

# THE SKY'S THE LIMIT

for Quincy Car and Dr. Fernando Cardenas, Jr.

By Shannon Habenicht



Fernando, Meredith and Hollis

Dr. Fernando Cardenas, Jr., was raised around horses, but not just any horses – top of the line, athletic jumpers and dressage horses bred by his father, Fernando Cardenas, Sr., at the original 3H Equestrian Center based between Ocala and Gainesville, Florida. Dr. Cardenas credits his father for his passion for horses, “my Dad was very influential in making sure we always rode horses. Seeing horses get treated while growing up was the inspiration for me to become a vet.” In 1997, Dr. Cardenas received his doctoral degree from the North Carolina State College of Veterinary Medicine and set up his practice - 3H Veterinary Service - in New Hill, NC. He has a special interest in lameness, rehabilitation and podiatry with a certification in acupuncture. Cardenas is also an accredited FEI treating veterinarian for international competitions. A very busy lifestyle as he and his wife, Meredith, are raising their son, Hollis, maintaining their full-scale equine veterinary practice and amazingly still find time to show. Fernando shows horses and Meredith shows Border Collies.

Being an FEI vet has been very rewarding for him, as he is able to treat and assist where non-FEI vets can't, “only an FEI vet can enter the FEI area to treat horses. The FEI rules and regulations are different than USEF”. There are two types of FEI veterinarians – Treating and Official. A treating vet is responsible to treat the horses of his clients. An official vet is responsible for passport verification for accuracy and



the FEI jog for soundness. Official vets are also called on to answer any questions the riders, stewards or treating veterinarians may have for event officials. To become an FEI treating vet, there is a required test and an applicant must be recommended by two other current FEI vets. Cardenas often attends FEI events at the Tryon International Equestrian Center and having his FEI certification allows him to treat his own horses and others. As a part of FEI, Cardenas and other vets are able to work with some of the top horses in the sport.

Each year, FEI vets are required to attend continuing education classes and their certification must be updated every three - five years. Cardenas sees the FEI's main purpose as always keeping the horses safe and through their programs and certification process, he feels they are doing a great job.

Cardenas and Quincy jump average heights of 1:50- 1:60 meters and spreads with widths of 1:50-1:70 meters. The duo will head to the Ocala Nations Cup on February 19 and the Wellington Nations Cup on March 4.

The Cardenas look for "modern athletic horses that are easy to ride". Time allowed in current show jumping competitions is very tight, requiring an agile horse. Horses now also compete more frequently than in past years, so the family looks for horses with blood and stamina. Cardenas hopes to ride Quincy Car in the 2016 Rio Olympic Games – and we hope to see them there! In 2015 in Toronto, Canada, Quincy Car and Cardenas rode in the Pan American Games for Colombia, placing 11th, which he says was a "true test of mind control. You have to believe in yourself and your horse". Their ride at the Pan Am Games helped earn the

The Cardenas family lived in Colombia, South America, until they immigrated to the United States in 1987. All three Cardenas siblings, Fernando Jr., Wendy and Cristina, lived at home in North Carolina throughout their college years so they could help on the farm. Fernando recalls many days of coming home from a long day of classes only to go clean stalls all afternoon! Fernando's sister, Cristina, a lawyer in Miami, is also involved with 3H Equestrian Center, hoping to one day assist in running the entire operation. 3H Equestrian Center houses a regulation size dressage arena, a jumping ring, a small cross country course

## "You have to believe in yourself and your horse"

The Cardenas family still owns and operates 3H Equestrian Center providing the best in horse breeding and training. Fernando is very active with his father's farm, assisting with veterinary needs and riding future prospects. He currently rides a 16.1 hand Bay stallion - twelve year old named Quincy Car, "Quincy", whom he has trained since birth. Quincy is a very smart, careful horse with a soft mouth that makes him very adjustable and ideal for the sport of show jumping. Smiles Fernando, "Quincy was bred by my father. I have been his only rider since he was four years old. At home he is a little lazy, but comes alive at the shows. I guess a stallion always likes to show off."

