

The Leadline

The Voice of NATRC Region 1 Competitive Trail Riding



www.natrcregion1.org

Summer 2014

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Return to Round Valley

By Donna Stidolph

As we floated up Miwok Trail, wafted on the gentle breeze, Laura and I pondered how we ever could have thought of Round Valley as a Monster Ride. Then it came to us: maybe, just maybe, it was because it was 75 degrees, not 113!

Seriously, I think there were three factors that morphed Round Valley from the survival exercise it's been the past couple of years into a technically engaging and very beautiful ride: the weather, the camp site, and the trail condition. The weather both days was reasonable - Day 1 was in the mid-80's and Day 2 didn't get over 75 and was actually stinkin' cold in the morning. As for the camp site, Gene managed to get access to a tree-lined area and then organized the parking so all the rigs (I think) were parked in shade, which made a tremendous difference, for both the horses and the people. And there has been serious maintenance done on some of the major trails, so there are still places you have to think about, but not the entire ride's worth. Here's the story.

Day 0 - Friday

I should have known this ride was going to be great when we arrived at ride camp in exactly the amount of time the Google Swami said it should take - I usually get lost or have to make unnecessary-for-most-people stops or something to make me late. But this time we just motored directly from Santa Cruz to Round Valley. When we arrived, Gene helped me park the rig so that the trailer was backed up against a tall row of trees. When I put Sunny on the Hi-Tie, she was shaded and, as the day went on, the camper got shade, too.

After we got camp set up, Sunny and I headed out for a stroll. In the past, we'd gone down to the stream that runs right by camp, but this year there was no stream. We managed to find a lonely pool that provided enough water so that there was a satisfactory amount of grass for Sunny to graze on and shaded boulders for me to sit on, so we were all okay. We'd only been there a few minutes when a pick-up truck pulled up on the other, steep side of the creek. It was Gene and Chris, Head Volunteer, looking for rocks to fill snake and rodent holes with. Sunny and I support this activity whole-heartedly, so we lent a hand. The scramble up the hill wasn't too bad, but it took a couple of repeats to do the descent stylishly.

Check-in started about 3 pm, with Dr. Greg Fellers as the vet judge and Karel Waugh for horsemanship. Karel managed to find crud on Sunny and gave me a serious eye-brows raised look, which I deserved. And I might as well get it over with, the same thing happened on Saturday night. And both Saturday and Sunday mornings, when I was saddling up, I couldn't believe that I'd missed cleaning up so many spots. Sheesh. Dr. Fellers had us do the "two circles in each direction" thing, and I tried lunging Sunny instead of running with her as I usually do. Sunny did okay, but, as usual, I forgot about keeping two hands on the lead rope at all times. Again, sheesh. Overall, check-in was uneventful and I believe all the horses made it through.

In the evening, we had our usual pot luck and ride meeting. Gene's primary instructions were "Don't get lost and don't fall off!" He then went over Saturday's route, identifying places to make up time and landmarks for

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

Adventures in NATRC

“Just a Trail Horse”

I tried not to fret as I drove to my vet's place, my faithful palomino in the trailer. Three months had passed since my gelding, Tango, sustained a high suspensory injury. During that time, he'd been confined to stall rest. To my relief, Tango was handling it beautifully. He clearly yearned for his freedom, but he didn't make himself crazy. Which, in turn, didn't make me crazy.

Motion caught my attention as I approached my vet's barn. A giant warmblood stood in the cross-ties, stomping and twitching. As I watched, it half-reared and kicked out.

Yikes, I thought to myself. *I hope someone's nearby. That horse looks ready to tear the place down.* I noted a figure striding toward the horse and sighed with relief—until I noticed the saddle. *Wait...someone's going to ride that thing?*

Well, the world has many accomplished riders; this must be one of them. I pulled in and greeted my vet, Dr. Sara. Tango unloaded and looked around with perked ears, eager for a change of scene. My vet asked about him as we walked to the arena, where I clipped a lunge line to Tango's halter. Despite being cooped up in a 12x12 stall or a 12x24 pen for three months, my intrepid trail horse lunged out calmly. Unfortunately, he didn't look any sounder. His head bobbed *up-up* with every stride.

I sighed.

I walked Tango back to my trailer, where he eagerly munched weeds, and conferred with Dr. Sara on a plan of action. As we talked, the warmblood I noticed earlier was led up to the arena. It completely dwarfed Tango as it passed, and I smiled to see Tango look so small. Amongst NATRC horses in my region, Tango is on the taller side at 15.1H, and bulky. Though he's a Missouri Fox Trotter, people often mistake him for a Quarter Horse.

The warmblood didn't look any calmer. My vet and I drifted toward the arena to watch. The rider cued the horse to lunge, and it burst into a reckless charge. It flung itself in a small circle so wildly that it fell, hindquarters buckling into the dirt.

“You might need to sedate him,” my vet called out.

“What's wrong with him?” I asked.

“Nothing.” Dr. Sara blinked. “He's always like that. He's worked six days a week, so he's very fit.”

“Oh.” For a moment, I couldn't think of anything else to say. I thought of the very fit NATRC and AERC horses I knew, which didn't act like this. The warmblood charged around its rider again. *This is what a very fit, accomplished dressage horse is like?* “Well, Tango may not be very fancy, but I like him just fine.”

