



W I N T E R E Q U E S T R I A N F E S T I V A L

WEEKLY WIRE

WEEK 8 • FEBRUARY 25, 2026

**MCLAIN
WARD
MAKES IT COUNT**

**IT'S NATIONS
CUP WEEK!**

**BREAKFAST IDEAS
FOR BETTER
ENERGY**



A NOTE FROM THE EDITOR

Amid the frenzy that is AWEF, I tried to steal a few moments over the last several weeks to take in as much of the 2026 Winter Olympic Games as I could. From early morning slopestyle and slalom to late night curling and skating, there was a good reason for the bags under my eyes during this weekend's five-star press conference.

There are moments in sport when competition gives way to something even greater—a sense of history in the making. Hosting an FEI Nations Cup at Wellington International is one of those moments, and it feels even more special witnessing it with some lingering Olympic energy.

The atmosphere promises to be electric—flags flying, the crowd cheering and the unmistakable rhythm of national pride. We are honored to host an FEI Nations Cup at Wellington International, and we hope you join us in waving your own flag.


Competing Countries:

- Australia 
- Brazil 
- Canada 
- Colombia 
- Ireland 
- Israel 
- Mexico 
- United States Of America 



The Wire is produced for, about and in celebration of YOU. If you have story ideas, want to share content with us from your Wellington International experience, or would like to submit a letter to the editor—please email press@wellingtoninternational.com.

You can find The Wire distributed weekly on Thursdays throughout the showgrounds and online at WellingtonInternational.com.

All the best,
Lindsay Brock
Editor

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NATIONS CUP NIGHT: THE HARDEST CLEAR IN WELLINGTON

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EQUIRATINGS

There's something different about Week 8.

Saturday night at the Winter Equestrian Festival belongs to flags, teams, and the tension that only Nations Cup night can create. Individual ambition gives way to collective responsibility. Rails feel heavier. Clear rounds count double.

The Wellington Nations Cup has become a defining fixture of the winter circuit, one that history proves is anything but easy to master.

THE HARDEST CLEAR TO FIND

Since 2010, 545 combinations have started in the WEF Nations Cup. Only 52 have jumped double clear. That's less than one in ten.

With two rounds over championship-calibre tracks, there are no shortcuts. Riders must solve the puzzle once and then repeat it, often with the team result in the balance. The double clear remains the sport's most valuable currency.

And no one has earned more of it in Wellington than Cian O'Connor.

O'CONNOR: THE WELLINGTON STANDARD

Since 2010, Cian O'Connor has produced five double clears in the WEF Nations Cups, more than any other rider. He's done it with different horses, under different course designers, through changing team dynamics. Across 16 years and 21 rounds, O'Connor has delivered 14 clears. His 67% clear rate stands unmatched among riders with comparable experience.

It's longevity. It's adaptability. It's championship composure.

When Ireland lines up in Wellington, O'Connor's consistency is rarely absent from the equation.

IRELAND'S DEPTH OF DOUBLE CLEARS

Ireland's record runs deeper than one man. Over the 16 years, Irish riders have delivered 13 double clears

shared across six athletes, proof of depth rather than dependency. The host nation, United States of America, and Canada have each delivered 11 double clears each since 2010 in the Wellington Nations Cup.

Wellington rewards combinations that understand rhythm, pressure, and the team dynamic. Ireland's riders have made that their strength.

TEAM USA: THE TROPHY LEADERS

Yet while Ireland lead the double-clear count, Team USA lead the medal table.

Since 2010, the United States has lifted the Wellington Nations Cup trophy seven times and this year's lineup might be their strongest in recent memory.

Former Champions

Which teams have won the **CSIO4* \$150,000 FEI Nations Cup Presented by Florida Coast Equipment** in the last decade?

Year	Winning team	Win margin (faults)	Team Elo at the time
2025	USA	7	673
2024	Ireland	10	661
2023	Canada	8	678
2022	Ireland	7	680
2021	USA	3	731
2020	USA	9	679
2019	USA	Jump-Off	683
2018	Great Britain	5	649
2017	Ireland	9	649
2016	Ireland	4	624
2015	USA	8	674
2014	Canada	1	635
2013	USA	1	723
2012	Germany	4	617
2011	USA	8	652
2010	Canada	8	-



The four highest-rated horses in the this weekend's CSIO4* field belong to the four named U.S. riders:

- Karl Cook & Caracole de la Roque
- Marilyn Little & La Contessa
- Callie Schott & Garant
- McLain Ward & Jordan Molga M

If these are the horses confirmed for Saturday night, this team will start as favorites. But ratings tell only part of the story.

