

The Leadline

The Voice of NATRC Region 1 Competitive Trail Riding



www.natrcregion1.org

Summer 2013

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Round
Valley
2013

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Chairman's Corner

Summer finds us out on the trails enjoying the comradeship of fellow NATRC riders and other friends. I hope this letter finds you and your equine companion(s) ready to sign up for the last rides of the season. I want to thank all those hearty souls who organized and put on the rides we've been enjoying this spring and summer. I'd particularly like to thank Angie and friends for putting on the new rider clinic at Cowboy Camp. There were a few hitches but the participating riders learned a lot and had a great time. It's hard work putting on the rides and clinics, but it's also a lot of fun (or so it seems AFTER the fact!). I challenge everyone to put on your thinking caps and see if we can develop additional rides and clinics for next year. Everyone had to take a first "step." So go ahead and jump in. There are plenty of seasoned veterans out there to help you formulate plans and provide support along the way.

We have been blessed with a great team of ride managers, secretaries and the army of helpers it takes to put on these events. Please be sure to let them know how much you appreciate the rides and above all - come out and RIDE the rides.

2013 has been a sad year for Region 1 in that we have lost multiple dear friends and supporters of our sport. Marilyn Hunter and Rod Cole – long-time members of NATRC – have passed away in recent months. They leave behind some great memories for those of us who knew them or rode with them. On behalf of the NATRC family, I extend our condolences to their family and friends.

2013 also saw a number of injuries at the first few rides. I'd like to take a moment and address an important safety topic. I probably sound like a broken record but I can't stress enough the importance of wearing a helmet, both for adults and juniors. Some of this year's injuries would have been much more serious without the protection afforded by a helmet. I wish all of you could see some of the cracked helmets I've seen in the past. It's a grim reminder of what can happen when humans make ground contact. I commend the competitors and safety riders who assisted injured riders and helped get riders and their horses back to camp safely. We love our horses and our sport but the unexpected happens and it's wonderful to know that everyone does what is needed and pitches in to help. Kudos to all of you!!!

This past March we had the Region 1 mini-convention in Livermore. While the event was great fun and hosted a wide variety of speakers and vendors, we just didn't have the attendance in 2013 to support such an event next year. The Board of Directors has discussed ideas for a change in format which would allow members to attend an awards event as well as enjoy some fun with NATRC friends. We are looking into an NATRC Horse Day at the Davis Veterinary facility. The facility tour would be in conjunction with having our awards banquet at a local restaurant. I welcome member input regarding such an event.

As much as I've enjoyed being Chairman, I will "term out" this year and a new Chairman will take my place in 2014. Those of you interested in running for the BOD and participating more fully in the organization, please start thinking about this. I love working with each and every one of you and will continue to take on a variety of "jobs" within the organization.

Get your entries in for the Jackson Forest, Pilchuck and Lake Mendocino rides! See you at the rides.

Linda Thomason
Region 1 Chairperson

Remembering Those We've Lost...

Rod Cole

By Betty Young

On May 2nd, Region 1 lost one of its most iconic and loved members, Rod Cole, who passed away at the age of 85. Rod was born in Oakland, CA, attended St. Mary's College, spent 4 years in the Navy, then went to work for the Ford Motor Co. He ultimately owned his own dealership in Sebastopol, CA. Rod started riding at the tender age of 10 and as a teenager, he spent the summers working cattle on the Wilson Ranch in Folsom, CA. He rode for more than 70 years and his love of horses never waned.

Rod's involvement with NATRC began in the mid-70's when he and his wife, Reta, both competed. After he "retired"

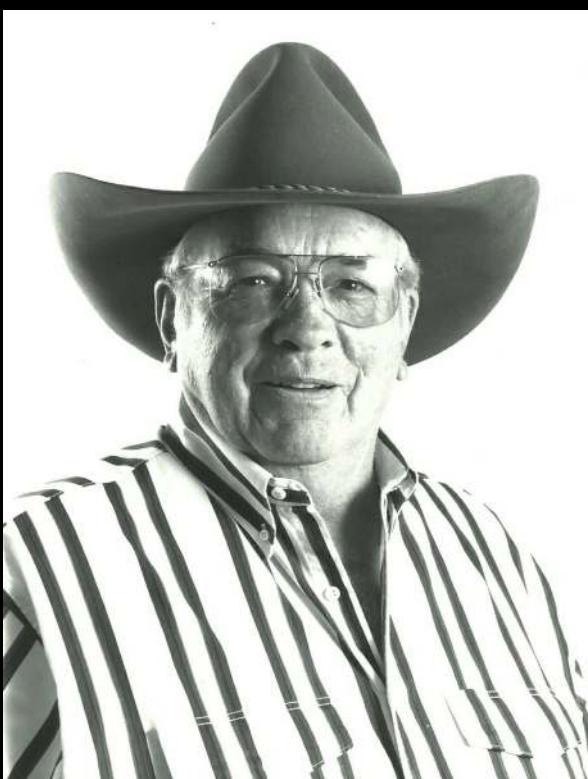
from competition with his beloved big Appy, Apollo, he joined the management ranks. Rod served as just about everything in NATRC during the 1980's and 1990's. He was a Ride Manager himself and the right-hand-man to many other Ride Managers. He served on the Region 1 Board, and on the National Board, both as Vice President (1987 and 1988) and then as President (1989 and 1990). While he was Vice President he was instrumental in the creation of the Competitive Pleasure division. He was probably proudest of the implementation of the NATRC Scholarship Fund, which occurred during his Presidency. He was always a huge supporter of Junior riders and many of them, over the years, considered Rod to be a special mentor.

Being the generous man that he was and a very outgoing person, Rod made it his goal when he was the National President to travel with Reta to every region in the country to volunteer at a ride and meet the competitors. This was done with great enthusiasm and entirely at his own expense.

Whenever I think of Rod, I always remember something that happened one year at the Swanton Ride. I was the first rider to arrive at one of the P&R's, a bit earlier than expected, I guess. As I came around a curve in the trail, what should greet me but a herd of P&R people madly scrambling to get out of a very large wild pig trap. Seems these folks, in a moment of infinite "wisdom", had decided to investigate just how many of them could fit into said pig trap (kind of like the proverbial clowns in a Volkswagen). As they clambered out, I heard someone say in a loud voice, "Gee, we could have gotten two or three more in here except for Rod.....!" As he was saying this, poor Rod was struggling on his hands and knees to free himself, laughing so hard he could barely move! A priceless Kodak moment, indeed! Yes, Rod cut quite a large figure and so much of it was heart.

I feel very fortunate to have participated in NATRC during Rod's many years of involvement. He was truly a special friend to our whole family and an instrumental work force for NATRC. He loved the organization deeply and worked incredibly hard for its betterment. He was caring, sensitive and also tons of fun. We will always have countless wonderful memories of Mr. Rodney, this larger-than-life man.

We will miss him!!



Remembering Those We've Lost...

Marilyn Nancy McElroy Hunter

9/26/1937 – 5/27/2013

How can one adequately describe the persona of Marilyn Hunter? How can one think of Marilyn and not think of her infectious laugh, her boisterous voice, her energy, and her many contributions to NATRC and the horse world in general?

