

The Leadline



The Voice of NATRC Region 1 Competitive Trail Riding

www.natrcregion1.org

Fall / Winter 2014

In This Issue...

Ride Calendar.....	3
Region 1 Spring Event.....	4
R1 Year-End Points.....	5
Surviving the BMBB.....	6
The Nitty Gritty on Salt.....	7
Winter Training Ideas.....	9
Preserving Winter Pastures.....	10
Award Sponsors Needed.....	11
National BOD Meeting Summary.....	12
R1 BOD Vacancies.....	12
Regional BOD Meeting Minutes.....	13
Ride Results.....	15



Adventures in NATRC:

Saving Tango

By Laura Harvey

The above title might be unduly optimistic. At this moment, I do not know if I will, in fact, succeed in saving my golden water-loving-bovine-fearing-sandwich-stealing goof-ball of a horse, Tango. The events of the last week have slimmed my hope to a hair. But if a hair is all I have, I'll take it.

I share this story with you in the hope that it might be of use to someone. Looking back, I know I could have done some things differently if only I had known more. My memory isn't exact, but I've detailed the following events as well as I remember them.

This story is not yet finished, and will take some time to tell. Tango and I have had a long road, and we're still fighting. Bear with me. This is where we've been so far.

Part 1: A Horse With A Reputation

I knew Tango was my forever horse ten minutes after laying eyes on him. It wasn't his color (golden), or conformation (solid), or history (experienced NATRC horse); it was his owner, Robyn. She greeted me cheerfully and chatted readily, but I sensed her taking my measure, weighing me silently as a potential care-taker of her horse. I understood immediately that she wasn't looking to sell Tango so much as find him his proper 'person.' If Robyn didn't think I was up to the task, all the money in the world wouldn't buy Tango. This wasn't a horse she would *sell* to me; she would only *entrust* him to me. If I was worthy. *If.*

In my opinion, only a truly special horse inspired that kind of devotion.

I also knew Tango had spent time with Angie Meroshnekoff at White Dog Ranch. Angie had been the one to point me in Robyn's direction when she heard I was looking for a horse, and I knew she wouldn't suggest a horse she didn't think would suit me, or me it.

So, I already held Tango in fairly high esteem before Robyn even unloaded him from the trailer. When she did, and he looked toward me with bright eyes and pricked ears, I thought, *That's him. That's my horse.*

Robyn was not as convinced as I was that Tango was the horse for me, or that I was the person for him. She didn't tell me "no." She said "come see him again." I did. I persevered, and I brought Tango home two days before Christmas. It took more than thirty years, but I had my Christmas Pony at last.

To my surprise, everyone in Region 1 seemed to know Tango. People remembered him from his earlier competition days and came by the trailer to say hello. He basked in the attention, and I basked in his peculiar fame.

Tango and I ate up trail for the next four years. It didn't matter what I asked him to do: he gave everything his whole heart. He wasn't perfect, and sometimes he was a down-right snot, but in all the moments when it really counted, he was a rock.

He was also a clown. Tango could crack a lunchbox and gobble down the contents in the time it took me to fetch a flake of hay. He never met a snack he didn't like. He never met a puddle that didn't call to him. He'd swipe anything left where he can reach it—sunglasses, brush, hat, tape measure. He loved to travel, and would sleep or eat anywhere. Anywhere. Even waiting in line for check-back. If he saw a sunny spot, or a sandy patch, he'd lay down and sack out with a satisfied sigh.

Last January, Tango and I embarked on the road to a National Championship. We travelled with friends to our first out-of-state ride together: Region 2's STAR ride in Queen Creek, Arizona. Tango placed first. We kept conditioning, and set out for another ride at Bumblebee Ranch. This time, though, Tango came up lame. I pulled him from competition, and called my vet when we got home.