CARACOLE DE LA ROQUE: INTERNATIONAL MOMENTUM

Karl Cook's Caracole de la Roque arrives with one of the hottest records in the sport.

In 2025, the mare won three

Stars of the Show

Who are the **Top 10 Rated Horses** set to compete at WEF Week 8, CSIO4* Florida Coast Equipment? February 25-March 1, 2026

Horse & Rider	Rounds*	Clears*	Clear Rate*	Avg. Course %	Elo rating
GARANT Callie Schott	36	18	50%	24%	750
CARACOLE DE LA ROQUE Karl Cook	45	23	51%	28%	745
JORDAN MOLGA M McLain Ward	5	2	40%	25%	729
LA CONTESSA Marilyn Little	15	10	67%	29%	722
DO IT EASY Tom Wachman	17	9	53%	33%	721
CORIAAN VAN KLAPSCHEUT Z Shane Sweetnam	14	6	43%	29%	708
I KNOW McLain Ward	1	0	0%	26%	705
DIOR Erynn Ballard	19	8	42%	29%	700
IRON MAN Cian O'Connor	21	10	48%	23%	699
HIALITA B Thaisa Erwin	46	13	28%	28%	697

Includes all non jump-off rounds at CSIA/5* 155+ level across their career as a combination



consecutive CSIO5* Grands Prix: Rotterdam, Falsterbo, and St. Tropez. Few horses ever achieve that. She brings proven championship horsepower to Wellington's main stage.

LA CONTESSA: CONSISTENCY DEFINED

Marilyn Little's La Contessa boasts one of the strongest international 1m55+ clear rate records in the field with 13 clears from 18 rounds, coming to a clear rate of 72%. In the Nations Cup format, reliability at that level is gold. Teams rely on horses that can absorb pressure and deliver precisely when margins are tight and La Contessa fits that pattern exactly.

GARANT: A PROVEN WINNER

Callie Schott's Garant adds another dimension. Just

two months ago, they won the CSIO5* MLSJ Grand Prix of Thermal, proving they can turn form into five-star victory. Momentum matters on Nations Cup week and Garant brings it in spades.

JORDAN MOLGA M & MCLAIN WARD: ANCHORED IN EXPERIENCE

Then there's McLain Ward, paired with Jordan Molga M.

Ward's Wellington Nations Cup record since 2010 trails only O'Connor's for clear round percentage: 6 clears from 10 rounds, 3 wins, and a catalogue of podium finishes. Globally, his reputation in team competition needs no introduction: Olympic medals, pressure rounds, clutch finishes.

In Jordan Molga M, he has a partner equal to the task.

THE STATISTICAL STANDOFF

Ireland owns the recent double-clear edge. The U.S. owns the trophy record. Cian O'Connor leads on clear percentage.

McLain Ward remains Team USA's ultimate anchor. And the highest-rated horses all stand under the U.S. flag.

Numbers, though, only frame the story, they never decide it. One rail changes everything. The second round always tests resilience as much as technique. That's why double clears are so rare and so celebrated.

SATURDAY NIGHT AWAITS

Week 8 is about far more than prize money. It's about national pride, team order, anchors and drop scores,

about turning individual brilliance into collective success.

Will Ireland extend its remarkable clear round legacy?

Will Team USA convert top ratings into an eighth Wellington victory since 2010?

Or will another nation rise under the lights?

If history is any guide, fewer than 10% of combinations will manage double clear, and those few rides will define the difference between contention and celebration.



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A NOTE FROM FLORIDA COAST EQUIPMENT

There's an electric hum around Wellington this time of year. During the Winter Equestrian Festival, the international spotlight shines on riders, horses, and the remarkable athleticism they share. WEF has grown to be more than a competition; it's where friendships deepen, families create traditions, and a global equestrian community feels at home.

For those of us who live and work here, there's another layer to the season that's just as inspiring. Behind every elegant round and every dramatic jump are

countless hands - and yes, tractors - working around the clock to keep the grounds pristine and the experience seamless.

For years, Florida Coast Equipment has understood what it takes to help create that standard of excellence. We take pride in supporting the sport we love with dependable Kubota equipment that keeps Wellington moving. It takes real teamwork, steady effort, and shared commitment to sustain a season of this caliber, and we're honored to play a small role in that ongoing story.

