually beautiful spring in the mid-Atlantic this year, with many sunny days with comfortable temperatures ideal for riding. Some members of the Frida Icelandic Horse Club took full advantage of this weather, hitting the trails singly or in groups, while others were busy pursuing individual riding goals.

One such individual goal was achieved by Jo Ann Martin, who successfully completed the Knapamerki Level 3 riding test in May.

Several members local to the Northern VA area participated in a fun gæðingakeppni competition offered by Montaire Icelandic Horses in conjunction with their May FEIF-sanctioned breeding show. Nicole Kempf organized this fun show on the beautiful Montaire pace track. The show included classes from beginner through open levels. Some of the riders who participated in the breeding show also participated in the fun show. Riders presented their horses singly and in pairs, showing off their beautiful movements and forward spirit.

After the gait classes ended, an obstacle course was set up on the track. The winning obstacle rider was our club member Hailey Carballo, riding her grandmother's

Scenes from the CIA Spring Open: Ásta Covert rides Ogn frá Ketilsstöðum in tölt while her daughter, Bella, enjoys canter on Skuggi. Photos by Will Covert and Isaac Dwyer.

mare Elska. The pair made negotiating the obstacles look so very easy. A spirited beer tölt concluded the afternoon's festivities. Curt Pierce served as the show announcer, explaining the criteria for each of the classes so that the spectators would know what to watch for. Judges Óðinn Örn Jóhannsson and Elisabeth Jansen provided valuable and encouraging feedback. All-in-all it was an enjoyable afternoon for all. Frida riders included Leah and Hailey Carballo and Joe, Julia, Bella, and Sophie Hutter. Thanks so much to Antje and Mike for hosting this delightful show.

On June 17, several Frida members celebrated Icelandic National Day with the members of the Icelandic Association of Washington, DC. Association member and vice president Erna Pomrenke reached out to our club asking about the possibility of providing horses for the celebration

From the Frida Fun Show (left to right): Carrie Lyons Brandt riding Atlas von Birkenlund, Makenzie Durbon riding Spoki frá Brimnesi, and Julia Hutter riding Ögri frá Bjarghúsum.

Frida Club members celebrated June 17th with the Icelandic Association of Washington DC, along with Atlas, Halldór, Alfagló, María, and Stella the poodle. Photo by Erna Pomrenke.

Hestafolk member Sarah Cruz on Dansari from Landwoven at Eden Valley Ranch in Washington. Photo by Monica Urrutia.

and picnic. Antje Freygang of Montaire Icelandic Horses responded and provided four of her horses for this community outreach event. It was a beautiful sunny afternoon with an Icelandic-like breeze that kept the horses and their handlers cool and refreshed. More than 20 enthusiastic association members, ranging in age from about 4 to over 70, patiently waited their turn for a pony ride on one of the beautiful Icelandic horses. Some rode more than once! Frida members Antje Freygang; Shelley and Steve Shearer; Pat, Al, Hailey, and Leah Carballo; and Suzi McGraw handled registration, helmet fitting, and horse leading. The association members provided wonderful food, including Icelandic hot dogs, flatkökur topped with smoked Icelandic lamb (hangikjöt), and skyr. It's very safe to say that a great time was had by all!

HESTAFOLK

by Lisa McKeen

The Hestafolk Icelandic Horse Club had a busy spring working on updating our club paperwork and processes.

In April, we made some real progress in our Sea 2 Shining Sea teams. We have three teams, roughly divided by area: Hestafolk North, Hestafolk Central, and Hestafolk South. Hestafolk Central is in the top ten, and youth rider Serenity Perigo has made it into the top ten of individual riders, though Lauren Murphy and Serenity are trading places off and on. We are having so much fun with this.

In April, Lauren Murphy and Andi from Evans Farm represented the Icelandic horse for the three days of the Breed Showcase at the Spring Fair in Puyallup, along with Lisa Roland of the Cascade Club and her horse Krakatindur from Haeli. We love getting to collaborate and share venues with other clubs. Since then, Lauren has been taking jumping lessons, and Andi is in amazing shape as a result.

Mary Chamberlin and I went to Hovander Park in Ferndale for a sedate ride on their beautiful grounds. Hovander is an old homestead, and we wanted to see if horses were accepted there on the wide paths along the Nooksack River. We will definitely be going back.

Vinur Farm hosted a dressage clinic in May, and we had a great time! We thoroughly enjoyed our time together and our horses are relieved that we are riding better and are able to attend to our own fitness and balance.

Lauren Murphy and Andi from Evan's Farm practice jumping. Photo by Ken Murphy.

May was a great month for our Icelandic horses as well, as Team Iceland won first place in the Woodbrook May Hunter Pace Competition. The Icelandics gain respect from the horse world, as RJ Argenzio on Gloinn from Rivendell, Lauren Murphy on Andi from Extreme Farm, and Sandy Solberg on Brenna from Pegasus demonstrate the versatility and competitive natures of our horses and the people who choose them.

Go Team Tölt! The first-place winners of the May 2023 Woodbrook Hunter Pace, Hilltopper flight, were Hestafolk members RJ Argenzio on Gloinn from Rivendell, Lauren Murphy on Andi from Evans Farms, and Sandra Solberg on Brenna from Pegasus. Photo by Cathy Elledge.

We started June with a Masterson Method clinic at Monica Sheehan-Urrutia's new barn. Lauren Murphy, RJ West, Lisa McKeen, and Mary Chamberlin attended from the club.

Club member Lisa Greenfield says, "I returned home from Vinur Farm's Feldenkrais and Riding weekend clinic yesterday (June 19). Besides having so much fun and reveling in the beautiful surroundings (Gorgeous horses! Mount Adams! Wildflowers!), I learned more about my position in the saddle (and off) than I have in decades of off-and-on dressage (mostly) lessons. Was it the Icelandic magic? Maybe." Vinur Farm hosted this Feldenkrais Riding Clinic with Freya Sturm in the stunning Trout Lake area of Washington.

A group of us went to Oroville, WA to ride the trails at Eden Valley Ranch, which lived up to its name! The cabins are comfortable and we were able to ride three days without trailering anywhere. We went there to ride with new member Joan Krajewski. She has built a beautiful place for herself and her four Icelandics, including a full track system so that they can move all day. The terrain was spectacular and we needed at least two more days!

We are beginning exploration of a new tract on the Pilchuck Tree Farm. It was great fun to ride with Monica Sheehan-Urrutia and her son Mateo and to find some new trails not too far from home. We also tried out the Northern State Hospital Park just off Highway 20: wide trails, low traffic, and plenty of room to tölt or gallop!

Our club's Trail Boss, Lisa Heath, planned a trail ride for any takers at the Danville-Georgetown area of Maple Valley, a wonderful open space with wide trails and lots of opportunities for tölting. We have just barely made a dent in all the lovely trails in Washington!

We are looking forward to lots more clinics: Some of us will travel north when Freya Sturm teaches in Alaska on June 24-25 at Arctic Arrow Farm. We are also excited for our Adult Summer Camp at Vinur Farm in July and a Trail Clinic in August.

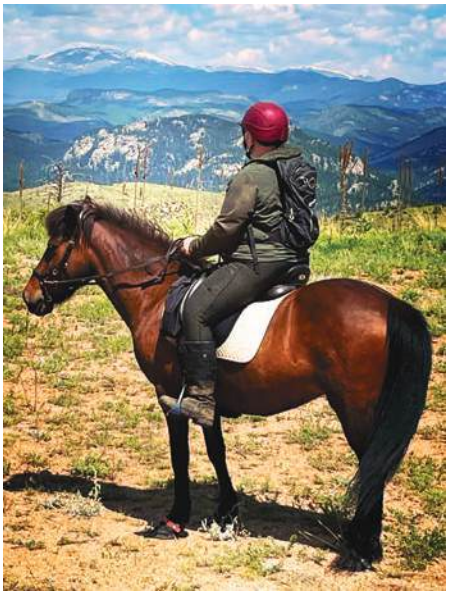
Vibeke Thoresen lectures on the biomechanics of tölt at a clinic hosted by Klettafjalla Club member Kristina Behringer in Wyoming.

Freya Sturm ground driving Freya from Extreme Farm at a clinic in Washington. Photo by Lisa McKeen.

KLETTAFJALLA

by Ellen Lichtenstein

Klettafjalla Icelandic Horse Club members have been busy from the start to finish of this quarter! Up north, at Gyetorp II in Wyoming, club member Kristina Behringer held a fantastic Memorial Day Weekend clinic withVibeke Thoresen, covering the Biomechanics of Tölt and Suppleness. The group enjoyed Vibeke's lectures and riding lessons. Vibeke also presented her master's thesis on best horsekeeping practices,



Klettafjalla member Ellen Lichtenstein riding Tilraun frá Pulu in the Pike National Forest in Colorado.

Leg Up Learning Solutions in Colorado hosted a five-day equine facilitated psychotherapy training for mental health professionals.

which was great research and so interesting. And of course, we always enjoy riding our horses together and seeing each other year after year!

Kristina also shared that they're enjoying all of the rain we've gotten this spring and watching the foals grow up! "The Wyoming state bird is the Western Meadowlark," Kristina said. "They have the loveliest song, and we are delighted to have a farm in a quiet location where we get to enjoy listening to them."

Further south, club member Coralie Denmeade and the rest of the crew at Tamangur Icelandics continue to eat, sleep, and breathe Icelandic horses. Sami Browneller was the ride manager for the May 20 AERC endurance ride at Greenland Open Space just down the road. The last few months have also been full of wonderful developments for Tamangur and their partnership with Hestaland in Iceland, and several events are on the calendar for the rest of the year—so watch out for more news next quarter.

In the Denver metro area, KIHC president Ellen Lichtenstein has been trying to make the most of the wet springtime weather with trail riding whenever possible. While the photos aren't as impressive as the mountain trails, Ellen also hosted The HERD® Institute's five-day equine facilitated psychotherapy training for mental health professionals who're looking to incorporate horses into their therapeutic work, and a corporate marketing team's professional development workshop, both in May.

Performers at Demo Days at Merrimack Valley Icelandics in Massachusetts, organized by NEIHC member Ebba Meehan. Photo by Christina Lewis.

NEIHC

by Jennifer Bergantino

As snow and ice gave way to abundant green, our horses transformed from furry fuzz balls into sleek, shiny-coated, majestic, energetic dragons! We had a glorious spring here in the Northeast, filled with long trail rides for conditioning, logging S2SS miles, fun, and camaraderie. We learned and practiced during lessons and clinics: suppling, improving our form, and perfecting our horse's gaits. We honed our competitive skills and participated in virtual shows. We were an active group.

NEIHC member Ona Kwiatkowski enjoyed endless rides on Kjarkur, logging hours with the Northcountry Tolters for the Sea 2 Shining Sea Challenge. In competitive news, Leslie Chambers and Kjóalina from Thor Icelandics scored an impressive 5.77 in the Green Horse Four Gait (VGH) class in the USIHC Spring Virtual Show. Congratulations Leslie and Kjóalina!

