



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

WEEK 8 • FEBRUARY 25, 2025



SPOTLIGHT ON
JESSICA MENDOZA

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Florida Coast Equipment started with a small facility on Military Trail in Delray Beach, FL, hosting an office, two service bays and parts displays. From the very beginning, the team made a commitment to delivering superior customer service and unrivaled product support—a commitment that still rings true to this day—and that commitment established Florida Coast Equipment as a service-first organization. Today, Florida Coast Equipment is proud to have grown to 14 locations throughout Florida.

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SNACK SMARTER

Delicious Tips for Healthier Munching

This article is brought to you by Daily Harvest, official smoothie provider of Wellington International

By Carolina Schneider, MS, RD

Snacking often gets a bad rap, and it's true that many traditional snacks—like potato chips, pretzels and cookies—offer little nutritional value and aren't particularly beneficial to your health. But snacking isn't all bad. When done right, balanced, nutritious snacks can actually enhance your diet and support overall wellness.

Snacks can help bridge the gap between meals, especially on busy days

when you are in the saddle from sun up to sun down. They offer a quick energy boost and provide an opportunity to pack in more nutrients in a convenient, grab-and-go format.

The key to a good snack is balance. A great snack provides natural sugars for energy, fiber to help stabilize blood sugar and protein for lasting fullness. Healthy fats can also keep you energized longer and help with vitamin absorption.

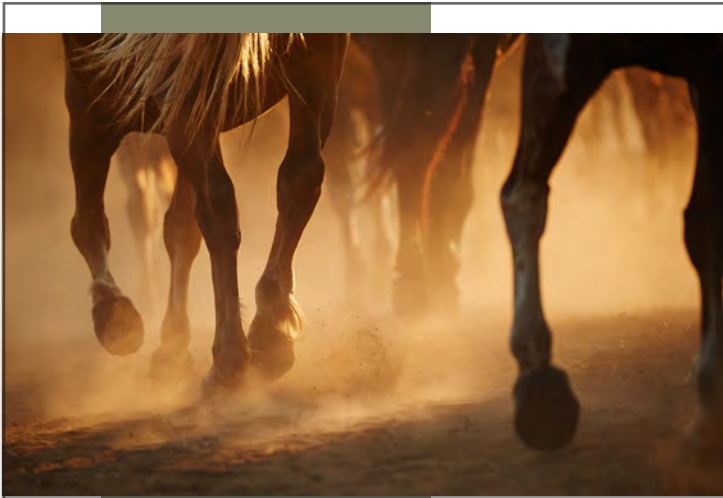
One easy way to remember this is the PFC rule: Protein, Fats, and Carbohydrates. Try to include at least two of these macronutrients in your snack. For example, an apple provides natural sugars (C), fiber and vitamins—but it might not keep you full on its own. Pairing it with nut butter adds protein (P) and healthy fats (F), making it a more satisfying snack that offers lasting energy.

I tell my clients to prioritize

snacks from whole foods like fresh produce, whole grains and nuts – and as a dietitian on the go, I take my own advice! One of my favorite snacks is energy balls made with dates, oats and nuts and my not-so-secret hack is that Daily Harvest makes it easy. They just launched their new snack Bites in four rich flavors: Fudgy Hazelnut Brownie, Chocolate Chip Cookie Dough, Nutty Banana Bread and Peppermint Cacao Truffle. While these Bites taste like a decadent dessert, they contain no added sugars and are made with energizing superfoods to fuel your day. Packed with real ingredients, each bite is as delicious as it is nourishing—giving you a treat that's both indulgent and nutrient-dense.

Looking for nourishing, quick-to-prepare food that fits your busy lifestyle? Check out dailyharvest.com and use code **DHWEF2025** for 20% off your first plan order over \$100. And learn more about Carolina's approach to nutrition at hungryforplants.com.





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Rider Spotlight JESSICA MENDOZA

Introduced to riding at a young age by her horse-loving parents, British showjumper Jessica Mendoza quickly found success in the pony jumpers. She earned the title of Leading Pony Rider by British Showjumping at just 14 before going on to represent Great Britain on the world stage. Known for her ability to bring along young talent, Mendoza takes pride in producing horses rather than buying ready-made champions.

Catch up with Jessica Mendoza:



Q *What first sparked your interest in riding?*

A From the time I was very little, my parents put me straight onto my first pony. I started with ponies in England, originally competing in what we call show ponies. It's somewhat similar to hunters but focuses more on leadline, trotting and presentation. From there, I moved into the pony jumpers. That's where I developed my love for going fast, and I fell in love with the sport.

