

# BEHIND THE SCENES AT EMERALD DOWNS

## CONNIE DOLL JOCKEY

A 55-year-old native of Ravensdale, Washington, Doll has ridden in recognized races since 1976, which means she has the longest career of any professional woman rider in North American racing history.

### What is your favorite part of your job?

Working with the horses, getting on them early in the mornings in the sunshine.

### How did you get into this role?

My parents had horses, and they put me on a horse when I was 17 months old. I always knew I wanted to be a jockey.

### What types of workforce training exist for your type of job in the horse racing industry?

I started riding my parent's racehorses, and people would see me riding at our farm, and they would offer me a ride on their horses.

### How can young people learn more about the horse racing industry?

Get involved at the racetrack, watch races, ask questions, and meet people. Find someone like me who will take you around and introduce you to the racetrack family.

### What school subjects and extracurricular activities might help someone who is interested in a career in the horse racing industry?

Sports are a good way to keep in shape, and any financial class will help you be smart about managing your money. Learning how to save and budget your money is one of the most important things you can learn.

### What types of foods fuel your body?

I eat a lot of protein. Lots of vegetables and meat, with very few carbs.

### How often do you work out each week?

I get on a horse every morning, seven days a week.

### What types of activities do you do to stay in shape?

I also have a farm where I do chores, but I don't lift weights.

### What is your training/practice philosophy?

Be devoted, dedicated, show up on time or early, listen to directions and be honest.



## DORIS HARWOOD TRAINER

Originally from Kentucky, Emerald Downs' all-time leading stakes-winning trainer is also a former jockey.



### What is your role in preparing a horse for a race?

We start our horses and take the fear out of being ridden. The horses get lessons to be comfortable with humans on their backs, then we condition the horses for exercise. This conditioning prepares their bones, muscles and vascular systems as well as their minds for racing.

### What types of foods fuel a racehorse?

We feed two types of high quality hay: an orchard grass and an alfalfa hay that has a lot of calcium for growing horses.

### How often does a racehorse work out each week?

An average of five times a week for at least 20 minutes.

### What types of activities do race horses do to stay in shape?

Once they are racing fit they exercise on the track at an extended trot for one to two miles, and they occasionally gallop as well. The end goal is to have each horse at an ideal weight and fitness for racing.

### What is your training/practice philosophy?

Happy horses win races.

### What is your favorite part of your job?

Developing a young horse from the beginning of his racing career, teaching him his basic lessons, watching his progress and enjoying the success of his first win.

### What types of workforce training exist for your type of job in the horse racing industry?

I went to college for Business Administration. This is a business. We have a budget, we have employees, we write checks, we pay taxes. All the skills I learned in school I apply to my business, Harwood Thoroughbreds, LLC.

### How can young people learn more about the horse racing industry?

Young people who want to learn more about horses in general should find a riding stable and learn about horses. If you want to work at a track as a groom you don't have to learn to ride, but you still need to learn about horses to stay safe. Horses talk with their body language, and it is important to learn to read how to react in any situation.

### What school subjects and extracurricular activities might help someone who is interested in a career in the horse racing industry?

Learning how to interact with horses is key, but reading and learning about new things is very important. Depending on what your focus is in the industry, there are many options if you are willing to put in the time and effort.

The University of Arizona  
Racetrack Industry Program  
provides career paths in  
Racetrack Management  
and Marketing and  
Equine Management.  
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