

July-August 2009



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Jockeys' Guild News

Jockeys Show Support For PDJF, Douglas on Belmont Stakes Day

Riders at racetracks across the United States and Canada took part in a unified show of support June 6 for recently injured jockey Rene Douglas and the Permanently Disabled Jockeys Fund.

Riders at Belmont Park and other racetracks participated in a moment of tribute and support for Douglas and his fellow injured riders at about 4:15 p.m. EDT. As a sign of unity, all active riders were asked to consider contributing one losing mount fee from their June 6 earnings to Douglas.

New York Racing Association president and chief executive officer Charles Hayward made a \$5,000 donation to Triple Crown-winning jockey Ron Turcotte and other riders on behalf of the PDJF during a special winner's circle ceremony at Belmont. The PDJF and B.E.S.T. (Backstretch Employee Service Team) were the two designated charities to benefit from the Netjets sponsorship of the riders in the Belmont Stakes. Gulfstream Park pledged to donate \$10,000 to both the PDJF and the Miami Project to cure paralysis and Emerald Downs jockeys raised \$3000.

Douglas was seriously injured May 23 during a race at Arlington Park. In 1996 he won the Belmont Stakes aboard Editor's Note, and during last year's Belmont Stakes program, he guided Dancing Forever to victory in the Manhattan Handicap.

The PDJF has disbursed more than \$2 million to assist with the living expenses of permanently disabled riders.

Edited From The Blood-Horse



Woodbine Race Course



Hollywood Park



Arlington Park



Belmont Park



Churchill Downs

In a letter to his supporters on facebook.com, injured jockey Rene Douglas updated his status and thanked well-wishers on June 29.

"I want to thank you for all your support, your prayers and all your messages. I've been trying to read all of your posts and little by little I will catch up. I've been trying to start therapy but I've had a few issues with my lungs and that has prevented me from starting rehab in full. I'm getting stronger every day with the help of my family and friends and I will give my best once I go back to rehab. The road ahead of me will be long and hard but I'm ready to face it and to do the best I can to complete it and to achieve the best results possible. I would love to thank each one of you personally, but if I did that I wouldn't have enough time to do therapy. Just know that I appreciate it and that your support inspires me everyday to continue and to give my all.

*With Love,
Rene Douglas"*

Neurological Dysfunction After Brain Injury Arises From New Circuits Formed During Repair

By Jonathan Lifshitz, Ph.D.

Traumatic brain injuries (TBI) occur during recreational and organized activities, as a result of intentional and accidental incidents, and in military and civilian settings. Incalculable thousands of TBIs go misdiagnosed or untreated, being brushed aside with colloquial terms, such as *got your bells rung*, *got dinged*, *punch-drunk*, or *knocked silly*. Falling from heights, concussive blows, and automobile accidents initiate multiple physiological, anatomical and neurological consequences. Those individuals with mild TBI – accounting for three-quarters of all TBIs – may not receive medical care at the time of the injury and only days, weeks, or even months later begin to articulate persistent post-traumatic symptoms. Over time, post-traumatic symptoms range from transient and mild to ongoing and debilitating, resolving only partially, if at all, in a delayed fashion. The multiplicity of symptoms impedes a return to the routines, daily activities and employment that were enjoyed before TBI.

TBI occurs with the transient application of a mechanical force (impact or acceleration-deceleration) to the head, leaving it permanently changed. The neurons, glia and blood vessels that comprise neurovascular units across numerous brain areas are disrupted. At the microscopic level, the injury forces cause traumatic shearing of neuronal branches (axons and dendrites), resulting in complete axonal disconnection. Axonal injury occurs in addition to overt perturbation of cellular membranes, which compromises cellular function. The blood vessels within the brain are susceptible to the same forces, which results in focal hemorrhaging. As blood hemorrhages from vessels, the surrounding tissue suffers from toxic exposure to the blood and the downstream regions experience a lack of oxygen and nutrients. These events, moreover, initiate inflammation at the sites of neuronal and vascular damage, which remains chronically in the injured brain. Surprisingly, neurons do not appear to die, but rather shrink and atrophy, indicating injury-induced cellular damage. Ensuing degenerative and endogenous reparative mechanisms in broadly distributed neurovascular units throughout the brain (e.g. sprouting, neurogenesis) likely can explain the various symptoms evident in TBI survivors.

