

# The Leadline

The Voice of NATRC Region 1 Competitive Trail Riding



[www.natrcregion1.org](http://www.natrcregion1.org)

Spring 2013

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In Memoriam:

## Douglas Norman Brown

12/3/1955 — 3/28/2013

Doug was born December 3, 1955 in Port Huron, Michigan to a proud Richard Lee McCue and Helen Mae Smith. He was the second oldest of their four children, including an older brother, Richard, and younger siblings, Nathan and Crystal. When Doug was four years old, the family lost their father to a construction accident.

On April 13, 1962 Helen married Emerson Bruce Brown, whom she had known from church camps years before. Their marriage added Carolyn, Sandra, and Tammy to their family. The whole family loved to attend church and summer camps regularly.

Doug was incredibly smart and he loved to read, easily retaining what he read. When he was younger, Helen would often pick up on a pattern — when there were chores to be done, she secretly thought that Doug would purposefully misbehave so that he could be sent to his room. When she would check on him later, he would either be reading the encyclopedia or the dictionary.

Doug always loved a good party. Once, when he was going home from a High School camp, Doug told his parents he had invited some of the kids to their home the next weekend for a pool party. When asked how many he invited, he said everyone who was there. Bruce and Helen weren't sure how many would show, but there were at least 70 kids at the camp. The next Saturday night when Bruce came home from work, he was greeted with loud music, a yard full of cars, and a house and backyard full of about 100 kids! Kids in the pool, kids on the pool deck, sliding down the pool slide on top of one another, and several guys trying to throw one of their friends in the pool. On the patio, there was a small band with huge speakers blaring music. What a night!

While he was attending Graceland College in Lamoni, Iowa, Doug met Tamara Ann Martin. After Tammy graduated, Doug went west to California with Tammy and never looked back. The two were married on June 17, 1978 in Walnut Creek, California.

In 1979, Doug and Tammy purchased a condo in Concord, near the drive-in movies. From the second bedroom window, they could see the shows; however, lip reading was needed to fully enjoy the pictures.

They said goodbye to their personal movie theatre in 1981 when they purchased a duplex in San Ramon, California. Then, in 1983, Doug and Tammy purchased their current home in San Ramon.

Over the years, Tammy always owned a horse and rode often. After just a few years of marriage, Doug decided that he needed to buy a horse and learn to ride so that he could spend more time with his wife. Doug purchased Shah, an Arabian horse who instantly became a part of the family. Doug sometimes rode Shah on Mount Diablo without Tammy, and sometimes would get lost. Doug would let Shah decide which way to go when they came to a fork in the road, and Shah would always bring Doug back home in time for dinner.

Doug worked for 30 years at Allied Sysco, a food distribution company, in the warehouse as a forklift operator.

In 1987, on December 16, Doug and Tammy were blessed with their son, Jeffrey Martin Brown. Doug was incredibly proud of his amazing son.



Doug Brown and National Treasure  
Photo by Jamie Dieiterich

...continued on Page 2

Doug taught Jeff how to shoot, how be a marksman. Over the years, shooting was something that they would do together. Doug would often invite people to go with them, to use shooting as an excuse to buy everyone lunch. Doug and Jeff sometimes went hunting, and Tammy was quite pleased that they always came home empty handed.

On March 26, 2012, Jeff married Hannah Gruver, with Tammy and Doug as well as Bruce and Helen in attendance.

Doug and Tammy's love of horses never disappeared. Through their twenties, they rode horses in competitive trail riding events with the North American Trail Ride Conference (NATRC). Doug rode Shah, an Arabian gelding for 25 years, doing a bit of endurance in the 80's, and pleasure riding with Tammy. In 2009, he won top honors in NATRC Region 1 Novice Heavyweight, riding Jazz, an Arabian-Saddlebred cross gelding. In 2011 he rode a borrowed horse, Blue Camel, aka Chunkey Monkey, a Foxtrotter gelding. In 2012, he rode his new horse, National Treasure, an Arabian gelding, in the Competitive Pleasure Division. Doug and National Treasure competed very successfully in the Open Division of Arizona's Triple Crown series of three rides in early 2013.

Doug exemplified Christ's love toward everyone he met. If he saw a need, he did his best to lend a hand, whether it was helping a neighbor replace his lawn, hanging a picture, hauling firewood—nothing was off limits. He volunteered at church functions and attended a small group Bible study and spread the love of Jesus through his words and actions. Doug truly fulfilled the purpose for which he was created!

The family of Douglas Norman Brown wishes to thank each of you for your prayers, support, and friendship.

Blessings to you.



**Doug and Jazz**  
Photo by Donna Stidolph

The following letter was written by Laura Harvey.

Dear Doug,

I remember the exact moment you came into my life. We were navigating a hair-pin turn at Round Valley, and I wasn't paying attention to anything except my horse. You chatted with Bailey Dorsey just ahead of me, but worry kept me intensely focused on every step my horse took. He'd checked in lame; the vet allowed us to start, but I doubted we'd finish the ride. As it turned out, so did you. So did Bailey. So did anyone with a lick of sense.

I didn't blame any of you a bit. My horse had used his saddle for a hula hoop at the last ride, leaving him with a limp, me waiting for the rescue wagon, and Bailey stranded without a riding partner. You were really riding with Bailey that day, in the anticipated event that I pulled. I was just glad to be allowed to tag along.

As we completed the turn, I over-heard my name and looked up. You blinked before smiling sheepishly. "I'm sorry, Laura. I didn't know you were so close. I didn't mean to be talking out of school." It took me a minute to realize you must have said something I might interpret negatively about me, or my horse, and the appropriateness of us being out on the trail.

"Uh, that's all right." I hadn't actually heard what you said. Knowing you, it was probably very mild, and far better than I deserved. Whatever it was, I figured you were right. You flashed a grin at me and we continued on.

In that moment, I understood a dozen things about you. At any given moment, you had one eye on the welfare of the horses—all the horses, not just your own. You kept the other eye on the welfare of the riders. Your own personal stake in the competition ranked near the bottom of the stack. And if you felt you'd misstepped or misspoken, you'd apologize before anyone realized anything was amiss.

I thought of you as my big brother on the trail. I felt secure knowing you were there, even if I couldn't see you, since you had the knack of appearing at just the right moment. When I was so exhausted at check-out that I couldn't face walking down the stinkin' hill at Mt. Diablo one more time to fetch a different rope, you put one in my hand. When my horse was in crisis, you had a bucket and sponge at the ready. You helped me get Tango into the creek at Round Valley. When a horse got tangled in a rope, you cut the line before I even thought of a knife. When we encountered a locked gate, you fetched your Leatherman tool. You stuffed Kaysha and baby Lorelei in your camper with the air conditioner during a freak heat wave. (You stuffed me in, too.) You offered shade, cold tea, guacamole, and whatever you happened to be cooking. My waistline will miss you at future rides.

I don't really believe in angels, but if there is such a creature, it surely could not be any more great-hearted, generous, or timely than you. It certainly could not be any more humble. If there is any chance of the departed looking after the living, I can't imagine anyone more likely to be looking after me—after all of us—on the trail.

I think of you every time I navigate that turn at Round Valley. I will continue to think of you as just out of sight. I will try to keep one eye on all the horses, and the other on all the riders. I'll pack guacamole when I load up for a ride. I hope, in time, to be half as great-hearted as you. If I get even that far, I'll be pretty awesome.

See you on the trail, brother.

Laura

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**See www.natrc.org for National Board,  
Committees, and Secretaries**

**Chairman's Corner**

Well friends, we survived the winter snow, rain, and mud once again and the ride season is finally here! Time to get out on the trails and enjoy Spring. First off, I'd like to welcome Joe Pimentel to the Board of Directors (BOD) for Region 1. There were 3 seats open this year. Gene Boicelli and Stephanie Swain were re-elected and this is Joe's first venture into the BOD. Many of you know Joe, who competes with his horse "Kodi." So when you see Joe or any of the other BOD members, talk to them, provide them with your feedback/ideas and thank them for taking the time to represent YOU on the Board of Directors. The Board meets several times per year to discuss issues important to Region 1 and discuss feedback from members.

This season, I'm again asking each and every one of you to get the word out about NATRC and competitive trail riding. We need to increase membership to continue successfully putting on events. Support your Region and try to bring in at least one new rider this season. At the Round Valley Ride, there is a 25% discount being offered for each first time competitor a current NATRC member brings to the ride. How can you pass up a deal like that?

Know someone who may be too shy to enter an NATRC ride before they know what they're getting into? This year there will be a ride clinic held in conjunction with the Cowboy Camp Ride in May. I encourage all members to notify friends and fellow riders who may have expressed an interest in CTR. This is an opportunity to camp with the Cowboy Camp competitors and participate in a CTR clinic without the stress of being in competition. Clinic participants will learn what NATRC competitive trail riding is all about. They will learn how to present to judges, what the judges are looking for, how to pace themselves and time their ride, how they will be scored and the many other aspects of riding in a competitive trail ride. So this is a call to all members: contact fellow riders who might be interested in a fun weekend of horse camping, riding the trails at Cowboy Camp and learning about competitive trail riding. It's a great opportunity to bring riders into the sport so support Region 1 and help advertise this event.

This past March, our NATRC family lost a wonderful member, Doug Brown. Those of us who had the privilege to know or ride with Doug will miss his smiling face coming over the hill. I never knew Doug to say an unkind word about anyone. At the rides he maintained the most positive attitude and kept this good attitude regardless if he had to pull, got lost or was just plumb tired. Thanks to everyone who made it to the memorial and for the cards and e-mails to support Tammy. It's so very sad to lose someone but we are all better for having known Doug, as a fellow competitor, rider, NATRC supporter and just all around nice guy! If you have stories you'd like to share about Doug, please submit them on the memorial page on the Region 1 website. Happy trails, Doug, you will be missed.