At Cedar Tree Stables (CTS) in Ipswich, MA, home to eight Icelandics and several more Icelandic riders (some looking for new horses of their own), we kicked off the spring riding season with a weekend clinic with experts from The Masterson Method. The Masterson Method is a technique for equine bodywork that builds trust and relationship between horse and human. Stress and stiffness in a horse can be identified and resolved in a few sessions. Organized by Charity Simard and attended by NEIHC members Phebe Kiryk, Jennifer Bergantino, Nancy Rolfs, Andrea Smith, and Joann Hayssen, the clinic was a huge success. The group learned on both Icelandics and on large, fidgety 16-hand warmblood and thoroughbred hunt horses. Jennifer's two Icelandic mares, Æsa and Katrín demonstrated textbook responses, impressing the clinic instructors!

Horsing around at Thor Icelandics in New York are (left to right) NEIHC members Leslie Chambers on Krummi, Mouse Hedrick on Gustar, and Kristján Kristjánsson on Óska.

Also in April, Cedar Tree Stable (CTS) held the first of two spring clinics with Jana Meyer. The NEIHC members at CTS were joined by Nancy Rolfs, Andrea Smith, and Anat Stemmer for learning and competition preparation in the ring and some lessons on the trail. In May, CTS held a Centered Riding II clinic with Lucile Bump. This is the second Lucile Bump clinic at CTS. In addition to clinics, the group enjoyed the thousands of acres of state forest and private property trails that abut the farm. Phebe Kiryk and Anna Wallstrom joined the Myopia Hunt this past spring, surprising the long-time hunt riders that our smaller horses can not only keep up with their larger mounts, but can easily pass them if cued to do so. As spring rolls into summer, the riders at CTS let their horses rest and start heading to Iceland for trekking season. Phebe Kiryk went on a trek in late June; Charity Simard, Anna Wallstrom, Jennifer Bergantino, and new member Brenda Nishimura headed over in July!

Kami Brickner had a great day at the Solheimar Triple Crown Show in June, receiving 6.0 in T8 and 6.3 in V6. Above, she is shown with judge Hulda Geirsdottir; below, Kami and her mother, Sigrún Brynjarsdóttir, also won the pairs four-gait class, scoring a 6.9.

Anne Owen, despite having spring fun on the River Trail in NJ on her horse, Gnyr, headed to Iceland early with five friends. The group enjoyed a spring beach ride on Snæfellsnes Peninsula. Anne reports, "It was fantastic!"

Ebba Meehan and her Merrimack Valley Icelandic (MVI) riders, located in Boxford, MA, enjoyed peak spring trails, providing excellent conditioning for horses for competitions—and for the MVI riders planning for summer trekking in Iceland. Ebba and her group will head over for their annual Iceland trek in July. At MVI, Ebba's lesson program continues to expand, with many new students joining with regular lessons. In April, MVI held the first Resonant Riding Clinic. Twelve NEIHC members participated on horse-

A memorable moment from the Léttleiki World Ranking Show in Kentucky: Jaime Jackson (right) and Lucy Nold in flying pace.

back and another eight guests enjoyed the teaching of Laura Benson and Carrie Lyons Brandt. The duo evaluated horses and created rider/horse pairs for a musical freestyle pas de deux! Riders enjoyed "free flow riding" to music, a way of creating energy and flow between horse and rider.

"Musical Mondays," a tradition started earlier in the year, continued through the spring, until the group transitioned into the more formal MVI Drill Team practices. The group is preparing for a performance at the Topsfield Fair, in Topsfield, MA in October.

In May the activity at MVI turned to prepping and participating in the USIHC Virtual Show. Eight MVI riders took part in Pleasure and FEIF classes. Ebba reports her students' "scores are improving at each show, indicating everyone is making good progress!" She encourages all riders to participate, "to get feedback from the judges and to gain experience and have fun!" To help MVI riders continue improving their competitive skills, Alex Pregitzer from Four Beat LLC gave a clinic on competing in FEIF Classes. Seven participants and several auditors enjoyed a lecture about "competing smarter." Riders had a mounted lesson in the morning and then "rode the class" in the afternoon, with Alex scoring the ride and providing a judge's feedback. It was a wonderful stress-free format for learning and competing at all levels.

At the end of June, with their winter fur gone and their shiny coats on full display, the horses at MVI wowed 20-plus guests who came for Demo Day & Open House. This is the second such event MVI has hosted, at which participants enjoy learning about Icelandic horses. Five riders participated in a gait demo, with trainer Erika Tighe describing to the crowd how the Icelandic horse moves. The visitors were excited to meet Icelandic horses and all were surprised to see the power of our smaller horses.

Solheimar Farm in Tunbridge, VT has been buzzing with Icelandic horse activity this spring—clinics, fun shows, schooling shows, beauty tölt competitions, a kids' camp, and proliferating Icelandic horses all over the country! Sigrún Brynjarsdóttir had a spring shipment of 12 beautiful horses from Iceland, all now settled into loving homes with very happy owners. In the coming months Sigrun will host the Solheimar Triple Crown: three national ranking shows that already have excellent pre-registrations. Good luck to the competitors! I look forward to reporting on results next quarter!

SIRIUS

by Janet Kuykendall

The Sirius Ohio Kentucky Icelandic Horse Club started the spring quarter by helping the Knights of Iceland at Equine Affaire in Columbus, OH, on April 13-16. The Knights were the featured performers at the Fantasia's nightly show. While there are six riders, including our very own Carrie Lyons-Brandt, it takes a team to do the show. Nine Sirius members joined forces to support the performance. Lori Cretney and Jeny Feldner Schreiber loaned horses to two of the riders, in addition to working behind the scenes. Jane Thomas and Lori Cretney were performers in the spotlight, using their torches to ignite the flaming ropes for the pace horse segment of the show. Ron Hoover was in charge of the flammable materials for those ropes. Sherry Hoover assisted with make-up and helped feed the Knights of Iceland team members. Young Eric Hill was in charge of smiles and fun! Members Mary and Patrick

Nancy Radebaugh and Gunnar brave the "ring of fire" at the Sirius Club's Obstacle/Sensory Clinic.

The scary tunnel at the Sirius Club's Obstacle/Sensory Clinic proves no challenge to Sherry and Ron Hoover's horses.

Neill, who shared the same aisle with their horses, lent a helping hand and joined in the nightly post-performance gatherings. Everyone had a great time!

Next up was an exclusive Obstacle/Sensory Clinic on April 29-30 at the Knox County Horse Park in Mount Vernon, OH. Clinicians Regina and John Shoopman, Mounted Police Officers in Columbus, OH, have a combined 58 years of experience. The Shoopmans have four mounted police instructor certifications and have been training mounted police horses since 1997. They travel around the country and present this top-notch clinic. They talked about how horses feel safer when they approach obstacles with the herd and what makes things scary from the horses' perspective. Riders were taught to boost their horses' confidence by performing exercises together, thereby relying on each other for support. Then, participants approached a variety of obstacles and special effects. The challenges started off relatively mild, with tasks like walking over bridges and carrying flags. Then, the difficulty level gradually increased to include going through dark tunnels and walking over fire. Some of the obstacles included a bendy, dancing man (like the ones at car lots), pool noodles in every configuration imaginable, and a giant colorful parachute that everyone held onto while riding in a huge circle around it. There were balls being thrown at everyone, smoke, fireworks, and all manner of scary things. All in all, it was a wild conglomeration of objects and sounds that would frighten horses. However, our brave Icelandic horses conquered everything.

Participants were Cindy Gray-Stanley, Shellie Greyhavens, Ron and Sherry Hoover, Jaime and Shawn Jackson, Nancy

The Knights of Iceland demo team was well supported by Sirius Club members at the Ohio Equine Affaire in April.

Sirius Club members enjoyed the Gait-a-Thon Clinic with clinician Carrie Lyons Brandt at Taktur Icelandics in Kentucky. Here, Lisa Davis (left) and Laura Glaza (right) work with Carrie on a groundwork lesson.

Radebaugh, and Deanna Sinclair-Parker. Cindy says, "The Sensory Clinic was a wonderful opportunity for horses and riders to build their partnerships. We experienced scary things and learned how horses see and react to different distractions. Zane and I were both outside our comfort zone several times, but we got through it, and I feel we are better partners because of the experience. Of course, we also had much fun visiting friends during our clinic breaks and evening get-together!"

It was a fun weekend with a group of beautiful Icelandic horses. Thank you, Equine Training Partners, and special thanks to Nancy Radebaugh for putting this together. Thanks also to member Lisa DesJardins, who assisted her husband Andy in preparing delicious food for lunch. Lisa also offered up stalls for those who weren't able to camp. Our horses learned a lot and in such a manner that they remained calm during the exposures. If you have a chance to go, you won't regret it! And it's probably the most affordable clinic you'll ever attend! Here's hoping we can schedule this valuable clinic again next year!

Laura Benson and Carrie Lyons Brandt giving their Resonant Riding presentation at the Ohio Equine Affaire. Photo by Lydia Schreiber.

Two Icelandics led the annual Utica Ice Cream Festival parade this year in Ohio. Gunnar, owned by club secretary Nancy Radebaugh, and Vindur, owned by club member Lisa DesJardins and ridden by friend Cheyenne Mast, were fearless as they strolled down the packed side streets filled with excited parade attendees. In front of them were two semis blaring their horns and behind them were police cars with wailing sirens. These two took it all in stride and won first place for best equine unit! Nancy says it was a great day for a parade. Nancy and Gunnar also won a prize for their participation in the Velvet Ice Cream Festival Parade. So, two parades under their belts already this season!

In trail ride news, our club was fortunate to win a lottery for a permit to use the Mohican State Park equestrian camp in Loudonville, OH, for our May 5-7 ride. We shared our good luck with the Lorain County Ohio Horsemen's Club. Thanks go to Cindy Gray-Stanley, who filled out our application and hosted the ride.

Mohican boasts beautiful scenery, attributable to being at the end of the last glacier that entered Ohio. The Clear Fork Gorge of the Mohican River was carved by the glacial meltwaters and provides dramatic steep cliffs and picturesque boulder

outcroppings. The National Park Service designated this area as a Registered National Natural Landmark for its old growth white pines and huge hemlocks. Unfortunately, a tornado swept through the area in 2022 and left a path that is still visible. The Ohio Horsemen's Council assisted the forest service with clean-up, but trees that were twisted in half or completely uprooted still interrupt the views in places.