Colombian Equestrian Team a spot at the 2016 Olympics. Cardenas and Quincy will spend 2016 riding to earn their individual placement at the 2016 summer games. Fernando Cardenas, Jr., followed in his father's footsteps as Cardenas, Sr., represented Colombia in dressage at the 1983 Pan American games in Caracas, Venezuela. In 1987, Cardenas, Sr., was the official head coach for the Colombian Pan American show jumping team. A passion for horses is obviously in the Cardenas blood! Cardenas, Sr., bred another horse that is qualified for the 2016 Olympic Games - Pancho Villa - who was the Eventing Team Gold Medalist at the 2015 Pan Am Games for Team USA with Boyd Martin.



and a three-quarter mile track for conditioning, as well as a generous sized round pen and a large 'free jumping' arena. There are four Spanish style concrete block barns totaling 29 stalls. A variety of sport horses call 3H home and are in training with Cardenas, Sr., from Introductory Level to Grand Prix Level, both in dressage and jumping.

The mission of Dr. Fernando Cardenas, Jr. and 3H Veterinary is to provide the very best care possible to the equine community. They offer a full range of veterinary services available 24 hours a day, including ambulatory service for equine emergencies, general wellness care, lameness treatment and reproductive/horse breeding services. The current rehabilitation program includes state-of-the-art laser technology, a water treadmill and plans for expansion to become a premier horse rehab facility. When asked if he has any advice to budding Veterinarians, he says "veterinary medicine is a beautiful career that has opened many doors for me. I would recommend it to anyone". For more information on 3H Veterinary Service, visit [www.3hvet.com](http://www.3hvet.com).

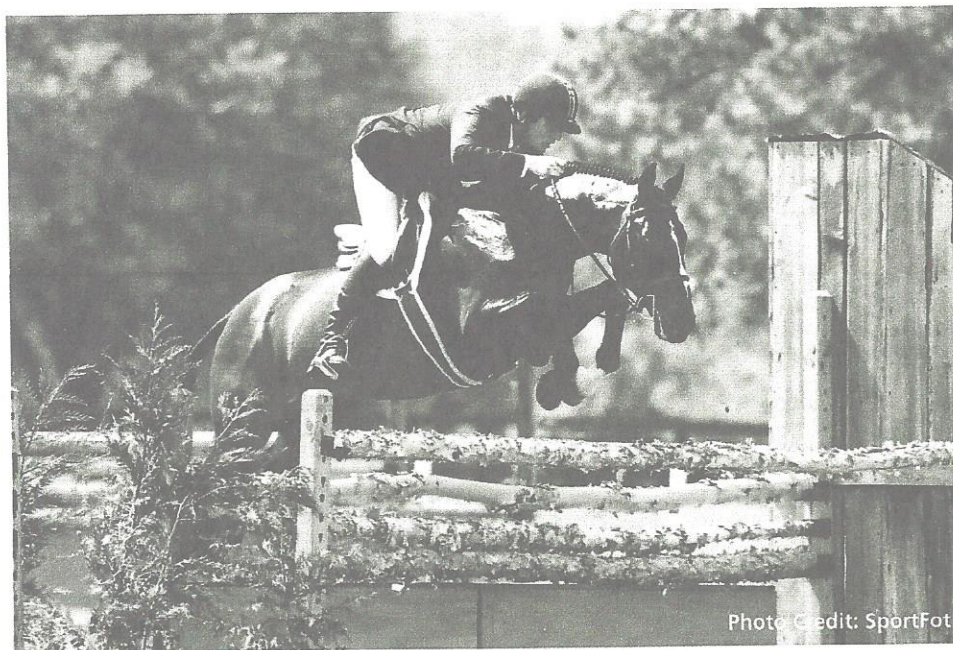


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