

## **For Immediate Release –**

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# **Dressage Rider Caroline Roffman Journals Her Training and Competition Experiences at Barnby Notes**

*Wellington, FL (September 13, 2010)* . The ups and downs of dressage rider Caroline Roffman's riding and training life are now available for everyone to read about, as Roffman has joined an elite group of equestrians who journal online about their training experiences at Barnby Notes. Roffman is a public notebook contributor for [www.barnbynotes.com](http://www.barnbynotes.com), joining public notebook contributors and riders Stacey Collier, Maria Lithander, Geena Sturzebecher, Genay Vaughn and soon Tami Hoag.

As we all know, riding, training, competing and dealing with horses is a roller coaster experience, Roffman said. It's great to look back on Barnby Notes and have a sense of accomplishment and it's also great to look back and see how you fixed something. I started writing for Barnby Notes before the Young Horse Championships and soon I will be adding my notes from Gladstone.

Barnby Notes also gives dressage riders the chance to read through notes kept by Lendon Gray, Susanne Hassler, Betsy Steiner, Courtney King-Dye, Beth Baumert and Charlotte Bredahl, just to name a few. Barnby Notes believes that riders need to ride, write and reflect and that the practice of writing down ideas, such as training techniques, increases memory retention by 80 percent.

Reading through different riders' notebooks can really give you great ideas and maybe someone else has the answer to something you have been struggling with, Roffman said. Everyone writes differently and I have found you may like and relate to the way one rider writes over another. The great thing is that Barnby Notes gives you many riders to choose from. I recently read Courtney King-Dye's notes and found them very inspiring.

Roffman's career has proved to be inspirational, as she successfully rose through the Junior and Young Rider programs. Now a professional, the talented 21-year-old rode her Hanoverian gelding, Bon Chance, to the Five-Year-Old Championship at the Markel/USEF National Young Horse Championship in Lamplight. It was the first national championship for Roffman, who lives in Wellington, Florida, and trained Bon Chance.

Roffman, who trains with Olympian Lars Petersen, will get to write about her training experiences with Bon Chance, and several other young horses she has in training, on Barnby Notes and Roffman is looking forward to the task. %I have journaled personally over the years but never about my training,+she said. %I hope to continuously train and show horses at the upper levels both in the United States and internationally. I will be able to write about my training experiences along the way, which I look forward to.+

Following her win with Bon Chance, Roffman competed her horse Bulgari 5 in the small tour at the 2010 USEF Festival of Champions in Gladstone, New Jersey. %I am about to add those notes to my Barnby online notebook, and hopefully later I will be able to look back on those notes if I need motivation or help in a particular area with a horse.+

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*Photo: Caroline Roffman and her Hanoverian gelding, Bon Chance, won the Five-Year-Old Championship at the Markel/USEF National Young Horse Championships in Lamplight, Illinois. Roffman is now writing for the online website Barnby Notes, writing about her training and competitive experiences. (Photo courtesy of FireandEarthPhoto.com)*