



The Dressage Foundation's 2010 Advanced Young Rider Olympic Dream Program

Chaperone Participants:

Ann Guptill, CT
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Young Rider Participants:

Brian Hafner, CA
Mimi Stanley, ND
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Administrator:

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A note about overseas phone calls:

Time differences: At 6:00 am EST, it is noon in Germany. That is, they are 6 hours ahead of us. Young riders in Germany should not call home in the morning hours because it would be between midnight and 6 am EST. Except in case of emergency, parents should not call after 3 pm EST because it would be after 9 pm in Europe. Odd as it may seem, they may be asleep then.

Details of dialing: When dialing from the U. S. to the Ibis Hotel in Munster for example, the number is: 011-49-(0)251-4813-0. The 011 will get you out of the U.S. The next number is the country code: 49 for Germany. Then the city code, 251 is Munster, and then the individual phone number: 48130. The "0" before any city code indicates a toll call much the same as we use a "1" before dialing long distance. When calling from the US, do NOT dial the "0" before the city code, because it is already a toll call when you dial 011. If you are calling from within Germany you DO dial "0" but not 49. If you are calling from within Germany on your own American cell phone, it would be the same as calling from the US.

Olympic Dream Itinerary

June 28-July 8, 2010

Monday, June 28

Depart home airports for JFK.

Depart from JFK to Frankfurt, Germany

Tuesday June 29 and Wednesday, June 30

You arrive in Frankfurt Am Main Airport at 7:40 am and pick up your Avis rental van. It should be a Ford Galaxy or other 7 passenger vehicle with space for 5+ large suitcases. Hopefully, you will have slept as well as possible on the flight, but you may be tired/disoriented, because 7:40 am in Germany is 1:40 am in New York and even earlier on the west coast. Regardless, it's very important that all six of you take a close look at your rental car before driving away with it. If there is any damage, take a photo, be sure the agent sees it and you get something in writing that says the damage was present before you drove the vehicle. In the past, the astute observation skills of our travelers have saved time, money and trouble.

You will drive 20 minutes to nearby Kronberg where you will spend Tuesday and Wednesday watching the riding at **Ann-Kathrin Linsenhoff's Schafhof**.

Follow your maps and directions from the Frankfurt Airport.

The Linsenhoff family (www.linsenhoff.de) is one of the most famous in Europe. Liselotte Linsenhoff represented Germany in the Olympic Games of 1956, 1968 and 1972, winning two gold medals, two silver medals and a bronze. You will meet her daughter, Ann-Kathrin who won team gold and individual silver at the European Championships in 1987. She was also on the German gold medal team at the Seoul Olympics in 1988. She is a tremendous supporter of UNICEF, and I hope you learn about her generosity as well as the horsemanship at Schafhof. Ask about the Schafhof Festival for children in need. The Linsenhoff family has supported young riders for many years, and this year Schafhof will be the location of the European Young Rider Championships later in July.

The trainer at Schafhof is **Klaus-Martin Rath** who was bereiter with Walter Christensen (along with Volker Brommann) many years ago. His son, **Matthias Alexander Rath** was fourth in the Grand Prix (75.617%) at the 2009 European Championships with Ann-Kathrin's Sterntaler-Unicef. In the Grand Prix Special they were sixth with a 75.958%. They were sixth in the Freestyle with a 77.850%. In 2008, he was second alternate for the German team at the Olympic Games.

At some point in the afternoon, it would be a good idea to find a bank.

Tuesday night, June 29 you will stay at the **Concorde Hotel Viktoria**. To get there, go back to the L3005 (Frankfurter Str) and follow your maps. It should take about 6 minutes.

If it feels appropriate, buy flowers or some other gift of appreciation for Ann-Kathrin or whoever has been gracious to you. You might also wish to take any of them out to lunch or dinner.

Wednesday afternoon:

When you depart from Schafhof on Wednesday afternoon, you will drive to Paderborn and check into the Hotel Rustemeier, which is near Fleyenhof, the training facility of Hubertus Schmidt. If there is time, you might scout around to be sure you can find the Schmidt training facility.

Follow your maps and the directions below to the Hotel Rustemeier and Hubertus Schmidt's stable. The hotel is on Im Winkel in the town of Borchenteln just 3 km from the Schmidt stable, Fleyenhof:

Directions: From Kronberg, get directions to the A-5, and go north/northeast on the A-5 (out of Frankfurt) and then north on the A-7 toward Kassel. Before Kassel Centrum take A-44 northwest toward Paderborn (It might say toward Dortmund but you won't go that far). Then go north on the A-33 toward Paderborn (It might say toward Osnabruck, but you won't go that far). Take the exit for Borchenteln (Exit 30) and go toward Etteln (L758, Wewerschestrasse) and then take a right toward Etteln (Westernerstrasse). At the main road (K-20 or Kirchstrasse) in Etteln, turn left to go to the stable, right to the hotel. To continue to the stable after you turn left on Kirchstrasse, go right at the next road (Muhlachtal). You'll see a sign for Fleyenhof. At the next intersection, go left and you should see it in 1 km. You might stop in to say hello before checking into the hotel. It's possible that some people will still be riding. This is a normal riding club, so you have to choose who you wish to watch! To go back to the hotel, return to Kirchstrasse and pass the road you came in on. Continue on Kirchstrasse until you see a gas station on the left. The next right should be Im Winkel where you will find the Hotel Rustemeier.