Dr. Sara's mouth twitched, so I knew she was humoring me. We live in different horse worlds. In hers, \$80,000 is not an unusual price to pay for a high level dressage horse. If something happens to it, and the owner can't sell it for more than \$10,000, it “may as well be kept as a trail horse.”

“That is a very expensive, very high level dressage horse,” Dr. Sara said. “Your horse can't do what he can do.”

I looked back at my trailer, where Tango was snoozing, despite the craziness going on not fifteen yards away. Dr. Sara was probably right. Tango couldn't manage the physical demands of high-level dressage. But I knew what he could do: stand tied to a trailer all night. Stand calmly to be examined by vets, and receive treatments that required other horses to be sedated. Tango could look at a tight spot on the trail and figure out how to get through it. I would trust him to carry me fifty miles through rough terrain and get me home safe.

“That's okay,” I said. I knew Dr. Sara didn't mean to dismiss Tango. She just lived in a world where trail horses were still ‘just trail horses.’ “That horse can't do what Tango can do.”

Laura Harvey, Chair

From The Editor...

I hope everyone is having a great summer! Here in the Far North, we are fractions of an inch away from the rainiest summer on record! It seems like we've had nothing but rain since the beginning of June, which has resulted in some minor flooding in some areas. The flooding would have been much worse without the flood control project that protects the town of Fairbanks from the Chena River. My property is on a hillside, so I'm unaffected. But it has made for a challenging summer to get saddle time.

I did get to compete in the Bald Mountain Butt Buster CTR held outside Wasilla, Alaska. I rode my 8-year-old Half Arab mare (pictured below) in the Novice Division. She has been a very challenging horse to work with, but I was very proud of her performance at the ride and she managed to take third in her class. (I rode DO.) It was very nice to get to see Karel Waugh, who judged the ride, and her husband Bob. They brought back all my fond memories of riding in Region 1 a few years back, and it was so nice to visit with them again.

The Bald Mountain ride was very well managed and the trails were great! The rain let up long enough to allow us to have some nice views



from the flanks of its namesake, and I really enjoyed getting to see all the CTR competitors from around the state of Alaska again! They, like the NATRC family everywhere, are a great group of trail riding enthusiasts and some fine horsemen, indeed!

This issue of the newsletter includes some ride results and an article that I hope you find useful. Please be sure to send me photos from the upcoming rides, and also your stories of your adventures on the trails. In order to make the newsletter interesting and informative, I really, really, really need your input!

Once again, I hope you are all having a great summer and I wish you all well in your NATRC adventures!

Laurie Knuutila

Attention All 4-H Horse Members!

To encourage participation by 4-H members, NATRC offers a 4-H 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 9, 2014. The rider must (1) be a member of NATRC (2) send Laurie DiNatale an email (natrc@natrc.org) stating that they are a 4-H member and (3) have their 4-H 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), 4-H now recognizes competitive trail as an activity that qualifies as a 4-H 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.

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, 674 La Porte Rd., Quincy, CA 95971. 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.

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turns. The route was ribboned, but some of the ribbons always get lost for whatever reason, so it was great to have immovable reference points!

When Gene was done, Dr. Fellers and Karel took over. Their main concern was that we know about a vet procedure that they were going to try here: the Cardiac Recovery Index, usually referred to as the CRI. In this test, the horses were to come back to the vet 10 minutes after they finish. The heart rate is then measured. The horse is then trotted, in hand, a measured distance - 125 feet out and back. A stop watch is started as the horse starts the trot out. Exactly one minute later, the heart rate is measured again. If it's lower than, or equal to, the heart rate that was measured just before the trot out, that's good. If the heart rate after the trot out is greater than it was initially, it's cause to look closely for any other signs of undue fatigue. Dr. Fellers informed us that he would be using the CRI results in his horse evaluations. Uh oh.

Day 1 - Saturday

I'm telling you, something's changed in Gene, he's just not the same man: the wake-up call was a discrete knock on the camper door, accompanied by a gentle inquiry: "You up, Donna?" And coffee was available immediately. What happened to the 5:30 AM, 180 decibel rendition of "Go, You Chicken-Fats, Go"?

Laura had agreed to ride with me, even though she knows that that would make her totally responsible for guiding us - only a fool would follow me - so I

tacked up Sunny and went over to Laura's rig about 6:55, where she and Pete, Jean Armer's horse, were camped. Open riders were supposed to go out at 7:00. (Jean is recovering from surgery and Laura's horse, Tango, is laid up with a soft tissue injury, so Laura is riding Jean's horse, Pete.) Laura walked Pete over in hand, but when she went to mount, she realized she didn't have her stirrups on her saddle, so we went back to the rig, found the stirrups, put them on and reported to the out timer. We lost a couple of minutes, which, in years past, would have been the Kiss of Death.

The ride took us out the Miwok trail, which goes through Round Valley, then through one of the zillion gates on this ride, and up to the Very Top of the World. Those gates. I think there were seven gates on Saturday's ride. They are all Powder River brand, which means, to me at least, that they are (a) spring loaded, (b) way more than 50% likely to be "pull" gates rather than push gates, and (c) hateful. In any

case, Sunny wouldn't have anything to do with them, I think because the springs were so strong. We kept giving them a try, but weren't successful.