As we marvel each week at the trust between horse and rider, a partnership built on patience, discipline, and quiet understanding, we're grateful for the trust placed in us by WEF and its equestrian community. Local businesses, dedicated families, and hardworking teams all contribute to the foundation that makes these moments possible. At Florida Coast Equipment, we believe that collective effort is always worth celebrating.



Add a Little "WEF" to Your Closet

Shop it all anytime at the Wellington International Shop located by Tiki Hut, and on Saturday nights at the Wellington International Mobile Shop located by the carousel!



WI x Pinsnickety Back Number Pins

SP Rhodes "Sorry. Can't. Horses. Bye." Unisex T-Shirt



Wellington International Canvas Bag



SP Rhodes Wellington International Beanie



Equisite Elements of Style x Winter Equestrian Festival Embossed Sweatshirt



SP Rhodes Official Women's Nations Cup Jumper Vest



Shop them at the Wellington International Shop

SP Rhodes Kids Wellington International Baseball Hat





MCLAIN WARD AND HIGH STAR HERO

MAKE IT COUNT IN MODON GRAND PRIX

World No. 10 Mclain Ward led wire to wire to win the \$500,000 Modon CSI5* Grand Prix aboard 13-year-old Belgian-bred gelding High Star Hero, owned by Michael Smith, under the shine of Saturday Night Lights at Wellington International during WEF 7.



First to crack the code on Anthony d'Ambrosio's (USA) 1.60m track, the six-time U.S. Olympian set a tough

standard with High Star Hero. Only four would follow to finalize a five-horse jump-off, in which all combinations represented different nations. The pathfinders once again over the tie-breaking jump-off course, Ward and High Star Hero stopped the clock—with blistering speed—at 39.14 seconds.

Mark Bluman (COL) did his best to nip Ward's time but came up short by half a second riding Landon de Nyze, the 13-year-old son of Comilfo Plus Z x Quadrillo. They finished as runner-up in 39.71 seconds for owners Over The Top Stables and Mark's cousin, Daniel Bluman. Irish Olympian Shane Sweetnam rounded out the podium atop

13-year-old Irish Sport Horse gelding James Kann Cruz (Kannan x Cruising) owned in partnership between Sweetnam and Gizmo Partners. With less than a second separating the top three, Sweetnam's time notched in at 39.91 seconds.

"You always feel pressure, and all these guys are super-fast riders with very fast horses—I knew they were going to risk everything to win," said Ward, a U.S. Olympic team gold medalist. "I had to do what I thought was the winning plan, and the horse responded beautifully. He's been jumping great for the last six months, and I couldn't ask for more. Tonight, it was inches—it was phenomenal competition, and once in a

while you end up on the top end."

Despite an extra stride to the final fence on course, High Star Hero's (Zazu x Darco) footspeed sealed the victory, which was Ward's fourth in a WEF 7 grand prix. "I know exactly why I do well in this grand prix," said Ward, whose last win came in 2020 with HH Azur. "I come a little later to Florida than most people and always start a bit rusty. I often think, 'ah, I'm not doing very well.' Then, I sharpen things up about this time.

"It's been a difficult start to the year," said Ward, referring to the death of his mount Imperial HBF, resulting from colic complications one week ago. "My team has rallied and put their heads down—it's been a grind, and I'm proud of them, proud of the horse and proud to bring this home tonight."

Saturday night was Bluman's first five-star grand prix appearance with Landon de Nyze, and they jumped straight onto the podium—their third top-three placing since partnering in December.

"I'm not competing to be second, so I was a little disappointed with myself—not with the horse—because I could have taken more of a risk going into the double," admitted Bluman. "In the qualifier [on Thursday], I took a risk to the double and had it down, so I was cautious.

"I come from Colombia, and it's not a country with a horse background, so to be

sitting here with people that I grew up watching riding horses, it means the world," continued Bluman.

Bluman spoke highly of Landon de Nyze, a horse previously ridden by his cousin Daniel Bluman and World No. 2 Kent Farrington before that. With Farrington, Landon won a team gold medal and an individual silver medal for the USA at the 2023 Pan American Games. "I've never ridden a horse like this one in my life," said Bluman. "Things are coming together finally, and it's been a long hustle. Having a horse like this one means the world to me."