Thursday, July 1

You will be with **Hubertus Schmidt** on Thursday. Plan to arrive at Fleyenhof promptly at 8 am. There, you will meet Hubertus Schmidt and his wife, Doris. Hubertus was a mainstay of the German team with his famous mare Wansuela

Suerte, and he has trained many other horses to Grand Prix. He is currently the coach for the Swedish team. He is known as one of the most classically correct riders in the world. Doris helps him often by being his eye on the ground. Hubertus usually does his riding in the morning and teaching in the afternoon. Remember to feed your journals.

When you are done at Fleyenhof, follow the directions to Warendorf. It should take you about an hour. When you get into the town, follow the signs to the DOKR. I have given you maps, but the signs will help. The DOKR is the famous Olympic Training Center for the German team and the place where all professional riders in Germany train and take their exams. I am told there is nothing special going on there on this day, but you can drive in and look around. There is also a fine tack shop in Warendorf, although they only accept cash and European credit cards. The shop is called Sattelkammer Warendorf and is at Dreibruckenstrasse 32. You will pass it on the way to the DOKR. Dreibruckenstrasse should be a right hand turn if you are coming from 64 and 475 and the L830, which is Sassenberger Strasse. The tack shop is on your right. Soon after the tack shop, the road becomes Dr. Rau Alle where you will find the DOKR on your left. You might meet some famous riders at the tack shop. Remember that most businesses and banks are closed for much of the early afternoons in Germany, (enforced relaxation)—but by 3:00 pm, they should re-open. I don't know how long they stay open.

Tonight you will stay in the Ibis Hotel at Engelstrasse 53, in Munster. Follow your directions and maps. Watch out for one-way streets (Einbahn Strasse)! Feed your journals.

Friday, July 2nd

Arrive at Olympian **Ingrid Klimke's** barn promptly at 8:30 am, and you will stay until noon. Ingrid is the daughter of the late and legendary Dr. Reiner Klimke. She has been on the German eventing team and is an extraordinary dressage rider. Follow your maps from the Ibis. (You may wish to make a dry run Thursday evening so you're sure where you are going.)

At her barn, you might meet some of her famous mounts including Sleep Late and other greats. Ingrid's extreme claim to fame is her expertise with dressage horses as well. You will meet Damon Hill, who won the World 5-year-old Dressage Championships in 2005 and then the World 6-year-old Dressage Championships in 2006. In 2008 he won the Balve qualifier for the Nurnberg Burgpokal, which is the German Prix St. Georges Championships, held yearly in

Frankfurt. We can imagine Ingrid riding him on the German dressage team soon! Olympic Dream participants have seen Damon Hill develop from the time he was four.

Friday Afternoon

This afternoon at 2:00, you are to be at **Helen Langehanenberg's** barn. It should take 21 minutes from Ingrid's place but you will no doubt stop for lunch, and leave a little extra time. She is REALLY in the country. You have all read her article on "Submission" in the June issue of *Dressage Today*. Perhaps someone could bring a copy of it so you can review it before you arrive. It would be great to have her principles in mind during your visit. Her English is as good as ours so you might discuss some part of it.

From 1998-2003, Helen rode in the finals at the German Championships for juniors and young riders. Then from 2003-2005 she rode in the finals of the Piaffe Cup (comparable to the Brentina Cup). During this time, Ingrid Klimke was her trainer. She won the 2005 World Championship for 5-year-olds with Ingrid's Damon Hill. In 2006 she was third in the Nurnberger Burgpokal in Frankfurt with her own horse, Responsible. In 2008, she and Responsible were Reserve for the Olympic Games in Hong Kong under the guidance of Klaus Balkenhol. More recently, Fleur Robin (the horse on the cover of *Dressage Today* was 5th in the Nurnberger Burgpokal. Fleur is a 10-year-old Westfalen mare owned by the Max Theurer family of Austria. I hope you get to see Helen ride her. When she was riding her for the *Dressage Today* photo shoot, the photographer took about 150 shots and 99 percent of them were good. That never happens.

Helen is married to Sebastian Heinze. He is an excellent horseman (Pferdewirtschaftsmeister) and they manage their business together. Your directions and maps should get you there. The road that looks "undefined" on the map should be the K7, and I hope it is well marked. I've never driven from Ingrid's to Helen's, and I hope it's easier than the route that I took. And I hope your GPS doesn't insist on speaking German. On the map, Havixbecker Str becomes Schonebeck and then Schonebeck takes a right toward the farm. Call Helen if you have problems finding the stable. You'll stay at the Ibis again on this night.