After the gate, at about 3 miles, I think, Miwok turns into a serious climb, as in the valley floor is at 385' and the top of the climb is at 1725' - in about 3 miles. Again, in past years, it had been complicated by the treacherous surface: torn up sandstone, so it was either intact and slippery or broken up and uneven. This year, someone had been through with some road working machinery; there were only a couple of small patches of spooky surface. Whew! And, although it was still a really tough climb, the day stayed in a reasonable temperature zone. Oh yeah, we saw two bobcats on Saturday, and the first one was just at the start of the Miwok climb.

We descended briefly into the shade, dropping to about 1700', then started climbing again toward our first P&R at about 2000'. Did I mention that there was still *lots* of climbing?

Karel was at the P&R entrance and had us climb up and down a steep bank. I misjudged the steepness and asked Sunny to approach it at an angle as you would a gradual slope rather than just pointing her straight uphill. But it wasn't gradual, so she sort of realigned herself under me and hopped up the hill, leaving me behind pretty thoroughly - so I lost points for that. What an idiot I am sometimes. It wasn't bad horsemanship, it was bad judgment which I guess is probably worse, especially if you're poor Sunny!

Right after the P&R, the Open riders split from the

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Laura Harvey and Pistol Pete at one of those hateful gates.

Photo by Donna Stidolf

Region 1 2014 Ride Schedule

August 16-17	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. 6-7	Georgetown NATRC Laura Harvey Sec: Wayne Read	Georgetown, CA (916) 689-1631 (916) 689-1631	"A" O/CP; "B" N hereticsunite@hotmail.com wrdsmth@frontiernet.net
October 4	Lake Mendocino LOCATION AND DATE SUBJECT TO CHANGE Steve Meroshnekoff Sec: Maria Pilgrim	Ukiah, CA (707) 743-9973 (707) 795-8163	"B" O/N/CP iambrewing@aol.com wolves1961@sbcglobal.net
Back in 2015	Pilchuck Tree Farm Kathryn Lewandowsky	Arlington, WA (360) 403-8471 (H) (425) 737-4594 (C)	skyranch12805@yahoo.com

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Novice and CP, and we hit some of the most challenging parts of the ride. We dropped down to cross Morgan Territory Road, then rode back up to the ridge tops, where we were on trails with names like "Highland Ridge" and "Crestview". The people who named those trails must have been trying to warn us, we just didn't get it. There were wonderful views from those roads. This is the first of the four times I've done this ride that Sunny and I were composed enough that I was able to notice how gorgeous it is. The watershed area itself is wonderful, and you can see forever. We had one sustained descent where we dropped from about 1700' to about 1100' followed directly by a climb that topped out at 2300'. Yikes! Lunch was a few miles after that, at mile 23.

Lunch was nice. There was quite a lot of crunchy grass, Sunny's preferred lunch food, and water all over the place. Unfortunately, there was also a small herd of cattle, calves and moms, at the gate out. We were lucky, neither Pete nor Sunny being particular admirers of cattle. By our out time, the group had spread out, so we just had to thread around a couple of adults. After lunch, we traipsed around on the ridge tops to our final P&R, then headed home via Miwok, the same way we came out. I think the horses worked as hard getting down as they did going up: the footing was good, but they were tired ponies!

Down in the valley, we didn't see the bobcat again, but we saw a mama coyote sneaking a drink at the water tank.

Oh, I haven't mentioned times yet. Although the trail was intense, it must have been timed by someone sensible. Or maybe it was the cooler weather, but for whatever reason, even with our couple of minutes late start, we came in at or near mid-times throughout the ride.

Dinner that night was The Usual at Round Valley: some really good Mexican food followed by an insanely rich cake to celebrate all the juniors graduating from middle school and high school.

Our ride meeting was structured the same way as the previous night's. The only things of note were that (a) Gene glared at me as he gave the Prime Directive: "Don't get lost and

DON'T FALL OFF!" and (b) the hill where I came off last year was christened "Stidoph Hill" for the purposes of the ride meeting. I'm *so* honored.

The ride schedule said that Quiet Time started at 10 pm, but I went to bed at 9 pm, and I think I was the last one outside. It had been a long, hard day - my GPS said we did 5700' of climbing. GPS is notoriously inaccurate with elevation, but looking at the topo map, it doesn't seem way unreasonable. Whew.

Day 2 - Sunday

When we got up on Sunday, it was actually cold - overcast, with a chilly wind. This time we rode out in the opposite direction, taking Hardy Canyon and Murphy Meadow Trails up to meet Miwok, where we did the major part of the climbing. Again. The day stayed cool, even after the sun came out, due to the wind. We could see the fog banks to the west of us, really close.

The ride was, again, beautiful. Also, we seemed to have found the hiker's area; we ran into several people marching up the hill. We couldn't figure out where they came from because it took us *hours* to get there and we were on horses! There were also some very well-behaved loose dogs - not too much of a problem - and cattle, which kept our horses on high alert. I don't know how the horses perceived them, but I was surprised by the cows a couple of times; there would be a bunch of them laying down in the shade of a tree, and between the dark shade and the tall grass, they would be invisible until they stood up. Anyway, we made it through.

