

The Leadline

The Voice of NATRC Region 1 Competitive Trail Riding



www.natrcregion1.org

Spring 2018

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Region 1 2017 Junior Winners!



Claire Cichocki & Desert Whiskey

Photo by Kim Naugle, with permission



Alexis DiMartino & Denababorr

Photo by Linda Thomason, with permission



Grace Boles & Lucky Eddie

Photo by Linda Thomason, with permission



Natalie Niderost & Abishagg

Photo by Kim Naugle, with permission

Chair's Column. . .

The View From 14 Hands

A friend of mine, Jec, is training for an ultra-marathon running event, and I'm trying to get my mare, Sunny, in shape for our NATRC season. So when Jec suggested we meet at Rancho San Antonio for a run together, it sounded like a great idea – Jec would have company for her run, and Sunny could trot along with a buddy. We agreed to meet at 6:30 AM on a Saturday morning.

When Sunny and I pulled in, we looked down on the parking lots – there were two of them, each football field size and both nearly full – there must have been over a 100 cars there. Yikes. I followed the “Equestrian Parking Only” signs and ended up in only open place in the lot. Jec jogged over while I was tacking Sunny up, so as soon as I tightened Sunny's girth, we were off.

It was pretty crazy. Sunny and I did about 13 miles, about 1 mile of which was flat. The first 4 miles were uphill and there was a group of walkers or runners every 100 yards or so, and I think the average group size was three – so I estimate that we passed about 150 people. Many of them were really excited to see a horse, so we had to stop for photos. (I suspect Sunny was a Facebook star the next day!) And, because of the traffic and trail width, while Jec was able to pass them gracefully, we had to find the right time and place. So, Sunny had to let Jec get away, maneuver around the people, catch up with Jec again, - then repeat, forever.

When we got to the top of that first long climb, we had to go downhill. We only walk downhill and Sunny takes that to an extreme, so Jec just sort of disappeared into the distance. Sunny just let her. We were doing fine until a female turkey hopped onto the trail in front of us. Sunny stopped, thought it over, and then we (seately) chased the turkey off the road. In a few minutes, Jec ran back to join us, so she was there to help when we ran into the cadre of *seven* turkeys!

After that, Jec did an out and back up a hill, and we knew we couldn't keep up on the downhill, so went up a mile or so with her, then went back downhill so she wouldn't have to wait for us. We beat her to the bottom and waited at the intersection, where about 30 more people gawked at us. When Jec reappeared, we finished the loop. The final mile into the parking lot was a flat single-track, and it was even more crowded than the trail we'd taken out of the lot, but Sunny let every kid pet her and scrunched herself into crevices along the trail to get out of peoples' way.

When we got back to the trailer, this guy in an official vest was standing there, staring. I thought I'd parked incorrectly or something, but what he said was, “I've worked here for 15 years and this is the first horse trailer I've ever seen!” And went on to say that it was too crowded for most people, etc.

When we were on the road on the way home, I was trying to figure out why on earth I even got Sunny out of the trailer. We had a good time, but I was imagining the responses of my friends, many of whom are far more competent riders than I, and whose horses are uber-trained. And I realized that Sunny and I can do stuff like this because of our NATRC experience: she trailer-camps several times a year, she's been on a zillion different trails, and she's seen a zillion different animals (tule elk, bears, deer). Horses have ridden away from us, and we've ridden away from them. Lots of strange people have not only had their pictures taken with her, they've prodded her gut, poked her gums, and pinched her shoulders!

What I mean to say is that NATRC offered us a chance to experience the world in a safe and supporting environment, where everyone has a stake in keeping things calm and safe. The teams we rode with provided great examples of how to approach things, and the judges who rated us gave us insight into what to think about next.

So, if you know someone who's looking for the next step with their horse, bring 'em along to a ride! This year most of our 2-day rides will be offering an “Intro Ride” (C ride) on Saturday. It will be an 8 to 12-mile ride that has all the features of an NATRC ride: ride meeting, vetting in, obstacles, timing, etc. Horses and riders will be scored, but no winners will be announced. Oh yeah, and they'll cost \$40-\$50. If the riders like it, they can stay and sign up to ride a 1-day B ride on Sunday.

I hope to see you on the trail – along with some of your friends!

