



Mary D. Midkiff
46 Hill Road
Louisville, KY 40204

Career Highlights

- Creator and founder of the Women & Horses™ Fitness and Performance Program, workshops and related products
- Award-winning, best selling author of *Fitness, Performance and the Female Equestrian* (Howell Book House) and *She Flies Without Wings: How Horses Touch a Woman's Soul* (Delacourt/Random House)
- President of Equestrian Resources, specializing in support services and products for the horse industry.
- Speaker and clinician at state, national and international horse expositions
- Instructor/Trainer, certified Horsemaster® (British Horse Society and the Maryland State Department of Education)
- Executive Secretary of Showing and State Horse Councils, American Horse Council, Washington, D.C.

1991-Present	President, Equestrian Resources
1991-Present	Creator and Founder of Women & Horses™ programming, workshops and products
2001	Author, “She Flies Without Wings: How Horses Touch a Woman’s Soul” released by Delacourte Press, a division of Random House, Inc. Published in five languages worldwide.
1996	Author, “Fitness, Performance and the Female Equestrian” released by Macmillan Publishing

- 1986-1991** Executive Secretary for Showing and State Horse Councils, American Horse Council (Washington, D.C.)
- 1981** Bachelor of General Studies Degree in Advertising and Communication from the University of Kentucky
- 1976** Horsemaster® Certification, Potomac Horse Center (Gaithersburg, MD)

Background

Mary D. Midkiff is an award-winning, best-selling author of *Women & Horses*™ books and an internationally recognized clinician, educator and professional horseperson (recently featured in the article “It’s All About Horses” – Spring 2006 edition of the *University of Kentucky Alumni Magazine*). As President of Equestrian Resources and founder of W&H programming, she has spent a lifetime of passionate dedication finding ways to better manage, care for and relate to horses and their needs, and creating partnerships between people and horses through education and product development.

Midkiff is the author of *She Flies Without Wings: How Horses Touch A Woman’s Soul*, released in North America by Delacourte Press, a division of Random House, Inc., in April 2001. “She Flies” was the number one best selling non-fiction book in Lexington and Louisville, KY and Cincinnati, Ohio upon its release in April and May of 2001. It reached number one in Denver, CO and stayed in the top ten list for several months in this regional market. “She Flies” has been printed in five languages (including Chinese, Swedish, Dutch and German) and has been released in eight countries. Midkiff received the national literary “Willa Award” for memoir/essay from the Women Writing the West organization in October of 2002.

Macmillan published Midkiff’s first book entitled *Fitness, Performance and The Female Equestrian* released in October of 1996. “Fitness” is currently published by Howell Book House a division of John Wiley Publishing and has had resurgence as a result of the popularity of “She Flies”. PFPE remains the definitive source for young and adult female riders.

In 2005 and 2006 Midkiff was the featured expert in the Equestrian World “**Equine Tips**” segments and advertisements on RFD-TV. She was also the featured expert and voice of the PBS documentary “**Riding in Stride.**”

Midkiff launched **Equestrian Resources (EQR)** in 1991 in Alexandria, Virginia as a company specializing in support services and products for the equestrian world. EQR is currently based in Louisville, KY and is a division of Racing Resource Group, Inc.

In 1992 *Women & Horses*[™] (W&H) Fitness and Performance Program was created which spawned workshops and a “Get Fit To Ride” video series featuring the Equestrian Ball and Band exercise equipment and teaching devices to assist female riders in finding their balance, comfort, effectiveness and safety in riding. She continues to travel extensively discussing and demonstrating the benefits of a targeted exercise program for the rider and specific tools to help calm and focus the horse.

In November 1995, Midkiff received an award from the American Medical Equestrian Association (AMEA) in recognition of her outstanding service to the horse industry and the AMEA.

In conjunction with the development of W&H, Midkiff partnered with the American Quarter Horse Association to establish and develop a new perpetual award program through the Women's Sports Foundation called the AQHA National Female Equestrian Award to recognize and reward an outstanding female equestrian annually.

From 1986-1991 in Washington, D.C., Midkiff served as the **American Horse Council's (AHC)** Executive Secretary of Showing, State Horse Councils, and the Animal Welfare Task Force. She traveled around the country on behalf of AHC speaking and promoting the many positive aspects of the horse industry, presenting factual industry data, and informing various groups of legislative and organizational activity. Her articles were published throughout the trade press and she has been quoted as an equestrian expert on many occasions. She acted as liaison to the American Youth Horse Council and received a 1990 National Youth Leadership Award.

She coordinated an annual state horse council educational conference, and AHC's annual convention in Washington, D.C., arranging and implementing for the first time, a sponsorship program to support the many special events and professional programs featured.

Midkiff also represented AHC on the Farm Animal Welfare Coalition, a national group of agriculture-related producers and users concerned about the animal welfare issue and being prepared in times of adversity. In 1990, while attending the World Equestrian Games in Stockholm, Sweden, she served in an advisory capacity representing the United States before the FEI's committee on Animal Welfare. Midkiff was editor of the "Horse Industry Directory," a comprehensive listing of organizations and companies associated with the industry.