The Open riders had sort of snuck under the Horsemanship Judge's radar on Saturday. There was the problem of

getting in place in time, and there were quite a few one-day novice riders that *had* to be assessed on Saturday - so Karel, at the ride meeting, had promised us that We Would Be Judged. I was not looking forward to it - but I got lucky.

The first obstacle was right as we left camp. We had to ride our horse down into the creek bed and up onto the road. The point Karel chose was exactly where Sunny and I had gone up and down helping Gene and Chris load rocks on Friday. As a result, Sunny was totally unphased by it, and I had some idea of just how steep it was and could position myself accurately. Whew.

Then I just waited in dread because I *knew* one obstacle was going to be a gate. And it was. As we rode up, we could see the crowd - okay, there were about seven people in deck chairs - on the other side of the gate, and Karel was standing on our side. Dang it! Jeanine was riding with us at that point, so I let her and Laura go through first. They both did flawless



Success! Donna Stidolf and Sunny at the gate.

Photo by Jamie Dieterich

jobs, as usual.

When it was our turn, I told Karel that we'd give it a try, but I wasn't going to insist - my major goal was to just finish this ride in one piece. She got that, so I had Sunny side up to the gate. It was (of course) a left-handed pull gate. Sunny did beautifully on getting the gate opened and pivoting so that we were on the correct side of it, but then she couldn't take the pressure of the gate coming at (Continued on [page 6](#))

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her and sort of scurried through. But she didn't leap or bolt through, and it was the *first* gate we had successfully opened on this ride - I was thrilled! Dr Fellers put "Rushed through" on Sunny's vet card. Little did he know that "Got through with rider intact" was way more than I expected. I'm not ever going to be good at poker, either, because I whooped and hollered and did victory dances. And Sunny gave me one of those "Why do you always have to make a Big Deal of everything?" looks.

Shortly after that we had our final P&R on the course, and headed down Miwok, which isn't that much easier than climbing it because of the (improved over last year but still) very

technical footing. And for the first time in my experience, we met a mountain biker, also descending. Luckily, Laura was trailing, and The Imperturbable Pete just let him go by, but Laura warned the sissy Arabs up front, so we were prepared.

I figured the excitement was over at that point, and it was, mostly, for us, but Jeanine had some challenges ahead. When we got to the valley floor, about to the two-mile point, her gelding could see horses in front of him and he could smell his trailer, so he started attempting to make his move. Jeanine responded masterfully: they side-passed, they did shoulders-in, they serpentine, they backed. (That was pretty funny - Jeanine asked if it was still forward progress if her horse was

facing the wrong way. Laura and I felt that it was because the progress was judged on distance from the end of the ride, not orientation of the horse's nose.) They didn't finish with us, but they finished under control, so all was well.

When we got in, we had to re-appear after 10 minutes for the CRI, which went calmly this time. Sunny got a 23/23, so she didn't lose points, which worked out well - she ended up winning Open Sweepstakes and we got a beautiful ceramic platter to take home, although I intend to keep it in the camper to use for NATRC potlucks.

And, all of you who missed this ride? Eat your hearts out - it was fabulous!

Region 1 has a
Facebook
Page!



Find us at
NATRC Region 1

100% Club

Join Region 1's 100% Club!
If you attend all 2014 rides as a rider or a volunteer AND you attended the Davis Event in March, you can be a member of the R1 100% club and receive an embroidered blue fleece jacket.

Anyone may buy a similar green jacket.

Details for ordering will be in the Winter LL.



Minutes of the NATRC Region 1 BOD Meeting - March 15, 2014

Call to Order:

The meeting, held at Davis, was called to order at 3:12 pm by Chair, Linda Thomason.

Present: Linda Thomason, Phil Young, Gene Boicelli, Stephanie Swain, Laura Harvey, Angie Meroshnekoff, Steve Meroshnekoff, and Davern Kroncke.

Absent: Joe Pimentel.

Guests: Betty Young, Vicki Boicelli, Debbie Coe and Chris Heath.

Board of Directors Election Results:

Davern Kroncke: 1-year term
Gene Boicelli and Steve Meroshnekoff: 3-year terms

Election of Officers:

Phil Young nominated Laura Harvey for Chair, seconded by Steve Meroshnekoff. Unanimously approved.

Angie Meroshnekoff moved to retain Stephanie Swain as Secretary, seconded by Steve Meroshnekoff. Unanimously approved.

Steve Meroshnekoff moved to retain Phil Young as Treasurer, seconded by Linda Thomason. Unanimously approved.

Secretary's Report: Stephanie Swain

Phil Young moved to have Minutes (from last meeting) emailed and make corrections via email. Submit final version(s) at next meeting. Linda Thomason seconded. Unanimously approved.

Treasurer's Report: Phil Young

Checking: 2014 beginning balance \$20,813.98; balance as of 19 February 2014 \$21,045.49.

2013 Budget Performance report and 2014 Suggested Budget Guidelines submitted in writing. There are currently NBOD expenses and year-end awards costs that need to be paid. Phil will pay 2014 memberships for Region 1 Veterinary Judges who judged in 2013. There will be no Convention income for 2014 as the Davis Event/Awards Presentation was held instead and was not an income producing event. LL printing/ mailing expenses for 2014 are doubled as Phil did not get reimbursed for 2013.