Donna Stidolph

Region 1 Board of Directors

Chair:

Donna Stidolph
831.427.3646 donna@stidolph.com

Treasurer:

Linda Thomason
510.708.1439
linda.thomason0610@gmail.com

Recording Secretary:

Stephanie Swain
707.529.6330 stephswain@earthlink.net

Corresponding Secretary:

Sheila Christiansen
209.371.7248 shooflypets@gmail.com

National BOD Representative:

Angie Meroshnekoff
707.743.9973 awhitedog@aol.com

National BOD Representative:

Jamie Dieterich
530.394.7584 (cell) jamiek@gotsky.com

National Alt. Board Member:

Linda Thomason
510.708.1439 linda.thomason0610@gmail.com

Regional Board Member

Lee Cannon
707.795.5085 cannonlindalee@comcast.net

Committees

Region 1 Points

Donna Stidolph
831.427.3646 donna@stidolph.com

Wonder Worker Recruitment

Steve Meroshnekoff
707.743.9973 iambrewing@aol.com

The Leadline Editor

Laurie Knuutila
907.590.4080 wildroseph@yahoo.com

Publicity / Outreach

Linda Thomason
510.708.1439 linda.thomason0610@gmail.com

Ride / Clinic Coordinator

Jamie Dieterich jamiek@gotsky.com
530.394.7584 (cell)

Webmaster

Donna Stidolph
831.427.3646 donna@stidolph.com

Trails Advocacy Representative:

Trisha Taniguchi
619.987.7969 trishajean6@gmail.com

See www.natrc.org for a complete list of National Board members and Committees.



RIDERS



Is there NO year-end high point breed award for your equine's breed?

Are you a member of your breed association?

Are you an NATRC member?

If you answered YES to all three questions, please initiate contact with your horse's breed association and hook them up with our Executive Director, Sarah Rinne, natrc@natrc.org!

Junior Rider Rebate

Junior riders who are NATRC members by the second Sunday in November of a ride year and complete 3 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 [Linda Thomason](#), R1 Treasurer, for more details.

2018 NATRC Region 1 Ride Schedule

<http://www.natrcregion1.org/>

May 5	Mt. Diablo Ellen Pofcher Sec: Jessie Simons	Clayton, CA (925) 672-3733 (925) 672-4348	"B" O/N/CP mtnoaks@earthlink.net mtnoaks@earthlink.net
May 19-20	Cowboy Camp Jean Armer Sec: Linda Thomason	Williams, CA (530) 755-8301 (510) 708-1439	"A" O/CP/N; "B" N armer@citlink.net linda.thomason0610@gmail.com
June 16-17	Eel River Steve Meroshnekoff Sec: Maria Pilgrim	Potter Valley, CA (707) 743-9973 (707) 795-8163	"A" O/N/CP; "B" N iambrewing@aol.com wolves1961@sbcglobal.net
July 28-29	Knik River Ramble Pete Praetorius Sec: Jessica Kelsch	Palmer, AK (907) 745-4747 (907) 590-1234	"A" O/CP; "B" N pwpraetorius@matsu.alaska.edu iceponies@gmail.com
August 18-19	Jackson Forest Summer Steve Meroshnekoff Sec: Maria Pilgrim	Ft. Bragg, CA (707) 743-9973 (707) 795-8163	"A" O/N/CP; "B" N iambrewing@aol.com wolves1961@sbcglobal.net
Sept. 29-30	Round Valley Regional Park Gene Boicelli Sec: Linda Thomason	Brentwood, CA (925) 672-6491 (510) 708-1439	"A" O/CP; "B" N LIMIT 45 geneboicelli@gmail.com linda.thomason0610@gmail.com
Oct. 13-14	Fall Fiesta – Cache Creek Co-chair: Steve Meroshnekoff Co-chair: Jean Armer Sec: Angie Meroshnekoff	Williams, CA (707) 743-9973 (530) 755-8301 (707) 391-3408	"A" O/N/CP; "B" N/CP; "B" N iambrewing@aol.com armer@citlink.net awhitedog@aol.com

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 1 committees, ride results, point standings, minutes of board meetings, and the current Region 1 ride schedule. Send subscription requests and payments (made out to NATRC Region 1) to Phil Young, 2384 Templeton Dr, Redding, CA 96002. Contributions are welcome and may be sent to Laurie Knuutila, 455 Ream Lane, Fairbanks, AK 99712 or email to 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. Submit ads to the Editor via email or as hard copies via regular mail; hard copies will be scanned as submitted. Make checks payable to NATRC Region 1.