Sweetnam's podium finish marked the 20th individual top three in a five-star 1.60m for him and James Kann Cruz during their tenure together. Eight of those finishes came in the last year. "He hasn't knocked a fence in a grand prix since Dublin (August), and that's ridiculous," enthused Sweetnam about his mount from the 2024 Paris Olympics. "I'm blessed to have a horse that good—he really loves his job.

"I took a risk at the third-to-last tonight, and if I took another risk to the next [fence], I think I'd be sitting to my left," continued Sweetnam. "The horse was fast enough to win, but the jockey wasn't."

To conclude the night, Ward spoke of the significance of grand prix night at Wellington International, saying, "It's spectacular; the community has become so



engaged, and I also notice they are getting increasingly educated about the sport, even if they're not horse people. That shows how important equestrian sports are in this community. For most of us, this becomes our

second home—I've been coming [to Wellington] for 45 years—and it's wonderful to be welcomed and cheered for by fans, but also the younger generation. I think there's going to be fans here for many years to come."





2026 WEF VENDORS

INTERNATIONAL CLUB

Lugano
Stefano Ricci
Ritz Carlton Residences,
West Palm Beach
Sean Rush
Wellington Lifestyle Partners
Human Touch

TIKI TERRACE

French Boutique (WEF P-2)
Flor de Campo (WEF 3-4)
Irene Neuwirth (WEF 5-6)
Zoe (WEF 7-11)
SR Blackinton (WEF 12)
WEF Store
Hermès
DandyLion
Karina Brez Jewelry
Serenella

BRIDGE DECK AT TIKI TERRACE

DADA Sport
Coastal Steel Structures (WEF 5-7)
US Equestrian Store (WEF 12)
Cara VL (WEF P-1)
Horsehair Jewellery (WEF 3-4)
Hangai Mountain Textiles (WEF 5-7)
The Calvert Collection (WEF 8-12)
Weatherly Stroh Studio (WEF 8-11)

HUNTER HILL

LeMieux
Gladiator Equine
Lash LaRue
VMJ for Horses (WEF P-10)
Coastal Steel Structures (WEF 11-12)

INTERNATIONAL RING WARM UP

Prestige Italia
Horcery
Bruno Delgrange Maître Sellier
Barnwalkers
IDA Development

RING 6

Antarès Sellier
Voltaire Design
Theault

RING 9

Arion Sellier
Forestier Sellier
Sportfot
Graceful Oaks (F)
Nathalie's Café (F)

RING 10

Ringside Health
McGuinn Farms
Magdalena's Mexican (F)

VENDOR VILLAGE SOUTHSIDE

Danny & Ron's Dog Rescue
Equestrian Team Apparel
Optic Nirvana
Fab Finds by Sarah
JODS
Sofie's Boutique
Best Buds Florist
Odette Boutique (WEF P-4)
Respoke (WEF 5-8)
Flor de Campo (WEF 9-10)
Renrod Equestrian (WEF 11-12)

VENDOR VILLAGE NORTHSIDE

Loopy's Crepes (F)
The In Gate
Ride EquiSafe
Miki Saddlery
Parlanti
Equ Lifestyle Boutique
EQUIS
Vogel NYC
Kelly's Lemonade (F)

PONY ISLAND

Farm Stand
Hunters Landing
Silva's Tacos (F)
Florida Snow (F)
Best Pizza Heaven (F)
Palm Beach
International Academy
House Call The App (WEF 1-2)
Fashion Farm Girl (WEF 3, 4, 6, 10, 11 & 12)

OASIS

Charles Ancona
La Enovesé Designs
Erica Wilson (WEF P-4)
J Wilder Imports (WEF 5-6)
Odette Boutique (WEF 7-8, WEF 11-12)
Ryde Equestrian (WEF 9-10)
Devoucoux
70 Degrees
CWD Sellier
Paulina Velez Designs
The Oasis Café (F)

TRAILER ROW

Stephex
Tony Hanley Horse Supplements
Kelly Kocher Tack
Running Fox
Turner & Co.
Personalized Products
CM Hadfield's
Equine Tack & Nutritionals
Equiline
Tack N' Rider
Toasties Gourmet (F)

THE BARNs

Paddock Paws Veterinary
Dandy Products
FarmVet
Josey's Laundry
Anonymous Coffee (F)

SOUTH BARNs

Rider's Boutique
Zest
Blue Ribbon Carts
Tampico Hermoso (F)

(F) FOOD VENDOR



AROUND THE GROUNDS

From the Wellington International Photography Collective



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AROUND THE GROUNDS

From the Wellington International Photography Collective





Edvin Soto and the Gentle Giant 'Hero'

Contributed by Sarah Eakin/Paper Horse Media in collaboration with HorseGrooms

Edvin Soto was just 15 when he asked if he could work part-time—after school—at McLain Ward's Castle Hill Farm in Brewster, NY. His family was

connected to the Olympic rider, and Soto had grown up watching and learning about horsemanship. He knew he wanted to be more than an observer.