As we start the ride season, a reminder to all about how much work is involved with putting on rides. Even if the ride isn't quite up to your expectations, please make suggestions for improving it in a sincere and kind-hearted manner. None of us are professional event planners. We're all VOLUNTEERS and things don't always go as expected at the rides. So take the time to thank those volunteers, ride managers, P&R teams, secretaries, cooks—all the unpaid heroes who make it possible for you to ride great trails and have a fun weekend competing. And if for some reason you can't ride, please volunteer to help out at a ride. It's a sport, folks, so let's have FUN and work together to make it a great ride season. See you at the rides

*Linda Thomason*  
Region 1 Chairperson

## From The Editor...

Spring has arrived, sort of, here in the Far North. We are finally beginning to see a few water puddles from snow-melt, and a few migrating birds are returning. But spring has definitely taken its time arriving this year! I have been riding, but it's been limited, due to deep snow and slick footing. I'm looking forward to more saddle time in the next few weeks as the weather warms up.

This issue of the Leadline includes the lists of winners for the 2012 season. A big Congratulations and a hearty Well Done to all of the Region 1 riders who

made the lists! These lists represent many, many hours of hard work and dedication to an awesome sport!

I've included some articles that I hope you will find helpful. If you have any suggestions on subjects you'd like to see covered, or ideas for newsletter content, please contact me. Of course, I always need ride stories and pictures to help make the ride results come to life! So as the ride season begins, please think of me and write me a story about your adventures or shoot some

pictures at the various Region 1 rides. I'm waiting to hear from you!

The two individuals in the photo below have been frequenting my property for most of the winter. My horses have grown used to them walking around the perimeter of the paddocks and through the woods, and they hardly even warrant a stare anymore!

Take care, and may your riding season be all you hope it will be!

*Laurie Knuutila*

### Attention All 4-H Horse Members!

To encourage participation by 4H members, NATRC offers a 4H Junior Rider Year End High Point Award.

- The award goes to the high point rider and high point horse **regardless** of the rider's division.
- The award is a self-nominating award. The nomination must occur before the end of the ride year, which is the second Sunday in November. This year, it will be November 10, 2013. The rider must (1) be a member of NATRC (2) send Laurie DiNatale an email ([natrc@natrc.org](mailto:natrc@natrc.org)) stating that they are a 4H member and (3) have their 4H leader verify that they are a member with an email to Laurie DiNatale ([natrc@natrc.org](mailto:natrc@natrc.org)).

In a number of states (Colorado is one example), 4H now recognizes competitive trail as an activity that qualifies as a 4H member's project. Questions? Contact Angie Meroshnekoff, [awhitedog@aol.com](mailto:awhitedog@aol.com), Chair, Riders and Juniors Committee.



Photo by Tony Knuutila

**A cow moose and her calf pay a visit to my garden area  
and snack on frozen garden leftovers.**

THE LEADLINE is the official publication of Region 1 of the North American Trail Ride Conference (NATRC). The Leadline is published three times per year and mailed or emailed to all NATRC Region 1 members. It is available by subscription to non-Region 1 members at \$8 per year. Issues contain updated information from Region One committees, ride results, point standings, minutes of board meetings, and the current Region One ride schedule. Send subscription requests and payments (made out to NATRC Region 1) to Phil Young, 674 La Porte Rd, Quincy, CA 95971. Contributions are welcome and may be sent to Laurie Knuutila, 455 Ream Lane, Fairbanks, AK or email to [wildroseph@yahoo.com](mailto:wildroseph@yahoo.com). NATRC Region 1 and The Leadline do not necessarily endorse or support the opinions expressed in printed articles or advertisements. The Editor reserves the right to edit material as necessary. No letters to the Editor will be printed if not signed. NATRC and the staff of The Leadline are not responsible for errors in spelling of horses' or riders' names.

#### Deadlines:

Spring issue - Submission: April 15; Publication: May 1  
Summer issue - Submission: August 1; Publication: Aug. 15  
Fall/Winter issue - Submission: Dec 15; Publication: Jan. 1

#### Advertising rates per issue:

Full page—\$40  
Half page—\$20  
Quarter page—\$10  
Business card—\$5

Classified ads are free to Region 1 members in good standing, one per issue, up to 30 words. Ads may be emailed, or hard copies mailed to the Editor can be scanned as submitted. Send ads to the Editor and make checks payable to NATRC Region 1.

## Region 1 Year-End Awards Presentation

### Credits:

- Convention: Linda Thomason
- Registration: Betty Young
- Membership/Voting: Phil Young
- Awards: Betty Young and Kathy Nixon; Sue Flagg
- Program: Jamie Dieterich
- Photos: Jamie Dieterich, Sarah Ellison, Jim Ferris, Carol Ormond, DVM
- Caterer: Black Tie Affair

### Thank You to... 2012 R1 BOD

Linda Thomason  
Phil Young  
(National BOD Alternate)  
Jim Ferris  
(National BOD)  
Angie Meroshnekoff  
Steve Meroshnekoff  
Gene Boicelli  
Stephanie Swain  
Laura Harvey  
Jamie Dieterich  
(National BOD)

**Incoming R1 BOD:**  
Joe Pimentel

**Outgoing NBOD:**  
Jim Ferris

**NBOD for 2013:**  
Jamie Dieterich  
Angie Meroshnekoff  
Phil Young (Alternate)

**LL Editor:**  
Laurie Knuutila

**Webmaster:**  
Donna Stidolph

### Award Sponsors:

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of B.A.S. Roofing

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Tanya Ballard  
Gene & Vicki Boicelli  
Joe and Ashley Dillard  
Sue Flagg  
Phil & Betty Young

**Silver (\$50-\$99):**  
Kathy Nixon  
Linda Thomason

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Trailwise Tack

### Ride Managers & Secretaries 2012 - with gratitude and appreciation to:

Mary Christopherson:  
Mt. Diablo

Sherry Lindley:  
Cowboy Camp / R1 Benefit

Linda Thomason:  
Round Valley

Stefanie Bergman:  
(1<sup>st</sup> time ride manager)  
Bald Mountain Butt Busters

Jenny Daniels:  
(1<sup>st</sup> time ride secretary)  
Bald Mountain Butt Busters

Laura Harvey:  
(1<sup>st</sup> time ride manager)  
Georgetown

Betty Young:  
Georgetown

Maria Pilgrim:  
Jackson Forest &  
Lake Mendocino



## Region 1 Appreciation

**Laura Harvey**  
by Donna Stidolph

Laura is the kind of person who makes NATRC successful. She's kind and funny; well-informed, but constantly learning; takes herself exactly seriously enough to make her points; and hard-working. She's constantly taking on more responsibility: in the past two years, she's gone from being a successful Novice rider to being a member of the Board of Directors and an effective ride manager – she even took the time to write an article about her ride management experiences for the website. (Hint, hint!)

I guess it ought to be stated that Laura loves her horse, Tango, and loves to ride. And I love to ride with them – Tango is a mannered gentleman, and Laura is a great conversationalist; the rides we've done together seem much shorter than the ones I've done without her! As proof of her fascinating personality, she and I chaperoned two juniors at one ride, and THEY WANTED TO RIDE WITH US ON THE SECOND DAY!

I'm hooked on NATRC now, but I suspect that if Laura hadn't found me on my second ride, it would have taken me much longer to identify with my new tribe.

**Stephanie Swain**

Stephanie has not been doing NATRC for a long time, but she has not been one to sit on the fringes during that time. We realized her true potential when she stayed with a handful of other riders after a R1 Benefit Ride at Oakland Hills and helped clean up the camp. She subsequently ran for the R1 Board of Directors and didn't resign when we essentially handed her the secretarial duties. Last year she organized a very successful raffle and silent auction for the R1 Benefit Ride, and being the type she is, has offered to do it again this year. You'd better be there to bid on her homegrown heritage tomato plants.

Stephanie cheerfully accepts the task that needs done, whatever it is. Region 1 truly appreciates all her dedication and hard work for us.

**Joe and Ashley Dillard**

We couldn't have rides without the riders. Joe and Ashley have been riders in our sport since the beginning – since the first rides on Mt. Diablo in the early 1960's. They not only compete, they help time the trails. Joe and Ashley are also big financial supporters, sponsoring awards and buying hundreds of raffle tickets.

Region 1 would like Joe and Ashley to know we appreciate their loyalty to and fierce love for our sport.

**Steve Meroshnekoff**  
by Gene Boicelli and Maria Pilgrim

I first met Steve after retiring from my job and joining NATRC in 2005. He was doing P&R's at a ride and seemed like a person you would like to know. As time went by, it seemed that at every event & P&R stop, Steve would be there.

We don't have to tell you that Steve is a "Wonder Worker." But he is more than that. He's always there without being asked. There with a helping hand, there with tools at the ready for fixing whatever breaks; there with a vehicle to transport workers; there with another vehicle to haul water; there at every Region 1 ride to do P&R's; there with spare P&R cards when you run out; there with a story to keep you entertained; there with a sympathetic ear when times get tough.

Steve manages two rides a year, handles the Region 1 Wonder Workers program, has worked on hundreds of rides, and has served on the regional Board of Directors. If you can't figure it out, ask Steve, he's got the answers.

Yes, Steve is a "Wonder Worker." But to me and many others, he is a good friend. He is one of the reasons Vicki & I go to these events. If I know Steve is going to be there, I know that I will have someone to talk to at the end of the day, share a cold beer, have a good story to talk about, and just know that he is a friend I can trust & enjoy.