Remembering Those We've Lost

Hank Cook, DVM

December 30, 1923 - August 19, 2017

Hank Cook was born in Nebraska, then moved to Riverton, WY where he graduated from high school. He earned his Bachelor's Degree at the University of Wyoming in Laramie and his Doctorate of Veterinary Medicine at Colorado State University in Ft. Collins. He practiced in Denver for awhile, then moved to California.

Hank's passion for raising horses began early in life. Over the years, he enjoyed tending to the health of horses in conventional and endurance races, was the designated Head Track Veterinarian at various horse races throughout the state, and performed his services for many Hollywood celebrities. One of our first NATRC veterinary

judges, he judged many rides in R1 and R2 from the 1970's to the early 2000's.

He was a friend to so many riders and was so well respected in those bygone years. He had a reputation for being generous and always had a story or a joke to share.

Larry Goss, DVM

May 19, 1952 - October 8, 2017

Larry Goss lost his battle with ALS on October 8, 2017, at his home in Auburn, CA. Larry was born in Iowa and grew up in southern California. He earned his B.S. in Genetics and D.V.M. at UC Davis. After completing an internship at Thousand Oaks, he and his wife settled in Auburn.

In addition to judging endurance rides and the Tevis, Larry judged the Mt. Quarry and Georgetown rides for

several years starting in 2004. Ironically, Hank Cook was lined up to judge the Mt. Quarry Ride but had to cancel due to an eye infection. Not to be deterred, Marilyn Hunter asked Dr. Goss to be an "emergency guest judge." He accepted and was subsequently approved.

Larry Goss was an avid outdoorsman, a good veterinarian, and a genuinely nice man.



Bob Young, DVM

September 14, 1930 - March 6, 2018

Bob Young spent much of his boyhood in the San Francisco Bay Area helping his father who worked as a polo pony trainer for Bob Smith (Nancy Kasovich's first husband) and Will Tevis. Bob received his veterinary degree from the University of California in Davis in 1961.

After doing some trail riding and packing with their children in the Sierras, Bob and his wife, Lori, entered their first NATRC ride in 1975 at Uvas Dam. Bob showed up in a cowboy hat, chaps and cowboy boots riding a racing Quarter Horse named Moon Chic. Bill and Joan Throgmorton befriended Bob, were very encouraging, and asked him to become an

NATRC veterinary judge. Bob received his apprentice judge's card in 1975 and judged his first ride (for free!) at the Uvas Dam Benefit Ride in 1976.

Bob bred competitive distance horses, rode and won endurance rides, finished the Tevis eight times, and was

on the Tevis Board for 5 years. During the 1970's, Bob was very instrumental in getting Shell Oil animal product division as a major sponsor for the NATRC awards which really helped NATRC avoid a financial crisis. He served on the NATRC National Board of Directors 1977-79, was Vice President in 1979, and a co-chair of the Judge's Committee. He worked on standardizing veterinary judging and the horse scorecard. Bob judged at least one NATRC ride a year (and sometimes as many as five), often in different regions. He always went out of his way to make time in his very busy schedule to accommodate any ride that requested his help.



Region 1 2017 Year-End Awards Program

Fires, Friends and Families

The fires last fall significantly affected many of our R1 family. Nancy Kasovich, the Cichocki's, and Mike Witt, DVM, lost their homes. Angie and Steve were faced with possible forced evacuation and still held off until the last minute canceling the Fall Fiesta

Ride. Davern and Stephanie were evacuated. Our BOD communications and Face Book became fire situation status reports. The level of concern of those of us not directly affected reminded us how important our friends and families are, and NATRC has be-

come such a large extended family for all of us. The fires are over, but the effects will last a long time.

May this help us remember to be thankful for what we have and not sweat the small stuff!

Credits:

- R1 Mini-Convention: Davern Kroncke
- Registration: Linda Thomason and Betty Young
- Membership/Voting: Phil Young and Lee Cannon

- Awards: Betty Young and Davern Kroncke
- MC: Maria Pilgrim
- Program: Jamie Dieterich

- Photos: Linda Thomason and Kimberly Naugle
- Projectionist: Linda Thomason
- Convention Photography: Donna Stidolph

In Remembrance:

Ellen Lovett

Larry Goss, DVM

Hank Cook, DVM

Thank you to our generous R1 award sponsors:

Super Benefactor (\$1,000 and up):

Tammy Brown – In honor of Doug Brown, to replace the trophies that were lost.