"I've been around [Castle Hill] for a while, and that's how I decided that I wanted to work for him," Soto said. "One day, I was speaking to him and asked if I could work with the horses and he said 'yes.'" After leaving school, Soto took his grooming to the next level. "That's when I started full-time and when I knew I was ready to take a big step."

Now, he is 27 and has two of the most important horses in the barn under his care; Snapchat Van de Broeckant Z and Saturday Night Lights' winner High Star Hero. His ascendancy through one of the leading show jumping operations in the world came with help from Ward's manager Lee McKeever and his wife Erica. "I'm very, very thankful to Lee and Erica for everything that they have

taught me," he said.

Soto knew of High Star Hero before he joined Ward's stable some 17 months ago. Australian grand prix rider Thaisa Erwin campaigned the horse in its formative years for owner Michael Smith—a longstanding supporter of Ward—and Soto had watched from afar. "Of course, I saw videos of him when he was jumping with Thaisa," he said. "He looked amazing. When he came to our farm, I was like, 'Oh, it's Hero! It's him!'"

Hero is imposing in stature but kind in nature. Soto was drawn to the 13-year-old Belgian Sport Horse gelding when he first arrived at the barn. He asked if he could take care of the horse and was duly appointed as his groom. "It felt like a

PHOTOS ©ASHLEY NEUHOF



connection between him and me," he said. "We're very good friends now. He has the coolest personality—I would call him a gentle giant. He doesn't have a mean bone in his body. It's nice to deal with him, and he likes to have people around."

One of those people is his owner. "He really loves Mike Smith," said Soto. "He always comes to the farm and talks to Hero, gives him treats and Hero loves him."

Smith is invariably ringside when his horses compete and was one of a team of supporters for High Star Hero and Ward. Soto was helped behind the scenes by McKeever and Craig Pollard, along with fellow groom, Ohla Kruglova, for the \$500,000 CSI5* Moudon Grand Prix. Ward and Hero put the first clear round on the board, answering Soto's prayers. "I was talking to the horse. I really wanted everything to go well and thank God it did."

The jump off brought its own degree of anxiety. "I was

very excited that he got in the jump off, yes," said Soto. "But at the same time I was nervous because we were first in the jump off and some of the other riders came very close to going in front of us. I was just closing my eyes and praying that we had the win."

Victory in the bag, Soto found out that he was expected in the arena to collect the \$500 Double H Grooms Award. He had already been given acknowledgment for his contribution to the win by Ward. "He congratulated me for all the good work I have done with Hero. He shook my hand and said thank you to me for the great job I've been doing."

When asked what he would do with his prize money, Soto's answer reflected the team behind the triumph. "I was planning on taking my co-workers to dinner... because we all do this together, it's not just me, we're like a whole team," he said.



About HorseGrooms

HorseGrooms is a global platform dedicated to supporting, educating, and connecting grooms across all disciplines of equestrian sport. Through educational resources, interviews, in-person events, and an international online community, HorseGrooms works to improve horse welfare while giving grooms the recognition, tools, and support they deserve.

HorseGrooms collaborates with events, brands, and professionals worldwide to share practical knowledge and real stories from the people who care for horses every day, from local barns to top-level competition venues.

Learn more at www.horsegrooms.com



CHAMPIONS GALLERY



Mason Maclean rode Lincom's Close Up, owned by Sandra Leiva, to champion of the WEF 7 Short Stirrup Hunter division.



Faith Varner rode her own Ballyneety Krooncruise to champion in the WEF 7 Low Child/ Adult Amateur Training Jumper 39 & Under .90m division.



Premonition, owned by Joanna Wolffer and ridden by Leo Bulger, was champion of the Younger Cross Rail division sponsored by Always Faithful Equestrian Club during WEF 7.