Q *Is there a pony that stands out to you from your childhood?*

A I had one called Get Ready Freddie, and he was absolutely wild. My mom would release me at one end of the warm-up ring, I would jump the warm-up jump, and my dad would catch me at the other end—he was that crazy. But once we went in the show ring, he was unbeatable.

Q *Which riders did you look up to as a young rider and why?*

A I always looked up to British riders because they felt closest to home for me. As I got older, I remember watching Ben Maher and Scott Brash—they were the ones who left the biggest impression on me. Meredith Michaels-Beerbaum was another rider my dad would always watch on TV, especially when she rode Shutterfly.

Q *In 2015, you competed in Aachen as part of the qualification process for the Rio Olympics. What was that experience like?*

A Everything happened so quickly—the championships, the Olympic run—it wasn't something I had a big plan for; it just happened. I had an amazing horse and her results put us in that position.

Q *What's the story behind the development of 'In The Air'?*

A I have an amazing group of clients that I train, and I spend a lot of time with their moms. They're wonderful people who support their children but also wanted to support me, which

I'm extremely grateful for. They suggested finding a horse or two that could potentially be in the running for a championship or even the Olympics one day. I went out and found her—along with her brother. Ironically, we bought the brother thinking he'd be the championship horse, but he ended up needing colic surgery. While he was recovering, she stepped up, and things fell into place. We call the group the 'Moms Club'. I think sometimes when you don't put big expectations on a horse, they end up exceeding them.

Q *Do you have any horses that exceeded expectations unexpectedly?*

A Most of the horses I've had weren't ready-made five-star grand prix horses. I prefer to get them younger or greener and produce them myself. I find that approach works better for me because if you buy a fully trained five-star horse, there's a certain expectation for how it should perform. But when I bring one along myself, it's an exciting journey and wherever we end up feels like an accomplishment.

Trying horses is always tricky because you only see them once or twice. You're looking for all their positives while trying to rule out any negatives, but some horses reveal their true potential over time. I always look for heart and a good partnership. Of course, they need to be careful, scopey and brave, but a trial ride only tells you so much. Results over time give a clearer picture than a one-day trial ever could.

Q *What advice would you give to aspiring young riders?*

A One thing I always stress to my clients is the importance of mindset. It's easy to come out of the ring and blame the horse—saying it was strong in the corner or did something wrong. But instead, I think riders should focus on what they could have done better.

It's also important to find positives in every round. You can't just walk out of the ring and be negative. The horses give us so much, and we're lucky to do this. It's about learning from mistakes, not just being the boss.



AROUND THE GROUNDS



PHOTO © KATHERINE HAY



PHOTO © KATHERINE HAY



PHOTO © CHELSEA LOTHROP



PHOTO © KATHERINE HAY



PHOTO © ALDEN CORIGAN



from the Wellington International Photography Collective



WEF STANDINGS



MARTHA JOLICOEUR DOUGLAS ELLIMAN



Leading Lady Rider Award

1. Natalie Dean USA – 496 pts
2. Emilie Conter BEL – 383 pts
3. Mimi Gochman USA – 373 pts
4. Alessandra Volpi USA – 327 pts
5. Lillie Keenan USA – 324 pts



Alessandra Volpi accepts the Martha Jolicoeur, Douglas Elliman Leading Lady Rider Award for WEF 7.

PHOTO © SPORTFOT



\$25,000 LEADING INTERNATIONAL RIDER BONUS

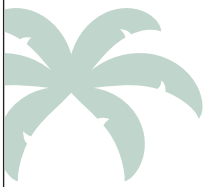
*Presented by
Michael & Wendy Smith*

1. Ben Maher GBR – 401 pts
2. Nayel Nassar EGY – 361 pts
3. Natalie Dean USA – 333 pts
4. Carlos Hank Guerreiro MEX – 309.5 pts
5. Luis Fernando Larrazabal VEN – 306 pts

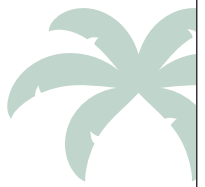
HERMÈS SELLIER PARIS

1.50M CHAMPIONSHIP JUMPER SERIES

1. Luis Fernando Larrazabal VEN – 185 pts
1. Nicola Philippaerts BEL – 183 pts
3. Spencer Smith USA – 152 pts
4. Mark Bluman COL – 149 pts
5. Nayel Nassar EGY - 146 pts



WEF STANDINGS



DON LITTLE MASTERS HORSE & RIDER COMBINATIONS

presented by



1. Lauren Brody riding Nutou – 114 pts
2. Jeanne Reid riding Atalante d'Uhart – 112 pts
3. Michael Smith riding Quality Time 4 – 110 pts
4. Camille Pacheco Cesarski riding Flint T.S. ET – 100 pts
5. Nora Keefe riding Case-Tout Z – 94 pts