Marilyn was active on the Arabian horse scene for over 40 years. At the Region 3 Championship Arabian show, she'd be up at 4:30 in the morning to be the hospitality person. (Who better than Marilyn for that job?) She was a big promoter of Arabian Youth Nationals, was on the Arabian Distance National Committee, and received

the 2011 AHA Region 3 Volunteer Service Award (national level). Marilyn was a long-time member of the Placer County Search and Rescue Mounted Unit, a past board member of the Western States Trail Foundation, the manager and steward for local and national endurance rides, and held various offices in the Mother Lode Arabian Horse Association. She had over 7,000 miles in endurance riding, and finished the Tevis in 1976.

Most of us know Marilyn best because of her involvement with NATRC and her horse, Rebel's Raider +/- Marilyn bought his dam,

Rebel Heart (an Appaloosa foaled on the Blackfoot Indian Reservation), and bred her to Ralph and Betty Dever's stallion, Raskala. Marilyn started Raider in NATRC competitive trail rides because she didn't think he had enough drive to do endurance. She soon found out that Raider actually had plenty of drive. Raider went on to win nine NATRC National Championships, numerous other awards, and was inducted into NATRC's Horse Hall of Fame in 1993. Marilyn accumulated over 8,000 miles, and Raider had over 6,000 miles in NATRC competitions. In his later years, Raider delighted many nursing home patients with his visits. Marilyn was an NATRC horsemanship judge and managed the Mt. Quarry ride for several years.

Marilyn was truly one of a kind. We are fortunate to have had her in our lives and in our sport. We sure won't forget her.

Her husband, Glenn, died earlier this year. She is survived by her two sons, Ronald and David.

A memorial service in celebration of her life will be announced at a later date.



Marilyn (left) with Nancy Bacon (center) and Bev Barmettler

From The Editor...

What a crazy, busy summer it's been for me! Between forest fires threatening our home, conditioning my horse, managing and trail mastering a ride, farm chores, gardening, and all the other daily life things, it's been pretty hectic!

The middle of June saw us preparing to evacuate from the first forest fire that threatened us. We had had a couple weeks of hot, dry weather when a human-caused fire started about a mile away. We prepared to evacuate, but the wind was in our favor, moving it away from our property, and the firefighters managed to keep it to about 120 acres. They managed to (miraculously) save several homes and the local restaurant in the process!

Meanwhile, another fire started about 30 miles away, but suppression

efforts were not very vigorous, since the fire was burning on military training land, and was not deemed a threat. It was in "monitor" status. But several weeks of very hot (by Alaskan standards), dry weather had turned the whole area into a virtual tinderbox, and all it took was a wind shift and the fire in "monitor" status literally blew up! It grew from around 8000 acres to 78,000 in a matter of a few days. The wind was driving it across the country, straight into my neck of the woods!

When the fire officials ordered an evacuation for an area beginning just a mile from our house, we decided to play it safe ourselves. We moved things away from the house and barn, and I took the horses to a friend's house for a couple of days. Fortunately, just about then we got a little long-overdue rain, which damped down the fire and allowed firefighters to gain a little ground against the monster.

All of this was happening just two and a half weeks before the Challenge of the North ride, for which I was acting as Ride Manager and Trail Master! The ride was based on the opposite side of town from the fire, so the ride camp was never threatened. But I was getting pretty nervous about being able to get all the trail flagged and attend to all the other details asso-

ciated with putting on a ride when I didn't know if my property was going to be safe or not. Turned out that our property was never in any imminent danger and between some awesome volunteers and a lot of hard work, we pulled off the ride, with 32 horses starting. Region 1 members Gene and Vicki Boicelli came up a few days before the ride, and I immediately put Gene to work helping my trail assistants and myself to flag trail. I only dumped him off the back of the four-wheeler once! Vicki rode my horse in the ride, and we absolutely loved having them here! We had some good laughs and great times! When you see him, ask Gene about Lorna and the Malemute Saloon! He'll tell you a funny tale!

The fire is still burning, and has burned over 87,000 acres. It is still only about 71% contained, but doesn't currently threaten any homes. It is still occasionally responsible for heavy smoke in the area.

This issue of the newsletter contains several short articles that I hope you will find helpful. Also, if you are interested in serving on the National Board, be sure to complete the resume, found in this issue, and return it by the date on the form.

I hope you are getting all the saddle time you want, and that your summer is proving to be a little less hectic than mine has been! Winter is coming, however, and maybe things will "cool off" a bit when the snow flies! In the meantime, I'm trying to get in all the saddle time I possibly can. I hope you are too!

Laurie Knuutila



Vicki Boicelli and Indy's Midnight Sun at the Challenge of the North ride, Fairbanks, Alaska

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 wildrosept@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.

To be Judged, Or Not to be Judged

by Stephanie Swain

Lately, there has been a lot of discussion about people not wanting to be judged, and disagreement with or confusion about what horsemanship judges have said or written on riders' cards. If you REALLY don't want to be judged, you can ride DO (distance only). But consider that you might learn something useful from what the horsemanship judge sees and says.

Having spent many years in the horse show world before joining the NATRC family, I've had my fair share of being judged, and I must say that I didn't always agree with the judges. That being said, I always have to remember that judges are giving us their *opinions* (educated, but opinions, nonetheless) of our riding/horsemanship skills, based on their knowledge and experience. Opinions are not absolutes! As such, not all judges' opinions will

be the same, even when they are looking at the same horse and rider at the same time.

While NATRC strives to provide skilled horsemanship judges who have plenty of experience upon which to base their observations, it is important to remember that each judge may place greater importance on different skills or attributes. It is very difficult to standardize something that is as subjective as horsemanship judging. The great benefit is that each judge may have something new or different to teach you.

Please remember, if you find inconsistencies with a judge's comments or suggestions, or don't understand them, it is okay to ask questions! This is *not* a horse show where you may not talk to the judge about his/her reasons for placings – the object is for you to learn from the judges' comments – to help you become a better, safer horseperson through feedback.

So remember, it is not only ok to ask questions, it is encouraged! Please, politely ask the judge if you have questions - before, during and after the ride.

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) 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). 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, Chair, Riders and Juniors Committee.



GoodSearch & GoodShop

NATRC can receive one penny for each internet search using GoodSearch as the search engine. You wouldn't think that could add up to much, but it does. And you can shop using GoodShop, which includes all the big retailers, with up to 30% going to NATRC. Turn your search and shopping into dollars. If you haven't already, please consider going to www.GoodSearch.com and setting North American Trail Ride Conference-NATRC (Sedalia, CO) as your preferred charity.

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.

Highlights From the National Board of Directors Meeting

July 13, 2013

There's good news and bad news. The good news is that NATRC is currently in a good financial position with income exceeding expenses by \$19,000 as of May. Increases in dues and member rider fees have helped offset the decrease in membership and ridership. Expenses for *Hoof Print* have been cut in half over the past few years. Successful raffles and sponsorships have given us a significant boost.

The bad news is that for the first time the membership is below 1,000 at mid-year, and that's an indicator of a less than healthy organization. Among the many implications are that it's harder to get sponsors and enough volunteers.

Ours is not the only horse organization experiencing lower numbers. But it's OUR organization. How do we get more riders and members? It seems easier to get new riders than to keep them for more than 2 years. Is it the sport itself? Is it how the rides are run? Is it the judging? Is it how we treat new people at rides? Too many rules? Or just a sign of the times?

One thing that seems to really bug some riders is waiting in lines at rides. We discussed several ways to alleviate this, and we'll be sending suggestions to the judges via the Judges Committee and to ride management via the Management Committee.