Emmy Sobieski rode Keoki, owned by Alston Alliance LLC, to champion in the Low Adult Amateur Training Jumper 40 & Over .90m division during WEF 6.



Deluxe, owned by Daw Ventures LLC and ridden by Daryl Whitmoyer, is pictured with Taylor Don Coyle as champion of the WEF 7 Adult Amateur Hunter 55 & Over (Sec A) division sponsored by IDA Development.



Rylynn Conway and Capella Y, owned by Conway Equestrian LLC, was awarded the Champion Equine Insurance Jumper Style Award for WEF 7 presented by Laura Fetterman, after winning the \$15,000 SJHOF 1.45m Junior Jumper Classic sponsored by Karlswood.



Varsity Blues, ridden by Jamee Crawford and owned by Legado Farms, LLC, was awarded the Champion Equine Insurance Hunter Style Award presented by Laura Fetterman after winning the 2nd round of the WEF 7 Adult Amateur Hunter 36-54 division sponsored by Karina Brez Jewelry.



SEASON STANDINGS

LEADING LADY RIDER AWARD STANDINGS

PRESENTED BY MARTHA W. JOLICOEUR, DOUGLAS ELLIMAN

1	LILLIE KEENAN USA	451 PTS
2	NINA MALLEVAEY FRA	398 PTS
3	NATALIE DEAN USA	379 PTS
4	ERYNN BALLARD CAN	371 PTS
5	MARILYN LITTLE USA	241 PTS



After consistent results during WEF 7, which now include a fifth-place finish in the Modon Grand Prix riding Dynastie de Beaufour, owned by Tara Dow-Rein and the Rein Family, French National Champion Nina Mallevey was awarded the Martha Jolicoeur, Douglas Elliman Leading Lady Rider Award.

HERMÈS 1.50M CHAMPIONSHIP JUMPER SERIES

1	ERYNN BALLARD CAN	131 PTS
2	MARK BLUMAN COL	124 PTS
3	NAYEL NASSAR EGY	121 PTS
4	CIAN O'CONNOR IRL	118 PTS
	MCLAIN WARD USA	118 PTS

\$25,000 LEADING INTERNATIONAL RIDER BONUS STANDINGS

PRESENTED BY MICHAEL SMITH

1	RICHARD VOGEL GER	\$207,366
5	SHANE SWEETNAM IRL	\$186,509
2	MARK BLUMAN COL	\$173,982
3	BERTRAM ALLEN IRL	\$173,643
4	MCLAIN WARD USA	\$166,095

DON LITTLE MASTERS STANDINGS

PRESENTED BY RUSHY MARSH FARM

1	BONNIE ORLOWSKI & LOCATO VAN HET KAPELHOF	62 PTS
2	BLYTHE MASTERS & PALERMO VAN PAAL Z	60 PTS
3	JEANNE REID & ATALANTE D'UHART	58 PTS
4	REZA SHABANI & DAKOTA Z	53 PTS
5	CAMILLE PACHECO CESARSKI & FLINT T.S. ET	52 PTS

BRAINJUICE UNDER 25 GRAND PRIX SERIES

1	CAMPBELL BROWN USA	162 PTS
2	ELISE STEPHENS USA	131.5 PTS
3	ALEXANDER ALSTON USA	129 PTS
4	EVA FISHERMAN USA	129 PTS
5	CASSIDY REIN CAN	123 PTS

OVERALL HUNTER JUNIOR/AMATEUR-OWNER RIDER

PRESENTED BY YETI

1	PARKER PEACOCK	397 PTS
2	LILLY HERZOG	376 PTS
3	CAROLINE KELLOGG	276 PTS
4	IRENE NEUWIRTH	275 PTS
5	JOHN INGRAM	271 PTS

OVERALL HUNTER PROFESSIONAL RIDER

PRESENTED BY YETI

1	VICTORIA COLVIN	1953 PTS
2	SCOTT STEWART	1200 PTS
3	JENNIFER HANNAN	1101 PTS
4	CHRISTOPHER PAYNE	941 PTS
5	MICHAEL BRITT-LEON	813 PTS



BREAKFAST IDEAS

FOR BETTER ENERGY

From green powders to collagen coffee, wellness trends are constantly changing. And while some of these ideas may sound promising at first, most turn out to be short-lived fads. One habit, however, continues to stand the test of time: starting your day with a balanced breakfast. It may not be flashy, but it remains one of the most reliable ways to support energy, focus, and performance—both in and out of the saddle.