Platinum ((\$500 - \$999):

Robyn Berwick – to help replace trophies lost in the fire

Eileen, Jeff and Claire Cichocki

Linda Clarke – to reimburse for the loss of the Pat Ersepke Award and other awards as needed

Darlene, Brian and Haley Schlerf – to sponsor the CP Division in honor of Doodah

Gold (\$100-\$199)

Linda & Lee Cannon

Ashley & Joe Dillard

Kay Lieberknecht

Eric Schroeder

Betty & Phil Young – in honor of HR Select (aka "Hissself")

Silver (\$50-\$99)

Nancy Kasovich

Linda Thomason

Bronze

Reta Cole – in honor of Rod Cole

Jeanine Wolf

Jonathan Moeller, Sculptor

Region 1 would like to extend our sincerest appreciation to Jonathan Moeller, Sculptor, who generously gave us more than a \$500 discount on his lovely bronze, "The Monarch", to be the replacement trophy for the Pat Ersepke Award. The original was destroyed in the Redwood Valley fire in 2017.

Response to Sponsor Requests

Because of the overwhelming response from our members to the request for awards donations this year, we have been able to create an

"Awards Kitty." We already have enough in it to pay for all the 2018 awards! Many thanks to everyone who contributed so generously, with special

thanks to Tammy Brown, Linda Clarke, Robyn Berwick, the Cichocki family and the Schlerf family.

National Sponsors: Be sure to thank and support our national sponsors.

Carri-Lite Corrals
Chiggerville Farms
The Distance Depot
Equisure

Perry & Trent Law Firm
Prairie Sylvania Arabians
Renegade Hoof Boots
Riding Warehouse

Specialized Saddles
Sports Saddle
Wander Themes

2017 R1 BOD

with thanks and appreciation

Lee Cannon
 Jamie Dieterich (NBOD)
 Davern Kroncke
 Angie Meroshnekoff (NBOD)
 Steve Meroshnekoff
 Donna Stidolph
 Stephanie Swain
 Linda Thomason (Alt. NBOD)
 Phil Young

Outgoing R1 BOD:

Davern Kroncke
 Phil Young

Incoming R1 BOD:

Sheila Christiansen

2017 Ride Chairs

with gratitude and appreciation

Linda Thomason & Jean Armer -
 Cowboy Camp
 Gene Boicelli -
 Round Valley
 Spring in the Redwoods -
 Steve Meroshnekoff
 Jackson Forest -
 Steve Meroshnekoff
 Challenge of the North -
 Laurie Knuutila

Thanks Also To:

LL Editor: Laurie Knuutila

Webmaster: Donna Stidolph

Region 1 Appreciation Certificates

Ellen Pofcher

by Betty Young

The first Mt. Diablo competitive trail ride happened in 1942, and over the years this ride became legendary. Although initially touted as a "pleasure ride", it was tough, and it wasn't unusual to have 100 or more riders show up for the challenge. In the late 50's the founding group obtained land on Mt. Diablo and moved their operation to the mountain itself.

Their goals were to encourage the breeding of sound, suitable horses for trail riding and to teach people how to train and care for their trail horses. This new organization became The North American Trail Ride Conference. Their first event under that name was in 1961, and since that time the Concord Mt. Diablo Trail Ride Association (CMDTRA) has hosted approximately 80 NATRC rides, missing only 3 years in a span of 56 years!

In recent times, with the diminishing number of competitors, it has become very financially challenging to continue the ride, and were it not for one amazingly dedicated woman, it would have most likely ceased to exist several years ago. Ellen Pofcher has continued to lead the iconic tradition of NATRC's inaugural ride and the place it holds in our history. We are all in her debt and will be forever grateful for her perseverance and her unwillingness to let the Mt. Diablo Ride die.

Thank you, Ellen, for all your hard work and dedication. It is truly appreciated by so many of us, and the ride will hopefully continue on into the future for many years to come.

Jo Schliesman

by Brynn Bollinger

Jo participated in many CTR's on her Morgan mare, Ginger. She also took several young relatives to compete with her on various rides, riding her other horses, such as Rosie. Not focusing on her own competition, she made sure that they had a great time, stayed safe, were considerate of others, and took good care of the horses, serving as a great role model for the things NATRC values. She taught her great-niece, Brianna to ride. She purchased a young Mustang, Cherokee, who was trained through the prison program at San Quentin, for her niece, Cedar, who hoped to ride him in NATRC herself. "Life" happens, and Jo is still caring for Cherokee at her "ranch."