### Regional Appreciation at the National Level

LeRoy Burnham, DVM  
(Text published in Hoof Print)

**National Appreciation**  
Phil Young  
(Text published in Hoof Print)



## Region 1 Year-End Awards

### Novice Division

#### Novice Heavyweight Horsemanship

1<sup>st</sup> place sponsored by Sue Flagg

- 1<sup>st</sup> Barbara Berlitz
- 1<sup>st</sup> Joe Pimentel
- 3<sup>rd</sup> Davern Kroncke
- 4<sup>th</sup> Brad Meinert
- 4<sup>th</sup> Ron York

#### Novice Lightweight Horsemanship

- 1<sup>st</sup> Tanya Ballard
- 2<sup>nd</sup> Mary-Ellis Arnold
- 2<sup>nd</sup> Lisa Fuller
- 4<sup>th</sup> Debbie York

#### Novice Junior Horsemanship

1<sup>st</sup> place sponsored by

Brian & Darlene Schlerf of B.A.S. Roofing

- 1<sup>st</sup> Maleah Ikerd
- 2<sup>nd</sup> Emma Barash
- 3<sup>rd</sup> Sonya Diaz

#### Novice Heavyweight Horse

- 1<sup>st</sup> Kodi / Grade /  
Joe Pimentel
- 2<sup>nd</sup> Tuscany Berlitz / H-Ar /  
Barbara Berlitz
- 3<sup>rd</sup> MK Van Gough / Arab /  
Ron York
- 4<sup>th</sup> Calico Mt. Sheila / Must /  
Linda Cannon
- 5<sup>th</sup> Gracie / Grade /  
Davern Kroncke
- 5<sup>th</sup> Sun-Ray's Princess / M-FX /  
Brad Meinert

#### Novice Lightweight Horse

- 1<sup>st</sup> CC Honey Dew / Kym /  
Tanya Ballard
- 2<sup>nd</sup> Stillwater's Bastian / Must /  
Mary-Ellis Arnold
- 3<sup>rd</sup> Palistar / Arab /  
Stephanie Swain
- 4<sup>th</sup> 7<sup>th</sup> Heaven Star / M-FX /  
Lisa Fuller
- 5<sup>th</sup> OM El Bilbao / Arab /  
Debbie York

#### Novice Junior Horse

1<sup>st</sup> place sponsored by Tanya Ballard

- 1<sup>st</sup> Shayla / H-Ar /  
Maleah Ikerd
- 2<sup>nd</sup> Garnet / Must /  
Sonya Diaz

### Competitive Pleasure Division

#### Competitive Pleasure Horsemanship

1<sup>st</sup> place sponsored by

Joe and Ashley Dillard

Ribbons sponsored by

Linda Thomason

- 1<sup>st</sup> Haley Schlerf
- 2<sup>nd</sup> Joe Dillard
- 3<sup>rd</sup> Ariel Thurman
- 4<sup>th</sup> Ashley Dillard
- 5<sup>th</sup> Kay Lieberknecht
- 6<sup>th</sup> Laura Harvey

#### Competitive Pleasure Horse

1<sup>st</sup> place sponsored by

Gene and Vicki Boicelli

Ribbons sponsored by

Linda Thomason

- 1<sup>st</sup> OM El Shakeeb Dream / Arab  
Joe Dillard
- 2<sup>nd</sup> Lady Tigers Hy Syn / H-Ar /  
Haley Schlerf
- 3<sup>rd</sup> Kamiko / Grade /  
Ariel Thurman
- 4<sup>th</sup> Tango Sierra / M-FX /  
Laura Harvey
- 5<sup>th</sup> Pistol Pete DF / Arab /  
Jean Armer
- 6<sup>th</sup> Denebaborr / Arab /  
Kay Lieberknecht
- 6<sup>th</sup> National Treasure / Arab /  
Doug Brown

### Open Division

#### Open Heavyweight Horsemanship

1<sup>st</sup> place sponsored by Barbara Berlitz

- 1<sup>st</sup> Vicki Boicelli
- 2<sup>nd</sup> Gene Boicelli
- 3<sup>rd</sup> Eric Schroeder
- 4<sup>th</sup> Kathryn Lewandowsky

#### Open Lightweight Horsemanship

- 1<sup>st</sup> Donna Stidolph
- 2<sup>nd</sup> Angie Meroshnekoff

#### Open Junior Horsemanship

Sponsored by

Brian & Darlene Schlerf of B.A.S. Roofing

- 1<sup>st</sup> Karlie Johnson

#### Open Heavyweight Horse

1<sup>st</sup> place sponsored by Barbara Berlitz

- 1<sup>st</sup> Stealth Knight / H-Ar /  
Vicki Boicelli
- 2<sup>nd</sup> Amiraborr / Arab /  
Gene Boicelli
- 3<sup>rd</sup> Porter BL / Arab /  
Eric Schroeder
- 4<sup>th</sup> Honeymoon Night Lily / H-Ar /  
Kathryn Lewandowsky

#### Open Lightweight Horse

1<sup>st</sup> Place sponsored by Phil & Betty Young

- 1<sup>st</sup> Sierra Sunshine / Arab /  
Donna Stidolph
- 2<sup>nd</sup> Desert Reinbeau / Must /  
Angie Meroshnekoff

#### Open Junior Horse

- 1<sup>st</sup> Kaylee / Grade /  
Karlie Johnson

### Region 1 High-Point Breed Awards

**Arabian:** .....OM El Shakeeb Dream / Joe Dillard

**Half-Arabian:**.....Stealth Knight / Vicki Boicelli

**Missouri Foxtrotter:** .....Tango Sierra / Laura Harvey

**Mustang:** .....Stillwater's Bastian / Mary-Ellis Arnold

**Kentucky Mountain:** ....CC Honey Dew / Tanya Ballard

**Grade:** .....Kamiko / Ariel Thurman

### JUNIOR RIDER REBATE

Junior riders who are NATRC members by the second Sunday in November of a ride year and complete 2 or more rides in that same ride year are eligible to receive a rebate of \$30 per completed ride for up to 3 rides. Please contact Phil Young, R1 Treasurer for more details.

## Region 1 Awards at the National Level

These awards were presented February 23, 2013, at the National Awards Banquet, Denver, CO.

### Team Awards

Team awards recognize combined horse and horsemanship. All points for rides in which the same horse and rider combination competed are added together. At least three rides must be completed to qualify for annual awards.

#### Region 1 Team Awards – Sponsored by Region 1

##### Novice Heavyweight Team

1 <sup>st</sup>	Kodi / Grade Joe Pimentel	40
2 <sup>nd</sup>	Tuscany Berlitz / H-Ar Barbara Berlitz	38
3 <sup>rd</sup>	MK Van Gough / Arab Ron York	27
4 <sup>th</sup>	Gracie / Grade Davern Kroncke	25

##### Novice Lightweight Team

1 <sup>st</sup>	CC Honey Dew / Kym Tanya Ballard	50
2 <sup>nd</sup>	Stillwater's Bastian / Must Mary-Ellis Arnold	46
3 <sup>rd</sup>	7 <sup>th</sup> Heaven Star / M-FX Lisa Fuller	33

##### Novice Junior Team

1 <sup>st</sup>	Shayla / H-AR Maleah Ikerd	50
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##### Competitive Pleasure Team

1 <sup>st</sup>	Lady Tigers Hy Syn / H-Ar Haley Schlerf	92
2 <sup>nd</sup>	OM El Shakeeb Dream / Arab Joe Dillard	85
3 <sup>rd</sup>	Kamiko / Grade Ariel Thurman	76
4 <sup>th</sup>	Tango Sierra / M-FX Laura Harvey	55
5 <sup>th</sup>	Pistol Pete DF / Arab Jean Armer	50
6 <sup>th</sup>	Denebaborr / Arab Kay Lieberknecht	

##### Open Heavyweight Team

1 <sup>st</sup>	Stealth Knight / H-AR Vicki Boicelli	84
2 <sup>nd</sup>	Amiraborr / Arab Gene Boicelli	57

##### Open Lightweight Team

1 <sup>st</sup>	Sierra Sunshine / Arab Donna Stidolph	62
2 <sup>nd</sup>	Desert Reinbeau / Must Angie Meroshnekoff	44

#### Horse Mileage Award

5010 Desert Reinbeau / Must / Angie Meroshnekoff

## Region 1 Special Awards

### Wonder Workers

Jackets presented to Neil and Kitty Weber for working 30 rides.

### Bob Smith Award

High Point 1st Year  
Novice or CP horse

CC Honey Dew  
ridden by Tanya Ballard

### Pat Ersepke Award

High Point Novice  
Horse/Rider Combo

Shayla  
ridden by Maleah Ikerd

### Fran & Carol Duport Award

High Point 1st year  
Open horse

Sierra Sunshine  
ridden by Donna Stidolph

### Max Barmettler Award

Honorary Region 1 Lifetime Membership for Outstanding Service to Region 1  
Sponsored by Kathy Nixon in memory of Bill Nixon

### Josette Brault and Jim Shura

by Nancy Kasovich

Only those of us who knew Max Barmettler can truly appreciate what an honor it is to receive this award. Max was Special - always there for anyone who needed help before, during and after an NATRC ride. While his wife Bev competed, staged rides, worked rides, judged rides, Max was the behind-the-scenes /come-to person who made sure things ran smoothly, and if they didn't, he made sure they did. No job too large or small, always with a smile.

Competing in NATRC is fun. Come, ride, visit, go home. It's the Special People, those who work before, during and after the ride who make NATRC rides possible. Tonight's Special People are Josette Brault and Jim Shura.

Josette has won her share of Open Division rides and honors and knows how important it is to have a fit horse. Consequently she is a huge asset to ride management in that she is always willing to ribbon, time, ride point, ride safety, plus she has a built-in compass in her head which comes in handy when she drives judges around (secretarying at the same time). Wow you say - does someone really do all that? Josette does. Plus she's been known to come back the following week and pull ribbons. You ride managers out there know how hard it is to find someone to do any of this let alone all!

Like Max, Jim is the calm, quiet guy with a smile who never says no - who has been known to come a day early to help set up and be one of the last ones to leave. Jim can fix anything with nothing. If there was a most innovative award, he would get it hands down. Need water hauled? See Jim. Short P&R people? See Jim. And most important of all, he's a great horse shoer; many a competitor whose horse has lost a shoe or gotten a stone bruise has been able to finish a ride thanks to Jim and his shoeing equipment!

So, today Region 1 is honored to present the Max Barmettler Region 1 Honorary Lifetime Membership to Josette Brault and Jim Shura - both very Special People.