Several members arrived on Friday and rode the North Blue trail. Others arrived throughout the evening and joined the group around the campfire. On Saturday, some day riders joined us on the Green and Orange trail to the lodge. A few cut the ride short and only went 10 miles, while those who completed the loop put in 14 miles. There were scenic river crossings and trails through the peaceful pines and lush areas of forest. Nancy Radebaugh said, "It's such a rare treat that I get to ride with other Icelandics. Today was super fun tölting down the trail with the Sirius Club. Heaven on earth!" The day ended with a scrumptious pot luck and a forecast for bad weather, so there was no riding on Sunday. It was, however, a fun weekend, as everyone sat around the campfire with lots of laughter and s'mores. Joining Cindy and Nancy on the ride were Sherry and Ron Hoover, Jaime and Shawn Jackson, and Patrick and Mary Neill.

Next, Sirius Club members showed off their skills at the Triple Ice World Championship Shows at Léttleiki Icelandics in Eminence, KY, over the Memorial Day holiday weekend. Club member and host Maggie Brandt was gracious, as always, and made everyone feel welcome. Many club members volunteered to help with the gate, the scribing, and the thousands of other jobs that arise at big shows. Our members also took home a considerable amount of show bling! Two highlights of the show were member Shari Wells winning the award for best dressed, with her purple jacket and saddle pad, and member Carly Conley Zaayer for winning the beer tölt and doing a final lap of the track at a full gallop, with the beer mug held high over her head! Well done, Sirius members! (And, of course, there was the added bonus of Icelandic Sheepdog puppies to play with.)

The final club activity of the quarter was the Gait-a-Thon Clinic, with clinician Carrie Lyons-Brandt of Taktur Icelandics, in Crestwood, KY. Of course, any clinic with Carrie is excellent, but this one was particularly relevant, because each participant chose what to work on. Shellie Greyhavens asked Carrie for help with her aids for trot and tölt, using her seat and legs. She also worked on aids for bending and finding softness and when to release. Shellie said, "There was so much useful information. Can't wait to practice!"

Ten-year-old Avery Easton learned how to move his mare over by guiding her with both reins and making his foot heavier in the stirrup in the direction he wanted her to move. Avery added, "For the 4-H horse show, I will need to back my mare. I now know how to back and count the steps. I learned how to post at the trot and do speed changes in tölt."

Ron Hoover learned how to shuffle-walk his horse to train the slow tölt. Ron reported, "It worked great, and I had a great time socializing with everyone."

Nancy Radebaugh worked on the trot vs. the tölt, because the trot and canter both have suspension and the tölt does not. She's working to make the transition from trot to canter easier for her horse. Nancy added, "What a great clinic it was!"

President Sherry Hoover took away two important points from the first day's lecture: 1) How to recognize a trotty tölt from the ground; and 2) Why using canter to transition to pace is easier for the horse and helps to define pace. Sherry is excited to have learned how to begin training the loose rein tölt for competition. She said, "It's important to choose your entry rein direction based on your horse's best tölt or their best canter lead." Sherry also enjoyed getting together, because there are always takeaways with members sharing ideas, best equipment advice, and recipes!

Lisa Davis and Laura Glaza also participated in the clinic and loved that they could choose what they wanted to learn so they could benefit from Carrie's skills.

That wraps up this quarter's activities, and has us looking forward to our club's Fun Show on September 9-10, the Hocking club ride on October 19-22, and the November Mammoth Cave ride. Until next time, happy trails!

At the Sirius Club's Gait-a-Thon Clinic, Carrie Lyons Brandt (right) worked with each participant on reaching their own particular goals.

GOOD BEHAVIOR

Interview by Nicki Esdorn

Editor's note: Last spring, Jessica Haynsworth, the owner of Mad River Icelandic Horses in Warren, VT, earned her certification as an Equine Behavior Consultant (CEBC) through the International Association of Animal Behavior Consultants (IAABC). Knowing the exam to be rigorous, we were impressed enough to want to learn more. Editor Nicki Esdorn conducted this interview with Jess over email.

Jessica Haynsworth and her gelding Vigri frá Vallanesi enjoying a fresh gallop through her meadows without a bridle. The special sheds she mentions in the interview are in the background. Photo by Ezra Cackler.

First of all, please tell us a bit about yourself.

I've been riding horses since I was a small child, beginning with jumpers and eventing. I found Icelandic horses around age 12, and balanced my time between disciplines, competing in eventing, equitation medal classes, and Icelandic sport until I graduated high school, at which point the Icelandic horses won out and I moved to Iceland to begin training horses professionally. I spent most of the next three years at Efri-Rauðilækur in Northern Iceland, and maintain a close friendship and working relationship with the E-R family to this day.

I have served on the USIHC and NEIHC boards at various times, and have been a contributing writer for the *Quarterly* on and off for over a decade. In many ways, the US Icelandic horse community has watched me grow up, because I have documented and shared so much of my journey with horses over the years.

In 2015, I started my own training business in Vermont: Mad River Valley Icelandic Horses, LLC (MRVIH). I was already learning to use positive reinforcement (R+) training at that time and had begun to focus more deeply on physical and behavioral rehabilitation using French classical dressage techniques as physical therapy, guided by my ongoing personal study of biomechanics. As time went on, I also began to adapt my horsekeeping practices towards natural horsecare—keeping the horses outside full time, focusing on building enrichment into the environment in the form of varied terrain, and encouraging movement by the shape of the enclosures, placement of resources, fencing styles, etc.

The first-prize stallion Öngull fra Efri-Raudalaek performing some clicker-trained liberty tricks for Jessica and her little son. Photo by Ezra Cackler.

Access to forage 24/7 in slow feeder systems is an essential part of this practice, and something which I have become a strong advocate for within the Icelandic breed community, as there is so much push-back and misunderstanding when it comes to managing weight and blood sugar in breeds like Icelandic horses, which are prone to the EMS metabolic type.

I have had particular success with rehabilitating kissing spine cases, as well as metabolic conditions, something I have delved into deeper alongside my partner, ELPO-certified farrier Jeremiah Kemp.

Initially, MRVIH included a riding school and a more public boarding barn, but in 2020 my life changed along with the world—the pandemic hit just as I found out I was expecting my first child. Pregnancy and country-wide shutdowns provided a unique pause, which I used to re-evaluate my business's trajectory and focus. It also gave me an unexpected opportunity to truly examine which parts of the industry and community I missed.

In the end, I decided to adjust my

career and lifestyle to better fit my values, skills, and knowledge of equine science. I also came to terms with the harsh reality that not all aspects of the sport and industry—including aspects I had been actively participating in—were aligned with my values, so there was a period of withdrawal and grief.

I am now a full time R+ trainer and Equine Behavior Consultant (CEBC) certified through the International Association of Animal Behavior Consultants (IAABC), and I have never been happier or more excited by the results I am seeing in my day-to-day work.

What prerequisites did you need to fulfill to become a CEBC, and how did you prepare for the exam?

I had been searching for an organization through which to develop myself professionally that would challenge me to further my education and knowledge in a direction that aligns with my values and understanding of what will genuinely improve the health and lives of equines. For me, that means a science-informed approach to horsemanship and horse care that respects, meets, and nurtures the animals' species-specific needs, rather than using the sciences of learning/training and biomechanics to exploit or manipulate the horses' behavior and ways of moving in directions that I know to be unsustainable, stressful, uncomfortable, or unhealthy over the long term.

The IAABC ended up being my choice for certification because of the organization's commitment to holding professionals accountable for their behavior and ethics, as well as their requirements for ongoing continuing education.

Preparing for the exam was, in a way, something I have been doing my whole life. All of the continuing education I have done up until now—all of the internships, working student positions, trainers I've worked under, and horses and clients I've had the opportunity to help and learn from—helped me to prepare. I also took a mentorship course with Behaviorist Justine Harrison, which I found immensely helpful in preparing me to become a Behavior Consultant.

To become certified, we are required to have quite a bit of experience in the field. We must submit detailed personal case studies as part of the exam. This means that applicants must have a diverse and complete background in handling all sorts of behavior issues associated with their chosen species of focus, including dangerous cases involving extreme behaviors like aggression. The exam takes two months to complete. By the time I had finished, I had written 50,000 words.

We are also required to submit endorsements from veterinarians, clients, and colleagues. This was the first step in the exam process, for me—reaching out to the people I hoped would endorse me as an applicant. Veterinary referral and consent are particularly essential to solving behavior cases. Behavior problems absolutely relate to the health and comfort of the equine, at least on some level, even when it may not be obviously apparent. I view myself as an important part of the horse's care team, and want to establish contact and cohesion between vets, farriers, bodyworkers, trainers—anyone who participates in the care of the equine in question, because all areas of care are essential to the animal's wellbeing.

In order to maintain my certification, I am required to fulfill a rather extensive continuing education requirement every three years. A single course cannot fulfill this requirement—even writing a book can't totally meet the requirement! I love this, because it means that I will be constantly pushed to better my knowledge and understanding with the most current research available.

I am also required to commit to respecting both the IAABC Code of Ethics and LIMA compliance, and this is something that is monitored and enforced: A professional caught breaking these codes can lose their certification. LIMA means Least Invasive, Minimally Aversive, and this is how an IAABC-certified professional approaches every single situation for every single case, always taking the least invasive, minimally aversive approach first and foremost.

You are also a Fear Free® Certified professional. What does that mean?

It means that I have passed a certification process that trained me to use Fear Free techniques for equines undergoing veterinary procedures. I use this certification and its protocols primarily to train cooperative care, as medical and hoofcare procedures are two of the areas in which horses most commonly display behavior problems.

Cooperative care is something that zoos use to teach all sorts of animals—in-

Vigri and Jessica on a conditioning ride in bridleless tölt. Vigri is world-ranked in T1 and is also the first Icelandic horse to ever complete the GMHA (Green Mountain Horse Association) 100-mile ride, the oldest 100-mile competitive ride in the US. Photo by Ezra Cackler.

cluding dangerous predators and prey animals much larger than horses—to actively consent to and participate in their own care. This might look like a monkey willingly offering his arm for a blood draw, even though the blood draw is painful, because he has learned that he can earn a reward during this process, and has learned that he can end the procedure by withdrawing his arm if he is uncomfortable. Incorporating these techniques for equines can make a massive impact on behavior issues that are rooted in anxiety or discomfort.

Just like for the IAABC, I am required to fulfill certain continuing education credits annually to maintain this certification, which means that I get access to current research and knowledge to add to my toolbox.

How has your certification influenced how horses are kept at your own facility in Vermont?

If I have learned anything from my studies, it's that chronic stress plays a much larger role in our horses' health and welfare than most owners imagine. The vast majority of owners, trainers, and even sometimes care professionals, like veterinarians or farriers, are unable to recognize subtle symptoms of chronic stress until they become overt—and sometimes even then they are written off as behavioral quirks or punishable offenses, rather than treated at the source. Being trained to recognize these symptoms and signs has absolutely changed the way I view horse care and management, in addition to training and handling. Reducing stress in our equines' lives can drastically improve not only their behavior, but their overall health—things like allergies, generalized inflammation, hormonal regulation, blood sugar, gut health, hoof health … all of it. A stress-free environment begins with adapting our husbandry practices to meet our equines' species-specific needs.