By the time you wake up in the morning, your body and brain are running low on readily available fuel.

Eating a balanced breakfast (which literally means to “break the fast”) helps replenish energy stores and sets the tone for the rest of the day. Skipping breakfast or eating something that provides calories but little nutritional value, can lead to energy spikes followed by energy crashes. This makes it harder to stay focused and keep steady energy during training.

But, what exactly makes a breakfast “balanced”?

It’s actually quite simple—just follow the PFC rule: include Protein, Fats, and Carbohydrates.

- Protein helps keep you full and supports muscle maintenance and recovery from training. Easy options include pea protein, tofu, eggs, or nonfat Greek yogurt.
- Fats should come from heart-healthy sources like nuts, seeds, and avocado, which help provide more sustained energy.
- Carbohydrates are the primary energy source for the brain and muscles, but not all carbs are the same. Choose fiber-rich sources such as fruits,

vegetables, and whole grains like oats and whole-wheat bread—to keep your body and mind sharp in the saddle.

Here are easy, balanced breakfast options to support energy levels:

- High-protein smoothie with fruits, vegetables, and healthy fats like nuts and seeds.
- Protein oatmeal bowl with fruits, seeds and spices
- Tofu scramble or eggs with avocado and whole-grain toast

- Whole-grain toast with nut butter and berries
- Nonfat Greek yogurt with fresh fruit and whole wheat cereal
- Omelet or scrambled eggs with spinach and tomatoes

It’s also worth remembering that wellness isn’t built on one “perfect” food or routine. It’s built on practical habits that you can sustain long-term. A balanced breakfast helps support steady energy throughout the day and makes it easier to meet important nutrition goals—like getting enough fiber, vitamins, and minerals.

The key is building a breakfast routine that works for you. Daily Harvest Oat Bowls and Smoothies make

it extremely easy to start the day with fruits, vegetables, whole grains, and plant-based protein—all in one simple, convenient meal that is ready in minutes with no prep.

Wellness trends will continue to come and go. But fueling your morning with a balanced, fiber-rich breakfast remains one of the simplest and most effective ways to support your energy and overall health.

Looking for nourishing, quick-to-prepare breakfast options that fit your lifestyle? Visit dailyharvest.com. Learn more about Carolina’s approach to nutrition at hungryforplants.com.



SIP & SHOP

FEBRUARY 28
6:00 - 7:00 P.M.

LOCATION:
INTERNATIONAL CLUB LOBBY

Enjoy complimentary hors d’oeuvres & cocktails prior to the \$150,000 Nations Cup CSIO4* presented by Florida Coast Equipment

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MELANOMA & CANCER SCREENING:

Why Preventative Care Matters in the Equestrian Community

In the equestrian world, preventative care is second nature. We schedule routine veterinary exams, maintain conditioning programs, monitor nutrition, and never miss an opportunity to address a small issue before it becomes a major problem.

We understand that peak performance depends on vigilance.

Yet when it comes to our own health, screenings are often postponed until “after the season,” after the next show, after travel slows down.

At WEF and throughout the winter circuit, riders, trainers, grooms, and families spend long hours outdoors. Sun exposure, stress, travel, and physical demand are part of the lifestyle. That is precisely why cancer screening is not optional in this community; it is essential.

SKIN CANCER & MELANOMA: A REAL RISK FOR RIDERS

Equestrians face cumulative ultraviolet exposure year after year. Even with helmets and sun shirts, the Florida sun, intensified by reflective sand, increases long-term risk for melanoma and other skin cancers.

A yearly full-body skin examination with a medical professional is one of the simplest and most powerful screening tools available. Any mole that

changes in size, shape, border, or color should be evaluated promptly. Early-stage melanoma is highly treatable; advanced melanoma is significantly more dangerous.

Daily broad-spectrum sunscreen, protective clothing, wide-brimmed hats when not mounted, and routine skin checks should be part of every rider’s wellness routine — just like proper tack and conditioning.

BREAST CANCER SCREENING

For women in our community, annual mammography beginning at age 40 remains the standard recommendation for average-risk individuals. Those with family history or higher-risk factors may need earlier or additional imaging.

Breast cancer detected early has dramatically improved outcomes. The key is not waiting for symptoms. Screening saves lives because it finds disease before it is felt.