# Rules versus *Expectations*

by Laurie Knuutila

NATRC does not have a lot of rules as compared to other horse competitions. The Rule Book is small and only has about 50 pages, half of which pertain to things like awards, protests and prohibited substances. Please take the time to read the entire book. It won't take long. (For comparison, the U.S. Equestrian Federation Rule Book is over 750 pages, the Reining Horse Assoc. Rule Book is over 130 pages, and the Quarter Horse Rule Book is over 150 pages.)

There are, of course, rules that must be followed during a ride. For example: you cannot proceed along the course of the trail unless you are mounted on your horse (you can't get off and lead, like you can during an endurance ride), you must use some form of a saddle and bridle, you must maintain forward motion in the last two miles of each day's ride, etc. Becoming familiar with these actual rules is vital to a good CTR experience.

During a competition, however, there are certain "expectations." Sometimes these expectations become confused with rules. Sometimes competitors will lose points on their scorecards for things that aren't found in the Rule Book. So how do you know what these "expectations" are?

The "expectations" vary slightly from judge to judge, with the personal opinions of the individual judges dictating details, but they are basically the same across the board. They are what's "expected" of a good horseman. They could also be termed "common sense." They fall into two basic categories – safety and proper horse care. Every judge is, first and foremost, concerned about rider and horse safety, with proper horse care being second.

A word about judges: When you sign up to compete in a ride, you are essentially asking for a judge's opinion of how well you are able to ride and care for your horse during a long distance ride. When you get your scorecards back, they will reflect the judge's opinion of you and your horse. Take them for what they are – that person's opinion, based on the philosophies and rules of the sport. Remember, when you paid your entry fee, you asked for just that. Think about what's on the card, learn from it, and please do not view it as personal criticism. Even though the scoring system is based on negative scoring, the judges really and truly want you to succeed and would rather NOT have to deduct points.

Take for example, crossing a river. You will not find any rule in the Rule Book that says anything about crossing a river. Keep-

ing in mind the two basic expectations of safety and proper horse care, let's say that three riders all arrive at the river crossing together, one behind the other. Rider #1 enters the water. Rider #2 waits on the bank until Rider #1 is about half way across the river, then enters the water. Rider #3 follows Rider #2 immediately, without waiting. About half way across the river, Rider #2's horse stumbles on a submerged rock, causing a loss of forward motion for a few seconds. Rider #3's horse, following closely, collides with #2's horse, causing it to stumble again. They all recover and finish crossing the river without further incident.

The judge was on the bank and watched this scenario. Rider #3 loses points on the horsemanship card for "following too close." There is no rule that says how far behind to follow another horse across a river, or up a hill, or while just going down the trail. But safety and common sense dictate (expect) that you shouldn't follow close enough to get kicked or to interfere with the other horse in any way. Therefore, the rider lost points for not meeting the "expectations" of a good horseman, not because he/she violated a "rule."

Let's take another example. At the ride, the weather is poor; the temperature is in the 60's and it's raining. The horses complete the morning's ride and arrive back in camp for their lunch break. Steam rises from them as they stand tied to their trailers. Some riders immediately put rain sheets on their horses, while others do not. Some riders lose points for "horse not blanketed at lunch." Why? There is no rule about using or not using blankets.

That particular judge's opinion is that the horses would certainly benefit from being blanketed in those circumstances. The expectations of good horse care, (common sense), also dictate that blanketing in those circumstances would be in the horses' best interests. They have just completed several hours of hard work, their muscles are warm, and they are now being asked to stand around for an hour, while being soaked by a cold rain. Those hard-working, warmed-up muscles are likely to become chilled and tighten up as a result. A blanket would help prevent the horse from getting chilled, thereby making his subsequent work easier. When viewed from that angle, it becomes obvious why someone might lose a point or two for "not blanketing at lunch." Even if your horse never needs a blanket at home, in these circumstances, blanketing makes sense and is appropriate.

When you look at any trail situation with an eye for safety and proper horse care, it becomes easier to understand why you might lose a point for something. Ask yourself: Even if not readily apparent to me, did I do something that was potentially unsafe? A common example is positioning your horse too close to someone on the ground, like the judge's secretary or the timer. If you cause that person to think that they might get stepped on or bumped, you were being unsafe and will probably lose a point for it if the judge observes it. There is no rule that says, "Stay so many feet in all directions away from the judge's secretary." But the "expectations" of safety say you will not crowd a person on the ground. You may not have even noticed how close you were to the person, but you were still being unsafe.

When it comes to horse care, another question to ask is: Am I making my horse's job as easy as possible? An example of this is when going up or down hills. Being light on the horse's back, balanced side to side, and not swaying excessively with the motion of the horse, in the case of going downhill, all make his job of carrying you for miles and miles that much easier. At the end of the day, it will make a difference. Over the course of the trail, a lot of small things can add up to a big thing, like a sore horse. And along the way, if the judge observes you sitting like a sack of potatoes on your horse's back while climbing a steep hill, you will lose points, because the "expectations" of good horse care during a long distance ride say you don't do that. There's no rule about it, but there are "expectations."

There are several ways to learn what is "expected" of you during a competition. First of all, study the little teeny tiny Rule Book that governs a NATRC-sanctioned competitive trail ride. Then read all the information contained on NATRC's website, if possible, and on all the related links on that website, and any other information you can find. Hang out with experienced competitors, if possible, and volunteer to work at a ride, especially as a judge's secretary. When you get to the ride, ask questions of the judges and the experienced competitors. They don't bite, they don't even snarl, and even if you think the question is dumb, the only truly dumb question is the one you didn't ask.

Come ride with us – you're gonna learn something!

## Highlights From the National Board of Directors Meeting

February 21, 2013

### Business – Elaine Swiss, Treasurer

- Total NATRC revenue of \$99,400 exceeded both the budget (\$92,700) and the prior year (\$91,300). This coupled with well-managed expenses yielded a small profit (\$1672) in 2012.
- Rider fees (22%) and membership dues (43%) are the main sources of revenue. Because we have gone to primarily electronic delivery of *Hoof Print*, expenses for that are down 64% from 2009.
- Sponsorships contribute 10% of our income.
- Conventions held with AERC are more profitable.

### Judges Committee – Patsy Conner, Co-Chair

Several new members are on the Judges Committee. Thank you, Nancy Kasovich and Angie Meroshnekoff (rider representative), for agreeing to serve from Region 1.

### Marketing – Bev Roberts

- We have free publicity in 19 national print and online magazines, 26 regional print and online magazines, 2 radio shows, and reciprocal ad agreements with 15 breed association magazines.
- 1,249 members on the E-News subscription list.

- Bev's workload in assisting with marketing, publicity, E-News, advertising/ promotion materials, web postings and branding has increased dramatically.

### Media Advisory – Jamie Dieterich and Elaine Swiss

- Our own Laurie Knuutila is the new Hoof Print editor. Don't worry – she'll keep doing the Leadline as well.
- Webmaster, Bev Roberts, has slowly been making changes, and posting updates to the Ride Schedule, Ride Results, Standings and Sponsors as well as news items.

### Membership – Jerry Sims

Recruitment and retention are both vitally important.

### Raffle - Jim Ward

The current raffle is for a week-long ranch visit, one ranch in each region, each offering different options. Six winners will be drawn at the 2014 Convention. The first one drawn gets 1<sup>st</sup> choice of the six; 2<sup>nd</sup> one drawn gets second choice of the remaining five, and so on. See separate flyer for more information.

### Ride Sanction – Patsy Conner

Ride management is reminded that all riders and workers must fill out the NATRC waiver + the specific state liability

waiver AND to be sure to include the name of the ride and the ride date.

### Rule Change Proposals for 2014 – Lory Walls, Vice President and Rules Committee Chair

See *Hoof Print* for more info.

### Trail Advocacy and Grants – Erin Glassman

- Sent letter in support of Coast to Crest Trail, the only trail on the west coast of California-Oregon that connects the Pacific Crest Trail and the California Coast Trail and the only route on the western seaboard that hikers and riders can follow from the beach to the inland Cascade-Sierra mountains.
- In addition to attending other meetings, she will be taking the AERC Trail Masters Course. AERC is willing to partner with NATRC for course offerings.

Respectfully submitted,

*Jamie Dieterich*

NBOD

Education Committee;  
Policies and Procedures;  
Media Advisory Committee

### NATRC Student Loan Program

Student loans are available up to \$5,000 per person /year, at the discretion of the NATRC National Board of Directors, after proper application has been submitted. Preference will be given to a full-time student who has been a member of NATRC or whose family has been an active member for at least three years. Consideration will also be given to a student or a student's family who has been an active member of NATRC for less than three years but more than six months.

For more details and an application, please go to: [www.natrc.org](http://www.natrc.org).

### Region 1 Membership Roster

The Region 1 Roster is currently emailed to Board members and mailed to the general membership, which incurs a sizeable cost for printing and mailing.

In order to keep down costs, a proposal was made at the recent BOD meeting to put awards information on the website, email the roster to Board members and ride managers, and make it available by request via email or mail to the general membership.

If you would like a copy of the Region 1 membership roster, please contact Jamie Dieterich at [jamiiek@gotsky.com](mailto:jamiiek@gotsky.com)

### Reminder for Ride Managers!

At the July National Board of Directors meeting, the Board voted to increase the member rider fee to \$10 starting with the 2013 rides. The following items have been updated to reflect this change:

- Generic entry Form: If you use your own entry form, please update the member rider fee.
- Fees & Stats Form
- Ride Management System

Please be sure to use the updated forms.

The rider fee for non-members will remain at \$20.

# 3 Saddle Stretches

© Kara L. Stewart & Lisette Zandvoort

This article originally appeared in Trail Rider Magazine and is reprinted here with author's permission  
Article courtesy of Equisearch.com

*(Editor's Note: While we would prefer to see the rider in the photos wearing a helmet, we must acknowledge that not everyone views them as essential riding apparel, and we feel that the information is valuable enough to overlook the helmet-less model.)*

When you go for a trail ride, do you ever feel stiffer on one side than the other? Less coordinated? In the arena, does your horse tend to pick up one lead more easily than the other, bend in one direction more willingly than the other, or fall in with his shoulder or out with his hip on one side consistently?