I am so proud of our little farm, although it is a constant work-in-progress. My facility is designed to allow for maximum socialization and environmental enrichment, and to manage all metabolic types safely and comfortably, including EMS metabolic types. Horses have ad-lib access to forage in slow feeder systems, are able to spend the day moving back and forth between resources on varied terrain, and can socialize freely with a peaceful community of other equines. I have large, specially designed dry lots which can open onto pasture if I do want the horses to graze, but can be easily closed off without sacrificing welfare or enrichment if I don't want them to have access to grass. This allows me to manage and rehabilitate metabolic conditions, including acute laminitis, safely and successfully, without sacrificing the horse's welfare.

Something as simple as shed design I considered and was able to control to achieve the best horse welfare possible. Our sheds allow for a 360-degree view, which gives the horses a wide horizon and reduces their anxiety. The sheds are completely open on two sides, which makes it impossible for any one horse to resource-guard the shed. Everyone can enter and exit freely, no matter what. I came to this design after years of watching horses spook out of sheds, after hearing a noise from something they couldn't see, and years of watching certain horses be afraid or reluctant to enter their shed due to resource guarding. It has been a pleasure to be able to consider all of these small details when designing my own property, and I find that I am able to progress more efficiently with training when the horses have all of their needs so well met. I am deeply grateful to my family for giving me access to this property and for allowing me to keep horses here.

The four-year-old mare Beta from Efri-Raudalaek is from Jessica's own breeding and is not yet ridden. However, her education has already begun with clicker training. Here she is learning to walk in a biomechanically healthy posture by following a target. Photo by Ezra Cackler.

You are also a successful horse trainer. In what respects is a behavior consultant different from a trainer?

A behavior consultant specializes in managing and modifying problem behaviors, while trainers focus on teaching animals new behaviors and coaching their handlers. In the equine industry, trainers are generally quite focused on a particular sport or discipline and teach horses the skills they need to participate in that sport. For example, preparing a young horse to be ridden on trails or in sport competitions. Sometimes in the equine industry, we refer to someone as a "trainer" when they are a coach who primarily focuses on teaching humans how to ride, so that term can actually get quite confusing.

A behavior consultant does train, but that's not all we do. We might be called in to address a horse that has begun to lunge aggressively at a trainer while working on the longeline, or a horse that has developed a stereotypy like cribbing and is at risk for being asked to leave a boarding facility as a result. Behavior consultants will examine the horse's environment and handling, not only when the problem is being displayed, but at all other times as well, to evaluate what antecedent arrangements might be contributing to the behavior. The behavior consultant then comes up with a plan for the owner that likely involves training specific behaviors, but may also involve changes to the horse's diet, housing, tack, handling, etc., or use of tools like systematic desensitization and counter conditioning.

Behavior problems are complex and multifaceted, and behavior consultants understand this. If the behavior consultant is IAABC certified, you can also be sure that you will be given a LIMA-compliant training plan that aligns with the IAABC Code

Training at liberty is a lot of playful fun for both young mare and trainer, creating a deep connection and attention to subtle signals, while reinforcing good behavior. Photo by Ezra Cackler.

of Ethics, and that the professional is actively engaging with continuing education in order to maintain their certification.

For me so far, behavior consulting has enriched and informed my existing training business. I have a few training spots available at a time, and these horses come to my farm for a period of time to be trained by me personally. During that time, I also coach and prepare their owners to take over, when my time with the horse has concluded. I approach every horse like a detective, delving into its husbandry, nutrition, hoof balance, posture, development, movement, and emotional health and regulation, rather than just hopping on and trying to "improve" the "problem" areas in the horse's performance. I like to be in touch with the horse's veterinarian and farrier, and work together with the owner to create a full program that will work not just to improve the horse's performance under saddle, but that will also improve the horse's overall health and well-being, so that these problems or areas of weakness become non-issues.

Going forward, I do hope to be able to begin offering a remote consulting option. That was one of my greatest goals in achieving IAABC certification, and something that I hope to launch this winter. My farm is small, and I like it that way, but I would like to extend my reach to be able to help more horses and humans with behavior problems. I have been pursuing training and continuing education to prepare myself to manage a remote consulting business, and I hope that it will be something I can delve into seasonally, perhaps spending the long Vermont winters consulting remotely, and spending spring through fall concentrating on hands-on training.

In what way has the certification helped you with your training work?

IAABC certification has allowed me to expand my training toolbox and provides me with opportunities to continue doing so as the years go on. It holds me accountable for my approach, ensuring that I remain LIMA-compliant and ethical in my practices.

Most importantly, it has given me the courage and language to advocate for equines, and to say no when I know something is not in the best interests of the horse, whether that means saying no to a sport requirement, a judging standard, the wishes of a client, or even to myself when I'm feeling the pressure from colleagues, peers, or the sport itself. Many trainers are people-pleasers by nature, which can make us prone to stretching ourselves too thin, taking on too much, or agreeing to things that may not be in our own best interests or the horse's best interests in order to keep the peace. I feel that my IAABC certification has given me the tools to not only clearly articulate my concerns, when politely but firmly disagreeing or refusing to do something that I know is inappropriate, but also to explain exactly why it wouldn't be in the best interests of the equine. As a result, I am seeing greater client satisfaction, which has been an important lesson to me.

Positive reinforcement (R+) is one quadrant of learning theory. It allows us to break subjects down into very small steps and to teach them to a horse sequentially, so that we can build robust, complex behavior chains that the horse fully understands and feels motivated to perform. French classical dressage is also a very sequential, logical system of learning that breaks down complicated physical movements and postures into small steps, traditionally using negative reinforcement (R-).

R- is pressure-release. From a training perspective, this means that you are teaching the horse a new behavior by applying the cue first (a cue the horse has never heard before, if you're training a new behavior using R-), and escalating the cue progressively as the horse guesses what it means by trying different answers. When the animal guesses the correct answer, the idea is that the handler immediately ceases application of the cue, but of course this method makes it quite aversive for the horse to do that guesswork in the first place.

R+ training reverses this order of information: You find a way to prompt the desired behavior first, reward it, and then pair the behavior with a cue once the behavior is clearly understood.

For example, when teaching a horse to lead, you could use R- by pulling on the rope, pulling harder if the horse leans back against the pressure, and then releasing the pressure when the horse walks forward. Over repetition of getting the wrong answer and experiencing the aversive consequence (escalating pressure), the horse learns to just do the correct thing straight off, in order to avoid the aversive stimuli entirely.

Or, you could teach a horse to lead using R+, by teaching them that they get a treat when they touch a target, and then moving the target and having them follow it, rewarding them for first one step, then many steps, and then putting that forward motion on a cue. The cue itself could be the same cue as the R- trained horse: a tug on the rope. The difference is how the horse learned what that cue means, and whether or not the cue escalates.

For me, it is the equivalent of teaching a child to speak by pointing at an apple and telling them what the object is called, and then asking them to hand you the apple, rather than asking them to hand you an apple and asking them more loudly and angrily until they guess what on earth an "apple" might be. The second approach sounds unfair, because it is: It wouldn't work very well with your child. And yet, for years, equestrians have relied on this inefficient method for teaching horses extremely complex behaviors.

French classical dressage techniques lend themselves to R+ very well, because they are already broken down so logically

and sequentially. All one must do in order to train them using R+ is to reverse the order in which the information is delivered to the horse, so that it learns the behavior first, and then the cue is paired with it. I find it works extremely well.

You have successfully competed in Icelandic sport and achieved World Ranking Scores in T1, V1, and T2. How does your "force free" method accomplish this?

In all honesty, I am not certain it does—at least, not inherently. My force-free, science-informed methods of training and handling are skills and educational practices that I can say, with complete confidence, have improved the quality of my horsemanship and my success as a trainer and a rider who helps horses feel better and become healthier—mentally, physically, and emotionally—through the time we spend together.

The question becomes, do these qualities inherently improve my success on the sport track and, if not, shouldn't they?

Icelandic sport is interesting because it's a breed-specific sport—that means that the standard by which the horses are judged in competition becomes the standard for the breed itself. In an ideal world, sport standards give us an objective metric by which we can identify quality: good riding, good training, good breeding, and good horsemanship.

But in order for this to work, the standard must constantly be critically evaluated and updated in response to the most current science, even when those updates might mean bucking popular practices or aesthetics.

I don't think we are accomplishing this in Icelandic sport, at least not right now. We are extremely good at studying and collecting data about our horses —better than any other breed I have come across, and it's part of what initially excited me about the Icelandic horse community. But I become frustrated when that knowledge does not translate into changes to the standards, or when it becomes warped to fit the standards, instead of the other way around.

I want to be clear: I am critical of Icelandic sport because I love this breed and I believe that we are capable of doing so much better by our horses.

My relationship to sport competition became complicated when I took a judging seminar in 2017, because I was then forced to come to terms with the realities of our judging standards and the ways these standards inform breeding, riding, and training trends. This planted a seed of concern that for me has only grown since stepping away from the sport for a while in 2020.

During this hiatus, I did a lot of self-reflection, as well as critical analysis of the sport itself and the riding, gaits, and development of the equine athletes it rewards at the very highest level. I found that the objections I have to the way Icelandic sport is developing are written directly into the sport's current standards, and I found this to be the case even more so when I began to critically examine licensed educational materials. I then found myself in a tricky position, because demonstrating the ability to ride or train horses to this standard is required to rise above certain judging firewalls and achieve high scores.

Someone who wants to opt out of the parts I find unethical (for example, some of the gait standards that I feel destabilize the spine, inherently, based on what I know about horses and how their bodies work, and based on the conflict behaviors and gait abnormalities we can witness in top athletes that score high) will simply never rise above certain firewalls. I could do well, but I couldn't win against someone who was willing to do things I don't feel are fair to the animal.

I am capable of riding, training, and shoeing Icelandic horses to the current standards. I have done it before, and I know that it does take an immense amount of skill.

The problem, for me, is that knowing what I know now about equine behavior and biomechanics, I wish I could unlearn some of those skills. Where I've landed is that the best I can do is to stop practicing those skills, even if it means accepting a lower score, or not participating at all.

I imagine that I will participate in sport competitions again in the future, but I can also say that what it means to me to be successful in sport has changed. I don't feel that success in competition inherently makes someone a good rider, a good trainer, or someone who possesses good horsemanship. I think it reveals only that they have spent an immense amount of time developing a very specific skill set in order to present horses to a very specific standard.

If we want our sport standards to directly and consistently correlate to good horsemanship, we need to make some changes to what we are currently rewarding at the uppermost levels. That's what trickles down. I believe in our ability to make these changes, so that's what I will continue to advocate for using any platform I have, and using my own horses and work as an example.