Linda Thomason moved to accept Treasurer's report, Gene Boicelli seconded. Unanimously approved

Committee Reports:

Physical Resource Coordinator: Linda Thomason – Linda brought one bib to Angie, who will get all of the bibs to Jean Armer for the Cowboy Camp ride. Laura Harvey has one of the coffee pots. Stephanie Swain has another coffee pot to donate.

Historian: Laura Harvey- Jamie has materials from Kathy Nixon - will get them to Laura. Wonder Workers: Steve Meroshnekoff- No report.

Points/Membership: Per conversation between Phil Young and Jim Ferris- Jim will put the numbers into an email to Donna.

Publicity: Linda Thomason – Gene Boicelli and Davern Kroncke will help Linda contact riding clubs/ organizations in the Northern California area with ride information.

Benefit Ride: Jean told Laura that paperwork for the ride has been submitted to National. Angie reported a possible conflict with ribboning from the endurance ride the weekend before the NATRC ride, leaving not enough time to get ribboning done. Status of BLM permit unknown. May (Continued on [page 8](#))

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.

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.

Ride Management Support Fund

Thanks to a very generous donation, NATRC is offering an opportunity for new ride managers or managers of rides in new locations to apply for a grant of up to \$1000 to help defray the costs of your NATRC-sanctioned Competitive Trail Ride.

For an application, please contact our National Office. Managers must be NATRC members, and the one-page grant application, with supporting documents, must be submitted at least 90 days prior to the event.

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need to change ride date to 24 May. Angie will follow up with Jean to resolve issues and send email to the BOD re: ride date, etc. The Leadline: Phil Young and Laurie Knuutila - Printing and mailing costs will be about the same as for 2013, but will show up as double in the expenses because Phil did not get reimbursed for 2013 expenses so will take reimbursement this year.

National BOD: Angie Meroshnekoff and Joe Pimentel - Plan to clarify use of CRI in veterinary judging criteria - need to add CRI to condition scoring.

Proposal to add National awards for Novice and CP as part of strategic plan. The largest numbers of riders are Novice and CP. In order to build and maintain membership, National awards would be supportive of these riders. A discussion of this topic among RI BOD members included thought that there should not be National awards for Novice, but there might be some merit to National awards for CP. Financially, adding National awards for Novice and CP would not be a good idea. This discussion to be continued at the next meeting.

Reg. 1 Website: Donna Stidolph - No report.

Ride/Clinic Management: Jamie Dieterich - No report.

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

Trails Advocacy Coordinator: Judy Etheridge - No report.

Bylaws: Jamie Dieterich, Phil Young - No report.

Judging Issues: Jamie Dieterich, Nancy Kasovich, Angie Meroshnekoff - Greatest judging issue is inconsistency; not just things like how many/what kind of observations there are, but things like how far is too far out of the saddle, or how many points can be deducted for the same issue.

The program for judges at the recent National Convention was conducted by Christy Landwehr, CEO of the Certified Horsemanship Association, whom we are partnering with. We are working with Kim Cowart, NATRC President, to launch a renewed effort for improved quality and consistency of judging. Kim's vision for our judges is to be respected, trusted, and held in high esteem by not only our riders but others in the horse industry. Patsy Conner will remain as the horsemanship co-chair for 2014; Mike Bridges, DVM, R5, is the new veterinary co-chair.

Awards: Perpetual trophies - due to issues with finding engravers and the fact that engraving prices are quite variable between engravers, Betty Young has suggested that we have a board with engraved plates attached with recipients' information. The rider would still be in possession of the silver tray for the year but would no longer have the responsibility for having the engraving done. Stephanie moved to continue this discussion at the next meeting after Betty has pricing information for a new plaque board. Seconded by Angie. All in favor.

Implement requirement for committee chairs to submit reports prior to meetings - committee chairs need to be reminded to submit reports prior to meetings. Discussion to be continued at next meeting.

OLD BUSINESS:

RI Bylaws/Non-profit status: Phil Young and Jamie Dieterich - in progress.

NEW BUSINESS:

Information on instructions for safety riders is not being used consistently. Ride chairs need to be made aware of this and put it to use. Judging safety as relates to 2013 accidents - there should be NO Novices cantering on trail. Ride Managers have the authority to veto the inclusion of any obstacles that they think are dangerous.

NEXT MEETING:

Time: TBD Date: TBD

Location: Cowboy Camp, Cache Creek Wilderness, CA.

NOTE: All reports should be submitted to the Board via email by Friday, 9 May 2014. If not submitted by that time, print copies must be distributed to all members at the meeting.

CLOSE OF MEETING:

Laura Harvey moved to adjourn the meeting at 4:30 pm, seconded by Gene Boicelli.

Respectfully Submitted,

Stephanie Swain



RESUME

NOMINEES FOR NATRC NATIONAL BOARD OF DIRECTORS – ALTERNATE - 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 **October 1, 2014**.

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 Chair.

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 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 October 1, 2014, to:

*Jim Ferris 8720 Eden Ct Klamath Falls, OR 97601
541/ 205-5269 jim.c.ferris@gmail.com*

Get NATRC E-News

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

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

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

If you would like to send NATRC information to all subscribers or just specific regions, contact Jean Green (jgreen@martineer.net) or the National office (natrc@natrc.org) for help to put your announcement on the official NATRC electronic communication channel.

