

## Get to know Tana Poppino....Part One

June 28, 2010 by runbikeride

☆☆☆☆☆ Rate This

Tana Poppino is from Big Cabin, OK and fulfilled her life long dream of qualifying for her first Wrangler National Finals Rodeo in 2006. She made the top 15 again in 2007 and also won the famous Calgary Stampede on her beloved horse Amigo. With over 400,000 in career earnings, Tana is one of the top barrel racers around. Currently Tana is sitting third in the 2010 NFR Standings.



**How do you keep your horses conditioned when you are hauling up and down the road? do you have a particular schedule that you live by? Do you try to get in a long trot session every day? What is your routine?**

The one thing that is consistent on the road is inconsistency. Some days we run at 7 am, other times in the afternoon, or could be late at night, so I have no set routine. If we aren't running hard, I try to ride for about an hour including 15 minutes of long trotting and at least 15 minutes of loping. If we are running every

day, I will try to find somewhere to turn my horses out and just let them be horses and graze or whatever they want. My routine includes thorough examination of each horse, and then I work on whatever is sore or just basic maintenance.

**What is the scariest thing that has happened to you while hauling?**

Several years ago when my son was young, I thought I lost him at Ft. Smith. He was supposed to meet me at a certain place as soon as the barrel race was over, and he misunderstood and waited somewhere else. I was terrified that the rodeo would end before I found him.

**What is ONE safety measure that you recommend all ladies follow when out on the road?**

Always be aware of your surroundings, and trust your gut. It's usually God trying to warn you.

**Favorite place to stop and eat when hauling?**

Taco Bell for fast food, Applebee's or Texas Roadhouse for a sit-down meal.

**What rodeo do you look forward to all year?**

Houston, because "Camp Houston" offers us such a great place to hang out and relax for several days. The Hospitality Committee is awesome. They make us feel at home. We have great Bible studies at night in the Cowboy Bistro tent, and let's not forget, the great food provided by Ted and Linda Weisse. It's kind of the unofficial end of the winter run.

**Please stay tuned for more to come from Tana Poppino!**

---