My dream, not only for myself but for every professional involved with these animals, is that each year we will learn and grow along with the best and most current research, so that we may look back at our work from years past and find that it's obsolete. Looking back at my past riding, or my past writing, can certainly feel uncomfortable, but I'm grateful for that growth, and I hope that sharing the journey inspires others to take the same leaps.

RESOURCES

Learn more about Jessica at:
www.madrivervalleyicelandics.com
Instagram: @madrivervalleyicelandics
Facebook: same name

Learn about the organizations and ideas mentioned in this article at:
www.IAABC.org
www.fearfreepets.com
www.lamenessprevention.org

No halter needed: The young mare Beta walks in perfect sync with Jessica. Photo by Ezra Cackler.

RIDING THE PYRAMID 6-8

by Guðmar Pétursson • Illustrations by Margot Apple

Editor's Note: This article completes our series with Guðmar Pétursson on how to use the training pyramid taught in the equestrian program at Iceland's Hólar University. Steps 1 and 2 are covered in Issue Four 2022 of the Quarterly, Steps 3 and 4 in Issue One 2023, and Step 5 in Issue Two 2023. The articles are edited and condensed by Nancy Marie Brown from videos available on Guðmar's Patreon page at https://www.patreon.com/gudmarpetursson.

Keep in mind, Guðmar points out, that while it's important to go through the training pyramid step by step, "You want to understand the step, not be a perfectionist. Think of the size of the step in the drawing as being equal to the amount of time you should spend on it."

The purpose of the pyramid "is all about gaining control over the horse's body and mind. Not because you take control, but through communication and trust the horse gives you that control." Your end goal is "the feeling of being in harmony with the horse."

Here is Guðmar's lesson for Step 6 (Impulsion), 7 (Collection), and 8 (Fast) of the Hólar Training Pyramid:

Guðmar Pétursson and Friðsemd. Although she is in training to become a pace-racing horse, Friðsemd benefits from learning every step of the pyramid. Photo by Louisa Hackl.

STEP 6: IMPULSION

Impulsion, or *Schwung* in German, is where we start to work systematically with energy. The more educated the horse gets, the more energy you typically want.

But it doesn't work to add impulsion if you don't have the other steps of the pyramid under control. If you have a horse that's nervous or not focused, or crooked or not round, then the added energy becomes a problem. You'll get something totally different than what you want. Instead of impulsion, you may just get an out-of-control, runaway horse.

What we want is a horse that is forward and energetic, but under control. We want his movements to be free. We want his steps to get bigger and higher, for both front legs and hind legs.

Bigger and higher, of course, depends on the horse. We don't dramatically change who the horse is. But we can affect how he moves. We can make a low-moving horse a little less flat. And we might make a high-lifting horse lift even higher.

In the video I ride Ástarpungur, a horse who was born and trained at my farm of Hestaland in Iceland. He is 10 years old and quite educated. First I ride him in a neutral way, not asking for impulsion. It's a little bit like we would ride on a trek or a long trail ride, because we don't want to waste any energy but we also don't want to ride incorrectly.

Then I ride him with impulsion. The difference in the horse, with and without impulsion, is quite dramatic. I'm hoping you will watch the video so you can see that.

To begin, I'm just riding around the arena and enjoying the horse being soft and supple. I'm not asking for anything

Many horse training and performance pyramids have been developed over the years, but this sequence of steps—used by Hólar University—was created specifically for Icelandic horses.

special, I'm just expecting the horse to listen, to be somewhat connected, and to make it from A to B. As a rider I'm neutral.

He's tölting clean, he's round enough, and he's quite straight. He's easy to control, everything is fine. There's nothing incorrect happening, but I wouldn't say there's much impulsion, either. This is how I would warm this horse up.

To ask for impulsion, for more energy, I ride more actively. I cluck to him, ask him to wake up a little bit. He needs to be alert. I put a little leg on him. I do some exercises, like shoulder-in, for example, to make sure he stays light and supple. To increase the energy, I use speed changes. I speed him up, slow him down, without changing gaits. It's up to me to control the speed. This exercise is not about speed, it's about energy.

When we ride with impulsion, we ask the horse to put more effort into his work. If you watch the video, you can see there's a big difference in the way Astarpungur moves. When he's ridden with impulsion, he puts more purpose into each step. He picks up his legs more. He has freer, bigger movements in both front legs and hind legs. He's still relaxed, though. There's no tension here.

His frame may be a little higher, but not necessarily. I don't need him to be raised yet in Step 6. I'm not working on collection, that's Step 7. Here, I'm working on impulsion. I want him to be forward, always ready to go forward.

There's a lot of energy here, but he's still light on my hands. It's a very controlled energy. I can still go where I want. I can get into a circle or a figure eight. I can turn around. And I can go slower too. I can release the reins, if I want to, and he's totally calm.

It's very common that people get into trouble when they start riding with impulsion, if they have not gone through the previous five steps well enough. It is important to build up to this. The horse needs to be okay with the work—he needs to know that it's going to end.

We need to start by asking for impulsion for only a very short time. We need to make sure the horse is always okay with it, by checking and seeing that he's happy to relax. If the horse is not able to relax, there might be some tension. Then we should go back down to the very first step of the training pyramid and make sure he's focused and relaxed.

In this kind of training, we're building the horse up like a body-builder. We're getting him to do all kinds of cool things that are also healthy for him—things that make him stronger and better able to carry a rider.

Just because we train in impulsion doesn't mean we're always going to ask for it. It's an exercise we do. It's like if you learn to do lunges at the gym—you're not going to go around doing lunges everywhere. It's an exercise to make you stronger and more fit for doing your regular work. You can take a horse that's been trained in impulsion and ride that horse in a very neutral way, like on a trail ride, and everything will be super easy for that horse.

STEP 7: COLLECTION

Collection is a popular term to discuss—and to argue over. So I'll take some time to explain what it's all about.

Collection is an exercise intended to strengthen the carrying power of the horse. To understand the difference between pushing power and carrying power, let's draw an imaginary line on the horse, from the whorls behind the saddle straight down to the ground. If the horse uses his legs more behind that line, proportion-wise, then the horse is using pushing power: He's thrusting himself forward. This is what you need in racing gaits.

If he's using his hind legs more in front of that imaginary line, then we're talking about carrying power and working toward collection. What happens when the horse is collected? If the hind legs are reaching more underneath the horse, then the croup automatically goes down. The hocks are closer to the ground and everything in front of the saddle comes up: the front part of the back, the withers, and the root of the neck. It's not a huge dramatic difference, but it's enough that you will notice it—and feel it. It's a really good feeling: You feel almost like the horse picks you up.

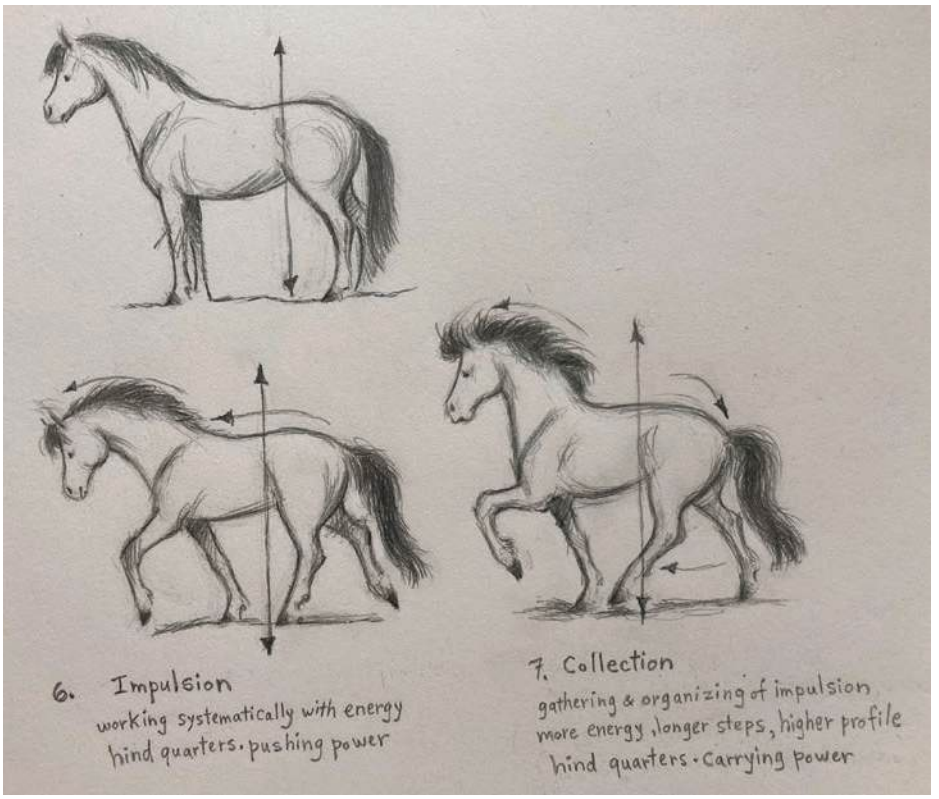
Doing speed changes in tölt is a very good way to feel the difference between carrying power and pushing power. If you're riding slow tempo tölt, there will be some collection. To speed up, the horse thrusts himself forward: He switches from carrying power to pushing power. To slow back down, he uses less pushing power and more carrying power.

So he's switching between pushing and carrying. For a horse to be good at that is very hard. That's why doing good speed changes in tölt competition is super difficult. Often when you see speed changes being ridden, you see that either one or the other is good. Either the horse is good at speeding up (thrusting), or he's good at slowing down (collecting). The art of speed changes is to train the horse to be equally good at both.

It's extremely important to prepare the horse well for this step. It's easy to look at somebody riding a horse in collection and think, "Oh, this is easy. The rider just holds the horse back a little bit with the reins and drives him forward with the leg, and bingo!" But if you start to do that with a horse that's not prepared for it, it can become a disaster. There's no shortcut here. You have to go through the steps of the training pyramid.

If I take a horse that's not calm and focused, and I start to collect him, he'll explode. If I take a horse that's not forward, he'll stop. If I take a horse that's not straight, he will just be all over the place. If I take a horse with no impulsion, there will be no collection.

To collect is hard. It's super easy to make the horse to feel claustrophobic when you start working on collection. Horses are claustrophobic animals by nature, because they are prey animals, so we always need to leave a door open for them to escape. One way to make a horse feel claustrophobic, if he doesn't understand why you're doing it, is to close the door with the reins and push him into a little



Draw a line on the horse from the whorls behind the saddle straight down to the ground. For pushing power, the horse uses his hind legs more behind that line. For carrying power, he uses his hind legs more in front of that line.

box with your legs. That's not good. He needs to really understand what you want.

If I could just talk to my horse in English—or Icelandic—I could say, "Okay, you've just got to do this: Round your neck, lift up this muscle, put your legs there." If I could explain it to him, I'm sure he could do it. And then he could tell me back, "Okay, that's enough. I can only do so much today." Then we could build up from there. But I don't have that option.