Region 1 Ride Results

CMDTRA Mt. Diablo

5/3/2014 Region 1-CA

B-O/N/CP Total Riders: 33

Chair: Ellen Pofcher

Judges: Carol Meschter DVM,
Karel Waugh

Novice Sweepstakes: Sadie/
Heitman, Dani-97

Open Sweepstakes: Desert Reinbeau/
Meroshnekoff, Angie-98

Open Heavyweight

- 1/2 Amiraborr/Boicelli, Gene
- 2/1 YS Tyrone/Kroncke, Davern
- 3/3 Pistol Pete DF/Harvey, Laura

Open Lightweight

- 1/1 Desert Reinbeau/
Meroshnekoff, Angie
- 2/5 Palistar/Swain, Stephanie
- 3/2 BVA Slate/Aden, Elizabeth

- 4/4 7th Heaven Star/Fuller, Lisa
- 5/6 Nura BL Da/Cunha, Heather
- 6/3 Sierra Sunshine/Stidolph, Donna
Confetti DYH/Broquard, Melissa

Novice Heavyweight

- 1/3 Sadie/Heitman, Dani
- 2/1 Cooper/Chrisiansen, Shiela
- 3/2 JD Jim Dandy/Downs, Beverly

Novice Lightweight

- 1/1 Kharinaa/Emsley, Laurel
- 2/4 CC's Honey Dew/Ballard, Tanya
- 3/3 Moondancers Prema Nina/
Bradley, Erin
- 4/2 Azzana BL/Jennings, Elizabeth

Novice Junior

- 1/2 Pipi/Smith, Megan
- 2/1 Carson EL Maj/Johnson, Karlie
- 3/4 Beauhemian/Anderson, Molly
- 4/3 Valentyne/Gipson, Savannah

P Denebaborr/McOsker, Jordan

Novice DO

Bella/Gianotti, Kerynn

Competitive/Pleasure

- 1/4 Marilyn The Mule/Pimentel, Joe
- 2/2 OM EL Shakeeb Dream/
Dillard, Joe
- 3/1 OM EL Bilbao/York, Debbie
- 4/5 Fames Baydal BL/Fitts, Gary
- 5/3 Tony/Sterling, Valerie
- 6/ Downtown Sassy Brown/
Tripp, Beth
- /6 MK Vangouh/Mendenhall, Natalie
Sun-Ray's Mamma Jamma/
Brown, Tammy
- Dream/Lieberknecht, Kay

