

TheraPlate Welcomes Newest Ambassador: NAJRYC 2* Gold Medalist Shelby Brost



Ocala, FL (May 7, 2018) – Canadian three-day rider Shelby Brost doesn't just win big events, she *is* a big event, now that TheraPlate Revolution has named the talented 19 year-old teenager as its newest ambassador. Brost has been named to Canada's 'No Boundaries' list of riders cited for their potential to represent their county on the international stage, and in 2017 was the top-placed Canadian entry at the Bromont International Three-Day Event.

Brost, who began riding in the fifth grade in her hometown of Red Deer, Alberta, Canada, now rides out of Ocala, FL, where she has won the 2016 Ocala Horse Properties International Intermediate championship on her 15.3 hand Thoroughbred (Etta x Cojak) mare, *Across the Coals* (aka, *Crimson*) and was third in the 2017 Ocala Winter II Horse Trials Intermediate on her KWPN (Recruut x Absurd Hours) gelding, *Namasté* (aka, *Yogi*).

At just 15, she moved to Temecula, CA, to become a full-time working student for Canadian Olympic veteran Hawley Bennett, before moving to Ocala to train under Canadian Olympic and Kentucky Three-Day veteran, Kyle Carter, in preparation for the North American Junior Young Rider Championships (NAJYRC), first winning Bronze as the only Canadian entry in the Top Ten, and then Gold in 2016, where she was the only competitor to finish on the strength of her dressage score in the NAJYRC 2*.

But Brost hasn't done it alone. Her horses, and their TheraPlate, have been with her on this ride of a lifetime: "All my horses use it daily and love being on it. Yogi is a little older (18) and longer backed, so the TheraPlate has really helped his topline and overall development. Crimson uses it for general maintenance at least once a day, and I used the 'bowed tendon' setting for another horse and it healed up really well. It helps with recovery, and all my horses go on it before a workout. TheraPlate is great for so many different reasons!"

TheraPlate and its newest ambassador will have so many more reasons to work together as Brost sets her sights on competing later this year at the Bramham U25 CCI3* and qualifying for the World Equestrian Games in Tryon.

"I intend to work as hard as possible to become competitive at the four-star level. My goal is to medal for Canada, hopefully in next year's Pan American Games and the 2020 Tokyo Olympics, too."

To keep riding forward she says every little bit helps and that's going to include keeping her horses in tip-top shape thanks to TheraPlate.

TheraPlate Revolution stands up to the conditioning challenges that today's equine athletes face and offers increased circulation and pain reduction, enhanced muscle tone and overall improvement in the quality of their warm-ups and cool-downs during training. Learn more about the TheraPlate Revolution and why top riders and horse care teams choose it as part of their winning strategy at www.theraplate.com.

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Photo 1: Shelby Brost with her other 4 legged companion enjoying the TheraPlate. (Photo courtesy of Shelby Brost)

Photo 2: Shelby Brost flying high. (Photo courtesy of Shannon Brinkman Photography)