UNDER 25 GRAND PRIX SERIES

1. Hallie Grimes USA – 247 pts
2. Emily Dehoff USA – 224 pts
3. Tim Brennan IRL – 219.5 pts
4. Isabelle Ehman USA – 195.5 pts
5. Taylor Cawley USA – 174 pts



LEADING HUNTER HORSE & RIDER AWARD STANDINGS

presented by THE IN GATE

AS OF WEF6: 2.23.25

1	SANDORI	GEOFFREY HESSLINK	436 PTS
2	AVENTUS	GEOFFREY HESSLINK	337 PTS
3	TRADEMARK	GEOFFREY HESSLINK	326 PTS
4	FOREVER ROMANCE	SCOTT STEWART	325 PTS
5	CARTER	BRADY MITCHELL	320 PTS

COMPETITION RINGS

- International Arena
- Mogavero Ring
- DeNemethy Ring
- Rost Ring
- Grand Hunter Ring
- South Ring
- Rings 6 -12

OFFICES & PARKING

- 1 Exhibitor Services
- 2 Administration
- 3 Show Office
- 4 Admin Parking
- 5 VIP Parking
- 6 General Parking
- 7 Stabling / Dever

SHOPPING AREAS

- Bridge Deck Shops
- Farm Stand
- Hunter Hill
- Pony Island
- Ring 6 Vendors
- South Ring Vendors
- Vendor Village
- Tiki Terrace
- The Shops at Int'l Club



FEI 7

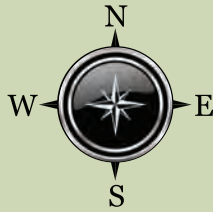
SHUTTLE STOPS #

- 1 Main Entrance
- 2 Farm Stand
- 3 Ring 6
- 4 Exhibitor Services
- 5 Vendor Village
- 6 Dever Golf Cart Rentals
- 7 FEI Barns
- 8 South Ring
- 9 South Parking
- 10 Ring 10
- 11 DeNemethy Ring
- 12 International Club
- 14 Grass Lot 5 Parking

LEGEND

- Medic
- Fire Rescue
- Gate Entry
- Restrooms
- Food Vendors
- ATM
- Handicap Parking
- Horse Crossing
- Shuttle Stop
- Shuttle Route

14440 PIERSON ROAD



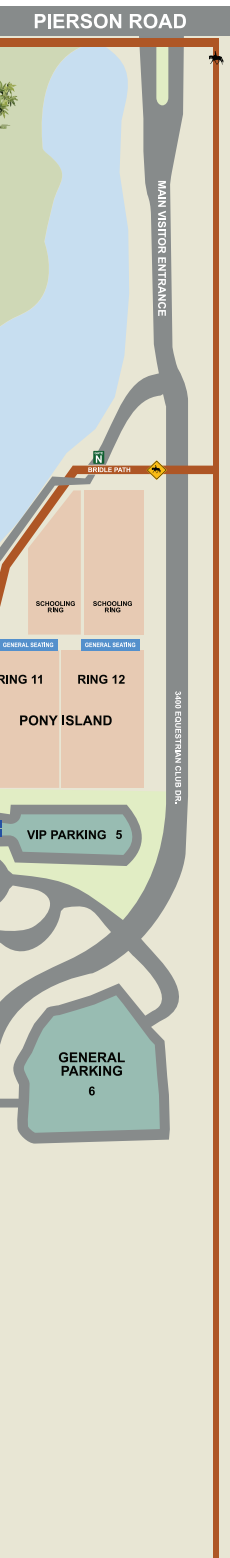
PRIVATE FARMS



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INTERNATIONAL CLUB

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- LAURACEA
- Wellington Lifestyle Partners

TIKI TERRACE

- WEF Store
- Hermès
- Karina Brez Jewelry
- KAVAL
- DandyLion (WEF 1-6)
- Equestrian Stockholm (WEF 7-10)
- Julie Keyes Art (WEF 11-12)
- Serenella

BRIDGE DECK AT TIKI TERRACE

- Dada Sport
- Michel McNabb (WEF P-2)
- Helgstrand Jewellery (WEF 3-4)
- Carol Morano Equine Art (WEF 5-6)
- Equisite Elements of Style (WEF 7-12)
- Alexander Academic Access (WEF P-1)
- DELGÉ (WEF 2)
- J Wilder Imports (WEF 3-5)
- The Calvert Collection (WEF 6-10)
- Maya Delorez (WEF 11-12)

THE BARN AT HUNTER HILL

LeMieux

HUNTER HILL

- Ola' Mair Boutique
- Vanner House
- Ryde Equestrian (WEF 5-6)
- Lash LaRue (WEF 7-12)