One way to look at the training pyramid is that we're creating a language, a communication system. We're creating a way to tell the horse why and how to collect.

There are a lot of exercises we use to work toward collection. The most common ones are shoulder-in, haunches-in, half-halt and halt, turn on the haunches, and transitions. In the video, I use a shoulder-in to help me get collection. You can see the horse's steps get shorter. He softens up into the rein, and responds to my legs quite correctly.

Then I ride him straight, trying to turn a short walk into a collected walk, and he dances around a little bit. This is very typical, because he knows all the collection exercises. Very typically, when you start to collect him straight, your horse will try to answer you with another exercise. When you do exercises like shoulder-in, you see, your horse is collecting more on one hind leg than on the other. One hind leg is stronger than the other, and he looks for the exercise that allows him to use the stronger hind leg and give the other one a bit of a break.

It is the most advanced level of collection to collect the horse straight. It's quite challenging and physically demanding. So it's important to never overdo it. Only do it for a few steps at a time, even with a pretty educated horse. Then allow him to feel more free and to stretch his muscles in the other direction. It is very important, both physically and mentally, that you allow the horse to go into an extended frame after collecting for a few steps. That's usually how it's done. You put those two things together—collection, extension, collection, extension—first in walk, and then in tölt.

To be able to ride in collection for some distance takes a long, long time—we're talking years, not weeks or months.

Which raises the question: Do we need to ride in collection? I don't think we do. I like to talk about the difference between connection and collection. The connected horse (with an "n") is carrying himself correctly. He's in a proper body position and proper form, and every time we ride him we're making him stronger.

The collected horse (with an "l") is doing an exercise—getting the croup down, getting the hind legs to come under. You're challenging the horse to come up in the front and be light. It's a very good exercise. If you are a pleasure rider, collection is a good exercise to know. It makes your horse stronger and better at carrying you on a long ride. But is it desperately needed to have a healthy horse? I don't think so.

Horses are very, very different when it comes to their ability to collect. Some horses are better built for carrying, some are better built for pushing. You cannot look at someone else's horse and say, "Okay, I want my horse to be like this." You can only make the best out of your own horse, whatever he is.

Guðmar Pétursson and the herd at Hestaland in Iceland. Photo by Louisa Hackl.

STEP 8: FAST

The last step of the pyramid is called "Fast." Here we're training for speed and, as we saw for collection, horses are extremely differently made for this. Some horses are very well made for carrying power, some are better designed for pushing power and for going fast—that's just the nature of the horse. Not every horse is capable of going super fast in a good gait.

In this video I show you my first official pace training session with my mare Friðsemd. She's young, about seven years old. Before we bought her, I suspected she would have great pacing ability, so I tested it out. Not only could she go fast, but she's able to chill. She's not in a rush until she needs to be, but she has a great ability to push herself forward.

So I started taking her through the steps of the pyramid—you've seen her if you've watched some of the videos in this series. She's also done a few treks, for stamina work, and is a very strong and fit horse. She's not super-educated yet, but she knows enough that we can sneak in some speed training. I need her to be calm and relaxed and focused. I want her to know things like leg yield, and I want to have some top line control. A very important part of fast riding is straightness. The horse works evenly off my legs and evenly into my rein. If you try to go super fast on a crooked horse, that usually doesn't end very well. You want tölt or pace, but you usually end up with canter.

Riding fast is not as easy as it sounds. There's actually quite a lot that goes into it. The horse needs balance and strength and very good body awareness to do this well

and safely. We also need a lot of mental control. If we ride too fast on a horse that's not prepared for it, we will, in most cases, create excitement and anxiety. She will get tense and strung out and will lose any carrying power that she ever had, which is not good for any horse. Or, in some cases, she will give up and get slower and develop a "make me" attitude. So the training session always needs to be under control.

So we usually train in some version of a speed change, whether we're training flying pace, fast tempo tölt, or even gallop. We start slow, build up speed, then slow down again. The session always has a clear beginning and end.

It's also very important to protect the horse physically, especially in the beginning when the horse is building up the strength and body awareness to be able to move her legs fast without losing balance. I use bell boots on Friðsemd. They protect the bulb of the heel and the pastern joint quite well. This is where the horse can potentially hurt herself. When you're going fast, not much has to go wrong for the horse's balance to be off a little bit—just a little dip in the road maybe. What happens then is that the front leg doesn't get out of the way in time, and the hind leg comes forward too fast, and they meet. Sometimes it's just a touch, but the horse scraping herself a little bit could affect her courage. Next time you ask her to go fast, she might be hesitant.

What I'm going to do with this horse first is to teach her pace transitions. I'm going to get into canter on the short side of the arena, and as I come out into the long side, I'm going to ask for a few steps of pace, and slow down right away. It sounds funny, but she doesn't really know pace transitions. She knows how to pace. She's probably happier in pace than in canter. But I need to have the transitions very much under control. So I'm going to teach her a cue for the transition from canter to pace. This is something we can start in an arena, in a place she knows, where she's used to staying calm.

I want her to stay calm. I want her to be forward, I want her focused, I want her to be fast, obviously, but I don't want her doing it because she is fleeing—meaning I don't want her using her flight instinct to go into pace. I want her to do it because she can, and because she understands I want it, and ultimately because she enjoys it.

Going fast is not as easy as it sounds. The horse needs balance and strength and very good body awareness. She also needs to be calm and focused. She doesn't use her flight instinct to go fast. She does it because she enjoys it.

CONCLUSION

Now we've reached the top of the training pyramid. Have we graduated? No, that's not the point at all. It's not like we can work up, step by step, finish it, and move on to something new. Those eight steps that look so clear on a piece of paper are not all that well separated in reality. They are in this order, one through eight, but they overlap. They blend together.

There's not a clear-cut division. When we're training a horse, we go up and down the steps of the pyramid a lot. For example, while I am working on impulsion (Step 6), I use some collecting exercises (Step 7) to get the horse more connected. I work on suppleness (Step 3) and roundness and rein contact (Step 5) together. As soon as I have a problem with collection (Step 7), I might need to work again on straightness (Step 4). When I'm working on speed (Step 8), I might feel some tension in the horse all of a sudden and have to go back to the basics and work again on calmness and focus (Step 1).

This is the idea behind the training pyramid: Every step is preparing for the next one. Every lesson you give your horse is almost like starting on the ground level of the pyramid and working your way up. Some of you, with some special horses, may go all the way up to the top, to Step 8, in one lesson. But many times you will just spend your training time in the lower levels—even if you have the higher levels of training in place.

When I have a horse like Ástarpungur that's trained to a high level, I can ride him in a relatively low frame with low energy. Then I can add energy and change the way he moves. I don't have perfect control over his body, but I can affect how he looks and how he carries himself.

That's what we're striving for when we go through the training pyramid. We're slowly creating a language, a communication system. Mentally, we're building trust, respect, and understanding. Physically, we're building strength, control, and balance. And before too long—we're still talking years, with a lot of small victories along the way—you find you can really affect how your horse goes and how he looks. You can take him from head down and relaxed, to a round, working frame with medium energy, to a more collected frame where he picks up his front legs and looks very pretty. And then you can take him down again.

This is the reward. To have the feeling that you're in harmony with the horse, that it all comes together. That's what we're all looking for. And when you reach that harmony, it's addictive.

AN INTRO TO THE GAITS

by Lynn LaPointe Wiese

Think to yourself *Black and Decker, Black and Decker*. What immediately comes to mind? Most of you connected those words to the tölt, the Icelandic horse gait which is prized for its smooth motion.

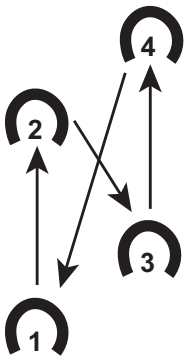
Opril 22, I attended the two-and-a-half-hour-long USIHC webinar offered by Jana Meyer and Alex Pregitzer on the gaits of the Icelandic horse. Both Jana and Alex are FEIF-certified trainers and USIHC sport judges. Their course outline included general information; discussions of walk, tölt, trot, canter, and flying pace; troubleshooting; a video overview; and a Q&A session. The instructors accompanied the lecture with videos of each gait. The videos were offered in slow motion, which was tremendously valuable.

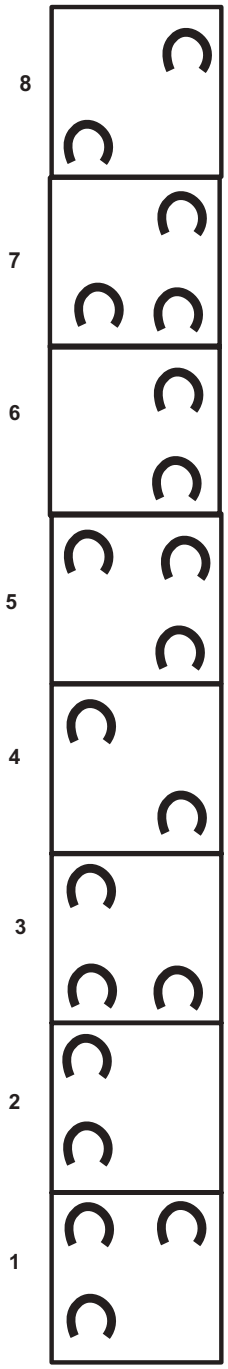
You don't have to be a competition rider to benefit from understanding the Icelandic horse's gaits: They are an integral component of riding skills. Gaits overlap with seat, rein, and leg aids, and other means of communicating with your horse. Riding clean gaits is an indication that your horse has light, supple movement. Whether you're on a track, in an arena, or out on a trail, you should always strive for clean gaits.

It seems that two-and-a-half-hours would be plenty of time to discuss five gaits, but the instructors warned us that they would be just "scratching the surface" in their allotted time—and they were right! What follows is an extremely brief synopsis.

WALK

Actively riding the walk is beneficial in many ways. It's a great way to warm up and cool down, it's a good gait to build stamina after time off, and it's a great building block for any new exercise—you can perfect your shoulder-in at the walk before you move on to faster gaits.





The walk is a four-beat gait, with two- or three-foot support and no suspension. As shown in the chart above, the walk has four beats and eight phases. The footfall sequence of the walk (shown at left) is: Left Hind—Left Front—Right Hind—Right Front.

Understanding the horse's footfall is important so that you can coordinate your seat and rein aids with the timing of each footfall. The instructors suggested an exercise in which the rider tells an observer which leg is actively moving.

Since an even beat is always the goal, the time interval between each footfall should be equal. The horse should be active in the hind legs and back, without tension, and the tail should swing freely.

TÖLT

Tölt, tølt, toelt, tolt—no matter how you spell it, it's what we all want! And, because of that, it's often value-defining. A horse with an easy tölt is highly desirable and is often priced accordingly.

