

# Salmon trainer captures IMPRA Women's All-around

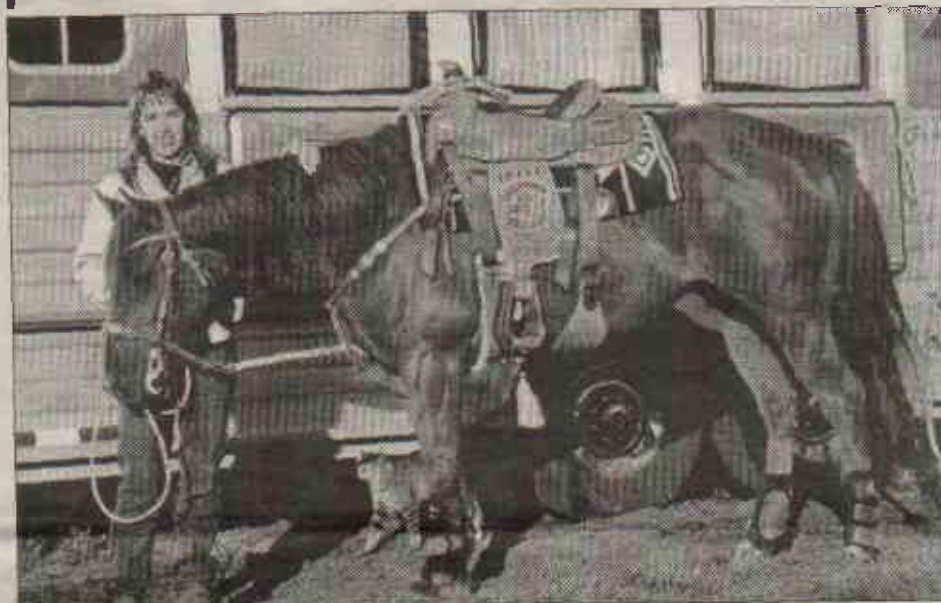
Susan Dudasik  
Horse Sports

SALMON, Ida. - When Salmon trainer Sadie Cook heard a sales ad on the local radio for a 4-year-old registered Quarter Horse gelding, it piqued her curiosity. The seller was only asking \$800 so she decided to check him out. When she did, the sorrel gelding literally chased her out of the pen. "He was mean, nasty, and not even halter-broke" said Cook, "but, I liked the looks of him."

She told the owners if they could deliver him, she would take the horse. When he arrived, they simply backed the trailer up to the corral and let him out! As she watched Poco, her newest challenge, gallop around the corral, Cook never imagined that five years later, he would play a vital role in her winning the 2001 Intermountain Pro-Rodeo Association's Women's All-around title.

Cook started her riding career at the age of two and by the time she was six she was riding competitively in 4-H, Little Britches and the Central Idaho Horse Show Association (CIHSA). Though she has competed in both the English and Western show ring, her heart lies in rodeo events. As a member of the Salmon High School Rodeo team she competed in cutting, poles, goat tying, barrels, breakaway roping and team roping. Though she began barrel racing at age six, Cook didn't start competing in breakaway roping till her sophomore year. As a senior she won the District I All-around High School Rodeo Cowgirl title and after graduating from Salmon High School in 1994, Cook hung out her trainer's shield.

*Sadie Cook and NHR Perfect Rumbo, finished 5th in barrels in the IMPRA's year-end standings and earned three out of four checks at the American West 4-D Barrel Racing Finals in Reno, Nevada. Miller Photo*



*Sporting the saddle he helped win, Saint Poco Rey, poses with his owner/trainer Sadie Cook of Salmon, Idaho, who won this year's IMPRA Women's All-Around title.*

Currently when not on the road, she trains full-time and works part-time at the Blue Cross Vet Clinic in Salmon. She's a member of IMPRA, American West 4-D and the Golden Valley Girls Rodeo Association (GVGRA). Aside from training barrel and roping horses, for the past several years Cook has prepared horses for the Salmon Select Horse Sale held each April. In 1999, one of her client's horses, Hot Scotch Dream, was tied for the honor of High Selling Horse.

For Cook, winning the all-around title was an culmination of years of work. "I didn't start this season with the all-around goal in mind. My goal was to finish in the top-ten in breakaway for the Finals," remarked Cook, who finished 4th in the breakaway and 5th in barrels. "The all-around was the

icing on the cake!"

Cook gives a lot of credit to her horses, first her "challenge" horse, Saint Poco Rey, now a nine-year-old, which she uses for roping, and her barrel horse, NHR Perfect Rumbo, an 11-year-old registered sorrel Quarter Horse mare. Her third horse, C.C. Somethin Special, a 5-year-old, registered bay Quarter Horse mare, which Cook raised, was named the GVGRA Novice Pole Horse for 2001.

Cook is also quick to give credit to those who helped her along the way. "My mom and stepdad have helped by supporting me throughout my career and my mom has traveled with me to every rodeo this year," said Cook. "For the past several years Sue Smith has helped me immensely and taught me about training barrel horses."

And as her interest in roping increased, Cook sought out top roper, Jill Lufkin of Menan, Idaho. "Jill is an awesome roper, teacher and example to follow; she improved my roping beyond my expectations."

Competing in the IMPRA has been a wonderful experience for Cook. Aside from the time she earned a 2.4 second score in roping at the American Falls Rodeo, she feels some of the most memorable experiences she's had this year was meeting so many great people. "I made a lot of friends this year even though they were my competition. I think the IMPRA is a great organization and they work hard to put on quality, well-run rodeo's throughout southeastern Idaho."

In October, Cook and her mother, Merrilee, joined over 1,200 other barrel racers from eleven northwest states to compete in the American West 4-D Barrel Racing Finals held in Reno, Nevada. Riding her mare, NHR Perfect Rumbo, Cook placed 11th with a time of 17.67 seconds in the fourth race and earned a check in three out of four races and brought home over \$2,100.



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