INTERNATIONAL RING WARM UP

- Prestige Italia
- Equitan
- Bruno Delgrange Maître Sellier
- Barnwalkers
- IDA Development

RING 6

- Antarès Sellier
- Voltaire Design
- THEAULT

OASIS

- Charles Ancona
- La Enovesé Designs
- Devoucoux
- 70 Degrees

VENDOR VILLAGE SOUTHSIDE

- Danny & Ron's Dog Rescue
- Equestrian Team Apparel
- Optic Nirvana
- Fab Finds by Sarah
- JODS
- Sofie's Boutique
- Der Dau
- Human Touch (WEF P-4)
- Gladiator Equine (WEF 5-8)
- Shop Cou (WEF 9-12)
- Equiline
- Turner & Co
- Running Fox
- Kocher Tack Shop
- Tony Hanley Supplements
- Stephex
- CWD
- Tack n Rider
- Personalized Products
- Equine Tack & Nutrition
- CM Hadfields

VENDOR VILLAGE NORTHSIDE

- Loopy's Crepes
- The In Gate
- Ride EquiSafe
- Miki Saddlery
- Hunt LTD
- Parlanti
- Fratelli Fabbri
- EQUIS
- Vogel NYC
- Harry's Lemonade

PONY ISLAND

- Farm Stand
- Silvia's Tacos
- Palm Beach Int'l Academy
- Florida Snow
- Hunter's Landing

THE BARN

- Dandy Products
- FarmVet
- Josey's Laundry
- Anonymous Coffee
- Paddock Paws Veterinary Clinic

RING 9

- Arion Sellier
- Forestier Sellier
- Sportfot
- Muddy Paws Ice Cream
- Nathalie's Café

RING 10

- Ringside Health Clinic
- McGuinn Farms
- Magdalena's Mexican

SOUTH BARN

- Rider's Boutique
- Zest
- KP Concessions



PLACES TO EAT

- Anonymous Coffee.....Barn 4
- Florida SnowPony Island
- Harry's Lemonade.....Vendor Village
- Loopy's Crepes.....Vendor Village
- Magdalena's Mexican ...Ring 10
- Muddy Paws.....Ring 9
- Nathalie's CaféRing 9
- Oasis Café.....Vendor Village
- BrainJuice Tiki HutInternational Arena
- Toasties.....Vendor Row
- Farm Stand.....Pony Island
- Silva's Tacos.....Pony Island
- KP ConcessionsSouth Barns



RETIREMENT PUT ON HOLD

for Remigio Padilla After Joining Hunter World

This article is part of a collaboration between HorseGrooms, Wellington International & Paper Horse Media.

By Sarah Eakin

Remigio 'Remi' Padilla is 62 years old and well-known throughout the show world after a long career as a show jumping groom. He retired but was recently enticed back to work in the world of hunters for rider Emily Williams, who with Autumn Janesky's Damas de Tannerre, won the \$25,000 USHJA International Hunt & Go Derby, presented by BluCreeq Spirits, during WEF 4. We caught up with Padilla after the win.

What led to your job working with Emily Williams?

I am from Mexico and I arrived in California in 1969 and began working with horses when I was eight years old. Later I went to New Jersey to work for George Morris for two years in the early '80s and then in '85 and '86 with Katie Prudent. There was a Mexican manager there who is in the Hall of Fame and who retired two years ago—Pancho Lopez. He helped me a



PHOTO © SARAH EAKIN

It takes a team according to Remi. Damas de Tannerre pictured here with (left to right) Ramiro Lopez, Remi Padilla, Ociel Barroca and Hector Garay.

lot in teaching me about horse care. I then went to work for the Firestone family and Alison Firestone, who was the rider and the trainer. It was good working for her because she looked after me and my family—my wife and my children—and they grew up with me there in Virginia.

I retired two years after I stopped working for Alison. I've known Emily since she was a junior and she's like family to me. She is a great person. She called me and said, 'I need your help.' Her owner [Wendy Janesky] had just bought a new barn, and they wanted everything to go well for the season. She asked me to come and work for her to help make that happen. I didn't know if I could because I am retired, but I said I would help. This is my first job working with hunters.

Q How would you describe Damas de Tannerre 'aka' Dan's personality?

A He has a very good personality. He is a very lovable horse, very respectful. He's calm and consistent and loves attention and being pampered.

Q How did you prepare for the USHJA International Hunter Hunt & Go Derby?

A We started early in the week with a warm-up on Tuesday and a class on Wednesday and Thursday. The four of us guys who work here, we are a team and we all helped each other to make sure he felt good and was in good spirits. That day, we had two horses showing and Autumn [Janesky] was champion in the Adult Amateurs 18-35 with Dan. Then, it was the first Derby that Emily did with him and he won. I was at the ring for the class to help Ramiro Lopez, who is the main groom for Dan and a very important member of the team. Emily always wants me to stay around her when she's showing horses. She said, 'Remy, I want you to stay with me because you're my lucky charm.'