Has horsemanship judging become too important? Are we scaring people away by judging them too closely? A proposed rule change would allow riders to choose "Horse Only." No horsemanship judging. Some riders appreciate the feedback from the horsemanship scorecards. If you had an option, would you choose to compete "Horse Only"? Horsemanship would be reflected in the bottom line, the performance of the horse.

Angie Meroshnekoff and I, as your current NBOD representatives, need to know what you think so we know how to vote for you in November.

Various committee activities can be seen in articles in the recent *Hoof Print*. Be sure to read about Planned Giving and ways to remember NATRC in your estate planning.

Safety. Remember, if you have fallen off your horse and hit your head, **you need a new helmet!**

NATRC has branding specs, and the NBOD approved the latest version. "Branding" our documents gives us a consistent look and feel. Please let me know if you have questions. Bev Roberts, our Marketing Chair, can help you with letterheads, design, etc. Please check with her if you're communicating "official business" of NATRC.

We've established a good relationship with CHA (Certified Horsemanship Association), a horsemanship certifying organization whose purpose is to promote excellence in safety and education internationally for the benefit of the horse industry. Check out their excellent educational materials at www.CHA-ahse.org.

RMS, the Ride Management System, had undergone some upgrades. An exciting feature is that there's better integration between it and NATRC's record keeping program. If you need help signing up for a ride that uses RMS (Jackson Forest and Lake Mendocino will), PLEASE let me know.

See the separate article on the proposed rule changes, and **let Angie and me know your thoughts.**

My seat on the National BOD is up this year. Anyone interested in running should submit the resume in this current newsletter.

Jamie Dieterich
Education,
Policies and Procedures,
Media Advisory Committees

Reminder for Ride Managers!

At the July 2012 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.

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.

Proposed Rule Changes

Please look over the proposed rule changes for 2014 on page 17. Let your R1 BOD and your National Board representatives, Jamie Dietrich and Angie Meroshnekoff, know your opinions on these proposals.

Region 1 Membership Roster

The R1 BOD rescinded an earlier decision to not mail membership rosters to the membership. Many rosters were handed out at rides. If you have not received yours and would like to have one, please contact Phil Young, pbyoung@sunset.net

RESUME

FOR NOMINEES FOR NATRC NATIONAL BOARD OF DIRECTORS – Region 1

In order to select a slate of nominees for this year's ballot, we need a resume of your qualifications. Please answer the following, sign the pledge and return this form to the Nominating Committee Chairman by **September 15, 2013**.

NAME_____ REGION_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____ PHONE_____

HOW MANY YEARS HAVE YOU BEEN A NATRC MEMBER?_____

INTEREST IN NATRC (RIDER, MANAGER, JUDGE)_____

Please make a statement regarding your interest, qualifications, related interests and what you would like to do for NATRC. Be brief and please limit it to 200 words or less. The information will be used on our ballots to acquaint the voters with you. Use the back of this page for your statement or attach an additional page and return to the Nomination Committee Chairman.

Results of the election will be presented at the fall meeting of the National Board of Directors. If elected, your term will begin in January.

As a member of the NATRC Board of Directors, you will be expected to attend the National Board meetings held three times a year. As a dual director serving also on the Region 1 Board of Directors, you will be expected to attend four meetings a year. Expenses related to the National Board meetings are largely borne by the Region, but you will have out-of-pocket expenses.

Thank you for your interest in serving on the Board of NATRC.

PLEDGE:

IF I AM ELECTED TO THE NORTH AMERICAN TRAIL RIDE CONFERENCE BOARD OF DIRECTORS, I AGREE TO BE PRESENT AT ALL BOARD MEETINGS, IF POSSIBLE, AND TO ACCEPT THE EQUITABLE FINANCIAL RESPONSIBILITY AS VOTED BY THE BOARD ON WHICH I SERVE.

SIGNATURE OF CANDIDATE_____

Please return no later than September 15, 2013, to:

***Jim Ferris * 8720 Eden Ct * Klamath Falls, OR 97601
541 * 205 * 5269***

NATRC 2014



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Buy from the Raffle Chair in your NATRC region or use the convenience of PayPal on our website, www.natrc.org. Open to members and non-members alike. Need not be present to win.

DRAWING

March 2014, after all tickets are sold. First winner chooses one of the six vacations from the ranches; 2nd winner chooses from the remaining five; & so on.

PRIZES

Six 6 night / 7 day vacations. Most include lodging, horses, meals, trail access, & non-horse activities. For details on each ranch package, go to www.natrc.org.

This NATRC fund raising raffle is possible thanks to the generous donations from these six outstanding ranches. Be sure to visit their websites.

NORTH AMERICAN TRAIL RIDE CONFERENCE

www.natrc.org 303-688-1677 natrc@natrc.org

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





You Can Make Your Horse Drink

By Greg Fellers, DVM

Reprinted from Horse & Rider magazine, courtesy of Equisearch.com

Some finicky horses won't drink on the trail and that's never a good situation, especially in hot weather. Here's a sure-fire way to encourage your horse to drink.

If your horse refuses to drink water along the trail, you can use electrolytes in controlled conditions to increase his thirst and encourage him to take that first important sip. Here's how:

- Pick a day that's not too hot (about 70 to 75 degrees Fahrenheit), and a trail with a known water source that's about one-half to 1 hour away.
- Just before you set out, give your horse one dose of electrolytes formulated for horses. (Note: I recom-

mend using the paste form, as is easiest to administer and comes in a handy, one-dose syringe.)

- Ride to the water source, and encourage your horse to drink. The dehydrating effect of the electrolytes combined with his exertion should cause him to drink immediately.
- If your horse doesn't drink, ride him on a half-hour loop, and circle back to the stream.
- Repeat this loop until your horse finally drinks. Take as much time as necessary. After your first success, he should drink from a stream without a problem.

Greg Fellers, DVM, a graduate of the University of California-Davis School of Veterinary Medicine, has been a large-animal practitioner (primarily horses) for over 30 years. A member of the North American Trail Ride Conference and the American Endurance Ride Conference, he's been "vetting" rides for 20 years, including the Tevis 100 Mile Ride. He was previously a co-owner of Loomis Basin Large Animal Services, in Loomis, California.

This article first appeared in the August 2000 issue of *Horse & Rider* magazine.

100% Club

Join Region 1's 100% Club. Effective for this current ride year, you can earn an embroidered blue fleece jacket by riding in or volunteering at all the R1 rides AND attending the R1 mini-convention (this does not include clinics, but does include the WA ride). The Region will subsidize the cost (about \$25).

Anyone is welcome to buy a similar green jacket. Details for ordering will be in the Winter issue of The Leadline.



Omega-3 Fatty Acid Supplementation For Athletic Horses

Reprinted with permission from the Kentucky Equine Research newsletter. Log on to www.ker.com

In many species, the health benefits of feeding omega-3 fatty acids are widely accepted. Improved fertility, reduced inflammatory response, and enhanced immunity are just some of the proven benefits of a diet high in omega-3 fatty acids.

Research into the benefits of omega-3 fatty acids in equine diets is increasing. Fat as a source of dietary energy for horses is now widely accepted, and its nutritional advantages are irrefutable. Substitution of starch with fat can help relieve painful muscle conditions such as tying up, modify behavior, and control metabolic conditions such as insulin resistance. Scientists are further exploring how certain types of fats help horses.