Not competing did not stop Jo from contributing to NATRC. She did P&R's many times, and was in the back of the pickup during that infamous Mt. Diablo ride. She was a convention chair for our first convention in Santa Rosa at the hotel. She has been ride secretary, rules interpreter, worked on Leadline, and helped Kitty Weber many times with ride timing. She was my able and super helpful assistant at the Livermore Convention when I spoke on Restricted Free Feeding several years ago. Since Kitty and Neil moved to Illinois, she has continued timing rides--annually at Round Valley, and also at Jackson Demonstration Forest.

Jo epitomizes sacrificial giving of herself, her time, her expertise, and her resources, and continues to serve, despite working two or three jobs, and tutoring weekends.

Jessica Monlux

Jessica took her daughter, Anais, to Angie for riding lessons when Anais was about four years old. Then Jessica started taking lessons herself a couple of years ago. In 2016, we needed a secretary for a horsemanship judge at Cowboy Camp, and Angie asked Jessica if she wanted to try it since she was accompanying her daughter to all the rides anyway. She accepted and has become an excellent, enthusiastic secretary – even when her daughter doesn't compete. We all thank her for being the kind of volunteer we need.

National Appreciation

Phil Young

Text in Hoof Print

Workers Hall of Fame

Linda Thomason

Text in Hoof Print

Region 1 Year-End Awards

Novice Division

Novice Junior Horsemanship

1st place sponsored by
Ashley & Joe Dillard

Ribbons sponsored by
Reta Cole and Linda Thomason

- 1st Natalie Niderost
- 2nd Claire Cichocki
- 3rd Grace Boles
- 4th Alexis DiMartino

Novice Junior Horse

1st place sponsored by
Kay Lieberknecht

Ribbons sponsored by
Linda Clarke

- 1st Lucky Eddie / Grade
Anais Monlux & Grace Boles
- 2nd Denebaborr / Arab
Alexis DiMartino
- 2nd Desert Whiskey / Must
Claire Cichocki



Kay Lieberknecht & Bodacious Tailfeathers

Photo by Linda Thomason, with permission

Competitive Pleasure Division

Competitive Pleasure Horsemanship

1st Place and ribbons sponsored by
Darlene, Brian and Haley Schlerf

- 1st Ashley Dillard
- 2nd Joe Dillard
- 3rd Kay Lieberknecht
- 4th Debbie York
- 5th Robyn Berwick
- 6th Jean Armer

Competitive Pleasure Horse

1st Place and ribbons sponsored by
Darlene, Brian and Haley Schlerf

- 1st OM El Sharav / Arab
Ashley Dillard
- 2nd OM El Shakeeb Dream / Arab
Joe Dillard
- 3rd OM El Bilbao / Arab
Debbie York
- 4th Dundee's Playboy Bunny / MFT
Robyn Berwick
- 5th Pistol Pete DF / Arab
Jean Armer
- 6th Bodacious Tailfeathers / Grade
Kay Lieberknecht



Jean Armer & Pistol Pete DF

Photo by Kim Naugle, with permission

Open Division

Open Lightweight Horsemanship

- 1st Angie Meroshnekoff

Open Lightweight Horse

1st place sponsored by
Eric Schroeder

Ribbons sponsored by
Linda Thomason & Jeanine Wolf

- 1st Desert Reinbeau / Must
Angie Meroshnekoff



Angie Meroshnekoff & Desert Reinbeau

Photo by Kim Naugle, with permission



Debbie York & OM El Bilbao

Photo by Kim Naugle, with permission



Robyn Berwick & Dundee's Playboy Bunny

Photo by Linda Thomason, with permission

Ashley Dillard & OM El Sharav and Joe Dillard & OM El Shakeeb Dream

Photo by Kim Naugle, with permission



Region 1 Special Awards

Bob Smith Award High Point 1st Year Novice or CP horse

Sponsored by Nancy Smith Kasovich

OM El Sharav / Ashley Dillard

Pat Ersepke Award High Point Novice Horse/Rider Combo

Sponsored by Tammy Brown; Linda Clarke; Robyn Berwick; Eileen, Jeff & Claire Cichocki; Betty & Phil Young