Q What do you love most about your job?

A The greatest thing is to have a horse that appears in perfect condition when it goes to jump, so that it has a winning ride. Yes, I like it all the time when I take a horse to the ring that



PHOTO © SPORTFOT

wins or is among the best. They don't have to win to make me happy, but it's better when they do! And I know Emily wants to climb to the top and that is also important for me—to be able to help.

Q What advice did you give to somebody wanting to work as a groom at the top level of the sport?

A You must have patience and spend a lot of time with the horses. You have to be passionate about your job, the horses and dedicate your time to them.



PHOTO © SPORTFOT



CHAMPIONS GALLERY



Quartzman, Champion/Reserve Champion in the Karina Brez Jewelry Adult Amateur Hunter 36-49 Section A division with Alexandra Skiffington in the saddle.



Zara McGuigan and Hulst Summer jumped to Champion honors in the Pony Jumper division.



Caroline Hanley rode to Champion in the Prestige Italia 1.10m Junior Jumper 15-17 division aboard Floyd Van Schore.



Kenzie Smith and Graham B, Champions of the Weatherly Stroh Studio 3'3" Junior Hunter 15 & Under division.



Highlands Heaven Sent, Reserve Champion in the Younger Crossrail Hunter division with Antonia Shapiro Pasquel in the irons.



Darjeeling, owned by Hallowell Lane Farm, was named the Champion Equine Insurance Hunter Style Award from the WEF 7'3" Amateur-Owner Hunter division. Laura Fetterman is pictured presenting to rider Callie Seaman.



Laura Fetterman presents Milan Morssinkhof with the Champion Equine Insurance Jumper Style Award for his own Docile, winner of the \$10,000 NAL 1.35m Amateur Jumper Classic.



Pony Pals! Ines Goutal-Marteanu aboard Love Me Too, Champion of the Walk/Trot with friend and Reserve Champion Savannah Kelman on Fox Greek's Chorus Doll.



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KENT FARRINGTON SEEING DOUBLE

in Lugano CSI5* Grand Prix



She's ultra careful so you can run at the jumps at speed and she's an incredible competitor—a great modern show jumper.



The USA's own Kent Farrington is now two-for-two in five-star action at Wellington International. The world no. 3 rider clinched a second consecutive CSI5* victory in the \$500,000 Lugano Grand Prix aboard his 2024 FEI World Cup™ Final partner Greya during 'Saturday Night Lights' of WEF 7.

In front of a sold-out stadium, Anthony D'Ambrosio (USA) built a testing track that saw seven pairs advance to a tie-breaking

jump-off, led off by another U.S. team rider Lillie Keenan.

Keenan set a steady jump-off standard of 45.47 seconds with her FEI World Championship horse Argan de Beliard. Their lead held until Farrington and Greya—an 11-year-old Oldenburg mare (Colestus x Contender)—showcased



speed and precision to steal the lead in 40.24 seconds.

"In these bigger arenas, her foot speed is so high across the middle where there's a sprint to the next fence and that's where she makes up a lot of ground, which makes her very hard to catch," recalled Farrington after securing the victory. "She's ultra careful so you can run at the jumps at speed and she's an incredible competitor—a great modern show jumper."

Despite back-to-back wins at the five-star level against Olympic combinations, Farrington maintains that Greya has yet to fully peak. "It's an exceptional horse, but she's still up and coming, I would say. She's coming of age now where she can really compete and I'm proud of what she's showing she can do. I've always thought a lot of the horse since she was young and I'm happy how she turned out. I'm enjoying the moment.

"She's an alpha horse," continued Farrington of Greya's overall character. "She's in charge. She's very confident in herself and part of making those horses great is allowing them to keep that character and be who they are. That's ultimately what

makes them great fighters in the ring."

Irish Olympian Darragh Kenny put forth a huge effort to catch Farrington in the jump-off, but came up short by just under a second in 41.22.

"I think even if I did seven less [to the double], I wouldn't have beat Kent," he admitted after clocking a podium result with Eddy Blue, a 13-year-old Oldenburg gelding (Eldorado vd Zeshoek x Chacco-Blue)

owned by Carol A. Sollak.

"He's a different type than Kent's horse; he has a massive stride, so for me in a jump-off there needs to be somewhere I can do less strides than Kent, but I was very proud of the horse. He's jumped clear in the last eight or nine five-star grand prix."