Saturday, July 3

Check out of the Ibis this morning and head for the **Regional Championships for Rheinland**, which are being held Friday-Sunday, July 2-4. It is for juniors,

young riders and pony riders in dressage as well as show jumping. The location is in Langenfeld between Dusseldorf and Koln.

This morning, you'll drive from the Warendorf/Munster area to Langenfeld. There is a dizzying array of highways around Dusseldorf. Here is my best suggestion: Go south from Munster on the A-43. Then go west (away from Dortmund) on either the A-2 or the A-42. Then go south on the A-3 toward and beyond Dusseldorf. Then you can take the exit for highway 542 which should take you to the A-59 north toward Langenfeld. If you're going to the hotel first, take the Monheim exit. If you're going to the show first, take the Richrath exit. See your maps.

The location of this Langenfeld Horse Show is Weissenstein 52, Langenfeld/Rheinland. Here, you can get a flavor of how it feels to compete as a Young Rider in Germany. **Christoph Hess** is one of the judges, and he is expecting to spend time with you. You may know that he is a very popular judge and clinician in the United States. He is based in Warendorf and is expecting to hear from you to set up a time to visit and perhaps watch the show with you when he is not judging.

The organizer of the show is Peter Fuss. He has tickets for you and is very happy you are attending. Be sure to be there before the first young rider dressage class begins at 2:30. You may want to arrive earlier.

You can check into the Hotel Am Wald between about 1:00 pm (13:00 h) and 8 pm (20:00 h). Hotels in Europe are often closed in the early evening so be sure to check in early. There may be some show activity in the evening, but I don't know. You can see the show schedule at <http://www.rheinische-meisterschaften.de/zeiteinteilung.html>.

Sunday, July 4th

Happy Fourth of July. It can be your secret celebration because no one will be celebrating at the horseshow. I hope you see some great riding at the show. The young rider class starts at 10:45, but there may be other classes to watch earlier. Check out of the hotel on time. Feed your journals.

Sunday afternoon

When you leave the horse show, you will be headed toward **Klaus and Judith Balkenhol's** stable. As you know, he was coach of the American dressage team. Although Klaus will not be there for all of both days, their daughter **Anabel** will be. She is an extraordinary rider. When I was there last July, I saw perhaps the

best riding I've ever seen from Anabel. Soon after that, she and her young Grand Prix horse won the Median Cup for the best young Grand Prix horse in Germany. So here you go from the horse show:

Directions: Use maps and directions to retrace your route back to the A-43 going north toward Munster. From A-43 take exit for Dulmen N (474)/Coesfeld. At the crossroads turn left to stay on 474 (which leads to Gronau). 2km after 474 takes the left turn toward Gronau is a yellow chapel on the right. To check out the location of Balkenhol's, go right at a road called Hoven. (There is more than one road by this name for some reason, but your maps will help.) From that corner it is 1.4 km on left. Pay attention –look for a little blue sign that says Hoven 92. Do not go in. You just want to make sure you know how to get there Monday morning.

Your hotel for Sunday and Monday nights is Landhotel Hermannshohe. You will love this wonderful German hotel! You have 1 triple room and 3 singles reserved for Sunday and Monday nights. Follow these **directions** and your maps to find the hotel:

Hermannshohe is on 474 in the town of Holtwick (although their mailing address is in Legden for some reason). From Balkenhols, go back to 474 and turn right toward Legden. You will find the hotel on 474.

Monday, July 5th and Tuesday, July 6th

Plan to be at Klaus and Judith Balkenhol's stable between 8:30 and 9am--maybe closer to 9 but not later. You'll be spending Monday and Tuesday with them.

When you are done on Tuesday, head back to Paderborn. You will spend the evening of July 6 at Hotel Rustemeier again. Follow your maps and your directions.

Wednesday, July 7th

You will spend this day with **Hubertus Schmidt**. When the riding is finished you can drive to Frankfurt. Wednesday night you will spend at Frankfurt Airport Hotel—Sheraton and Towers. You can return the car in the evening so you don't need to worry about it in the morning. It will be simple to get to your departure gate on Thursday morning. From this hotel there are two pedestrian walkways that go to security and then to the gates.

Thursday, July 8th

Plan to get to your departure terminal before 9:20 am for your flight, which leaves at 11:20 am. Spend this spare time at the gate finalizing your article and your journal entries. Assign someone to submit the final article to me. You are each responsible for getting your own electronic journal to me for posting on the website. Please edit it, reread it, spell-check it and ask someone else to read and check it. This will only be published online if it is well written. The article for *Dressage Today* or *USDF Connections* will only be published if it is well written. You arrive at JFK Airport at 2:20 pm in time to depart for home airports.