COLON CANCER: RISING IN YOUNGER ADULTS

Colon cancer is increasingly diagnosed in individuals under 50. Current guidelines recommend colonoscopy beginning at age 45 for average-risk adults, earlier for those with family history or symptoms such as persistent changes in bowel habits or unexplained anemia.

Colonoscopy is unique among cancer screenings because it can prevent cancer by removing precancerous polyps before they become malignant. It is not simply detection—it is prevention.

For those unable to undergo colonoscopy immediately, stool-based screening tests may serve as an interim option, but a conversation with a physician is essential.

PROSTATE CANCER SCREENING

For the men in our barns and families — trainers, fathers, husbands, grooms — prostate cancer screening through PSA blood testing typically begins between ages 45 and 50, depending on risk factors.

As with all screenings, individualized discussion matters. Family history and

ethnicity influence risk and timing.

THE ROLE OF ROUTINE LABORATORY TESTING

Cancer does not always announce itself loudly. Subtle laboratory changes — anemia, abnormal liver function, inflammatory markers — can provide early clues. Routine annual blood work, including a complete blood count and metabolic panel, should not be overlooked.

Persistent fatigue, unexplained weight loss, new pain, or changes in physical performance should never be dismissed as simply “seasonal exhaustion.”

A CULTURE OF PREVENTION

Equestrians are elite athletes, even if they do not always label themselves as such. Your body is your career, your independence, your strength in the saddle, and your leadership in your barn.

Preventative screening is not reactive medicine — it is performance medicine. It is longevity medicine. It is a commitment to being present for your family and your sport for decades to come.

This season, consider making one Monday the day you schedule your skin exam, mammogram, colonoscopy, PSA, or annual lab work. Encourage your spouse, your trainer, your staff, and your parents to do the same.



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HUNTER DERBIES GALORE

ON GRASS FIELD AT EQUESTRIAN VILLAGE

Tiffany Morrissey of Wellington, FL, rode 14-year-old Selle Français gelding Culligan to a blue ribbon finish in Friday's \$10,000 USHJA National Hunt & Go Derby, presented by NetJets, on the grass derby field at Equestrian Village during Week 7.

Taking advantage of the "hunt & go" format, Morrissey took her time throughout the classic round, earning an 89.1 and a 90 in the handy portion. Her use of the inside turns and high option put her and Culligan, owned by Claudia Millstone, on top with a combined score of 179.5.

"It's so fun to show on the grass. We don't really get so



many opportunities anymore for the grass, so I think everybody looks forward to coming out here," spoke Morrissey, owner of East Wind Farm.

Culligan splits his time between the adult hunters with his amateur owner and the derbies with Morrissey.

"She loves to watch him, and especially on the field, so we look forward to any weeks that we have derbies to do," stated Morrissey of her partnership with the gelding purchased from Don Stewart. "He's been awesome for me, and has been a great horse for both of us, so it's nice that we



both get to share the ride."

Close behind Morrissey in second place was Colin Syquia of Wellington, FL, and Jasper De La Tour, a seven-year-old Selle Français gelding owned by Constance Hunter, with a total score of 179.25. Meghan Knacic of Smithtown, NY, rode First Blue's six-year-old Oldenburg gelding, Vintage Blue, to third with a score of 179.

Fourteen-year-old Clara Burnham of Boulder, CO, made her debut on the grass derby field at Equestrian Village with Hardrock Harmonie SIH, owned by Eva Kennedy, in the \$10,000 USHJA National Jr/Am Hunt & Go Derby, presented by NetJets. They earned the blue ribbon with an 88 and 89 for a combined 177-point total. Scores of 88 and 87

earned Ava Barnes of Liberty Twp, OH, second place riding Valentino, owned by Rivers Edge. Third place was awarded to Johnathan Cohen, of Wellington, FL, and his own Hearsay.

"This was amazing; it was my first time ever on the derby field, and he took me around like a pro. It felt incredible," gushed the junior rider training under Jacob Pope and Nick Pongracz at Hickory Ridge. "I'm lucky that Whitney Caldwell, Eva Kennedy, Jacob, and Nick let me on such a special horse."

"He excels at the handy," continued Burnham of the horse known as Finch around the barn. "I thought I had put down a solid round on the first trip, and then let him do what he does best in the handy, and it paid off."

Save the Date **WELLINGTON BREEDERS' TALK**
Hosted by Michael Doherty

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7 PM • The Wellington Club



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