Researchers have focused their attention on two distinct families of fatty acids: the omega-3 family and the omega-6 family. Significant members of the omega-3 family are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Interestingly, the horse's body can convert alpha-linolenic acid (ALA), a short-chain omega-3 fatty acid, to EPA and DHA when sufficient quantities of ALA are consumed, although this process is not entirely efficient. The lack of EPA and DHA in equine diets is understandable, as these two fatty acids are found almost exclusively in fish. The fish, namely coldwater species, are at the top of a food chain based largely on algae that manufacture EPA and DHA. ALA, on the other hand, is found predominantly in leafy plants, more traditional components of equine diets than fish by-products (fishmeal or fish oil). Flaxseed (linseed) oil is also a rich source of omega-3 fatty acids. The primary source of omega-6 fatty acids in the

diet is linoleic acid (LA) derived from the oils of seeds and grains. Corn, sunflower, and safflower oil contain abundant quantities of omega-6.

Omega-3 and omega-6 fatty acids must be balanced within the body in order for both to be effective. Each fatty acid is necessary for the production of prostaglandins. The prostaglandins that evolve from consumption of omega-3 and omega-6 fatty acids have different effects on inflammatory processes in the body. In addition to their effects on inflammatory responses, omega-3 and omega-6 fatty acids aid in the maintenance of cell membrane stability, development and function of central nervous system tissue, oxygen transfer and immune functions.

Scientists have not pinpointed the optimal ratio of omega-3 to omega-6 fatty acids for horses. Even without an exact ratio, general knowledge of omega-3 and omega-6 fatty acids and typical equine management practices uncover some potentially undesirable trends. The natural diet of horses—primarily fresh and dried forages—contains more omega-3 fatty acids than diets consisting of a mixture of forage and cereal grains. Domesticated horses are often fed concentrated sources of energy in the form of grain meals. Grains possess more omega-6 fatty acids than forages, creating a balance of omega-3 to omega-6 fatty acids that may be inappropriate, especially when diets are high in grain. Horses that must expend high levels of energy—hardworking equine athletes such as racehorses, for example—are typically fed high-grain diets. Lactating broodmares determined to be hard keepers might also fit into this category. Such diets may not include the myriad benefits of one abundant in omega-3 fatty acids.

Of all the health benefits associated with omega-3 fatty acids, the one perhaps most relevant to the performance horse industry is the positive effect on inflammation, specifically inflammation involved in musculoskeletal disease. Dietary supplementation of omega-3 fatty acids can help offset the inflammatory response, but the response is not immediate. They must be supplemented for at least 28 days before they have any effect on the inflammatory cascade.

Omega-3 fatty acids have direct anti-inflammatory actions that can be useful for the treatment of osteoarthritis and lameness. Inflammation is characterized by pain, swelling, heat, and loss of use. One of the most important mediators of inflammation is prostaglandin, which is produced from fatty acids in cell membranes. The usual mediators of inflammation are produced from omega-6 fatty acids. Dietary supplementation of omega-3 fatty acids can offset the inflammatory response in several ways. Increased concentrations of omega-3 fatty acids compete with omega-6 fatty acids to produce prostaglandins. The end products produced from omega-3 fatty acids have less inflammatory effects than those usually produced from omega-6 fatty acids. Phenylbutazone (bute), flunixin, and corticosteroids are routinely prescribed to block different steps in this same pathway that creates inflammation. Omega-3 fatty acids are safe, natural, and will not affect testing for anti-inflammatory medications.

A recent study involving 109 dogs with radiographically confirmed osteoarthritis of the hip or stifle investigated the effects of omega-3 fatty acid supplementation for 12 weeks on the dose of carprofen required to control the dogs' level of pain (Fritsch et al., 2010). Carprofen is a nonsteroidal anti-inflammatory drug often prescribed by veterinarians as supportive treatment for relief of arthritic symptoms in dogs. The results of the study indicated that the required dose of carprofen to improve lameness decreased significantly faster in dogs supplemented with omega-3 fatty acids.

A study of 16 horses with confirmed arthritis of the knee, fetlock, stifle, or hock investigated the effects of omega-3 fatty acid supplementation for 90 days (Manhart et al., 2009). Arthritis was confirmed using radiography and forceplate analysis, which detects weight-bearing differences on each hoof. Joint fluid was collected monthly for 90 days from at least one arthritic joint in each horse. Horses supplemented with omega-3 fatty acids had a significant and continuing reduction in joint fluid white blood cell concentrations beginning at 30 days after supplementation and persisting until the end of the study at 90 days. Supplementation with

(Continued on [page 13](#))

Exercises To Increase Your Horse's

By the Editors of EQUUS magazine,
courtesy of Equisearch.com

Every horse, even ones used for casual trails, can benefit from strength training.

Strength training for horses isn't just limited to heavy draft breeds competing in pulling contests. Any horse in any discipline can benefit from a strength-building regimen, and any rider can put together a systematic, safe program to muscle up her mount. Try these simple tips to increase the muscle power of any horse. Stamina has to be in place before strength can be increased, so put some endurance-building mileage on him before beginning power trips.

Undulating terrain is the best equine gym, as a horse must lift his

Strength

own body weight with each stride when travelling up- or downhill. Start with jaunts up gradual slopes, and increase the grade and length of time spent in "climbing" as the horse becomes more muscular. If your horse has a particularly weak side, negotiate the ups and downs on the diagonal, with his weaker side toward the crest. The "high" side of the body has to exert more muscle to maintain balance. Flatlands riders can use man-made "hills," such as dry drainage ditches, in place of natural terrain; or they can practice jumping or pulling in a harness (drags and harrows, not easy rolling carts), even if their horses don't otherwise use those skills.

Monitor your horse during his strength training: Heavy blowing or trembling muscles indicate that he needs a break. Next-day soreness tells you that you pushed him too far; scale back next time out.

Strength develops slowly, but after a few weeks of power tripping, the first changes will become visible as increased muscle mass along the spine and greater tightness and trimness of the belly. Your horse's ridden performance will improve as well, with a greater reach in his gaits, more bounce in his jumps and increased control in his turns.

Minutes of the NATRC Region 1 BOD Meeting

The meeting was held at Cowboy Camp, Cache Creek Wilderness, CA, 17 May 2013

Call to Order:

The meeting was called to order at 11:03 a.m. by Chairman, Linda Thomason.

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

Secretary's Report:

Minutes of meeting held 10 March 2013 submitted via email on 10 May 2013 for review and approval. Approved.

Treasurer's Report:

Checking: \$20467.75

Transaction detail report submitted in writing. -\$515 since 1 January 2013. Cost of Year end awards (-\$721.00) nearly offset by Convention income (\$608.00).

COMMITTEE REPORTS:

Physical Resource Coordinator: Linda Thomason – Linda has supplied Jean Armer with a container for the bibs. Also have old bibs from Marilyn Hunter which are still in useable condition. Donna has Region 1 laptop and digital projector.

Historian: Kathy Nixon - No report.

Wonder Workers: Steve Meroshnekoff – No report.

Points/Membership: Donna will work on a back-up system.