Desert Whiskey / Claire Cichocki

Fran & Carol Duport Award High Point 1st Year Open horse

No horse qualified

Region 1 High-Point Breed Awards

Created by Angie Meroshnekoff

Arabian

OM El Sharav
Ashley Dillard

Missouri Fox Trotter

Dundee's Playboy Bunny
Robyn Berwick

Mustang

Desert Reinbeau
Angela Meroshnekoff

Grade

Lucky Eddie
Grace Boles



Wonder Workers

A hat and patch were presented to
Linda Thomason

100% Club

For attending all R1 2017 rides as rider
or volunteer and the R1 Awards Pro-
gram in Santa Rosa

Claire Cichocki
Natalie Niderost
Lee Cannon
Kay Lieberknecht
Alexis DiMartino
Joe Dillard
Ashley Dillard,
Linda Thomason

Steve & Angie Meroshnekoff
declined another jacket or vest

Region 1 Awards at the National Level

Presented February 10, 2018, at the National Awards Banquet, Albuquerque, NM

Team Awards – Sponsored by Region 1

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.

Novice Junior Team

1. Desert Whiskey / must.....Claire Cichocki.....56 pts.
2. Denebaborr / arAlexis DiMartino.....45 pts.
3. Lucky Eddie / gr.....Grace Boles.....42 pts.

Competitive Pleasure Team

1. OM El Sharav / ar.....Ashley Dillard.....114 pts.
2. OM El Shakeeb Dream / ar.....Joe Dillard.....104 pts.
3. OM El Bilbao / ar.....Debbie York.....64 pts.
4. Dundee's Playboy Bunny / mft.....Robyn Berwick.....50 pts.
4. Bodacious Tailfeathers / gd.....Kay Lieberknecht.....50 pts.
5. Pistol Pete DF / ar.....Jean Armer.....40 pts.

Open Lightweight Team

2. Desert Reinbeau / must.....Angie Meroshnekoff.....82 pts.

2017 Rider Mileage Chevron & Medallion Awards

4000 Miles – Bronze Medallion
Sue Flagg

2017 Horse High Mileage Awards

1000-Mile Horse Award
Pistol Pete DF / Arab / Jean Armer



Minutes of the NATRC Region 1 Board of Directors Meeting

The meeting was held via telephone conference on February 4, 2018.

Call to Order:

The meeting was called to order at 10:05 am by Chair Steve Meroshnekoff.

Present: Stephanie Swain, Linda Thomason, Angie Meroshnekoff, Steve Meroshnekoff, Phil Young, Davern Kroncke, Donna Stidolph and Jamie Dieterich

Absent: Lee Cannon (excused)

Guests: none

Secretary's Report:

Need approval of minutes of meeting held 19 May 2017. Due to the Northern California wildfires in October, the October meeting was cancelled, and the board was unable to find a suitable date to reschedule.

Treasurer's Report:

Submitted electronically

Checking balance: \$25377.53 (as of 12/31/17)

Currently using Excel spreadsheet, will be moving to QuickBooks

Angie moved to accept treasurer's report, Stephanie seconded. All agreed. Federal and State tax forms filed for 2017 – no taxes owed

COMMITTEE REPORTS:

Physical Resource Coordinator: Linda Thomason – inventory submitted via email; Angie has Riding Warehouse banner from Convention – will bring to rides.

Historian: Davern Kroncke – Davern will bring historical materials to the March Mini-Convention, custody to be transferred to Donna Stidolph. Discussion re: digitizing and posting materials onto the web and archiving physical materials.

Wonder Workers: Steve Meroshnekoff - No update

Points/Membership: Donna Stidolph – No update

Publicity/Outreach Coordinator: Linda Thomason – working on calendar info to be submitted to Horsin'Around, BAEN, Riding Magazine – will go out by end of week.

The Leadline: Phil Young – 12/12/17 printed 20 copies, 16 mailed. Cost was

\$34.11 plus postage. Linda will check on postal discount for 501(c)(3) corporation.

National BOD: Angie Meroshnekoff and Jamie Dieterich - There are a lot of rule proposals for 2018 with no limitations on how many will go forward for a vote as in past years. Sarah Rinne did a survey of riders with about 450 respondents. Of those 25% have never been members, 23-24% are past members. Special rate proposed to bring members back. Linda will draft an email to remind people to renew before the start of ride season, listing benefits of membership.