(Continued on [page 2](#))

Region 1 Board of Directors	
Chairman: Laura Harvey 916.689.1631 hereticsunite@hotmail.com	
Board Treasurer: Phil Young pbyoung@sunset.net 530.283.3221 (Jun-Nov) 530.222.2978 (Nov-Jun)	
Recording Secretary: Stephanie Swain 707.528.2775 stephswain@earthlink.net	
Corresponding Secretary & Alt. NBOD Member: Linda Thomason 510.651.9470 linda.thomason@comcast.net	
National BOD Representative: Angie Meroshnekoff 707.743.9973 awhitedog@aol.com	
National BOD Representative: Jamie Dieterich jamiiek@gotisky.com 530.836.1075 or 530.394.7584 (Cell)	
Regional Board Member: Davern Kroncke 707.585.1930 horsies4dk@gmail.com	
Regional Board Member: Gene Boicelli 925.672.6491 geneboicelli@aircloud.net	
Regional Board Member: Steve Meroshnekoff 925.672.6491 iambrewing@aol.com	
Committees	
Region 1 Points & Membership Jim Ferris 541.205.5269 jim.c.ferris@gmail.com	
Wonder Worker Recruitment Steve Meroshnekoff 925.672.6491 iambrewing@aol.com	
The Leadline Editor Laurie Knuutila 907.378.9190 wildrosepht@yahoo.com	
Publicity / Outreach Linda Thomason 510.651.9470 linda.thomason@comcast.net	
Ride / Clinic Coordinator Jamie Dieterich jamiiek@gotisky.com 530.836.1075 or 530.394.7584 (Cell)	
Webmaster Donna Stidolph donna@stidolph.com	
Trails Advocacy Representative: Position Open	
National NATRC Exec. Administrator Laurie DiNatale 303.688.1677 natrc@natrc.org	
Hoof Print Editor Laurie Knuutila 907.378.9190 wildrosepht@yahoo.com	
NATRC Home Page: www.natrc.org CTR Listserve Info: jim.c.ferris@gmail.com	
See www.natrc.org for National Board, Committees, and Secretaries	

(Continued from page 1)

Nerve blocks and later ultrasounds showed a rear suspensory tear. The good news was that it could be treated. The bad news was that Tango was done competing for the year.

Well, so be it, I thought. What's a year?

Tango spent three months on strict stall rest. Our barn doesn't have electricity or water, so I hauled buckets by hand across the corral to his stall every day. I cleaned his stall twice a day.

"If I'm not buff by the end of this, I want a refund," I told him.

To pass the time, I taught Tango to pick up objects. We did horse yoga. I sat outside his stall and read. Tango underwent three sessions of shock-wave therapy, and snored through it.

Finally, we started rehab. For the first week, I hand-walked Tango for two minutes every day. The next week, we walked four minutes a day. Then eight. Then sixteen. Then twenty. We progressed to walking under saddle.

Through it all, Tango was a champ. He clearly yearned to wander free with the other horses, but stall rest didn't drive him crazy. He was full of energy on our walks, alert and bright-eyed, but not silly or stupid.

In late July, I decided to attend a week-long writing retreat I'd organized months beforehand. I worried about leaving Tango, but my parents promised to keep a careful eye on him. They would call me right away if anything seemed amiss. They had our vet, Dr. Sara, on speed dial. I fretted, but ultimately decided there was little I could do for Tango that my parents couldn't do in my stead. I attended the retreat.

When I returned, something was wrong. Tango looked off in the front, though I couldn't tell why. I couldn't detect any heat or swelling. I asked my parents if anything unusual had happened—they assured me nothing had. Maybe he was just stiff? Tango had too much energy for my parents to walk, so he'd been in his outdoor 12x24 pen for the week. I groomed him and worked him through some carrot stretches, but nothing seemed to help. I was scheduled to take Tango to see my vet the next day, so I simply made a note of it.

The following morning, Dr. Sara frowned as she watched Tango walk. She got out her hoof testers, but Tango showed no reaction. Finally, she nerve blocked him to his front left foot.

"I don't know, Laura," she said. "It could be a lot of things. Normally, I might suspect the beginning of a mild laminitic episode, but he's not sensitive to hoof testers, he doesn't have increased digital pulses, and he trots out willingly. His toes are really long because he's due to be shod, so it might just be that, or an abscess. See what Tom [my farrier] thinks when he

shoes him. For now, let's check his suspensory."

I walked Tango to her sandy arena and lunged him. He moved out easily, but to my disappointment, he was still clearly lame in the rear. His head bobbed up-up-up with every stride. I sighed.