Publicity: Linda Thomason – Finally made contact with Marie Griffith at CHSA. They have a track program and a member clubs. Marie Griffith would like to make NATRC a member club with link(s) to our group on their website. Maybe have juniors do some volunteer work through the group. They also have a TRAP program which gives points for volunteer trail miles ridden with awards at end of year. Region 1 events are currently listed on BAEN and HorseNA-round calendar through the month of July.

The Leadline: Phil Young and Laurie Knuutila – 35 copies were printed at a cost of ~\$1.13 each plus postage for the ones that were mailed.

National BOD: Jamie Dieterich

Proposed rule changes for 2014:

- 1) Weight In –what is the intent of the 5 lb. deviation; where does it apply? At the start of the ride, during the ride, after the ride? Is it relative to check-in weight or weight card? Phil will work on suggested final wording. All agree that this needs further clarification.
- 2) Eligibility of Riders – eliminates Ride Secretary from list of ride officials ineligible to compete in a ride, thereby allowing the Ride Secretary to compete. All in favor.

- 3) Stabling – Stallions may not be stabled in portable pens during a ride. All in favor.
- 4) Combine Open weight classes if classes not full. This proposed change brings up too many side issues, in addition to being a data-keeping nightmare. It takes the focus off the fact that we need to work to increase the number of riders. All opposed.

Region 1 Website: No report.

Ride/Clinic Management: Jamie Dieterich – The Cowboy Camp ride clinic to be held in conjunction with the Region 1 Benefit ride on 18 May 2013 has 11 riders and 2 auditors registered to attend.

Outreach Coordinator: Linda Thomason – Linda has prepared gift bags to be distributed to Clinic attendees and first time riders with NATRC information and goodies in NATRC tote bags.

Trails Advocacy Coordinator: Judy Etheridge – No report.

Judging Issues: Nancy Kasovich, Angie Meroshnekoff – Concerns expressed by members have been mostly to do with judges' attitudes.

OLD BUSINESS:

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

(Continued on page 13)

*(Continued from page 11)***...Omega-3's**

omega-3 fatty acids also significantly decreased plasma concentrations of prostaglandin E2, an important inflammatory mediator. Force-plate analysis revealed a trend for horses to bear more weight on their lame limb, but this was not statistically significant.

Osteoarthritis is a common and potentially career-ending ailment of horses. Treatment of osteoarthritis involves rest and anti-inflammatory drugs such as phenylbutazone, corticosteroids, hyaluronic acid, or polysulfated glycosaminoglycans. Nonsteroidal anti-inflammatory drugs such as phenylbutazone can have seri-

ous adverse effects in some horses such as renal disease and gastric or colonic ulcers.

Omega-3 fatty acids have been shown to have some beneficial effects to reduce musculoskeletal pain in humans, dogs, and horses. Studies in arthritic horses supplemented with omega-3 fatty acids have reported improvement in stride length, decreased numbers of white blood cells in joint fluid, and decreased concentrations of inflammatory mediators in blood. Further research is needed to determine how omega-3 fatty acids can benefit lame horses or if their use will allow the dose of nonsteroidal anti-inflammatory drugs to control lameness to be re-

duced and better avoid possible adverse effects.

References

- Fritsch, D.A., T.A. Allen, C.E. Dodd, D.E. Jewell, K.A. Sixby, P.S. Leventhal, J. Brejda, and K.A. Hahn. 2010. A multicenter study of the effect of dietary supplementation with fish oil omega-3 fatty acids on carprofen dosage in dogs with osteoarthritis. *Journal of the American Veterinary Medical Association* 236:535-539.
- Manhart, D.R., B.D. Scott, P.G. Gibbs, J.A. Coverdale, E.M. Miller, C.M. Honnas, and D.M. Hood. 2009. Markers of inflammation in arthritic horses fed omega-3 fatty acids. *Professional Animal Scientist* 25:155-160.

*(Continued from page 12)***...Meeting Minutes**

2014 Awards dinner in place of Convention gathering: Angie suggested having an awards dinner in conjunction with some other horse related function like Horse Day at UC Davis – Linda will investigate.

Region 1 participation in 100% Club: All other regions participate in 100% club. Members can buy a green jacket, but must earn a blue one by participating in 100% of region activities. Steve will look at approxi-

mately how many Region 1 members would qualify. Proposal: Region 1 would subsidize purchase of blue jackets. Approved.

Region 1 Roster: Re-address action taken at the March meeting concerning the roster – After further discussion, the decision has been made to rescind the action taken on 10 March 2013 regarding mailing the roster and exclusion of Awards history. All in favor.

NEW BUSINESS:

None

NEXT MEETING:

Time: 10:00am
Date: 22 September 2013
Location: Elk Grove CA

CLOSE OF MEETING:

Linda Thomason moved to adjourn the meeting at 12:38 pm, seconded by Laura Harvey. All in favor.

Respectfully Submitted,
Stephanie Swain

Region 1 2013 Ride Schedule

Aug 17-18	Jackson Forest Steve Meroshnekoff Sec: Maria Pilgrim	Ft. Bragg (707) 743-9973 (707) 795-8163	"A" O/CP; "B" N iambrewing@aol.com wolves1961@sbcglobal.net
Sept. 28	Pilchuck Tree Farm	Arlington, WA	"B" O/N/CP
Sept. 29			"B" O/N/CP
Sept. 28-29	Kathryn Lewandowsky	(360) 403-8471(H) (425) 737-4594 (C)	"A" O skyranch12805@yahoo.com
Oct 12	Lake Mendocino Steve Meroshnekoff Sec: Maria Pilgrim	Ukiah, CA (707) 743-9973 (707) 795-8163	"B" O/N/CP iambrewing@aol.com wolves1961@sbcglobal.net

Region 1 has a
Facebook Page!



Find us at
NATRC Region 1

Region 1 Ride Results

CMDTRA

5/4/2013 Region 1-CA

B-O/N/CP Total Riders: 36

Chair: Ellen Pofcher

Judges: Leroy Burnham DVM, Karel Waugh

CP Combo- Hickorys Starlet/Dillard, Ashley

Novice Sweepstakes: Kat Man D

/Pimentel, Michelle-99

Open Sweepstakes: Desert Reinbeau/
Meroshnekoff, Angie-100

Open Heavyweight

1/2 Pistol Pete DF/Armer, Jean

2/4 Amiraborr/Boicelli, Gene

3/5 Stealth Knight/Boicelli, Victoria

4/1 Abdul Latif BL/Rader, Jennifer

5/3 Tango Sierra/Harvey, Laura

Open Lightweight

1/2 Desert Reinbeau/
Meroshnekoff, Angie

2/3 Sierra Sunshine/Stidolph, Donna
3/1 Huck Finn/Frey, Ute

Novice Heavyweight

1/2 Champ/Smith, Chris
2/4 Smarty/Kaldunski, Chris
3/3 Moondancers Prema Nina/
Bradley, Paula

4/1 Trixie/Zayed, Marla

Novice Lightweight

1/2 Kat Man D/Pimentel, Michelle
2/1 7th Heaven Star/Fuller, Lisa
3/DO Palistar/Swain, Stephanie
4/4 Maynard/Hannigan, Rachel
5/3 Bodacious Tailfeathers/
Egerer, Kaysha
P Bella/Gianotti, Kerynn
P Sansi Dior/Jamison, Susan

Novice Junior

1/2 Hot Rod/Cooper, Rebecca
2/1 Geronimo/Yankton, Jordan
3/4 Princess/Rasmussen, Xia
4/3 KHS Romance/Heinzmann, Catie
P Garnet/Gipson, Savanah
P Chant/Etherington, Tim