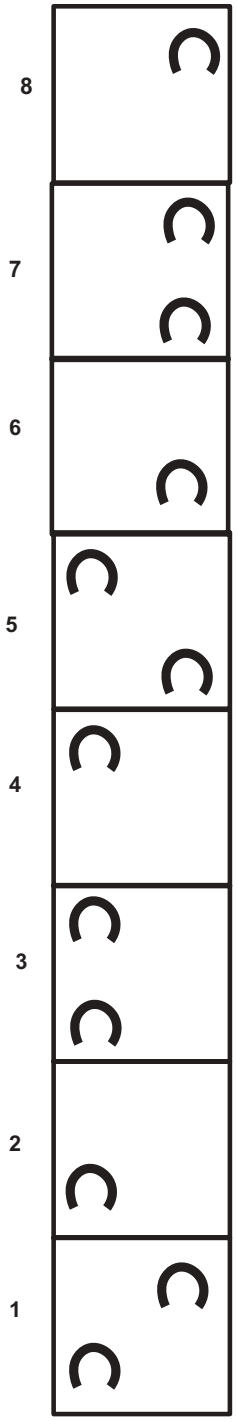
The tölt is a four-beat gait, with one- to two-foot support and no suspension, as shown in the chart to the right. The sequence of the footfall is the same as in the walk: Left Hind—Left Front—Right Hind—Right Front.

There is no suspension in the tölt, as there is always at least one foot on the ground. This makes the gait very smooth and almost always guarantees a smile on the rider's face.

To achieve a clean tölt, the timing between the footfalls should be equal. This is where you can practice your *Black and Decker, Black and Decker* chant. Or you can simply rhythmically count 1, 2, 3, 4. A friend's horse didn't like the number method—let me explain. The friend told me that she always counted the beats out loud during a training ride. During a session with an animal communicator, the horse relayed that they were rather annoyed with the counting of beats and asked, "Can't she sing or something?"

The tölt has a wide variety of speeds. You've probably heard of a slow tölt versus a fast tölt. Both slow and fast tölt require a really strong balance, whereas a medium speed tölt is more forgiving. That's why the most challenging competition classes require the rider to present the horse in both the slow and fast tölt and to execute smooth transitions, speeding up and slowing down without losing balance.

As lovely as the tölt is, you can encounter many problems and beat mistakes in tölt. Two of them are described as pacey tölt



Alex's student Christine Cucchi shows the classic "tölt smile" as she and her gelding Gipar head out on a nice summer trail ride in Michigan. Photo by Alex Pregitzer.

and trotty tölt.

Many riders confuse a pacey tölt with a clean tölt; the term "piggy-pace" has been coined to reflect that. The pacey tölt tends to rock the rider side-to-side, giving the false illusion of a "smooth" ride. The interval between the ground contact of the lateral (same side) limbs is too short, so the tölt becomes closer to a pace.

In trotty tölt, the interval between the ground contact of the diagonal (i.e., front and opposite rear) limbs is too short, so the tölt moves toward a trot. Trotty tölt is more uncomfortable to ride, because there is more up-and-down motion for the rider.

While discussing this article in the Quarterly Committee, several of us found the difference between pacey tölt and trotty tölt still unclear. Nicki Esdorn explained it beautifully: In a clear tölt, the beat of the footfalls should be the same. In tölt, the horse changes from a two-leg support to a one-leg support and back to a two-leg support. It's challenging for the horse to remain on the one-leg support for the same length of time as the two-leg support—it requires good strength and balance. As a result, some horses stay longer on the lateral two-leg support, which is pacey tölt. Other horses prefer to stay longer on the diagonal two-leg support, which makes it trotty tölt.

Two other tölt beat mistakes are rolling and vixl (from an Icelandic word meaning "crossing" or "broken").

In a rolling tölt, the interval between the ground contact of each limb is not equal, and the beat becomes irregular. The horse is no longer moving symmetrically, and the tölt becomes closer to a canter. Rolling in the tölt can be caused by a variety of reasons, including stiffness and imbalance, crookedness, lack of energy or connection, shoeing and boots, or the footing.

Vixl can happen when a horse has a pace-beated tölt and is very tense. It's a very quick movement that happens when the front leg is in contact with the ground, and the hind leg on that same side is moving forward and has no place to land, causing the horse to hop to compensate.

TROT

The trot is a two-beat, diagonal gait with two or no feet on the ground, since there is a moment of suspension. Diagonal means that the front leg is paired with the opposite hind leg. The trot has four phases: Left Hind + Right Front (right diagonal pair)—Suspension—Right Hind + Left Front (left diagonal pair)—Suspension, as shown in the lefthand chart on the next page.

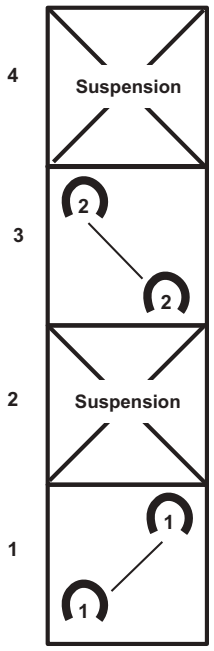
The trot is often referred to as a "working" gait, as it's used extensively in training. It's great for deep footing, uneven terrain, longeing or ponying, and soundness evaluation. The trot is the key gait for improving a rider's balance. The rider can either sit the trot or post to the trot. If posting, you rise out of your seat when the outside shoulder is moving forward. Many horses have a preferred diagonal, so if you're posting out on the trail, it is important to make sure you're not always on the same diagonal. Switching diagonals is important to work all legs equally.

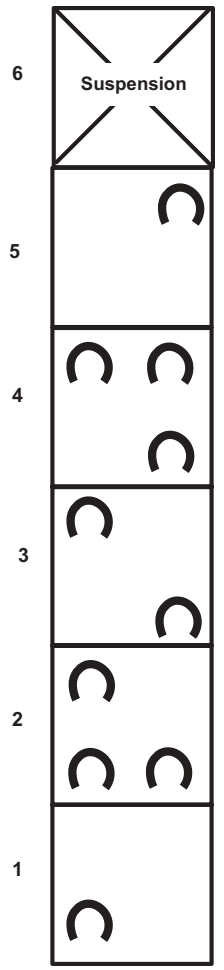
CANTER

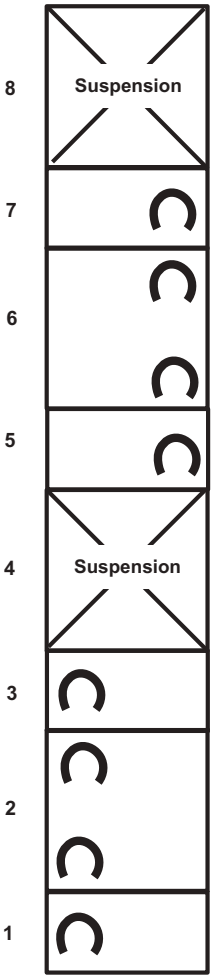
The instructors' first words of advice were, "Don't fear it" and use rhythmic breathing!

The canter is a three-beat, gait with one, two, three, or no feet on the ground (a moment of suspension). It has six phases, as shown in the middle chart on this page. The right lead canter starts with the left hind and ends with the right front.

Canter transitions are useful because







they activate the hind end. If one hind leg is weaker, the horse will favor the other lead, so the canter can provide a good clue that you need to work on strengthening the horse's weaker side, or it may be an indicator of an underlying condition.

FLYING PACE

The flying pace is a unique gait to the Icelandic horse and is often called the "fifth gear." Only some Icelandic horses can perform this gait, and it's dependent on their having a specific gene that enables the gait. For more information about the "gait gene," see Issue Three 2013 and Issue Four 2012 of the *Quarterly*.

Flying pace is a two-beat lateral gait with a suspension phase. In this gait, both legs on one side of the horse move simultaneously, landing on the ground at nearly the same time. This is followed by an interval of suspension, where all four hooves are off the ground, almost as if the horse were flying. The footfall sequence is: Left Hind + Left Front—Suspension—Right Hind + Right Front—Suspension, as shown in the righthand chart on this page.

The flying pace is a very fast gait that can equal the speed of a gallop. It is the primary gait used for racing Icelandic horses, but only over short distances. Flying pace is a gait for well-balanced, well-trained horses with good riders. It is not used as a "day-to-day" traveling gait.

TROUBLESHOOTING

Why can't a horse's gaits be perfect all the time? There are many reasons, including the rider's skill level or limitations, the horse's conformation, the horse's natural gait distribution, the fitness of the horse and/or the rider, shoeing, temperament, tack and equipment, and various medical reasons.

To help with troubleshooting, the instructors suggested filming your riding sessions to review later. You can recruit a friend or use a Pivo Pod Camera to film yourself.

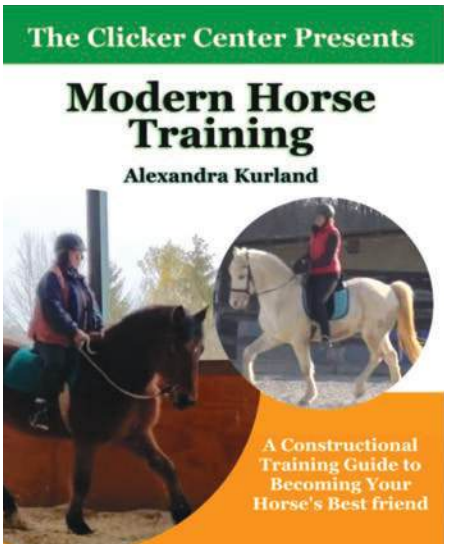
After the lecture portion of the webinar, the participants were invited to ask questions. The instructors were very generous with their time, and the Q&A session lasted over a half hour.

This web-inar was well presented and provided a wealth of information. To delve even deeper, simply do a Google search for "Icelandic Horse Gaits." You will find multiple sources on the internet with videos, diagrams, research, social media discussions, and much more

Instructors Jana Meyer (right) and Alex Pregitzer, shown here judging a dressage schooling show at the 2022 NEIHC show. Photo by Amy Goddard.

Modern Horse Training

Book Review by Nicki Esdorn



Modern Horse Training: A Constructional Guide to Becoming Your Horse's Best Friend is the latest book by Alexandra Kurland, a well-known name in the horse world.

After graduating from Cornell University, where she specialized in animal behavior, Alexandra worked with Linda Tellington-Jones in the 1980s and became a TTEAM practitioner. She also trained with the French Classical Dressage trainer Bettina Drummond. Later she added John Lyons' natural horsemanship into the mix, when developing her own approach to training.

Her particular interest is the horse's balance, both physical and emotional. With the publication of her first book, *Clicker Training for Your Horse*, in 1998, Alexandra helped launch the growing field of positive reinforcement training for horses. She has published several more books on positive reinforcement training, has created DVD and online learning courses, and is the host of the Equiosity podcast. Now she has written *Modern Horse Training*, which, at over 350 pages, can be considered the equine clicker training bible.