CP proposal will have Lightweight / Heavyweight classes; Open Lightweight / Heavyweight may be merged at management's discretion if too few riders.

For 2018 there will be a trial period introducing a new introductory or "C" ride – 1 day, 8-12 miles; to be held at the option of ride management. No mileage or awards points will be given until such time as the "C" ride becomes a nationally sanctioned competitive entity.

Region 1 Website: Angie Meroshnekoff and Jamie Dieterich – Donna is doing a great job! Hereinafter, responsibility will be changed to Donna rather than Angie and Jamie.

Ride/Clinic Management: Jamie Dieterich – Cowboy Camp and most other Region 1 rides will have a "C" ride. No additional insurance is required for the "C" ride.

Trails Advocacy Coordinator: Open position.

Bylaws: Jamie Dieterich, Phil Young – it has been determined that no changes to the bylaws are required following incorporation as a 501(c)(3).

Judging Issues: Angie Meroshnekoff, Jamie Dieterich – NBOD pushing for judging standards as there have been problems in some regions with judges "doing their own thing". In Region 1 there is a problem with not having enough judges. Region 1 will pay 2018 membership dues for R1 veterinary judges who judged last year – Leroy

Burnham, Carol Meschter (Carol Ormond is a Lifetime member).

OLD BUSINESS:

501(c)(3) Status Update: Linda New articles of incorporation were submitted and approved at the Federal level and an EIN# was issued. A donation receipt form is being created by Linda.

2018 Mini Convention Update: Food and speakers arranged; Betty has awards ordered; only 2 vendors – may be find a few more. Linda will send out another reminder.

NEW BUSINESS:

National Convention: National has requested that each region provide a gift basket and a ride entry. R1 will fund a gift basket and provide an entry for the Cowboy Camp ride.

ACTION ITEMS:

Need T-Shirts.

Need Board nominee as there are two open seats and only one nominee.

NEXT MEETING:

Time: Immediately following Mini-Convention

Date: 03 March 2018

Location: Santa Rosa, CA

CLOSE OF MEETING:

Stephanie Swain moved to adjourn the meeting at 11:13 am; Linda Thomason seconded. All agreed.

Respectfully Submitted,
Stephanie Swain



Better Results Through

Cross Training

By Jec Aristotle Ballou

If your goal is to produce a willing and athletic equine partner, you will do well to commit to cross-training regularly. Formerly the domain of students with extra time, but now increasingly the advice of science-backed studies, varied exercise routines are almost always the key to progress and to a sound horse.

Not only does cross-training alleviate the potential boredom and repetitive motion injuries from everyday riding but it improves the body in ways that even exceptional riding within any singular discipline cannot. Research over the past decade has agreed: to strengthen and loosen the horse, you need to get outside your own discipline. Assuming that cross-training needs to be time-consuming or complex, many riders only add it to their schedules on a sporadic basis. Used correctly, cross-training strategies need to be neither complicated nor time intensive, but they DO need to be consistent to have benefit. Aim for a minimum of one day per week.

Before we cover my simple suggestions for cross-training your way to excellent results, let's examine what exactly happens when you tackle these training exercises outside your disciplines.

Most critically, varied training develops more efficient muscle function. When not cross-trained, the horse's two main muscle networks-- postural muscles and gymnastic/movement muscles-- merge roles, which produces tension and spasms, and gaits that are not fluid. Through more comprehensive training, muscles can be strengthened in their correct roles--either to stabilize and support posture *or* to move limbs. Further, mixed exercises allow you to replace movement produced from central pattern generators with fuller and more expressive motion. In other words, it wakes up the nervous system to override movements generated by patterns or neuron habits.

Change up your Surfaces

One of the easiest ways to improve your horse's athleticism and fitness is to exercise him on various surfaces through-

out the week. This not only fine-tunes his proprioception (the message system of his sensory and motor nerves) but leads to fuller recruitment of muscles and supporting soft tissue. Training in surfaces of different depths increases elasticity and tone of soft tissues as well as builds bone density by stimulating the layer of cartilage on the ends of bones that cushions stride impact. From a performance standpoint, this offers a comfortable reward: the horse moves with more suspension and more graceful gaits.