While these may seem like unrelated events, the bad news is that both might originate with you. The good news is that you can work to help your easy and not-so-easy sides reach a middle ground of easier movement. And as you become looser and more symmetrical in your movement, your horse can move more freely, too.

Wendy Murdoch, a riding instructor and Feldenkrais® practitioner located in Washington, Virginia, teaches based on bio-mechanical principles of anatomy, physiology, and functional fitness. Here, she shares three quick exercises that can help alleviate rider stiffness and increase range of motion.

## First Things First

- Go slow. "The key to all these exercises is to go slowly and feel what you're doing," says Murdoch. "Don't force or push yourself past your easy range of motion. Rather, allow your body to move, and bring your mind into the picture." Be thoughtful, and bring awareness of your whole body to these exercises.

- Explore. Murdoch offers questions to explore while you're doing these exercises. Don't worry about doing something "wrong."

Simply have fun, experiment, and discover how your body moves.

- Start on the ground. For all these exercises, first become familiar with the steps while dismounted. When you're ready to mount up, pick a quiet, enclosed area, such as a round pen or arena. Be sure your horse is comfortable with being touched on his neck, back, hips, and loin while you're in the saddle. When mounted, do the exercises first at the halt, then at a walk. You can also try them at a jog, but only move up to the next gait if you are comfortable and relaxed.

- Begin on your easy side. "We all have an easy side and a more challenging side," says Murdoch. "Starting the exercises on your easy side will help you explore movement rather than becoming frustrated with what seems difficult." Return to the easy side any time you find that you can't do the movement on the challenging side.

- Let your horse move. Allow your horse to follow along with what you're doing. If you're allowing movement in your back, he may want to move and release his back, too. Let him move, and see what happens. Here we go!

## Stretch #1:

### Hand to Horse's Hip

Stretch #1: From a halt, gently and slowly reach your free hand behind toward your horse's tail (Photo 1A). Continue to move your shoulders, head, and hand backward (Photo 1B). Your eventual goal is to be able to stretch back far enough to rest your free hand on the point of your horse's hip, as shown here (Photo 1C). Stretch both sides equally, then try this exercise at the walk (Photo 1D). Before you begin: Place both reins in one hand and rest that hand on your horse's withers or somewhere comfortable.

Question 1. Gently take your free hand toward your horse's tail a few times. How much of your body is involved with moving your arm back? Are you moving from the shoulder or from somewhere else? Where are you looking?

2. Let your shoulders, head, and hand move back toward your horse's hip. Repeat a few times, slowly and easily. How much of your whole body is involved with the movement now? Can you notice what's happening in your rib cage?

3. If you can, rest your free hand on the point of your horse's hip. If you can't reach that far, rest your hand where you can reach

comfortably. Has your horse started to follow your movements by turning in the same direction?

4. With your hand resting on your horse's hip, take your same-side hip back toward your hand. It's normal to be able to only do a little movement. Don't try too hard. Notice what your horse is doing.

5. Take your hip in the opposite direction. How hard or easy is this? What does your horse do now?

6. Return to the original movement — taking your hand back toward your horse's hip. How much of your body is involved with the movement now? Does your horse follow you by turning in that direction?

7. Repeat this exercise on the other side, and notice if it feels different. If it does, where do you feel it most: shoulder, arm, head, and/or hip? If you allow your head, arm, shoulder, and hip to turn in the same direction, what does your horse do? What happens if you turn any one part in the opposite direction?

## Stretch #2:

### Hand to Thigh

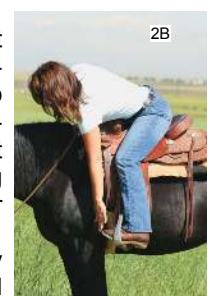
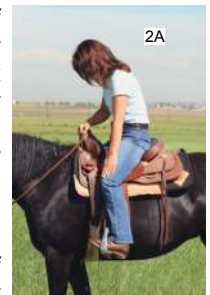
Before you begin: Place both reins in one hand, and rest that hand on your horse's withers or somewhere comfortable.

Stretch #2: With your horse standing, gently slide your free hand down the front of your thigh toward your knee, without forcing it (Photo 2A). Go as far down your thigh as you can reach, with your eventual goal to be able to touch your toe, as shown here (Photo 2B). Next, slide the back of your hand along your thigh, as opposed to the palm of your hand, to get a feel for how this changes the stretch (Photo 2C). If you're comfortable, try this exercise at the walk, while paying attention to what your horse does.

Question 1. Gently slide your free hand down the front of your thigh toward your knee a few times. Without forcing it, how far down your thigh can you go? Can you reach your knee?

2. Become aware of how much of your body is involved in this exercise. Are you moving from the elbow, from the shoulder, or from somewhere else? Do you push your lower leg forward, back-

(Continued on [page 12](#))



(Continued from page 11)

ward, or leave it in place?

3. Pull your leg back behind you, and then push forward against the stirrup. How do these actions affect your ability to slide your hand down your thigh? Allow your leg to simply hang underneath you. What happens now?

4. Where are you looking as you do this exercise? Look toward your hand, away from your hand, away from your hand on the same side of the horse, and away from your hand toward the opposite side of the horse. What's the difference?

5. Slide the back of your hand along your thigh as opposed to the palm of your hand. What happens in your shoulder? Which position allows you to go further down your thigh with less effort? How might this relate to holding the reins?

6. What happens in your chest as you slide your hand down your thigh? Do you round or arch your upper back? What happens with your head?

7. Notice if you twist your ribcage or keep it straight as your hand moves toward your knee. Does looking toward or away from your hand affect the movement of your ribcage, neck, and/or shoulders?

8. What happens in your hip joints? Do they open or close? Does your back position (rounded or arched) affect your hip movement? Can you find a middle position between rounded and hollow, and does this change the movement?

9. Where's your weight? Does it feel like you're leaning off the side of your horse? Which seat bone feels heavier?

10. If you're comfortable, try this exercise at the walk and notice what your horse does. Does he begin to walk in circles, lean in, or drift out? Does your head position alter the direction your horse walks?

11. Return to the original movement. How much of your entire body is involved with the movement now? Can you now move more easily? Can you reach further than the first time?

12. Repeat this exercise on the other side. Notice if it feels different, and if so, where?

13. If you're comfortable, try this at the jog. Notice if you resist or limit hand movement down your thigh. Can you find where you can let go of excess muscular effort to make the exercise easy at the faster gaits?



### Stretch #3: Forearm to Thigh

Stretch #3: Start on a fitness ball with your knees bent at a right angle. Place your forearm on your thigh with your hand on your

knee, while allowing your other arm to hang down (Photo 3A). Practice these exercises on the ball to make sure you understand them, then move to the saddle. In the saddle, round your back. Place your hand on your knee and your forearm along your thigh (Photo 3B). Then switch to an arched back (Photo 3C), feeling the stretch all through your back and pelvis. Find that middle place between arching and rounding your back (Photo 3D), where you feel your hips sink back and down as your head lengthens away from you. As you ride, think of lengthening through your spine in this way. Before you begin: Sit on a level surface or on a fitness ball that allows you to have a right angle behind your knee, and so your knee and thigh are on the same plane. In between the movements below, take breaks and sit in an upright position. (You'll mount up in a bit.)

Question 1. Place your forearm on your thigh with your hand on your knee. Let your other arm hang to avoid feeling too restricted. Notice the position of your spine, head, and pelvis while you're sitting here. It's fine if you're flexed or rounded in the back.

2. Gently change the curve of your spine from flexion (rounding) to extension (hollowing) as you leave your arm on your thigh. Notice what part of your spine moves as you flex and extend, and what happens with your pelvis, spine, and head. Did you only move one part of your spine, or did the movement include the entire spine?

3. Repeat this movement many times, going from flexion to extension. Does the movement get easier? Notice whether you feel the movement through the entire spine now.

4. Notice your head as you go from flexion to extension. Does it stay motionless, follow the movement of your spine, or go in the opposite direction? Does your head drop as you flex (round) your back and rise up and back as you arch (hollow) your back?

5. Move only your pelvis and keep your spine and head relatively still. Do you feel your seat bones coming under you as you round your back, or going out behind you as you arch your back?

6. Arch and round your back, making the movement smaller and smaller. Can you feel the middle place between arching and rounding your back? When you're in the middle place, is there a widening across the pelvis and do your hips feel like they sink back and down as your head lengthens



away from you? You're searching for this place.

7. Slowly come up to sitting while maintaining this lengthened alignment of your spine. Notice the movement of your head and neck. Imagine lengthening a tiny bit more and feel if your head goes slightly upward. This is a very small movement; don't exaggerate it or you will hollow your back and neck.

8. Gently move your head left and right. Vary between slightly rounding and arching your back and feel what happens to the freedom of your head and neck. Use very small movements or you may not be able to feel the difference.

9. Switch to the other side, and repeat the exercise. Is it easier on this side?

10. Mount up and take your reins in one hand. Place the other hand on your knee with your elbow on your thigh. You'll have to bend forward to do this, which may necessitate pushing your seat back in the saddle to have enough room.

11. Gently arch and round your back. Pay special attention to that middle point where your spine is lengthened (as you discovered off your horse). Think of lengthening your head away from your seat. Come up to sitting and feel how it is to sit in the saddle with your spine lengthened.

12. As you ride, think of lengthening through your spine. Notice what happens in your pelvis and hips. Does this make a difference in how your horse moves? What happens to your horse's back as you lengthen through your spine?

### Enjoy the Ride

"There are no wrong answers in doing these exercises — it's all about discovering how to allow movement and bringing awareness to what your body is doing," says Murdoch. "In just a few minutes, you might find you're both moving a bit more freely."

Take that freedom to both your arena work and trail rides, enjoying your time together now that you and your horse are able to bend, turn, and blend with each other a little more easily.