"What now?" I asked.

"I don't think you can rest him any more than you already are. Stall rest doesn't seem to be helping, anyway," Dr. Sara said. "So I think continuing to rehab him might be your best option. Stem cell therapy probably won't be very useful, since this looks like an older injury. You've already done shock-wave therapy. We could try injecting his hocks. Otherwise... I think you've exhausted most reasonable options."

My heart sank. "Let's try injecting him."

Dr. Sara injected Tango's hocks with Depo-Medrol and advised me to give him the rest of the day off. If he looked decent the next day, I could hand-walk him.

Tango did look better the next day. He gimped a little as we started our daily walk, but seemed to move easier after a few minutes. By the time we returned, Tango danced beside me, more kite than horse.

My farrier, Tom, came the next morning. As I walked Tango up the driveway, he seemed off again. Tom frowned as we approached—he saw it, too. He checked Tango's feet with hoof testers while I filled him in on my latest visit to Dr. Sara.

"Well, if it's an abscess, I can't find it," Tom said after a while. He pulled Tango's shoes off and trimmed him, still frowning. Again and again, he reached for his hoof testers.

"There's just...something," he finally said. "I can't put my finger on it. He's not sore in the heel, so it's not navicular. He's a touch sore here, on both front feet." Tom drew an arch across Tango's foot, from roughly the ten o'clock to 2 o'clock positions on the face of a clock. "And he has increased digital pulses. Normally, I'd suspect laminitis, but he hasn't done anything to cause it. He hasn't gotten into any grain. He hasn't been on any green grass. He hasn't gotten out and run on a hard surface. Still... let's shoe him as if he is foundering, just in case. If he isn't, there's no harm done."

I agreed. He trimmed Tango's toes back and fit him with a rocked shoe.

"Call Dr. Sara when you have a chance," Tom said.

After he left, I went inside to call Dr. Sara. I left a message on her voicemail and sat down to email my friend, Angie, in the hopes that she might have some insight. I explained what had happened in the last week, and what both my vet and Tom had

(Continued on page 3)

(Continued from page 2)

said. She responded almost immediately:

Crap! Yes, he is foundering. If your shoer has ever heard of SoftRide boots, have him order a set. Get Tango off all grain—grain hay, everything, nothing but old grass hay! I will be at U.C. Davis all day, but will check my email before I head back.

I read the message again. Then again.

Founder.

Breathe, I told myself. It's going to be okay.

As it happened, I did have a pair of SoftRide boots; I even had two. I'd bought them for our older horses the year before.

"I'm going out to the barn," I hollered to my mother. "If Dr. Sara calls, come get me."

I hurried out to the barn and dug through our tack room until I found the boots, praying at least one pair would fit Tango; one did.

I heard the gate creak and looked up to see my mother hurrying across the corral, the portable phone in her hand. It was

Dr. Sara. I relayed what Tom had told me.

"He's foundering," Sara said. "Give him 2 grams of bute. Ice his feet. Bed his stall deeply. I'll be there as soon as I can."

We didn't have any shavings in the barn, so I drove to the nearest feed store and loaded up the truck. Two hours later, I had Tango bedded in shavings a foot deep, ice bags tucked into the front of his boots, and bute syringed down his gullet.

But by nightfall, Tango couldn't walk.

To be continued...