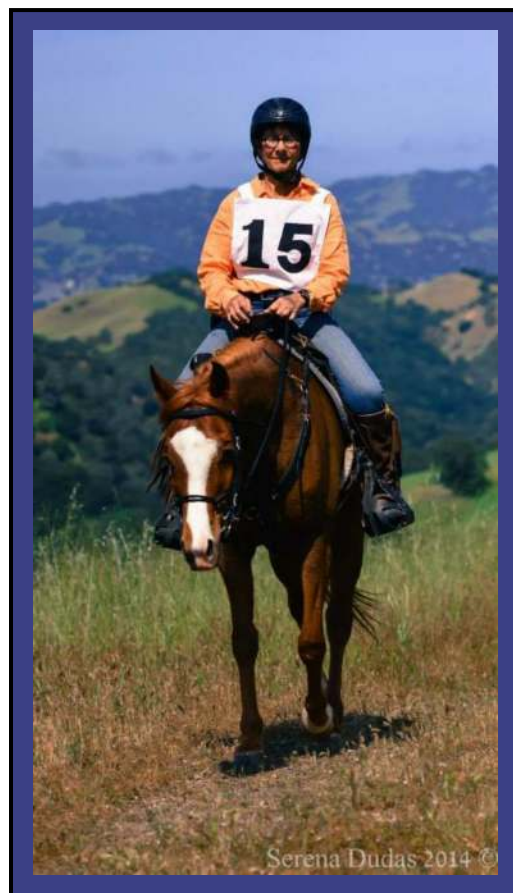
Competitive/Pleasure DO

Kat Man D/Pimentel, Michelle



**Angie Meroshnekoff and
Desert Reinbeau at Mt. Diablo**

Photo by Serena Dudas - used with permission



**Donna Stidolf and
Sierra Sunshine at Mt. Diablo**

Photo by Serena Dudas - used with permission

Region 1 Ride Results

Cowboy Camp A

5/17-18/2014 Region 1-CA

A-O/CP Total Riders: 15

Chair: Jim Ferris

Judges: Leroy Burnham DVM,
Karel Waugh

CP Combo- OM El Shakeeb Dream/
Dillard, Joe

Open Sweepstakes: Desert Reinbeau
/Meroshnekoff, Angie 98

Open Heavyweight

1/1 Amiraborr/Boicelli, Gene

2/2 Pistol Pete DF/Harvey, Laura

P YS Tyrone/Kroncke, Davern

P Tura Lura/Cannon, Linda

Open Lightweight

1/1 Desert Reinbeau/
Meroshnekoff, Angie

2/2 Sierra Sunshine/Stidolph, Donna

3/3 Palistar/Swain, Stephanie
P 7th Heaven Star/Fuller, Lisa

Competitive/Pleasure

1/4 OM El Bilbao/York, Debbie

2/2 OM El Shakeeb Dream/
Dillard, Joe

3/1 HM Raina Bo Surely/
Schlerf, Haley

4/3 Tuscany Berlitz/Berlitz, Barbara
5/5 Diamond H Shalako/
Vovchuk, Virginia

P Sun-Ray's Mamma Jamma/
Brown, Tammy
P MK Vangouh/Boicelli, Victoria

Cowboy Camp B

5/17/2014 Region 1-CA

B-N Total Riders: 10

Chair: Jim Ferris

Judges: Leroy Burnham DVM,
Karel Waugh

Novice Sweepstakes: Jim Dandy/
Downs, Beverly-98

Novice Heavyweight

1/2 Jim Dandy/Downs, Beverly

2/1 Cooper/Christiansen, Sheila

Novice Lightweight

1/DO Bodacious Tailfeathers/
Lieberknecht, Kay

2/1 Moondancers Prima Nina/
Bradley, Erin

Novice Junior

1/2 Pipi/Smith, Megan 2

2/3 Carson El Maj/Johnson, Karlie

3/1 Lucky Eddie/Johnson, Kirsten

4/6 Jezebel/Hunter, Jordan

5/4 Beauhemian/Anderson, Molly

6/5 Dream/Redin, Lily



What would we do without our volunteers!?

*Cowboy Camp Volunteers L to R:
Karel Waugh, Bob Waugh, Ron York,
Lee Cannon and Steve Meroshnekoff.*

Photo by Jamie Dieterich - used with permission

Region 1 Ride Results

Round Valley A

6/14-15/2014 R1-CA

A-O/CP Total Riders: 11

Chair: Gene Boicelli

Judges: Greg Fellers DVM, Karel Waugh

CP Combo: OM El Shakeeb Dream/

Dillard, Joe

Open Sweepstakes: Sierra Sunshine/

Stidolph, Donna-97

Open Heavyweight

1/2 Amiraborr/Boicelli, Victoria

2/1 Pistol Pete DF/Harvey, Laura

Open Lightweight

1/2 Sierra Sunshine/Stidolph, Donna

2/1 Cobay/Wolf, Jeanine

P Palistar/Swain, Stephanie

Competitive/Pleasure

1/2 OM El Shakeeb Dream/

Dillard, Joe

2/3 Hot Midnight/Taniguchi, Trisha

3/4 MK Vangouh/Mendenhall, Natalie

4/1 HM Raina Bo Surely/

Schlerf, Haley

5/5 Gold King Fritz/Wasielewski, Lisa

P Om El Bilbao/York, Debbie

Round Valley B

6/14/2014 R1-CA

B-N Total Riders: 10

Chair: Gene Boicelli

Judges: Greg Fellers DVM, Karel Waugh

Novice Sweepstakes: Pipi/Grasso, Ben-94

Novice Heavyweight

1/2 Pipi/Grasso, Ben

2/1 Serafina/Szupello, Sierra

Novice Lightweight

1/DO Bodacious Tailfeathers/
Lieberknecht, Kay

2/1 Dream/Inda, Serena Rose

Novice Junior

1/3 Beauhemian/Anderson, Molly

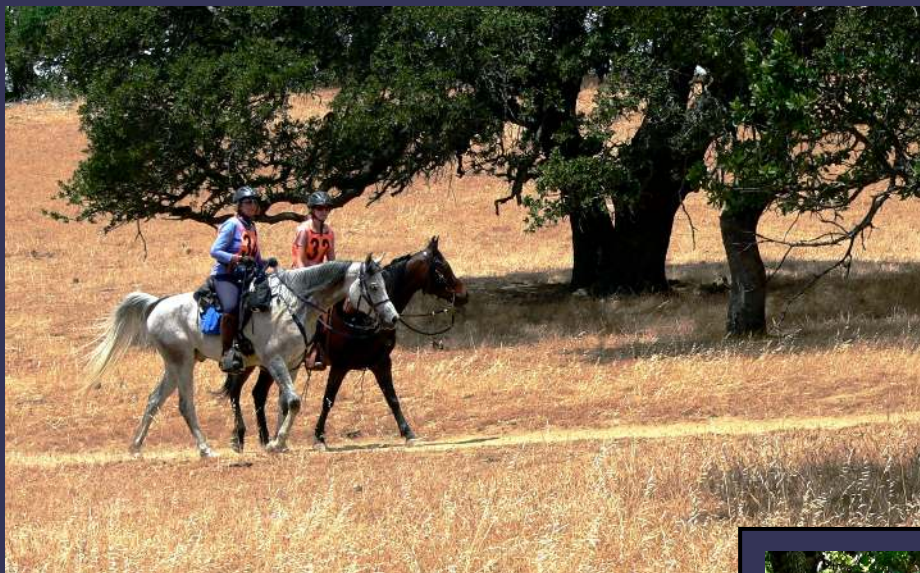
2/1 Carson El Maj/Johnson, Karlie

3/2 Lucky Eddie/Johnson, Kirsten

4/4 Denebaborr/Madison, Ilsa

5/5 Valentyne/Gipson, Savannah

6/6 Jezebel/Hunter, Jordan



*Debbie York riding Om El Bilbao and
Natalie Mendenhall riding MK Vangough
at Round Valley*

Photo by Jamie Dieterich - used with permission



Stephanie Swain and Palistar at Round Valley

Photo by Jamie Dieterich - used with permission



Heat and exercise can lead to serious problems with overheating, and horses must be cooled afterwards. Follow these guidelines for effective cool-downs for your horse.