Further Background

Ms. Midkiff is a native of Lexington, Kentucky and a University of Kentucky graduate with honors in Advertising and Communication. During her lifelong involvement in the horse industry she has interned at *The Blood-Horse Magazine*; acted as a consultant for the nationally recognized sales and auction company Fasig-Tipton; proffered for a bloodstock agency; assisted in creating and promoting the Fair Hills (MD) Thoroughbred training center; commissioned to evaluate and analyze a resort/ranch hotel riding concession (Hana, HI); consulted with the Maryland State Department of Education on developing and managing the Potomac Horse Center; and worked as an administrator for a Standardbred racing and breeding partnership in New Jersey.

Outside the horse industry Midkiff was employed by the New Jersey State Historical Society from 1982-85 to manage *Morven*: Former New Jersey Governor's Mansion and 18th century national historic site home of Declaration of Independence signer, Richard Stockton, guiding tours, planning events and scheduling programming in Princeton, New Jersey.

Growing up in the heart of Bluegrass country, Midkiff has always had horses in her blood. Her grandfather, Dan B. Midkiff, Sr., was a well known horse industry entrepreneur, training for such notables as Louis B. Mayer and Nelson Bunker Hunt. He was a Thoroughbred race horse trainer, owner and breeder; designer, builder and owner of Thoroughbred farms and training centers throughout central Kentucky; one of the founders and builders of the historic Keeneland Race Course; and first president of the Thoroughbred Club of America.

A Versailles, Kentucky Thoroughbred breeding farm was her home and her playground until she was 9. Her family then moved to Lexington and she continued riding through lessons and working at horse facilities. Her riding skills include saddleseat equitation, hunt seat equitation, dressage and combined training. She also spent many hours on the range helping her father herd cattle when he moved to Texas. She completed the University of Kentucky's equitation program with honors and received her Horsemaster's certification in 1976 from the Maryland State Department of Education and the British Horse Society. Midkiff has instructed and trained horses for the past 30+ years.

She was awarded the annual Boulder County (Colorado) Horse Association's Achievement Award for 2002. She was also the creator and organizer of the annual BCHA Public Lands Appreciation Day in Boulder County.

Mary D. Midkiff moved to Louisville, Kentucky in March of 2007 and resides there with her husband, Tom Aronson, Vice President of Churchill Downs, Incorporated. She is an active rider, trainer and instructor focusing on creating successful horse and human partnerships.

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Midkiff Major Presentations as of August 2007
Visit www.womenandhorses.com calendar

All American Quarter Horse Congress
American Horse Council
American Horse Publications
American Horse Shows Association (USA Equestrian)
American Medical Equestrian Association
American Morgan Horse Association
Capitol Hill Equestrian Society
Colorado State University
Equine Affaire (CA, MA, OH)
Equitana Asia Pacific, Melbourne, Australia
Equitana USA (KY, CA)
Iowa Horse Fair
International Livestock Congress
Kentucky Horse Park
Kentucky Rolex 3-Day International Event
Los Angeles Fairplex
Maryland Annual Pleasure Horse Symposium
Michigan Horse Exposition
Midwest Horse Fair
Minnesota Horse Exposition
New Mexico Horse Fair
North American Horsemen's Association
Ohio University Southern Campus
Pacific Coast Arabian Horse Shows Association
Rocky Mountain Horse Exposition
Rutgers University
Steve Reagan Expo, Salt Lake City, UT
Tennessee Horse Council
The Fairgrounds at Strawberry Hill, Richmond, VA
United States Eventing Association
United States Pony Clubs
University of Arizona
Washington State Horse Council
Wisconsin Horse Exposition
Women's Sports Foundation Annual Clinic, NYC

Radio/TV

Horse Show, Equitana USA, Louisville, KY
Horse Talk, Denver, CO
New Woman, Lexington, KY
The Morning Show, Ft. Collins, CO
Trackside, Middleburg, VA

RFD-TV Equine Tips spots 2005-2006
RFD-TV Advertisements for Tarter Gate/Equestrian World
PBS "Riding in Stride" Television Documentary 2005

Articles

Midkiff's articles or articles about her have appeared in the following publications.

Appaloosa Horse News
Cape Cod Times
Chicago Tribune
Denver Rocky Mountain News
Denver Post
Newsday
The Robb Report
Conquistador
Dressage and CT
Dressage Today
EQUUS
Hoofbeats (Australia)
Horse and Horn (Australia and NZ)
Horse & Rider
Horse Illustrated
Horseman's Yankee Pedlar
Horseplay
Maverick Press
Practical Horseman
Quarter Horse Journal
Saddle & Bridle
SPUR Magazine
The Blood-Horse Magazine
The Chronicle of the Horse
The Gaited Horse
The Horse (England)
The Northeast Equine Journal
The Philadelphia Enquirer
Trail Blazer
University of Kentucky Alumni Magazine
USEA News