As described above, TBI is a complex interwoven sequence of ionic and metabolic events from which damaged cells can either recover or degenerate and die. Injury taps into the brain's capacity to rewire, taking advantage of silent synapses, shifting the synaptic weight of existing synapses, and creating new synapses to allow

individual neurons to endure, recover and survive. However, regenerative responses in the diffuse-injured brain are not directed by a concentrated focus of damaged tissue. Hence, regenerating injured tissue likely grows towards other injured tissue, potentially connecting previously unconnected regions. Moreover, the injury-induced secondary signaling cascades and chronic inflammation may not only support, but accelerate, this neuroplastic growth. As a result, regenerative sprouting in the injured nervous system likely short circuits or rewires existing neural circuits. At the synaptic and cellular level, function could be restored by these regenerative responses, despite the functional deficits introduced at the circuit and behavioral level. The diffuse-injured brain cannot rely on redundant circuits to cope with the injury as has been demonstrated after focal injury. Ultimately, the unregulated reorganization of the diffuse-injured brain may deplete the future capacity for further compensation, thereby contributing to persistent post-traumatic deficits.

Disabilities Resulting From Diffuse TBI Include, But Are Not Limited To:

<i>Cognition</i>	<i>Concentration, memory, and reasoning</i>
<i>Sensory Processing</i>	<i>Sight, hearing, touch, taste, smell</i>
<i>Communication</i>	<i>Expression, understanding</i>
<i>Behavior or Mental Health</i>	<i>Depression, anxiety, personality changes, aggression, impulsivity, irritability, mood swings</i>

Neural circuits disrupted by brain injury would negatively impact the ability of TBI survivors to cope with challenging situations, both innocuous and life-threatening. These challenges may range from disturbances in a daily schedule to stressful social situations. Similar neural circuit reorganization may occur in the pathogenesis of other neurodegenerative diseases (with or without neuronal loss), scattering neural information and eliciting the affective and physical symptoms characteristic of each disease. Ongoing research continues to identify therapeutic treatments that may alleviate the morbidity, enhance the

quality of life and restore the societal contribution for millions of people living with the consequences of TBI.

For more information about SCoBIRC and its research programs, please visit <http://www.mc.uky.edu/scobirc/> or call (859) 323-7901.



Jonathan Lifshitz, Ph.D. with the University of Kentucky Spinal Cord & Brain Injury Research Center (SCoBIRC) is an Assistant Professor of Anatomy & Neurobiology; Assistant Professor of Physical Medicine & Rehabilitation.

Kent Desormeaux Is King Of The Jockeys At Pimlico - Again; Hall Of Famer Rides To Win In Inaugural Jockey Challenge

Kent Desormeaux, one of Maryland's all-time leading riders and a two-time winner of the Preakness, took home the \$14,000 first prize in the inaugural Jockey Challenge May 15 at Pimlico.

Desormeaux, who won five riding titles at Pimlico during the 1980s, set an all-time record when he rode 599 winners in 1989 to earn his second of three Eclipse Awards. He led the nation in victories in 1987, 1988 and 1989 when he was based at Pimlico and Laurel Park.

Javier Castellano finished second and Garrett Gomez finished third.

The Maryland Jockey Club, which teamed with the Jockeys' Guild for this event, is making a \$5,000 donation to the Permanently Disabled Jockeys Fund. The jockeys participated in a morning autograph session and posed for a special souvenir poster.

"The event is a win-win for racing, the fans, and riders who have suffered life-threatening injuries," said Terry Meyocks, National Manager of the Jockeys' Guild.