Kara L. Stewart is an award-winning equine journalist, full-time horse owner, and author of "Advanced Western Riding" (2007, BowTie Press). Based in Sedalia, Colorado, she can be reached at [www.kstewart.com](http://www.kstewart.com).

Our thanks to human model Teresa Danielson of Aurora, Colorado, and equine Morgan model After Midnight ("Tikka") for demonstrating these stretches.



Kara Stewart and her Arabian Eddie (registered name Final Edition PR)

## Get NATRC E-News

NATRC E-News is the official electronic communication channel of our organization. E-News is a subscriber-based electronic marketing software from Constant Contact.

With E-News, you can receive electronic announcements on upcoming NATRC rides and clinics, new sponsors and special offers, NATRC promotions and contests, and general NATRC information including details on rules changes and proposals as well as regional and national Board minutes in a timely manner by subscribing now.

To begin receiving NATRC E-News, simply go to the NATRC website (<http://www.natrc.org>), click on "Join/Renew" along the top, then select "Join NATRC E-News." After you are directed to the E-News sign-up page, you can choose to receive a variety of different types of announcements.

If you would like to send NATRC information to all subscribers or just specific regions, contact Bev Roberts ([matefey@gmail.com](mailto:matefey@gmail.com)) or the National office ([natrc@natrc.org](mailto:natrc@natrc.org)) for help to put your announcement on the official NATRC electronic communication channel.

## Region 1 2013 Ride Schedule

<b>May 4</b>	<b>Mt. Diablo</b> Ellen Pofcher Peg Gardner	Clayton, CA (925) 672-3733 (775) 815-7626	"B" O/N/CP <a href="mailto:mtnoaks@earthlink.net">mtnoaks@earthlink.net</a> <a href="mailto:mtnoaks@earthlink.net">mtnoaks@earthlink.net</a>
<b>May 18</b> 	<b>Cowboy Camp Clinic</b> Angie Meroshnekoff Sec: Darlene Schlerf	Williams, CA (707) 743-9973 (707) 462-4514	<a href="mailto:awhitedog@aol.com">awhitedog@aol.com</a> <a href="mailto:deschlerf@hotmail.com">deschlerf@hotmail.com</a>
<b>May 18-19</b>	<b>Cowboy Camp</b> Jean Armer Sec: Sherry Lindley	Williams, CA (530) 755-8301 (530) 432-6513	"A" O/CP; "B" N <a href="mailto:armer@citlink.net">armer@citlink.net</a> <a href="mailto:shadylin@aol.com">shadylin@aol.com</a>
<b>May 31-Jun 2</b> 	<b>Challenge of the North Clinic</b> Laurie Knuutila Sec: Lezlie Wilfer	Fairbanks, AK (907) 378-9190 (907) 474-4631	<a href="mailto:wildroseph@ yahoo.com">wildroseph@ yahoo.com</a> <a href="mailto:wilfer@acsalaska.net">wilfer@acsalaska.net</a>
<b>June 1-2</b>	<b>Round Valley Regional Park</b> Gene Boicelli Sec: Linda Thomason	Brentwood, CA (925) 672-6491 (510) 651-9470	"A" O/CP; "B" N LIMIT 45 <a href="mailto:geneboicelli@aircloud.net">geneboicelli@aircloud.net</a> <a href="mailto:linda.thomason@comcast.net">linda.thomason@comcast.net</a>
<b>June 22-23</b>	<b>Georgetown NATRC</b> Laura Harvey Sec: Wayne Read	Georgetown, CA (916) 689-1631 (916) 689-1631	"A" O/CP; "B" N <a href="mailto:hereticsunite@hotmail.com">hereticsunite@hotmail.com</a> <a href="mailto:wrsmith@frontiernet.net">wrsmith@frontiernet.net</a>
<b>July 20-21</b>	<b>Challenge of the North</b> Laurie Knuutila Sec: Lezlie Wilfer	Fairbanks, AK (907) 378-9190 (907) 474-4631	"A" O/CP; "B" N <a href="mailto:wildroseph@ yahoo.com">wildroseph@ yahoo.com</a> <a href="mailto:wilfer@acsalaska.net">wilfer@acsalaska.net</a>
<b>Aug 17-18</b>	<b>Jackson Forest</b> Steve Meroshnekoff Sec: Maria Pilgrim	Ft. Bragg (707) 743-9973 (707) 795-8163	"A" O/CP; "B" N <a href="mailto:iambrewing@aol.com">iambrewing@aol.com</a> <a href="mailto:wolves1961@sbcglobal.net">wolves1961@sbcglobal.net</a>
<b>Sept 28-29</b>	<b>Pilchuck Tree Farm</b> Kathryn Lewandowskyt TBA	Arlington, WA (360) 403-8471(H) (425) 737-4594 cell	"B" O/N/CP <a href="mailto:skyranch12805@yahoo.com">skyranch12805@yahoo.com</a>
<b>Oct 12</b>	<b>Lake Mendocino</b> Steve Meroshnekoff Sec: Maria Pilgrim	Ukiah, CA (707) 743-9973 (707) 795-8163	"B" O/N/CP <a href="mailto:iambrewing@aol.com">iambrewing@aol.com</a> <a href="mailto:wolves1961@sbcglobal.net">wolves1961@sbcglobal.net</a>

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## NORTH AMERICAN TRAIL RIDE CONFERENCE

[www.natrc.org](http://www.natrc.org) 303-688-1677 [natrc@natrc.org](mailto:natrc@natrc.org)

Proceeds benefit NATRC operations in support of its educational, trail & competitive programs.



# Endurance Riders' SECRETS

By Jennifer Nice

Reprinted from Trail Rider Magazine,  
courtesy of EquiSearch.com

Recreational trail riders tend to view endurance riders as a bit of a motley crew. They seem to ride too far, too fast. They wear funny-looking clothing and seem to prefer brightly colored tack that looks as though it was made for a drill team.

In truth, endurance riders were all recreational trail riders first - and many still are. Over time, they've merely adapted. Think survival of the fittest. They've learned valuable lessons along the way - some painful, others expensive, and all as a result of mistakes they don't want to make again.

Endurance riders have mastered the secrets to staying comfortable while spending many hours in the saddle. This applies to their horses, as well. They know that their horse's comfort is just as important as their own, if not more so.

So, if you want to know what type of riding pants won't chafe, what foot-gear won't leave you crippled, what tack stays looking new for years, what girth won't rub, what water bottles won't bounce, and more, just ask an endurance rider.

Here, I'll share 17 riding-apparel, trail-tack, and on-trail secrets directly from those who've logged countless miles on the endurance circuit. (For a comprehensive guide to endurance riding, tack, and equipment, visit [www.endurance.net](http://www.endurance.net).)

## 5 RIDING-APPAREL SECRETS

This insider advice will help you stay comfortable and safe; it'll also help you look like a serious trail rider rather than a wannabe.

**Apparel secret #1: Ditch street jeans.** For every trail rider who's ever gawked at an endurance rider in a pair of brightly colored tights, there's an endurance rider cringing and muttering, "I can't believe that person is riding in blue jeans."

Leave your street and fashion jeans at home. Although riding jeans, made with stretchy materials and flat inside seams, can be comfortable, consider adding riding tights to your trail-apparel wardrobe. If you'd sooner give up riding than be caught in a pair of neon-colored tights, then consider a more conservative color, such as tan, navy, or black.

Most tights designed for long-distance riding are made of a cotton/spandex blend specifically designed for saddle comfort. The fabric keeps you warm in inclement weather, cool on hot days, wicks moisture, and, most important, doesn't chafe or rub.

Riding tights made by Carousel Action Wear, Inc., for example, are durable, breathable, and fast-drying, because they're made from a Dryflex cotton/poly/Lycra Tactel fabric. Other popular brands with endurance riders are Irideon, Kerrits PowerStretch, and Saddle Bums. (Guys, if you just can't bring yourself to don tights, then consider wearing them under your jeans.)

**Apparel secret #2: Layer.** To keep warm and dry, layer. If your outerwear becomes too hot or heavy, tie it around your waist or to the back of your saddle. Don't bother with a hooded jacket; you'll never use the hood, and it'll just fill up with water if it rains. Do, however, wear a raincoat long enough to cover your bum.

As a base layer on top, endurance riders usually compete in slogan T-shirts from previous rides. Cotton is cool, comfortable, and easy to wash. If you tend to burn easily or will be riding through brush, layer a long-sleeve cotton shirt over your T-shirt.

**Apparel secret #3: Buy comfortable footwear.** Comfortable footwear is also important. Find a riding boot or shoe that's wide across the ball of the foot, offers your toes ample room, has a cushioned, yet sturdy, sole, and has a heel just high enough to catch your stirrup.

Many riding shoes come in Western styles, so you won't feel as though you're riding in athletic shoes (although they're the most comfortable). Both Ari-

at's Endurance Collection and Mountain Horse's line of paddock boots offer a variety of styles for both men and women for summer, winter, and wet-weather riding.

**Apparel secret #4: Invest in half-chaps.** Another important article to the endurance rider is half-chaps. Before you frown on these, answer these questions: Do you have more hair on your head than you do on your inner calves? Have your calves ever been rubbed so raw from chafing against your horse's sweaty sides (making your calves also uncomfortably wet) that you scream in pain when showering after a long, painful day in the saddle?

If your answer to either of these questions is yes, seriously consider buying a pair of half-chaps. They'll keep your calves from being rubbed raw and will keep the bottoms of your riding pants dry and down on your ankles.

**Apparel secret #5: Wear a riding helmet.** The single most important piece of equipment you can wear is an ASTM-approved, SEI-certified riding helmet. Don't shun a helmet because you're "just meandering down the trail"; you can suffer a serious head injury falling off even if your horse is standing still. Think of a helmet the same way you do the seatbelt in your car. You hope you never need it to save your life, but if you do, you'll be grateful you wore it.

In the old days, helmets were hot and heavy. But today's helmets are comfortable, cool, and even stylish. It's best to try on several makes and models before you buy.

## 7 TRAIL-TACK SECRETS

Now that you're set, consider your tack. Endurance riders have learned a lot from their miles in the saddle; here's what they recommend.