Kenny set the Lugano Grand Prix as a goal this season and while celebrating the top finish recalled the

journey with Eddy Blue—one that interestingly also took place alongside Greya. "Myself and Kent were both jumping 1.30m at Spruce Meadows with Eddy Blue and Greya, struggling a lot and we built from there. It's quite nice to see them finish first and second in a grand prix like this after that start."

Keenan held on for third with her 15-year-old Selle Français gelding (MyLord Carthago HN x Ahorn) owned by Chansonette Farm.

"He's my reliable partner," she said of Argan de Beliard. "I've jumped a lot of Nations Cups for Team USA with him, and typically I go first for the team, so we're used to going early. He's the kind of horse that you can walk your plan and he sticks to it; he's incredibly traditional. He gave me everything once again tonight."

Keenan has grown up riding at Wellington International after first competing on ponies. "Wellington has become my home," she said. "Whenever you get to ride in front of a big crowd like this, it makes it that much more fun and meaningful for all of us. It makes the horses and the riders better."





WINNING IS BLISSFUL FOR WAILEA

in USHJA National Hunter Derby, presented by NetJets



She is a bit unorthodox in that she is tiny and a bit spicy, but we have all believed in her and tried to develop her in a really thoughtful way.



Wailea, owned by Ohana Equine LLC, has only competed in two hunter derbies throughout her career, but continued her 100% win streak by topping the \$10,000 USHJA National Hunter Derby, presented by NetJets, with Jennifer Bliss aboard.

"She's only done two national derbies and she's won both of them," Bliss said of the 11-year-old Dutch Warmblood mare who took naturally to the grass derby field at Wellington International. "She came to us last fall and didn't have a lot of experience at all. We wanted her to feel confident and have a good experience out there on the field today as it was her first time, and I'm so proud of how she rose to the occasion."

Wailea cruised around Danny Moore's hunt-and-go course to scores of 94 and 91, respectively, in the classic and handy

portions of the round. Her combined score of 185 gave her the win by a margin of just one point.

"We all love this field," Bliss continued of the change of scenery for derby action this week. "We always plan our schedules a bit around these classes so we can do them. I had not shown her on grass before, so I wanted to get a read on how she'd handle it, and I'm obviously very proud of her."

Wailea's owner, Jenn Meth, imported the mare and brought her into Bliss's program to take her to the next level. Bliss has loved the chance to get to know the horse and be part of its story.

"She is a bit unorthodox in that she is tiny and a bit spicy, but we have all believed in her and tried to develop her in a really thoughtful way," Bliss said of Wailea's progress. "Days like today are a reward for that. It's a testament to the whole team: her owner for being so patient and supportive and my husband for the management of her care. I'm the one in the ring but I could not get that result without all their contributions."

Kind words from within the team and outside of it really filled Bliss's cup as she and Wailea finished for the day.

"My friend Hannah Isop, who was second and who I really respect as a rider as she also develops a lot of young horses, was standing there as I came out of the ring today," Bliss went on. "She said, 'Wow, that horse has come so far.' That meant a lot to me, and she really has."

Based year round in Wellington, Bliss enjoys having the opportunity to stay in one place consistently while still competing at the highest levels.

"We're so lucky, and that's why we chose to base here because we're able to show at a high level and sleep in our own beds



PHOTOS © SPORTFOT



for so much of the year. My daughter is five and started kindergarten this year, so from that perspective having some semblance of a normal, settled home life, that's why we chose to settle here."

WEF 7 derby action continued with Brendan Weiss winning the Junior/ Amateur section of the \$10,000 USHJA National Hunter Derby, presented by NetJets, aboard Jaguar.

"I've been riding Jaguar for about a year and a half," Weiss said of his partnership with the Dutch Warmblood gelding by I'm Special de Muze. "I took about a 10-year break from riding and got back into it in 2023. I was lucky enough to get matched up with him and have owned him for the last eight months or so. He's a horse that tries to go out there and win every time and winning is his favorite thing. He always shows up and gives it his all."

Jaguar's "all" led to scores of 91 and 92 for a combined 183 to take the top position. Both Jaguar and Weiss enjoyed the change of scenery and jumping on the grass derby field.

"It's a very nice opportunity for us to have a different ring and to jump on the grass," he continued. "I'd say only a couple times a year I get to do that, and I think my horse really likes it. It was a lot of fun out there and I think my horse enjoyed it too."

Jaguar knew it was a special occasion, and Weiss knew to expect the horse to shine. While the victory was still an exciting one, he knows his horse can show off on a stage like this.

"It's nice to come over here and get him excited again," he said of the horse's added flair in a derby on the grass. "I think he knows when there's an option so he can jump the bigger one and he likes when the jumps look a little different, so he jumps a little harder and looks at them a little more."