Region 1 2015 Ride Schedule

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

May 2	Mt. Diablo Ellen Pofcher Jesse Simons	Clayton, CA (925) 672-3733 (925) 672-4348	"B" O/N/CP mtnoaks@earthlink.net mtnoaks@earthlink.net
May 16-17	Cowboy Camp Jean Armer Sec: TBD	Williams, CA (530) 755-8301	"A" O/CP; "B" N armer@citlink.net
June 6-7	Round Valley Regional Park Gene Boicelli Sec: Linda Thomason	Brentwood, CA (925) 672-6491 (510) 651-9470	"A" O/CP; "B" N LIMIT 45 geneboicelli@aircloud.net linda.thomason@comcast.net
TBD	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
June 27-28	Pilchuck Tree Farm Kathryn Lewandowsky	Arlington, WA (360) 403-8471(H) (425) 737-4594 (C)	"A" O, "B" O/N/CP skyranch12805@yahoo.com
July 18-19	Challenge of the North Laurie Knuutila Sec: Lezlie Wilfer	Fairbanks, AK (907) 378-9190 (907) 474-4631	"A" O/CP; "B" N wildrosepht@yahoo.com wilfer@acsalaska.net
Aug 22-23	Jackson Forest Steve Meroshnekoff Sec: Maria Pilgrim	Ft. Bragg (707) 743-9973 (707) 795-8163	"A" O/N/CP; "B" N iambrewing@aol.com wolves1961@sbcglobal.net
Sept. 26-27	Lake Mendocino Steve Meroshnekoff Sec: Maria Pilgrim	Ukiah, CA (707) 743-9973 (707) 795-8163	"A" O/N/CP; "B" N iambrewing@aol.com wolves1961@sbcglobal.net

Region 1 has a
Facebook Page!



Find us at
NATRC Region 1

NATRC Region 1 Spring Event & Awards Presentation

**Center for Equine Health, Davis CA.
Saturday, March 14, 2015**



The Center for Equine Health will again host NATRC Region 1 in March 2015. The facility and staff are top notch! The tour for our 2014 Region 1 event was informative and fun, the facility for the lecture was state of the art, and the hosting staff was great! In 2015, we will meet at a designated area on the U.C. Davis campus and car pool to different locations than for the 2014 visit. These areas may include the reproductive center and the rehabilitation center (hopefully the swimming areas) among others.

This is a chance to receive a behind-the-scenes tour of areas that the

general population doesn't routinely visit. These are NEW areas that we did NOT visit during the 2014 event.

After the facility tour, we will drive to the lecture room where CEH staff will present a lecture/question and answer session focusing on equine metabolic issues. A catered lunch will be served during the lecture. In a format similar to the 2014 event, we'll have a short break following the lecture and then present the Region 1 2014 awards.

The exact tour itinerary will be confirmed in January 2015 and posted on the R1 web site www.natrcregion1.org.

Registration forms will also be posted on the website as soon as the location and date are confirmed by the Center for Equine Health.

Come join us in March 2015 for the NATRC Region 1 Spring Event and awards presentation. Registration will be open in January 2015 for members and their guests and mid-February for the general public. Mark your calendar. Don't miss this event and the opportunity to tour the CEH/UC Davis facilities!

There will be NO Region 1 mini-convention in 2015.

Background Information for the Center for Equine Health and UC Davis School of Veterinary Medicine By Linda Thomason

The U. C. Davis School of Veterinary Medicine has been serving the public since 1948. They provide statewide teaching, research and service programs benefiting animal health, public health and environmental health in CA.

Recognizing the need for research into equine health, reproduction, performance and disease, the UC Davis School of Veterinary Medicine established the CEH (Center for Equine Health) in 1973. The CEH is the administrative and academic umbrella under which most of the horse research is performed in the School of Veterinary Medicine. At CEH a herd of approximately 200 horses is maintained for teaching and research purposes. Since 1982, the CEH facility has served as the USDA's West Coast quarantine and treatment station for contagious equine metritis (CEM). CEM is a potentially devastating venereal disease and the CEH testing facility and quarantine facility help prevent the disease from entering the U.S. horse population. Up to 50 horses temporarily reside at the CEH quarantine facility.

Researching background information for CEH, I learned that during the layup or quarantine of horses at CEH, each is provided with a personal Equine Care Kit. This grooming care kit belongs only to one horse and enables CEH staff to groom the horse daily without any cross contamination. CEH believes that daily grooming helps horses adjust to their new environment and establish trust in those caring for them. I was impressed with their philosophy and concern for the welfare of every horse delivered to their care.

CEH is very committed to the welfare of horses and their website and Facebook pages contain a wealth of information that they share freely with the horse community. I encourage everyone to take advantage and look up articles that might interest you. If you can, consider donating to the mission of CEH and their goal of promoting the welfare of horses.