Injury and rehab data shows that horses worked consistently on the same surface every day are more susceptible to strains, especially those that exercise mostly in groomed all-weather arenas day after day. The nerve signals to limbs and stabilizing muscles become dull or "bored" from repetitive motion and fail to make the calibrations as when reading a different surface underfoot. This means lesser participation of the nervous system and movement muscles it controls; or in other words the horse is not getting as much from his workout as he could.

Muscles become stronger in proportion to the amount of stress put on them from work efforts. The same applies to bones. As a general rule, deeper footing stresses muscles, while harder surfaces stress bones. Having access to a variety of riding surfaces allows you to target both systems as needed. If you board at an arena with only access to an arena for exercise, aim to find ways to add time on different surfaces. This can be as simple as:

- A brisk afternoon walk up and down a firm driveway
- Riding around for 20 minutes on a grassy lawn
- Warming up in a round pen or paddock with different type of footing than your arena

Most horses that supplement their arena riding with weekly trail rides receive the stimulation of different surfaces as a natural outcome of these excursions. If you do not trail ride, though, it becomes especially critical that you get creative finding ways to log miles on a footing other than your arena.

Emphasize Calisthenics

Following the commitment to ride on different surfaces, a calisthenics routine is one of the best ways to improve your horse's ability to move well. Often overlooked as appearing too simple to create changes, calisthenics enable the horse to develop new neural pathways, which leads to different muscle habits. They help clear the body of restriction, restore full range of joint mobility, and stimulate the deep un-

derlying postural muscles that stabilize the skeleton.

For the sake of efficiency, and to make it easier to stay committed, aim to choose just three to five maneuvers for your pre- or post-ride routine. These should take less than five minutes to execute. For conditioning purposes, calisthenics are defined as gentle, controlled movements of the horse's body through a prescribed range of motion. A partial list of proven exercises includes:

- Backing up hills
- Pelvic tucks
- Carrot stretches
- Un-mounted turns on forehand
- Walking slowly over raised poles or bales
- Belly lifts
- Tail pulls

Add a Terrain or Cavalletti Day Weekly

The postural adjustments and stride changes that result from cavalletti and riding on uneven terrain lead to impressive results. These include strengthening abdominal muscles, straighter movement and balance, increased joint flexion, and coordination. A well-rounded training program includes one day per week of either cavalletti schooling or riding outside on uneven terrain.

If you have access to trails with rolling hills, use them! In fact, for the types of muscle recruitment needed for most disciplines, rolling hills give better results than riding up and down steep inclines. Many riders mistakenly believe they need access to steep hills to make any kind of strength difference, but this is not the case. One hour of walking and jogging on undulating terrain strengthens your horse's entire ring of muscles that creates movement, both the topline extensor muscles (going uphill) and the flexor chain of muscles (riding downhill).

For riders who live in flat areas with no hills, it becomes more important to include weekly cavalletti workouts. Bear in mind that cavalletti routines *can* and *should* be tackled in every gait. Many riders get stuck riding only trotting exercises. For the purposes of basic conditioning, cavalletti exercises need not be complicated. In fact, ones that enable a horse to maintain straightness and balance, rather than over-reaching or flinging himself at the poles, lead to better changes. Below are two of my favorites from my book [Equine Fitness](#).

Snake over Poles

Place several ground poles of any length end- to -end forming a long straight line of poles. In an energetic walk, ride a tight serpentine back and forth over this line, being sure to change your horse's bend with each loop. (Continued on [page 11](#))

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This exercise strengthens hip flexors and stabilizers, the thoracic sling, and the adductor muscles required in lateral movements.

Basic Box

Set up four ground poles (eight-foot length poles are ideal here) in a box with the poles touching at each corner. If you

have the means to, raise the corners of the box by placing poles on a block or riser. Begin by walking a cloverleaf pattern of four leaves, with the center of the clover originating in the middle of the box. Focus on riding precise bending lines, steady rhythm over the poles, maintaining light rein contact. Now ride the same figure in the trot. This exercise creates symmetry and straightness by helping the horse use both sides of his body equally. It also de-

velops the thoracic sling of muscles and promotes a rounding motion in the horse's spine.

Jec A. Ballou is the author of four books about equine training and conditioning which you can purchase on her web site at www.JecBallou.com. She teaches clinics nationally and throughout Canada.

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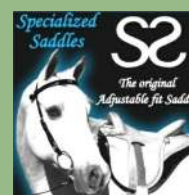


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