As its subtitle suggests, *Modern Horse Training* is a comprehensive guide for people who want to learn positive reinforcement training safely. In the introduction, Alexandra stresses that this is a very safe method of horse training—if done correctly.

We have all seen fabulous "finished" behaviors of horses self-loading into a trailer, or running to the pasture gate to stick their head into the offered halter. We have heard of horses who willingly participate in medical procedures, or who can do haunches-in at liberty. We see the finished product and have no idea how to train a horse to do this. Well, this book has the answers. It gives incredibly detailed descriptions on how to prepare, get started, and really accomplish the goals.

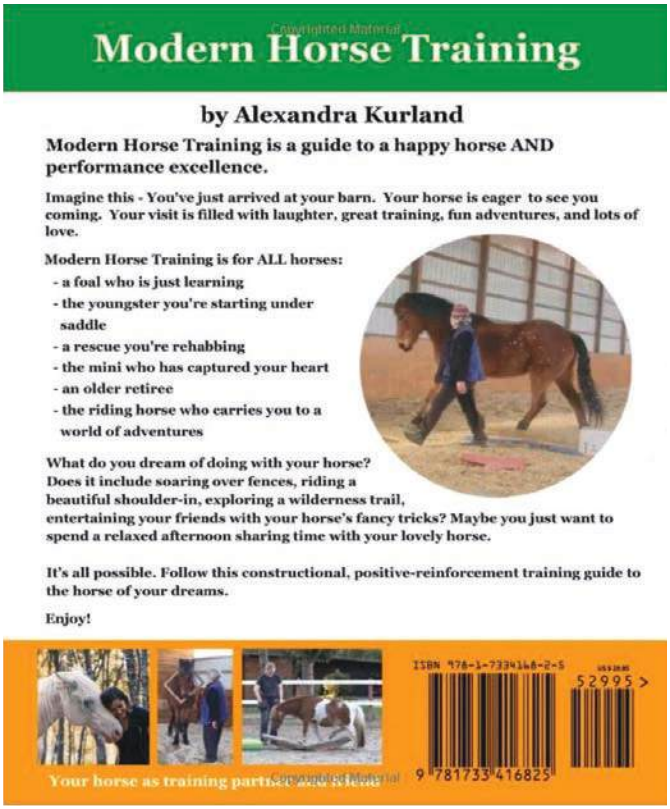
Something we all can relate to is simply good, polite behavior. It is a misconception that using treats as rewards in training creates pushy "cookie monsters." It only does that if the human uses the rewards incorrectly.

However, good behavior is not automatic, as all parents know! Following Alexandra's instructions, you can create a super polite, safe, and motivated horse that is a joy to handle on the ground.

After exhaustive explanation of the basics of clicker training, the book then covers the "universals": life skills that every horse should know. Next, horse and owner are prepared to train all kinds of performance goals—and also some very fun and impressive tricks—through, again, very detailed instructions and discussions.

I appreciate that Alexandra also addresses the problems and mistakes that can arise in this kind of training. A horse can easily get frustrated if it gets confused, or the timing and treat delivery are not done correctly, or steps toward a goal are missed. The human can get frustrated too! However, if horse and human are both instructed well, this method of training is really easy and fun.

This book is an excellent introduction to positive reinforcement training, but it is also a great resource for more experienced clicker trainers who want to look up how to go about teaching something specific or find a good solution for a problem. Please do not be intimidated by its size. It is entertaining and well written and organized. Alexandra also offers videos and visual support on her web site, at theclickercenter.com, to complement this very thorough training road map.



Modern Horse Training

by Alexandra Kurland

Modern Horse Training is a guide to a happy horse AND performance excellence.

Imagine this - You've just arrived at your barn. Your horse is eager to see you coming. Your visit is filled with laughter, great training, fun adventures, and lots of love.

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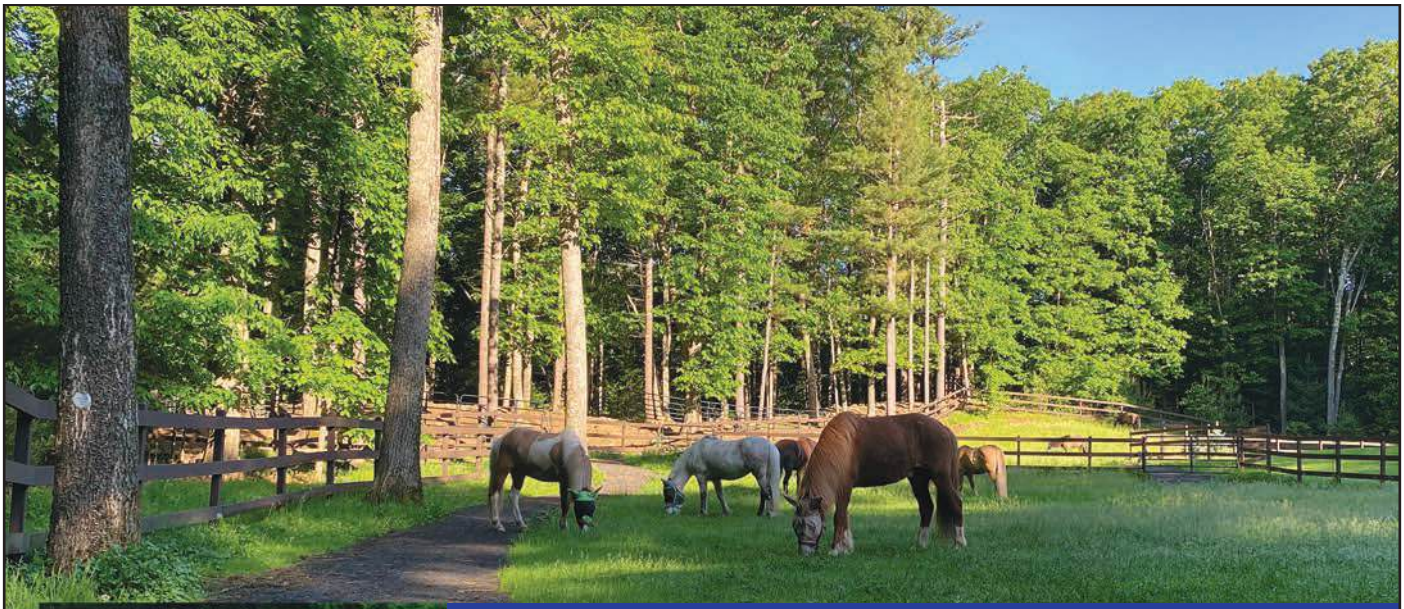

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FARM LIST

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.

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541-517-2878

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Will & Asta Covert
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Santa Ynez, California 93460
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asta@tolt.net
www.flyingctack.com

Violet Nova Ranch
Violet Nova Ranch, LLC
2763 E Westfall
Mariposa, California 95338
(707) 486-8733
lauraelinstrong@gmail.com

Whidbey Stables
Whidbey Stables Inc
8900 Summerhill Lane
Glen Ellen, California 95442

COLORADO

Granite Peaks Ranch
Melissa & David Lunsford
25080 CR 501
Bayfield, Colorado 81122
(970) 442-0256
mlunsford101@gmail.com
www.granitepeaksranch.com

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

Lough Arrow Icelandics
Andrea Brodie, D V M
22242 County Road 46.0
Aguilar, Colorado 81020
(719) 680-2845
fiddlinvet@gmail.com
www.coloradoicelandics.com

Tamangur Icelandic Horses
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13311 Spring Valley Road
Larkspur, Colorado 80118
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coralie@tamangur-icelandics.com
www.tamangur-icelandics.com

Tolt Mountain Ranch
Thomas R Dowding
1200 Quanah Road
Westcliffe, Colorado 81252
(619) 977-4975
dowdingtom@gmail.com

IOWA

Harmony Icelandics
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www.harmonyicelandics.com

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

Taktur Icelandic Horses
Terral Hill & Carrie Lyons Brandt
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Crestwood, Kentucky 40014
(502) 409-1924
carrieandterral@gmail.com
taktur.horse

MAINE

Fire & Ice Icelandic Horses
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32 Putnam Ridge
Limington, ME 04049-3643
(207) 615-8556
icelandics17@gmail.com
www.fireandice.horse

MASSACHUSETTS

Four Winds Farm
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loribleo@gmail.com
www.fourwindsicelandics.com

Merrimack Valley Icelandics
Neil and Ebba Meehan
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ebbameehan@me.com
www.merrimackvalleyicelandics.com

MICHIGAN

Chippewa Acres
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kristinahorses3@yahoo.com
www.chippewaacres.com

NEW JERSEY

Tolt Farm
Anne Owen
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Whitehouse Station, New Jersey 08889
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toltfarm@yahoo.com
www.toltfarm.com

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Windsong Icelandic Horses
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ullahudson@mac.com
www.windsongdressage.com

NEW YORK

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bettina@easygaitfarm.com
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alfadansequestrianarts@gmail.com
www.alfadans.com

Five-Gait Farm Icelandics
Lucy Nold
86623 Central Road
Eugene, Oregon 97402
fivegaitfarmicelandics@gmail.com
(831) 332-5328
www.fivegaitfarm.com

Mountain Icelandic Farm
Annette Coulon
90375 Hill Rd
Springfield, Oregon 97478
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mountainicelandics@gmail.com
www.mountainicelandics.com

SOUTH CAROLINA

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449 Jewell Boone Rd.
Pelion, South Carolina 29123
(803) 307-8270
www.blackcreekfarm.us

VERMONT

Lunar Hill Icelandics
Jana Meyer
33 Hall Rd
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(603) 856-6697
lunarhill70@gmail.com
www.lunarhillicelandics.com

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

VIRGINIA

Montaire Icelandic Horses
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Middleburg, Virginia 20117
(202) 372-5324
freygang999@gmail.com
www.montaire.org

WASHINGTON

Avondale Icelandics LLC
Doreen (Dor) Shoda
Redmond, Washington 98053
avondaleicelandics@outlook.com
www.avondaleicelandics.com

Valkyrie Icelandic
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invaderlala@gmail.com
www.valkyrieicelandic.com

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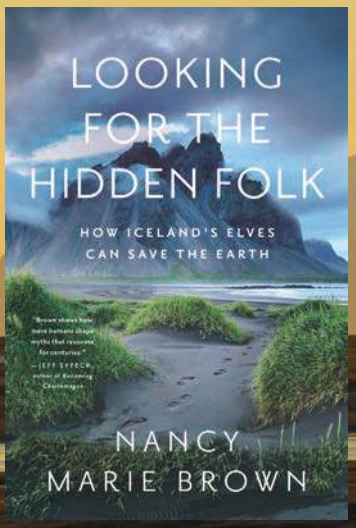

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