As I searched through the websites and pages, the many articles included information on such topics as:

- Collaboration with the International Animal Welfare Training Institute
- The UC Davis Veterinary Emergency Response Team
- Helping to develop the UC Davis large animal lift and other equipment for rescuing horses

- Developing new technologies for the care and treatment of horses
- Publication of educational materials for the general public as well as veterinary professionals (includes information on a variety of topics including the care and solutions to helping abandoned/starved horses)
- Free, informative articles on "Wild-fire Smoke and Horses", "Heat Advisory for Horses", "Updated Vaccination Guide for Horse in North America", "Equine Herpesvirus-1"
- "The Horse Report" is a quarterly publication which can be obtained for free online or via hard copy. It provides information on numerous topics related to Equine Health. There are also annual publications addressing Equine Sanctuary and Rescue Facility Guidelines, Suspensory Ligament Injuries in Horses as well as numerous other publications.

CEH is a great source of information as well as veterinary support for all horse owners. We are fortunate to have such a world renowned organization close by. We appreciate their support of NATRC by hosting our 2015 event.

**Mark your calendars and
join us in Davis,
March 2015**

2014 Region 1 Year-End Point Standings

The results below are preliminary. If you have any questions or note any errors, please contact Jim Ferris at 541.205.5269 jim.c.ferris@gmail.com

Novice Heavyweight - Horse

PI	Horse	Breed	Rider	Pts	Miles
1	JD Jim Dandy	Grade	Downs, Beverly	12	40
2	Cooper	Grade	Christiansen, Sheila	7	40

Novice Junior - Horse

PI	Horse	Breed	Rider	Pts	Miles
1	Carson El Maj	Arab	Johnson, Karlie	48	140
1	Lucky Eddie	Grade	Johnson, Kirsten	48	160
3	Pipi	Must	Smith, Megan	29	120
4	Denebaborr	Arab	Madison, Ilsa	21	80
5	Lola	Grade	Cichocki, Claire	20	80
6	Jezebel	Grade	Hunter, Jordan	18	80

Open Heavyweight - Horse

PI	Horse	Breed	Rider	Pts	Miles
1	Amiraborr	Arab	Boicelli, Vicki & Gene	35	210
2	Pistol Pete DF	Arab	Armer, Jean & Harvey, Laura	31	270
3	YS Tyrone	Paint	Kroncke, Davern	8	90

Novice Heavyweight - Rider

PI	Rider	Pts	Miles
1	Christiansen, Sheila	9	40
2	Downs, Beverly	7	40

Competitive Pleasure - Rider

PI	Rider	Pts	Miles
1	Schlerf, Haley	68	200
2	Dillard, Joe	45	140
3	York, Debbie	40	140

Open Heavyweight - Rider

PI	Rider	Pts	Miles
1	Boicelli, Gene	26	150
2	Harvey, Laura	21	150
3	Armer, Jean	12	120
4	Kroncke, Davern	9	90

Novice Junior - Team

PI	Horse	Breed	Rider	Pts
1	Carson El Maj	Arab	Johnson, Karlie	97
2	Lucky Eddie	Grade	Johnson, Kirsten	93
3	Pipi	Must	Smith, Megan	40
4	Denebaborr	Arab	Madison, Ilsa	35
5	Beauhémian	Grade	Anderson, Molly	32
6	Jezebel	Grade	Hunter, Jordan	26

Open Heavyweight - Combined

PI	Horse	Breed	Rider	Pts
1	Amiraborr	Arab	Boicelli, Gene	53
2	Pistol Pete DF	Arab	Harvey, Laura	40

Novice Lightweight - Horse

PI	Horse	Breed	Rider	Pts	Miles
1	Bodacious Tailfeathers	Grade	Lieberknecht, Kay	21	100

Competitive Pleasure - Horse

PI	Horse	Breed	Rider	Pts	Miles
1	HM Raina Bo Surely	H-Ar	Schlerf, Haley	54	200
2	OM El Bilbao	Arab	York, Debbie	46	140
3	OM El Shakeeb Dream	Arab	Dillard, Joe	45	140

Open Lightweight - Horse

PI	Horse	Breed	Rider	Pts	Miles
1	Desert Reinbeau	Must	Meroshnekoff, Angela	59	270
2	Sierra Sunshine	Arab	Stidolph, Donna	45	270
3	Palistar	Arab	Swain, Stephanie	21	150