During Weiss's 10-year hiatus, he focused on his career in medical sales in New York City with limited access to horses. Now that he's established in his career and back in his hometown of Haverford, PA, he is diving in head first by flying down to Wellington every weekend of the season to compete.

"I moved back in 2020 and was lucky enough to start riding with Kim Buzby at Windfall Farm," Weiss explained. "From there everything blew back up again. I think riding was a big portion of my adult life that I was missing. I'm grateful to be back in it and be with horses as much as I am now. I never thought I was going to get to compete here, and it keeps getting better and better. I'm very grateful and I feel very lucky."

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BRAINJUICE®

BRAINJUICE “BRAIN FACTS; WHY FUELING YOUR BRAIN NATURALLY IS IMPORTANT FOR ATHLETES + EVERYONE WITH A BRAIN!”

BRAINJUICE is the #1 Natural Daily Brain Supplement that is scientifically formulated for brain function, rejuvenation, development and overall health. BRAINJUICE’s proprietary BRAIN POWER BLEND of nutrients, 100% natural vitamins, minerals, and amino acids are the base of every product it produces.

Many energy drinks advertise vitamins in their products, but they add synthetic vitamins that can be harmful. Synthetic vitamins are cheaper, which is why so many products use them. Synthetic vitamins added to high doses of sugar, sodium, and synthetic caffeine that are highly concentrated and made in a lab is a very unhealthy option to choose for energy! Non-genetically modified, naturally sourced ingredients are far superior to synthetics claiming to be healthy.

BRAINJUICE, BRAINJAVA, and BRAINWATER encourage you to prioritize self-care for your brain power and mental health.

All our products are 100% natural and contain organic superfoods, vitamins, minerals, and amino acids in every formula. Each product is scientifically designed to provide clean brain energy, enhancing focus, concentration, performance, clarity, mood, and memory.



Q1: What is “sports nutrition for your brain,” and why is it important?

A: Whether you are an athlete or simply lead an active lifestyle where fitness is central, your brain has unique nutritional needs. The brain requires superfoods and clean nutrition to fuel neurotransmission to the organs, body, and muscles. This essential fuel enables your

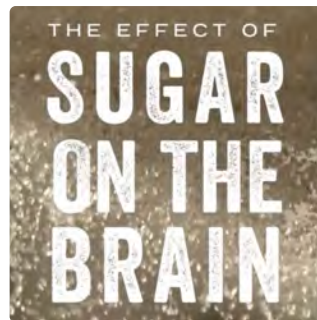
brain to perform at its best, driving you through even the most challenging days.

BRAINJUICE ACTIVE and BRAINWATER ACTIVE are specifically designed for athletes and active individuals. These products feature the proprietary BRAINPOWER BLEND of nutrients, formulated to enhance reaction time, reflexes, focus, clarity, concentration, decision-making, and overall brain performance. Recognizing the additional demands placed on the brain by athletic activity, BRAINJUICE ACTIVE also incorporates the ACTIVE POWER BLEND, a 100% natural mix of superfoods, vitamins, and minerals. This blend promotes improved circulation, oxygenation, and blood flow to and from the brain, lungs, and muscles, offering both pre- and post-workout benefits with added anti-inflammatory properties.

Key features of BRAINJUICE ACTIVE and BRAINWATER ACTIVE include:

- Zero calories and zero grams of sugar
- Plant-based, low carbohydrates, and low sodium
- 100% natural BRAINPOWER BLEND with key ingredients such as Alpha-GPC, L-Theanine, L-Tyrosine, Acetyl-L-Carnitine, Vitamins B-5, B-6, B-12, and Vitamin C
- ACTIVE POWER BLEND with organic superfoods like acerola cherry, green tea leaf extract, ginger root, CoQ10, red spinach, turmeric, and Himalayan sea salt electrolytes

With these carefully selected, scientifically proven ingredients, BRAINJUICE ACTIVE and BRAINWATER ACTIVE provide clean, effective nutrition tailored to support the demands of an active lifestyle.



Q2: How does sugar affect brain function?

A: The impact of sugar on the brain goes far beyond a quick energy boost. It affects mental health and cognitive function, often creating a false sense of concentration and focus. BRAINJUICE is scientifically crafted to provide natural, clean brain energy without the jitters associated with traditional

sugar-laden products. Using coconut sugar and monk fruit, BRAINJUICE and BRAINJAVA deliver natural sweetness without the harmful effects of excessive sugar consumption, which is known to increase the risk of conditions such as diabetes.

Coconut sugar, derived from the sap of the coconut palm tree, has a lower glycemic index compared to regular sugar, resulting in a reduced impact on blood sugar levels. It also contains small amounts of essential nutrients like iron, zinc, calcium, and antioxidants. Additionally, its fiber content supports digestion, making it an ideal choice for those looking to reduce their sugar intake.