Heat and exercise can lead to serious problems with overheating. Most people know a horse should be cooled out after exercise, but there's a lot of misinformation and missing information on how it should be done. Follow these guidelines for effective cool-downs:

- Always walk for the last 10 to 15 minutes of your ride.
- Let the horse drink as much as he wants after removing your tack.
- When he's finished drinking, hose him with running cool water, or sponge liberal amounts of water over his entire body until the water running off is no longer hot.
- Scrape off excess water and start hand-walking the horse in a cool, shaded area.
- Do not put a sheet or cooler on the horse.
- Check the skin often during walking to make sure the horse is cooling down and not sweating again. If he begins to heat up or sweat, repeat hosing or sponging.
- With very high heat, especially if it's humid, consider setting up a few fans in the area where you walk your horse. Misting fans are used to help avoid heat-related problems in horses at the summer Olympics.
- Offer additional drinking water at frequent intervals.

- When the horse's skin has cooled down to feeling normal, or his rectal temperature is no higher than 101, you can safely put him away.

When to feed is another common question. It's OK to let your horse grab some grass while you're walking him to cool down (grass is about 80% water anyway), and after he has cooled down. It's also OK to let him have hay after his cool-down is completed. Best to wait at least an hour after stopping exercise to feed any grain, though.

Some Common Myths

1. Hosing a horse with cold water will cause muscle spasms or a heart attack.

Completely false. Cold water won't hurt the horse one bit, and the cooler the water, the more efficiently it will cool him down.

2. Letting a horse drink all he wants after exercise will cause founder (or colic).

Again, completely false. Water cannot make a horse founder, no matter how much he drinks, or when. (An important exception to this is the horse that is severely overheated. See subheading "Heat Can Kill.")

3. Cold water will cause founder or colic.

It won't. But studies have shown that horses given warmish water will drink more. So it's a good idea to draw a bucket of water and let it warm up a bit if your water supply is very cold.

4. Horses cool out faster when wearing a cooler.

Nonsense. Never put any kind of cooler on a horse in hot weather. When you're hot, do you crawl under a blanket or take off extra clothes? The same thing goes for your horse. You want his body heat to transfer to the air and blow away, not be trapped close to him.

5. Never clip a horse because his hair

helps him cool out quicker.

Like #4, this is also false. Common sense alone will tell you that the less you have between skin and air, the quicker cooling will occur.

Keep Cool with Salt

Hans is a German Warmblood competing in combined training. He's a very talented horse, but his progress through the ranks was limited by a problem with overheating and panting. He also didn't drink well when away from home. A review of his diet showed his salt intake probably wasn't high enough. When his owner started adding salt directly to his meals, the panting and overheating disappeared. He also drinks well now, wherever he goes.

Heat Can Kill

Horses overworked in the heat can develop body temperatures of 105° or higher and risk damage to their brain, muscles and internal organs - even death. Overheating is possible any time the temperature and humidity combined are more than 150 (e.g., 80° temperature and 70% humidity, 100° temperature and 50% humidity, etc.), so use caution in those instances. When you add "normal" summer temperature and humidity percentage, they often total at least 150. You may be tempted to ignore this advice, thinking that you've frequently worked your horse hard when the total is over 150. But veterinarians tell us that they see a fair number of horses collapsing from the heat every summer, or at least having low-level heat exhaustion.

Over 150, don't push your horse, keep your rides slow and easy, and be sure you both have frequent access to water. Overheating is a very strong danger when the combined numbers are more than 180, so extreme caution is needed then and, in fact, you probably shouldn't ride in those cases.

Dark horses overheat quicker than lighter colored ones, and horses that are not fit also overheat much quicker. Heavy sweating, or heavy sweating followed by a drop in sweat production, fatigue, stumbling and rapid breathing are all warning signs. Also, heat-related problems are especially likely when the heat is a sudden weather change, where the horse has not yet had a chance to adapt.

If you think your horse is overheating, stop work immediately, remove all tack, get him out of the sun, offer water (about a gallon at a time, at five-minute intervals) and run water over the horse constantly. If his body temperature does not drop back to a normal of 100 or 101 rapidly within the first few minutes, call your vet immediately. Heat exhaustion/stroke is a medical emergency.

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, enhanced member services, 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: _____ \$20 Single _____ \$40 Family

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 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 ☐.

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

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

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 _____

(WE REALLY NEED YOUR EMAIL FOR DELIVERY OF HOOFPRI. IT WILL NOT GO OUTSIDE OF NATRC. THANKS!)

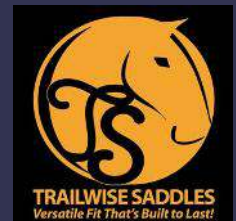
New member? Will you share how you found out about NATRC? _____

Mail completed form and check to : NATRC, PO Box 224, Sedalia, CO 80135

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The Leadline

Phil Young
674 La Porte Road
Quincy, CA 95971