Competitive Pleasure

1/2 Hickorys Starlet/Dillard, Ashley
2/4 OM EL Shakeeb Dream/Dillard, Joe
3/ OM EL Bilbao/York, Debbie
4/3 Hot Midnight/Taniguchi, Trisha
5/5 Marilyn the Mule/Pimentel, Joe
6/6 Rabea BL/VanTuyl, Caroline
/1 Ed Zackery/Jones, Mary T.
Nura BL Da/Cunha, Heather
Fames Baydal BL/Fitts, Gary
Kamiko/Lieberknecht, Kay
Zoe/Pillsbury, Trish

Cowboy Camp A

5/18-19/2013 Region 1-CA

A-O/CP Total Riders: 14

Chair: Jean Armer

Judges: Leroy Burnham DVM, Bev Barnettler

Open Sweepstakes: Kaylee/Johnson, Karlie-98

Open Heavyweight

1/2 Tango Sierra/Harvey, Laura

2/4 Stealth Knight/Boicelli, Victoria

3/1 Amiraborr/Boicelli, Gene

4/3 Laarkin/Brown, Tammy

P Tura Lura/Cannon, Linda

Open Lightweight

1/1 Desert Reinbeau/
Meroshnekoff, Angie

Open Junior

1/1 Kaylee/Johnson, Karlie

Competitive Pleasure

1/4 Hickorys Starlet/Dillard, Ashley
2/3 Kamiko/Thurman, Ariel
3/1 OM EL Shakeeb Dream/Dillard, Joe
4/ Om EL Bilbao/York, Debbie
5/2 Marilyn the Mule/Pimentel, Joe
6/5 Ed Zackery/Jones, Mary T.
/6 HN Raina Bo Surely/Schlerf, Haley

Novice Heavyweight

1/2 Mr. Sandman/Thomas, Shannon
2/1 YS Tyrone/Kroncke, Davern

Novice Lightweight

1/1 7th Heaven Star/Fuller, Lisa
2/DO Palistar/Swain, Stephanie
3/2 Kat Man D/Pimentel, Michelle
4/DO Bodacious Tailfeathers/
Lieberknecht, Kay

Novice Junior

1/2 Shayla/Ikerd, Maleah
2/3 Lola/Johnson, Kirsten
3/4 Fawkes/Wilson, Tom
4/5 Pipi/Smith, Megan
5/1 Garnet/Anderson, Molly

Cowboy Camp B

5/18/2013 Region 1-CA

B-N Total Riders: 11

Chair: Jean Armer

Judges: Leroy Burnham DVM, Bev Barnettler

Novice Sweepstakes: Shayla/Ikerd, Maleah-99

Round Valley A

6/1-2/2013 Region 1-CA

A-O/CP Total Riders: 12

Chair: Gene Boicelli

Judges: Carol Ormond DVM, Nancy Kasovich

Open Sweepstakes: Desert Reinbeau/

Meroshnekoff, Angie-85.5

Open Heavyweight

P Amiraborr/Szupello, Sierra

P Tango Sierra/Harvey, Laura

P Stealth Knight/Boicelli, Victoria

P Laarkin/Brown, Tammy

Open Lightweight

1/1 Desert Reinbeau/Meroshnikoff, Angie

P Sierra Sunshine/Stidolph, Donna

Open Junior

1/1 Kaylee/Johnson, Karli

Competitive Pleasure

1/1 Hickorys Starlet/Dillard, Ashley
2/2 HN Raina Bo Surely/Schlerf, Haley
P Om EL Bilbao/York, Debbie
P Omel Shakeeb Dream/Dillard, Joe
P Kamiko/Thurman, Ariel

Novice Heavyweight

1/1 YS Tyrone/Kroncke, Davern
P/DO Bella/Gianotti, Kerynn
P/DO Calico Mt. Sheila/Cannon, Linda

Novice Lightweight

1/1 RA Calla Lily/Manor, GraceAnn
2/2 7th Heaven Star/Fuller, Lisa
3/DO Denebaborr/Lieberknecht, Kay
4/DO Palistar Swain, Stephanie
5/3 Bodacious Tailfeathers/Egerer, Kaysha

Novice Junior

1/2 Shayla/Ikerd, Maleah
2/1 Lola/Johnson, Kirsten
CO Chant/Etherington, Tim
P SF Geronimo/Yankton, Jordan

Round Valley B

6/1/2013 Region 1-CA

B-N Total Riders: 13

Chair: Gene Boicelli

Judges: Carol Ormond DVM, Nancy Kasovich

Novice Sweepstakes: Shayla/Ikerd, Maleah-100

Region 1 Ride Results

Georgetown A

6/22-23/2013 Region 1-CA

A-O/N/CP Total Riders: 17

Chair: Laura Harvey

Judges: Larry Goss DVM, Nancy Kasovich

Novice Sweepstakes: Calico Mountain

Sheila/Cannon, Linda-98

Open Sweepstakes: Desert

Reinbeau/Meroshnekoff, Angie-100

Open Heavyweight

1/1 Amiraborr/Boicelli, Gene

P Stealth Knight/Boicelli, Victoria

Open Lightweight

1/1 Desert Reinbeau/Meroshnekoff, Angie

Open Junior

1/1 Kaylee/Johnson, Karlie

Novice Heavyweight

1/DO Calico Mountain Sheila/

Cannon, Linda
2/1 YS Tyrone/Kroncke, Davern

Novice Lightweight

1/2 Nicholas Del Padre/Cooper, Alexis
2/1 Kat Man D/Pimentel, Michelle
3/DO Palistar/Swain, Stephanie
CO RA Calla Lily/Manor, GraceAnn

Novice Junior

1/2 Cowboy's Miss Tardee/Cooper, Faith
2/1 Shayla/Ikerd, Maleah

Competitive Pleasure

1/1 Marilyn the Mule/Pimentel, Joe
2/3 HN Raina Bo Surely/Schlerf, Haley
3/2 Om El Bilbao/York, Debbie
4/4 Hot Midnight/Taniguchi, Trisha
P Canadian Diamonte/Flagg, Susan