Improving On-Track Emergency Medical Services

By Dr. Barry Schumer

At a time when all of us associated with the sport of horse racing and particularly, those of us connected to the Guild have been so touched, moved, and saddened by the terrible accident involving our friend Rene Douglas, we are reminded of the importance of our continued efforts to upgrade emergency medical services available to injured riders at tracks across the country.

As Keeneland's Medical Director, I have been privileged during the past 18 months to work with the Guild on a number of health care initiatives most of which have centered on our attempts to improve emergency medical services for riders following spills which, as we have seen, needs to be an on-going priority for us all.

The development of the Jockey Health Information System has assisted racetrack and emergency room personnel in the treatment of rider injuries and has proven to be an innovative way of riders maintaining a portable health history that can follow them from track to track. We currently have over 200 riders participating with the program with new riders signing up daily.

Currently, the Guild is working with the TRA on a project to publish a set of minimum standards for race track first aid emergency services around the country. These guidelines will assist tracks as they put in place protocols for treating injured riders and will address a wide range of issues including medical staffing on site during the races, first aid equipment and protocols, transportation guidelines for riders who must be moved to an emergency department, and even the types of hospitals to which riders should be transported.

The Guild has established relationships with both the Miami Project for the Treatment of Paralysis at the University of Miami in Florida and the Brain and Spinal Cord Research Center at the University of Kentucky to monitor research developments and to facilitate the possible participation of our membership in clinical trials being performed using patients who have suffered brain or spinal cord injuries - this as a means of offering to membership the opportunity to access new and innovative treatment options following injuries under the watchful eye of the FDA who approves and supervises such research programs.

At a time when safety issues have dominated the discussion in our sport, the Guild continues to move forward and work to insure that rider safety and wellness continues to be an on-going priority for us all from this point forward.



Dr. Barry Schumer is Keeneland's Medical Director and the developer of the Jockey Health Information System. Those tracks now part of the JHIS: Aqueduct, Arapahoe, Belmont, Beulah, Calder, Charles Town, Churchill, Del Mar, Fair Grounds, Gillespie County Fair, Golden Gate, Great Falls, Gulfstream, Hawthorne, Hollywood, Hoosier, Keeneland, Laurel, Lone Star, Louisiana Downs, Manor Downs, Oaklawn, Penn National, Pimlico, Portland Meadows, Prairie Meadows, Remington, River Downs, Saratoga, Santa Anita, Sunland, Thistledown, Turf Paradise, Turfway, Will Rogers Downs and Wyoming Downs

Keeping Jockey's Diets On Track

Fowler said he has the utmost respect for the jockeys he serves, and he understands the strenuous nature of their profession.

At 6-foot-3 and just over 300 pounds, Sacramento's Don Fowler cuts a striking figure next to Jamaican jockey Barrington Harvey, who is 5-foot-5 and 115 pounds.

Fowler prepares meals for Harvey and three dozen other mule, quarter horse and thoroughbred racing jockeys each day at the San Joaquin County Fair's racetrack. He is a self-taught cook who moves from fair to fair throughout California, catering to jockeys, trainers, groomers, valets, owners and anyone else who comes into Don's Winner's Circle Cafe. Fowler focuses on meals high in protein and garnished with fresh fruit, and he serves a lot of salads - chef's, shrimp and grilled chicken are among the favorites.

For weight-conscious jockeys, Fowler holds a special place as both dietician and fan. "Don's been around for a couple years to assist us with our health, diet and food," Harvey said. Jockeys tend to eat before races and afterward, when they may grab a sandwich from Fowler for their trips home. "He always makes me an egg sandwich right after my race, with lettuce, tomato, mayonnaise and toasted bread," Harvey said. "He knows how I like my sandwiches."

It isn't always easy catering to jockeys with finicky appetites. "They eat a lot of fruit and vegetables, chicken and tuna. Every now and then, they'll have a cheeseburger if they have a few pounds to spare."

Fowler began touring regional fairs in 2002, but he fell in love with the world of horse racing at a young age. His occupation has brought him home. "We lived in Stockton in the early '60s, when I was 7 or 8. I remember the first day my dad took me to the races. ... I couldn't wait for the races to come back every year," the 52-year-old Fowler said.

