

Breakfast at the Gallops



by Lindsey Perrow

If you have never been to Aiken, South Carolina, to attend the Breakfast at the Gallops held mid-week, or the Aiken Trials which follows on Saturday, you should consider it. I don't know if readers are horse racing fans, but I can't help but enjoy the sport.

My close friend quotes her love of anything horse as, "If it has a mane and tail and whinnies, then I can't help but love it!" This pretty much sums it up for me as well. Horse racing, and just watching a horse gallop around a track with his jockey, is sheer poetry in motion. When it is early on a misty morning, the thrill does something for your soul.

The Aiken, "Breakfast at the Gallops" gives the novice spectator a chance to see some of the well bred, up-and-coming two-year-olds who have the breeding to

make it big in the sport. Here you can see some of the best young horses from Darley, Michael Keogh, Dogwood Stable and several others, just out for a morning breeze. Trainers explain some of the training programs and how young horses are brought along to reach their goals.

A nice breakfast is served, and visitors can take their plates rail-side and eat, listen and watch the horses in a relaxed atmosphere. This is "Chicken Soup for the Horse Racing Fan's Soul" for sure.

Keep mid-March 2013 in mind for your plans to travel to Aiken, South Carolina. Stop and take a morning to soothe your soul with good food, and the thrill of horse racing at the Breakfast at the Gallops and the Aiken Trials (racing on the flat). Check it out. You will become a fan!

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