Georgetown B

6/22/2013 Region 1-CA

B-N Total Riders: 6

Chair: Laura Harvey

Judges: Larry Goss DVM, Nancy Kasovich

Novice Sweepstakes: MK VanGouh/York, Ron-

98.5

Novice Heavyweight

1/1 MK VanGouh/York, Ron

Novice Lightweight

1/DO Moonshines Montage/Foote, Debra
2/1 CC's Honey Dew/Ballard, Tanya

Novice Junior

1/1 Lola/Johnson, Kirsten
2/2 Pipi/Smith, Megan

Novice DO

Symplicity Sue/Bacon, Nancy

Challenge of the North A

7/19-20/2013 Region 1A-AK

A-O/CP Total Riders: 28

Chair: Laurie Knuutila

Judges: Kimberly Sargent DVM, Natalie Morris

DVM-Apprentice, Kim Cowart

CP Combo: Filly/Bergman, Stefanie

Open Sweepstakes: Royal Prince

Caspian/Adkins, Jane-87

Open Heavyweight

1/3 Indy's Midnight Sun/Boicelli, Victoria

2/2 Jasmine's Magic/Fisk, Colleen

3/1 Wild Ladys Nite/Dent, Susan

CO Genuine Arctic Attitude/

McDonough, Barbara

P Star of Excellence/Halley, Catherine

Open Lightweight

1/2 Royal Prince Caspian/Adkins, Jane

2/1 Willow Bey Star/Grogan, Brenda

3/3 Flash's Gentleman Jim/

Forrester, Donna

Open Junior

1/1 Poncho/Barkman, Elyssa

Competitive Pleasure

1/3 Filly/Bergman, Stefanie
2/ Sail Away/Kameel, Deidre
3/ Dillon/Norvell, Nancy
4/4 Rosie/Schamber, Pam
5/ Sierra/Sena, Tracy
6/ Nickel/Quinton, Michelle
1/ Luke/Onorati, Melissa
2/ Gunner/Allen, Mallori
5/ Future's Razzel Dazzel/
Luther, Natalie
6/ Cisco/Spangler, Gina
Calypso Orchid/Elsberry, Dorothy
Merrylegs/Luther, Cindy
Sargeant/Quinton, Reed
Biscuit/Spangler, Tom
P Cinch/Sands, William
P Duke/Cunningham, Cheryl
P Hat/Allen, Debbie
P Cobar/Romine, Rebecca

Competitive Pleasure DO

P Haidas Handy Lad/Carney, Katrina

Challenge of the North B

7/19/2013 Region 1A-AK

B-N Total Riders: 4

Chair: Laurie Knuutila

Judges: Kimberly Sargent DVM, Natalie Morris

DVM-Apprentice, Kim Cowart

Novice Sweepstakes: Isa Perfect Dream/Parsley, Renee-89.5

Novice Heavyweight

1/2 DC Tuff Enough/Parsons, Kristie
2/1 Marble/Haverlikova, Ivana

Novice Lightweight

1/1 Isa Perfect Dream/Parsley, Renee

Novice Junior

1/1 DCF Perfect Blizzard/
Parsley, Morgan

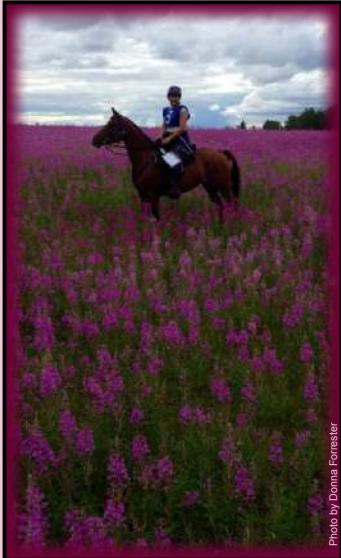
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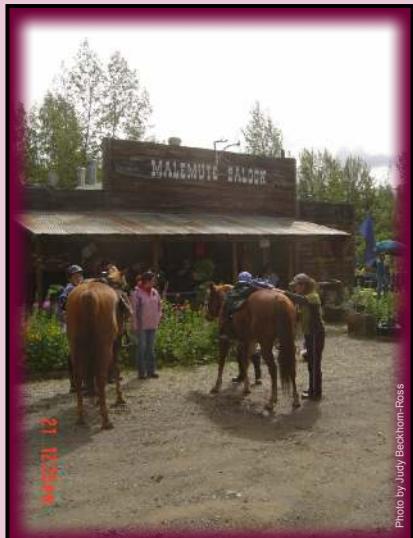
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Challenge of the North 2013 Fairbanks, Alaska



Rule Changes to Be Considered for 2014

From the NBOD July, 2013 (Changes in bold)

1. Page 4-3, Section 4.B.5. reads:

5. Weigh In

- a. Lightweight and Heavyweight competitors must be weighed in with their own tack prior to the start of the ride.
- b. Individual regions may issue rider weight cards. At subsequent rides in the same year, a copy of this weight card may be sent with the ride entry or be shown to the Ride Secretary when picking up their rider packet.
- c. Rider weight classification must be maintained throughout the ride. **Management may re-weigh any rider at any time during the ride to verify weight class. A deviation of +/- 5 pounds is allowed.**
- d. Failure to maintain weight classification will result in completion points only for both horse and rider.
- e. The minimum weight must be made up with dead weight, pound for pound, if the rider and tack weigh less than 100 pounds (LWT or Senior) or less than 190 pounds (HWT).
- f. No disposable items will be used to make weight. This includes, but is not limited to, food (horse and rider), water, fly spray, etc.

Purpose: For clarification, still allows for re-weighing and allows for the 5 pounds deviation as part of the re-weigh only.

The revised version was approved to continue discussion for a final vote in November.

2. Page 4-4, Section 4, D reads:

D. Eligibility of Riders

- 1. All persons 10 years of age or older are eligible to compete in NATRC except:
 - a. Any person designated in Section 3 (i.e., ride chair, ride secretary, trailmasters, stable manager, judges, official timers, judges recording secretary, Rules Interpreter, safety riders, P&R timer) shall not be eligible to ride a horse in competition on the sanctioned ride for which he serves in an official capacity.

Change to read:

- a. Any person designated in Section 3 **with the exception of the ride secretary** (i.e., ride chair, **ride secretary**,

trailmasters, stable manager, judges, official timers,

Purpose: to allow more volunteers to compete on a CTR

The revised version was approved to continue discussion for a final vote in November.

3. Page 5-1 Section 5, B reads:

B. Stabling

- 1. All horses shall be kept in a designated area from preliminary check in until after the final examination.
- 2. The Stabling Options used are at the discretion or requirements of CTR management and/or the CTR facility.
- 3. The Stabling Options used by CTR management and/or the CTR facility must be available to all competitors.
- 4. Stabling Options *Not Allowed* during competition as primary containment:
 - a. Hobbling of any kind
 - b. Portable panels that are not securely anchored to a trailer
 - c. Electric fencing
 - d. Staking out in any manner

5. Stallions: Stallions must be double tied whenever **stabled (for exceptions, see below)**. The primary and secondary rope will not be tied to the same tie spot.

a. Stallion double tying requirements are: The primary rope is tied in the normal manner, but the secondary restraint method must be secured around the stallion's neck and tied in the normal manner. If a rope around the neck is secured with a knot, it must be a bowline and run through the halter.

b. Other secondary restraint methods may be acceptable (check with horsemanship judge). Two halters are unacceptable.

c. Failure to comply constitutes a major rule violation. (See Rulebook Section 6 E 2d)

Change to Read:

B. Stabling

- 1. All horses shall be kept in a designated area from preliminary check in until after the final examination.
- 2. The Stabling Options used are at the discretion or requirements of CTR management

ment and/or the CTR facility. For Stallions see 5 below.

- 3. The Stabling Options used by CTR management and/or the CTR facility must be available to all competitors.

- 4. Stabling Options *Not Allowed* during competition as primary containment:

- a. Hobbling of any kind
- b. Portable panels that are not securely anchored to a trailer
- c. Electric fencing
- d. Staking out in any manner
- e. **Stallions in portable panels.**

- 5. Stallions: Stallions must be double tied whenever **stabled (for exceptions, see below)**. The primary and secondary rope will not be tied to the same tie spot.

a. Stallion double tying requirements are: The primary rope is tied in the normal manner, but the secondary restraint method must be secured around the stallion's neck and tied in the normal manner. If a rope around the neck is secured with a knot, it must be a bowline and run through the halter.

b. Other secondary restraint methods may be acceptable (check with horsemanship judge). Two halters are unacceptable.

c. Stallions may be stabled in pens when "stallion" pens are provided by the CTR facility.