Harvey, who has spent 12 years on the fair circuit, also is a familiar face in the close-knit world of horse racing. At 46, he has been racing longer than many jockeys on the track. Most retire before they reach 30.

Harvey runs five miles and performs a battery of stretches to warm up before each day's races. Like most jockeys, he is also particular about his diet. "I like salad and fruits. I don't like to eat starchy food before I ride. At night I like to cook fish, chicken and steak on the grill sometimes."

Regional produce reminds Harvey of the tropical foods he enjoyed in Jamaica. Fowler reports that riders enjoy local avocados and jalapeños, as well as raw lemons and limes, which some jockeys believe suppress their hunger.

The pressure placed on jockeys to maintain a low body weight can be intense. Many riders use saunas to sweat off excess water, and some induce vomiting to purge themselves after eating in a process known as "flipping." Fowler said such eating disorders are not as prevalent today as they once were on the racing circuit. Medical personnel and valets are present at every venue to ensure that jockeys are well-hydrated.

Fowler said he has the utmost respect for the jockeys he serves, and he understands the strenuous nature of their profession. "(The jockeys) work hard, and they're very dedicated. When they come in from a race, it's like they just ran a marathon," Fowler said. "I take my hat off to them."

Shuffling back and forth in his tiny kitchen, calling out orders and greeting old friends, Fowler is a large and indispensable part of the region's horse racing world.



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Longtime Chicago-based jockey **Chris Emigh** notched the 3,000th victory of his career when he guided John Reinhart's Thanks Lord for trainer Frank Kirby to a 1-3/4-length win in the fourth race May 30 at Arlington Park.

Robby Albarado became the 56th North American jockey to reach the 4,000-victory milestone when he rode Barbara Hunter's Keertana to victory in the ninth race at Churchill Downs on May 30.

Jockey **Julien Leparoux** won the 1,000th race of his career when he guided My Little Connor to a 1-3/4-length victory for trainer David Vance in the third race at Churchill Downs May 13. Leparoux also captured the leading rider title at the Churchill Downs spring meet with 62 wins. Calvin Borel was second with 61.

History was made in the June 16 Windsor Castle Stakes on the first day of Royal Ascot when 33-1 Strike the Tiger became the first ever American-trained horse to win at the prestigious meeting. The winner gave jockey **John Velazquez** his first Ascot success. Strike the Tiger is trained by Wesley Ward. The same jockey/trainer combination scored again at Ascot on June 17 when Jealous Again won the Queen Mary Stakes (Eng-G2). Velazquez was substituting for the injured Rene Douglas who was originally scheduled to ride at Ascot.

New members - Josean Ramirez, Laurent Beaucamp, Luis Colon, Anna R. Napravnik, Michael J. Straight, Jenna Ruth Joubert, Jeffrey Sanchez, Kate Repp, Oscar Gomez. **Jerry Bailey** and **Pat Day** have reactivated their membership in the Jockeys' Guild as retired members.

Carter Wins 12th Remington Park Title

G.R. Carter Day Declared In Oklahoma

Jockey G.R. Carter continued his dominance in Remington Park standings, closing the meeting with 89 wins to finish atop the standings for 12th time in track history while winning his sixth consecutive title.

The Remington Park season closed May 31 and was declared G.R. Carter Day in Oklahoma, recognizing the Pawhuska, Oklahoma native for his outstanding achievements in the sport. Carter was also honored with his own bobblehead giveaway.

Carter finished the season with \$1,926,574 in total mount earnings, setting a new record, breaking his own mark. **Cody Jensen**, riding at Remington for the first time after many years at Los Alamitos finished in third place and second in earnings with \$1,079,038.

The Annual Assembly

will be held during the

Symposium on Racing

and Gaming

December 7-10, 2009

at the

Westin La Polama Resort

in Tucson, Arizona.

2009 Jockeys' Guild Board of Directors

John Velazquez, Chairman	Robby Albarado
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