**Tack secret #1: Check saddle fit.** Your saddle is the single most important piece of tack you'll use. You'll spend hours sitting in your saddle, and your horse will spend hours wearing it. Thus, it's imperative that your saddle properly fits you both. An ill-fitting saddle can cause significant bone and joint problems. Your horse can suffer behavioral problems and, worse, muscle, tissue, and nerve damage.

Finding a saddle that fits perfectly shouldn't be a problem, provided you do  
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your research. Consider a saddle custom-made for your horse. Many endurance riders choose saddles that are semi-custom; that is, they select the tree size that best fits their horse and the seat size that best fits them.

Custom saddles endurance riders prefer include those made by Kanavy Endurance Saddles, the ReactorPanel Saddle Company, Sharon Saare Saddles, Specialized Saddles, SR Saddle Company, and Synergist Saddles.

There are also innovative saddles on the market that offer optimum fit and comfort at a reasonable price - and weight. Two popular brands are the Bob Marshall Treeless Saddles and the Freeform Saddles from Action Rider Tack.

**Tack secret #2: Buy biothane.** One reason endurance riders appoint their horses in brightly colored tack is because they can. Biothane, which is what most endurance tack is made from, comes in more colors than a rainbow.

If you select a custom-made biothane bridle or tack set, you can choose any combination of colors and accents that you'd like. If you want a bridle made of 10 or more different colors, no problem! And if you have a favorite color, why not dress your horse in it? (Biothane tack does come in brown and black if you'd prefer a more understated look.)

Why biothane? This man-made material lasts virtually a lifetime and is easy to clean; you simply hose it off or dunk it in water. Or, to make it look sparkling new again, throw it in the dishwasher, bit and all. Biothane also doesn't chafe your horse or become stiff.

Endurance riders especially like biothane halter-bridle combinations. "Combo halter-bridles allow you to unclip the bit, leaving you with a halter," notes endurance rider Terre O'Brennan. "Together with a single long rein, you can tie your horse, which is far superior to tying by the reins or bit (gasp!) or having to pack a halter."

Sportack is a leading retailer of custom biothane tack, but also check out other tack makers.

**Tack secret #3: Enhance comfort.** Endurance rider Angie McGee shares humorous stories in her book, *The Lighter Side of Endurance Riding*. However, the horse's comfort is no laughing matter to McGee.

"The object is NOT to see how tight you can get your girth," McGee notes. "That was the rule when you were a child, but once you're a grownup, you can definitely overdo it. Get it good and snug, and check it often to make sure it's snug. But it does not need to be tight."

McGee also recommends checking your horse's back a couple of hours after a ride, or the day after, by pressing his back with your fingertips. "What you consider training problems may be saddle-fit problems," she says. "It's often the second day that the bruising effect kicks in and he acts up."

So that you can walk again after your ride, don't set your stirrup length as though it'll never change again, says McGee. "If you have leg pain, go up or down a notch, and spread the effort out amongst other muscles. Get off and walk if you hurt!"

**Tack secret #4: Add a breastcollar and crupper.** A breastcollar is an absolute necessity to keep your saddle in place while going uphill. It'll also give you lots of great places to hang things, such as a sponge. "Using a sponge on a string to cool a horse off during the ride on a really hot day will sure freshen him up and make the ride more enjoyable," says McGee.

Endurance riders like breastcollars made from biothane or neoprene, which are lightweight, easy to clean, and come in an array of colors.

Also consider a crupper to keep your saddle in place when going downhill. "A crupper is a wonderful thing," says McGee. "If you buy a good-quality, soft one - I don't like the leather - you quit having to wonder, 'Is my horse's neck getting shorter?'"

**Tack secret #5: Attach a seat cover.** For those of you with tiny hineys, seat covers do wonders to make a hard saddle seat more comfortable for a bony behind. Most endurance-tack retailers carry them in sheepskin (check out EasyCare's line of Shear Comfort covers), and Toklat makes a cushy gel seat for most any type of saddle. Aaahh!

**Tack secret #6: Find a good saddle pad.** While it's true that no saddle pad can make an ill-fitting saddle fit better, a proper saddle pad is important. For long hours in the saddle, a pad that wicks heat and moisture, distributes weight evenly, protects pressure points and is easy to keep clean is a must for endurance riders. Top on the list is the Skito Pad from Carousel, which can be

custom-ordered to fit any saddle. Supracor pads also receive high marks from endurance riders.

**Tack secret #7: Secure your saddlebags.** Buy saddlebags designed to stay secure. "There's no reason for stuff to bounce when you trot," says McGee. "Get packs that will stay anchored instead of flogging your horse."

The brand of choice that most endurance riders prefer is Stowaway (available from Synergist Saddles), which has both pommel and cantle packs. These handy packs come in a variety of colors for English, Western, and trail saddles. They come small (just large enough to hold two water bottles and a small snack) to large (enough to pack an assortment of beverages and a three-course meal).

## 5 ON-TRAIL SECRETS

You and your horse are well-outfitted. Now, consider these tips to on-trail safety and comfort for you both.

**On-trail secret #1: Pack snacks and water.** As for packing snacks for the trail, anything that will hold up to being stuffed into a saddlebag will suffice, such as granola bars, jerky, and hard candy. Never put a banana in your pack. If it doesn't get smashed beyond recognition, you'll forget you put it there, and find it weeks later.

Never hit the trail without water, even if you're just going for a short ride. Carry at least one bottle per every hour you plan to be on the trail. If you don't drink it, there's a good chance that someone else in your group will. For longer rides, especially in hot weather, supplement your water with electrolytes, or pack Gatorade.

**On-trail secret #2: Carry a safety kit.** Endurance rider Karla Perkins recommends always carrying an Easyboot, a hoof pick, a knife, Vetrap, and a small roll of duct tape. "I have been on rides when all of this stuff has been used, and not necessarily by me," she says.

An Easyboot - or other top-quality temporary hoof boot - is a necessity if your horse has the misfortune of losing a shoe. Duct tape comes in handy for just about anything you need to fix, and also works well to help keep on the Easyboot; just wrap it a few times round the hoof, avoiding the coronet band, before applying the boot. The teeth inside the boot will grip the tape.

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"With Vetrap or duct tape you can spell words out on the ground," Perkins says. "I did that during the Pony Express endurance ride. The famous Dave Rabe and Holy Toledo got stuck in mud. None of us noticed. With the Vetrap, Laura Hayes and I spelled out 'NO' in bright colors, so those after us didn't make the same error."

Glow sticks are handy in case you get caught out after dark. Attach them to the front of your breastcollar, where they'll illuminate the ground without affecting your horse's (excellent) night vision.

**On-trail secret #3: Keep your horse hydrated.** The infamous endurance rider Crockett Dumas once said, "From the moment horses are born, they spend their entire lives trying to kill themselves." For this reason, it's important to look after them as best you can.

"Let your horses drink!" declares McGee. "I'm amazed how many riders still think 'six swallows.' If you're going to continue on down the trail, let them

have their fill. If you've got a very hot horse, as in [one that] has been racing, that's when you offer six swallows, walk a while, then six more, but not out trail riding. And let them eat! Grass has lots of electrolytes in it. On a long ride, give them a chance to replenish."

Endurance rider Steve Shaw also believes hydration is key. "If your horse won't drink, and you know the next water is far away, then wet your horse down using your hands, your sponge (on a string) or water bottles to cool him," he says. "Water not lost is as good as water taken in."

**On-trail secret #4: Keep cool.** Endurance riders have devised some interesting ways to stay cool during long hot rides. The most important is to carry plenty of water, as mentioned. Freeze your water bottles before your ride. As they thaw, you'll always have a supply of ice-cold water. (Don't freeze all of them, though, in case they don't thaw fast enough.)

Tie a water-soaked bandanna around your neck to both keep the back of your neck cool and to protect it from

the sun. If you really want to stay cool, try CoolMedic's cooling vests, helmet liners, and neck bands. The unique fabric actually keeps you cool and can be worn under or over your riding clothing.

**On-trail secret #5: Stay warm.** There's nothing worse than being freezing cold as you go down the trail. Your fingers are numb; your toes feel like someone smashed them with a hammer. You're miserable.

The key to staying warm is twofold: (1) Dress to protect yourself from the elements with layers, as mentioned earlier; and (2) enhance your circulation. The reason your extremities get so cold is because they're the farthest from your heart, and the cold weather has compromised your circulation. Gripping the reins and sitting in the saddle only makes it worse.

To keep your circulation moving in your hands and feet, wear warm gloves and comfortable socks that wick moisture. Also wear properly fitting footwear that offers ample room. Finally, just get off and walk!



## Minutes of the NATRC Region 1 BOD Meeting

### Call to Order:

The meeting was held on March 10, 2013, at Livermore, California, and was called to order at 8:43 a.m. by Chair, Linda Thomason.

Present: Linda Thomason, Phil Young, Jamie Dieterich, Joe Pimentel, Gene Boicelli, Stephanie Swain, Laura Harvey, Angie Meroshnekoff, and Steve Meroshnekoff

Guests: Betty Young, Vicki Boicelli, Davern Kroncke

### Election of Officers:

2012 officers were re-elected by acclamation.

### Secretary's Report:

Minutes of meeting held 27 January 2013 approved with one correction – in Committee Reports, under Wonder Workers, delete the line "Will get write-up on Maria done soon."

### Treasurer's Report:

Checking: 2012 ended with a revenue loss of \$1590.00.

Budget approved: The Region 1 subsidy (up to \$200) to ride managers will not be continued for 2013.

To further reduce expenses, the Region 1 Roster will be available, electronic or print version, by request.

### COMMITTEE REPORTS:

**Physical Resource Coordinator:** Linda Thomason – Jean Armer has the bibs; Linda Thomason will give her a container. Jamie will arrange transfer of many Region 1 supplies from Kathy Nixon to Linda. Donna has Region 1 laptop and digital projector.