- d. Failure to comply constitutes a major rule violation. (See Rulebook Section 6 E 2d)

Purpose: To prevent the use of portable pens for stallions (note the problem is not always the stallion, but mares which sometimes get loose).

This revised version was approved to continue discussion for a vote in November.

4. Page 5-4 Section 5J.5. Reads:

5. Lunch Stop

- a. If the elapsed minimum time (including P&Rs) is six hours or more, a lunch stop is required.

- b. When the minimum riding time is less than six hours, a lunch stop is at the discretion of management.

Change to read: *(Continued on page 18)*

(Continued from [page 17](#))

5. Lunch Stop

a. If the elapsed minimum time (**including P&Rs**) **including P&Rs** is six hours or more, a lunch stop is required.

b. When the **elapsed** minimum **riding** time **including P&Rs** is less than six hours, a lunch stop is at the discretion of management.

Purpose: This was approved as an editorial correction.

5. Page 4-3 Section 4C reads:

C. Distance Only (DO): outside of the competition

1. Horses and/or riders participating DO for any reason will be judged in all ride activities as are other competitors but will be eligible for mileage only.

2. Horses and/or riders participating DO must obey all NATRC rules (except those exemptions specified in paragraphs 3-9 below) and any ride rules. The DO horse/rider team must ride in an acceptable manner and not disrupt the ride for other competitors.

3. Horses may participate with or without boots (e.g. splint boots, bell boots) and/or the use of any temporary types of hoof protection.

4. A rider may ride DO in any class or division in horsemanship.

5. A horse may participate DO in any class or division only if the rider also enters DO in horsemanship.

6. One day option: only available if both horse and rider are riding DO.

a. The DO team has the option of riding one or two days of an 'A' CTR. When choosing to ride one day only, the team must ride the first day. A DO rider must notify ride management of their intent not to ride a second day after post ride examination, but before 8:00 p.m.

b. The DO team will receive the standard mileage allotments for each day ridden. If the rider chooses to ride the second day, but does not complete that day, then no mileage will be awarded for either day.

7. DO horses/riders will not count as a competitor in the Class.

8. Any person or horse excluded from competing in Section 4 D1b of the rules (fami-

ly members or horses owned by family of judges or Rules Interpreters) may enter the ride DO.

9. Any rider or horse-and-rider combination excluded from competing in the Novice Division in Section 4 A2f of the rules (having five firsts, placing 3rd or higher, judges) may enter the ride DO in the Novice Division.

10. Any horse ineligible to compete for awards may enter DO if said ineligibility in the opinion of the veterinary judge does not constitute a physical abuse of the horse.

11. DO must be declared prior to the official start of the ride.

Change to read:

C. Distance Only (DO): outside of the competition

1. Both horse and rider must ride DO.

2. Horses and/or riders teams participating DO for any reason will be judged in all ride activities as are other competitors but will be eligible for mileage only.

3. Horses and/or riders teams participating DO must obey all NATRC rules (except those exemptions specified in paragraphs 3-9 below) and any ride rules. The DO horse/rider team must ride in an acceptable manner and not disrupt the ride for other competitors.

4. Horses may participate with or without boots (e.g. splint boots, bell boots) and/or the use of any temporary types of hoof protection.

5. A rider may ride DO in any class or division in horsemanship.

5. A horse may participate DO in any class or division only if the rider also enters DO in horsemanship.

6. One day option: only available if both horse and rider are riding DO.

a. The DO team has the option of riding one or two days of an 'A' CTR. When choosing to ride one day only, the team must ride the first day. A DO rider must notify ride management of their intent not to ride a second day after post ride examination, but before 8:00 p.m.

b. The DO team will receive the standard mileage allotments for each day ridden. If the rider chooses to ride the second day, but does not complete that day, then no mileage will be awarded for either day.

7. DO horses/riders will not count as a competitor in the Class.

8. Any person or horse excluded from competing in Section 4 D1b of the rules (family members or horses owned by family of judges or Rules Interpreters) may enter the ride DO.

9. Any rider or horse-and-rider combination excluded from competing in the Novice Division in Section 4 A2f of the rules (having five firsts, placing 3rd or higher, judges) may enter the ride DO in the Novice Division.

10. Any horse ineligible to compete for awards may enter DO if said ineligibility in the opinion of the veterinary judge does not constitute a physical abuse of the horse.

11. DO must be declared prior to the official start of the ride.

D. Horse Only

1. Horses participating competing
“Horse Only” will be judged in all ride activities. The horse and rider must obey all NATRC **and ride rules**.

2. A horse competing “Horse Only” will count as a competitor (horse) in the Class entered.

3. A rider participating “Horse Only” will not be judged, placed, or count as a competitor (rider) in the Class. The rider will receive standard mileage allotment.

4. “Horse Only” must be declared prior to the official start of the ride.

Purpose: Flexible thinking- to provide a division where it is clear a rider can compete without being judged in horsemanship.

Please note: there are some additions which have been suggested (in *italics*).



HORSE TIP: Tail Rub Relief

A mixture of baby oil and mouthwash rubbed into the dock of the tail with a washcloth can help soothe the itchy spots that your horse has been rubbing.

NORTH AMERICAN TRAIL RIDE CONFERENCE

PO Box 224, Sedalia, CO 80135, 303-688-1677, Fax 303-688-3022
www.natrc.org, natrc@natrc.org



MEMBERSHIP FORM - RENEW, JOIN OR PURCHASE ITEMS ONLINE AT 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.

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

LIFETIME MEMBERSHIP: One time membership payment.

- FAMILY**..... \$10,000 Household of 1 or 2 adults & children under the age of 18 as of Jan 1 (2 votes)
- SINGLE** \$ 5,000 Single adult member (1 vote)

PLATINUM MEMBERSHIP: Platinum members receive insurance benefits thorough 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.

- FAMILY**..... \$130 /yr Household of 1 or 2 adults & children under the age of 18 as of Jan 1 (2 votes)
- SINGLE** \$ 80 /yr Single adult member (1 vote)

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

NATRC Specialties (Optional)

- Patch (inc. w/new membership). \$5.00
- 10" Round NATRC Emblem Sticker.. \$5.00
- 4" Round NATRC Emblem Sticker.. \$3.00

A 2013 Rule Book is free with your membership. To save NATRC \$\$\$, the Rule Book can be downloaded from www.natrc.org or a hard copy can be requested by checking here _____

Hoof Print will be delivered electronically. To receive a print copy, please add \$15 and check here:

\$ TOTAL ENCLOSED _____ (Colorado residents please add 2.9% on Specialty Items)

Please list first and last names, especially those with different last names, of all competing family members.

Name(s) _____ Jr(s) Birthdates _____

Street _____ City _____

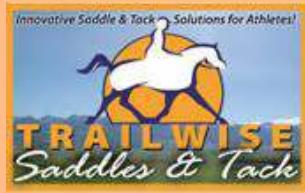
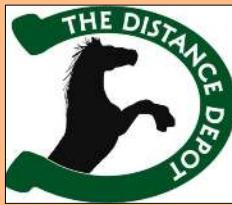
State, Zip _____ Phone (_____) _____

Email _____

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New member? Will you share how you found out about NATRC? _____

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