

Dynamic Dolly

By Blair C. Conard, staff writer

There aren't too many people who can juggle two energetic children, a profession with horses and a long-distance marriage with a smile and *still* have kind words and energy to spare, but Dolly Douglas does it all.

Douglas, 33, of Damascus, MD, grew up and got her start with horses in Maryland. Her riding career began at age 4 in Howard County, oddly enough, with a pony that shared her name. Douglas recalls Dolly's arrival with amusement, "She came from a chicken farm in the back of an old pickup!"

Despite having a humble pony as her first mount, Dolly is now a first rate eventer. She tells Everything Equestrian that cross country is her favorite phase of eventing. "We all do it for the cross county," she laughs.



The most memorable moment in Douglas' equestrian career was the show that qualified her for her first CCI* event. Although a torn check ligament in her horse kept her from competing, she aspires to capture the opportunity again this spring. As far as her future plans, Douglas aims high and says, "I would like to get to a CCI** event in the next couple years."

Douglas is the proud mother of two beautiful daughters, Alyssa, 7, and Eavan, 2, who both enjoy time on their lead line pony, Major. Husband, Army Lt. Col. Kevin Douglas, 38, is currently stationed south west of Baghdad, Iraq. The separation is difficult, but Douglas says, "The horses and the kids are a lovely distraction. Plus, I get a lot of help from my mom."

Dolly doing what she does best, going clear.

A busy schedule that starts at 6 o'clock in the morning and ends at 9 o'clock at night doesn't leave Douglas much room for relaxing, but she talks about being "in the flow" and dealing with the stress quite well.

"When you are in the flow of things, you find that place or thing in which time doesn't matter, and when you are finished, you go back to reality. Horses do that for me," she says.

Despite many day-to-day stresses, Douglas is a talented rider, a loving wife and mother and always a positive and vivacious woman. She says, "I am really lucky that with everything, while horses are work, they are still the thing that keeps me sane." **Left to right: Eavan, Dolly, Alyssa**



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