**Historian:** No report

**Wonder Workers:** Steve Meroshnekoff – Awards presented at Convention. **Points/Membership:** No report. Laura Harvey will head 'task force' to coordinate Jim Ferris and Donna in the conversion of the database.

**Publicity:** Linda Thomason – CHSA has not responded to multiple calls/emails. Donna to keep up ride calendar on the website. A ride calendar poster will be made and sent to members to post in feed and tack stores, etc. Event listings have been/will be placed in local area horse publications as well as online venues such as BAEN.

**The Leadline:** Laurie Knuutila – favorable response to expanded content of electronic version. Electronic version results in fewer copies being mailed therefore decreased expenses for printing and mailing. Printing expenses for 2012 have not yet been charged so will be reimbursed this year.

### National BOD:

Proposed rule changes for 2014:

1) Combine Open weight classes if classes not full. This would require addressing changes in several areas of the rule book. This issue will be tabled for further discussion at the May meeting.

2) Weight cards – ride management can re-weigh at any time, with a 5 lb. deviation being allowed. Question – what is the intent of the deviation; where does it apply? Consider these questions for final wording in July.

**Region 1 Website:** Laura will be Donna's backup. Two reviews on new content are required before publishing to the website. Reviewers include Jamie Dieterich, Angie Meroshnekoff, and Linda Thomason.

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**Ride/Clinic Management:** Jamie Dieterich – A ride clinic will be held in conjunction with the Region 1 Benefit ride at Cowboy Camp on 18 May 2013. Jamie Dieterich will be the clinician. Linda will get Clinic information out to area Riding Clubs and contacts made at Convention.

**Outreach Coordinator:** Linda Thomason – NATRC information and goodies in NATRC tote bags will be distributed to new riders.

**Trails Advocacy Coordinator:** Judy Etheridge – Judy wrote a letter of support from Region 1 for the Coast-to-Crest Trail.

**Judging Issues:** Jamie Dieterich, Betty Young, Angie Meroshnekoff – National Judges Committee: Jamie Dieterich is off the committee, Nancy Kasovich, horsemanship judge, and Angie Meroshnekoff, rider representative, are now on. Jamie will continue to act as the education liaison to the Judges Committee.

Concerns expressed by members at Convention had mostly to do with judges' attitudes.

#### **OLD BUSINESS:**

**R1 Corporate/Non-profit status:** Phil Young and Jamie Dieterich – in progress.

**NATRC Computers:** Gene Boicelli picked up the equipment from Jim Ferris and delivered it to Donna.

#### **NEW BUSINESS:**

2014 Awards dinner in place of Convention gathering – Linda will bring this up in a post-Convention letter to be included in LeadLine.

Meeting location to replace Jim Ferris' home. Future meeting may be held at Laura Harvey's home in Elk Grove, CA. In related discussion, Phil will talk to Jim about the details of setting up the webinar for the winter meeting.

NATRC/AERC promotion through waiver of non-member fee on ride entries for AERC members – proposal to reciprocally waive non-member fees at one Region 1 ride and AERC's Firecracker

Ride, to establish a better relationship with AERC and help dispel the negative impressions of some members. Consensus that it would be at the discretion of the individual ride chair.

The Georgetown ride will be waiving the non-member fee for AERC members.

"Triple Crown" – Angie looking at organizing a Region 1 Triple Crown to include the Jackson Forest and Lake Mendocino rides plus one local AERC ride.

Region 1 participation on 100% Club – Jamie and Angie will investigate the cost of participating and submit a proposal at next meeting.

#### **NEXT MEETING:**

Time: 10:30am

Date: 17 May 2012

Location: Cowboy Camp, Cache Creek Wilderness, Ca.

NOTE: All reports should be submitted to the Board via email by Friday, 10 May 2013. If not submitted by that time, print copies must be distributed to all members at the meeting.

Respectfully Submitted,

Stephanie Swain

## Minutes of the NATRC Region 1 General Meeting

The meeting was held at Livermore, California on 10 March 2013

#### **Call to Order:**

The meeting was called to order at 4:05 p.m. by Linda Thomason

#### **Treasurer's Report:**

Account balance: \$21198.37

2012 was over-budget by approximately \$1500.00

Saved on LeadLine by going to an email version to reduce printing and mailing costs

R1 Board of Directors' personal travel costs have been reduced through the use of GoToMeeting.

#### **Election Results:**

Gene Boicelli and Stephanie Swain were re-elected to the Region 1 Board of Directors for 3 year terms, Joe Pimentel was elected to a 2 year term

#### **National Board of Directors Report:**

From the January NBOD meeting attended by Jamie Dieterich:

A new rule is in effect for 2013 allowing portable corrals that are securely attached to a trailer or tree – safety to be determined by the Horsemanship Judge. The use/non-use of portable corrals at a given ride will be up to the Ride Manager. Ride entry information must disclose

whether portable corrals will be allowed/not allowed at the ride.

Thanks to a generous donation made to NATRC, a Ride Managers' Relief Fund will be created to help defray the cost of putting on rides. We don't want Ride Managers losing money

2013 will be Jamie Dieterich's last year on the National Board of Directors. Angie Meroshnekoff is on the National Board of Directors, with Phil Young as Alternate.

Rule change proposals are made in January; wording is formalized in July, then voted on in November. Proposed Rule changes for 2013-2014:

1) Merging HW and LW Open when classes are not full. The reason for the change is that in Regions 1 and 2, riders cannot get enough points to qualify for the National Championship unless they travel out of region. Combining the weight classes would allow riders to earn more points. More competitors in a class = more points. Another possibility would be to change the requirements for the National Championship. Region 1A has separate requirements.

2) Ride management may re-weigh riders at any time during the competition, with a 5 lb. deviation being allowed. When does the 5-lb. deviation apply?

#### **Introduction of Region 1 webmaster, Donna Stidolph:**

Donna is looking for ride stories, pictures, input! Don't forget to check the website frequently for the latest information. For example, there will be a Clinic offered in conjunction with the Cowboy Camp ride in May.

Donna is also working on a "cross cultural" reciprocal arrangement between NATRC and AERC. The Fireworks Endurance Ride at Santa Cruz on 13 July 2013 will allow NATRC members to enter without paying the AERC non-member fee, Region 1 will allow AERC members to enter one NATRC ride without paying the NATRC non-member fee.

**Tevis:** Karel Waugh – Tevis (July 20, 2013) is looking for Region 1 members to volunteer at Robinson Flat. Set-up is Friday afternoon (July 19); potluck and job briefing Friday evening; multiple aspects of the vet check Saturday morning; clean-up Saturday afternoon.

We are looking to establish NATRC Ambassadors in each Region.

**Close of meeting:** 4:39 p.m.

# NORTH AMERICAN TRAIL RIDE CONFERENCE

PO Box 224, Sedalia, CO 80135, 303-688-1677, Fax 303-688-3022

[www.natrc.org](http://www.natrc.org), [natrc@natrc.org](mailto:natrc@natrc.org)



## MEMBERSHIP FORM - RENEW, JOIN OR PURCHASE ITEMS ONLINE AT [WWW.NATRC.ORG](http://WWW.NATRC.ORG)

Memberships run from January 1-December 31. We offer eight membership plans: four Regular; two Lifetime and two Platinum. The Platinum plans receive all the benefits of the Regular plans plus personal excess liability coverage with a \$1,000,000 policy limit.

### CHECK PLAN DESIRED

**REGULAR MEMBERSHIP:** All memberships include: electronic national newsletter-*Hoof Print*, your region's newsletter, E-News subscription, eligibility for annual national and regional high score awards and championships, horse and rider mileage awards, reduced ride entry fees, sponsor discounts, and automatic membership in your region.

- |   |          |   |
|---|----------|---|
| <input type="checkbox"/> <b>FAMILY</b> .....  | \$90 /yr | Household of 1 or 2 adults & children under the age of 18 as of Jan 1 (2 votes) |
| <input type="checkbox"/> <b>SINGLE</b> .....  | \$60 /yr | Single adult member (1 vote)  |
| <input type="checkbox"/> <b>ASSOCIATE</b> ... | \$50 /yr | Equine-related groups or businesses only (no vote)                              |
| <input type="checkbox"/> <b>JUNIOR</b> .....  | \$40 /yr | Single Junior member under age 18 (no vote)                                     |

**LIFETIME MEMBERSHIP:** One time membership payment.

- |  |          |   |
|--|----------|---|
| <input type="checkbox"/> <b>FAMILY</b> ..... | \$10,000 | Household of 1 or 2 adults & children under the age of 18 as of Jan 1 (2 votes) |
| <input type="checkbox"/> <b>SINGLE</b> ..... | \$ 5,000 | Single adult member (1 vote)  |

**PLATINUM MEMBERSHIP:** Platinum members receive insurance benefits through Association Resource Group-ARG. Platinum members receive personal excess liability coverage with a \$1,000,000 policy limit. Coverage is for claims brought against members of NATRC (Platinum) arising from the use and/or ownership of a horse and for horse-related accidents involving third party bodily injury or property damage. Coverage will apply when engaged in any horse related activity, and coverage is in excess of any existing valid and collectible insurance. There is no deductible. Professional Liability is not included. Business exposures are excluded.

- |  |           |   |
|--|-----------|---|
| <input type="checkbox"/> <b>FAMILY</b> ..... | \$130 /yr | Household of 1 or 2 adults & children under the age of 18 as of Jan 1 (2 votes) |
| <input type="checkbox"/> <b>SINGLE</b> ..... | \$ 80 /yr | Single adult member (1 vote)  |

**ANNUAL LIFETIME MEMBER PLATINUM UPGRADE:** \_\_\_\_\_ \$40 Family \_\_\_\_\_ \$20 Single

### NATRC Specialties (Optional)

- |  |        |
|--|--------|
| <input type="checkbox"/> Patch (inc. w/new membership). .... | \$5.00 |
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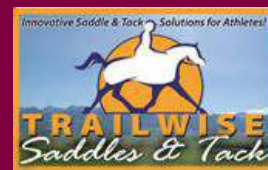
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