Monk fruit, also known as Luo Han Guo, is a small green melon native to southern China. It is up to 200 times sweeter than sugar but contains no calories or carbohydrates, making it a perfect sweetener for those managing weight or blood sugar levels. Its sweetness comes from mogrosides, natural compounds with antioxidant properties.

By incorporating these healthier alternatives, BRAINJUICE and BRAINJAVA offer enhanced flavor while supporting overall well-being. For those seeking zero sugar options, BRAINWATER is a perfect choice. All of our products are made with 100% natural



BRAIN HEALTH & CLEAN BRAIN ENERGY ARE OVERALL HEALTH NEEDS!

and organic ingredients, providing clean brain energy tailored to diverse dietary needs.



Q3: How much water does my brain need?

A: Your brain needs water more than anything. Comprising 75% water, the brain relies on proper hydration to support cognition, memory, and overall brain health. Just as the Earth is made up of 71% water, found in oceans, lakes, and rivers, the human brain and body are deeply connected to nature.

Even slight dehydration can negatively affect both the planet and our brain's function, highlighting the importance of maintaining proper hydration. Water is essential not only for daily brain activity but also for rest and rejuvenation during sleep.

BRAINWATER is hydration designed specifically for your brain health. This 100% natural and fortified water includes the proprietary BRAINPOWER BLEND of vitamins, minerals, and amino acids, enriched with botanicals, fruits, and antioxidants to provide additional healing properties for both the brain and body. BRAINWATER ACTIVE takes hydration to the next level, offering a fortified formula that supports clean brain energy while nourishing the brain and body throughout the day. With its ability to fuel neurotransmitter activity, improve cognition, and enhance brain function, BRAINWATER is an essential component of maintaining peak mental and physical performance.



Q4: How much energy does the brain use each day?

A: Your brain uses approximately 20% of your total daily energy requirements, burning between 300 and 400 calories per day on average just to perform basic functions. For individuals such as athletes, business leaders, or those engaged in high-intensity mental activities, this number can rise significantly, with the

brain consuming as much as 600 calories daily due to the cognitive demands placed on it.

Energy needs increase further during activities like studying, problem-solving, learning new skills, or taking on creative and complex tasks. Abstract thinking and critical problem-solving raise the brain's metabolic rate, requiring even more energy to maintain peak performance.

Brain health is vital to your overall well-being. It is directly tied to your ability to stay motivated, plan effectively, and strategize in today's fast-paced world. Providing your brain with the proper fuel ensures optimal function and supports both physical and mental performance.

Q5: What are the effects of substances like alcohol or nicotine on the brain?

A: Alcohol is a widely enjoyed substance, whether it's a glass of wine in the evening or a cocktail before dinner. However, it is well-documented that alcohol interferes with the brain's communication pathways, affecting its ability to function

properly. Its immediate effects can disrupt balance, memory, speech, and judgment. While moderate consumption can often be managed with proper hydration and nutrients to support brain health, excessive alcohol intake poses serious risks, including permanent damage to the brain. High levels of alcohol consumption also increase the likelihood of injury and negative behavioral outcomes.

To minimize the impact of alcohol on the brain, it is essential to consume it in moderation. Supporting the brain with adequate hydration and a balanced intake of vitamins and nutrients is crucial for rejuvenation and maintaining neurological function. Responsible choices can help protect brain health while still allowing for occasional enjoyment.



Q6: How can equestrian sports and horses have a positive impact on brain health?

A: Scientists and researchers have used many techniques to study the reward hormones in the brain, and their relationships or influences over dislikes, stress management, addictions, learning, and memory. Nature and animals have a direct impact with good feelings,

healthy habits, and cognitive processes. At the same time, humans with stress, anger, and unhealthy chemical balance of the brain can cause stress and displeasure to animals and nature.

Animals, in particular horses and dogs, have a large impact on the human brain. Many parts of the brain such as the amygdala, which is responsible for emotional response and memories; the hippocampus, responsible for processing emotions and learning & prefrontal cortex, which is responsible for the management of planning, thinking, remembering, and self-control.

Love provided by an animal, such as a horse, can have a profound effect on mental health. A healthy love with your horse gives a feeling of belonging and purpose. Your horse is a mood booster that decreases anxiety, stress, and depression. Over time, the hormones released in the brain from experiencing love can lead to positive behavioral and emotional changes.

An unhappy horse is usually the result of it being in the care of unhappy people. Give you and your horse the love it deserves by focusing on your mental health, your brain health, and your overall health. This includes the mental well-being and overall wellness and happiness of everyone in contact with your horses. Unhappy people cause unhappy horses.

Mental health is overall wealth.

Visit www.brainjuice.me to learn more.



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