Novice Junior - Rider

PI	Rider	Pts	Miles
1	Johnson, Karlie	57	180
2	Johnson, Kirsten	45	160
3	Cichocki, Sophia	30	100
4	Smith, Megan	19	80
5	Cichocki, Claire	17	100
6	Anderson, Molly	15	60

Open Lightweight - Rider

PI	Rider	Pts	Miles
1	Meroshnekoff, Angela	54	270
2	Stidolph, Donna	42	270
3	Swain, Stephanie	20	150

Competitive Pleasure - Team

PI	Horse	Breed	Rider	Pts
1	HM Raina Bo Surely	H-Ar	Schlerf, Haley	122
2	OM El Shakeeb Dream	Arab	Dillard, Joe	90
3	OM El Bilbao	Arab	York, Debbie	86

Open Lightweight - Combined

PI	Horse	Breed	Rider	Pts
1	Desert Reinbeau	Must	Meroshnekoff, Angela	113
2	Sierra Sunshine	Arab	Stidolph, Donna	87
3	Palistar	Arab	Swain, Stephanie	41

A Guide to Surviving the Bald Mountain Butt Buster

by Colleen Fisk

Oh boy this is gonna suck, I thought as I looked down the steep, rutted, slippery hill towards the trail I was supposed to be on. Those are words I've never said on a competitive trail ride but I and 13 others were stuck up on a mountain and had a challenge getting back down again safely. We were able to do so through cooperation, good training, level heads, and luck. Hopefully others can learn from our adventure.

On the second day of competition in the Bald Mountain Butt Buster (BMBB), after a night of hard rain, we crossed the Little Susitna River and climbed partially up the namesake of the ride, Bald Mountain, just outside Wasilla. After we rode past Pat Carney's homestead, the trail climbed up to the highest part of the ride, where in previous years management had staged a P&R stop. My 20 year old mare Jazzy and I had done several competitions on this same trail, but I was having a hard time remembering where that was, as it looked different from my memory when it was beaten down by P&R crews in previous years. I was riding Competitive Pleasure with longtime friends Kathy Foxley and Jane Larson, and new friend and first time rider Jeanie Fabich. We didn't see the next ribbon and weren't sure if we should continue up the hill or start heading down, where the trail y'd. We opted for up, as although we had rested the horses frequently from the previ-

ous incline, we thought the "butt buster" surely went further.

We were wrong.

Unfortunately, it was not a simple matter of turning around once we realized our mistake. The horses had slipped and stumbled their way up the trail that was much worse than it had looked from the bottom. A rider ahead of us was on a horse that refused to go farther. So Jazzy and I precariously passed them to keep moving. As we got to a flatter spot where we could rest, the rider I had just passed started sliding sideways as her saddle started slipping. She jumped off just as we reached the level spot, before the saddle was completely under her horse. In addition to a slipped saddle, some nerves were rattled from the treacherous climb we had just done and the five of us on that spot started discussing whether we should continue up the hill or go back down. We didn't see more ribbons, but we did see at least one pair of horse tracks going up hill. We weren't sure if the Open riders would have been ahead of us or if we were some of the first riders through after the point riders. We knew only a few other CP riders were ahead of us. As we were discussing our options, several sets of CP riders started coming up behind us, so we opted to try farther up so that unfamiliar horses were not crowded together on the small level area.

The trail kept getting worse and when we got to an even smaller level area than the last, we stopped and thought it would be best to turn back. Francine Long and her two junior riding partners passed us and went farther up the trail to scout it out. They saw that a fallen tree effectively created a dead end. At this point, 14 of the 16 CP riders were on varying areas of the hill. Although my group (of five at that point) shouted down to the group behind us to stay there, they didn't understand and came up anyway, creating a very crowded situation. With the slipperiness of the hill, most were nervous to ride back down. Jeanie and I worked on calming the fears of several riders, and I volunteered to ride down first. I also reiterated that although NATRC

rules state that you are not supposed to make any forward progress on your own two feet, safety comes first for everybody in the organization, and that I didn't think any one would be disqualified for walking their

(Continued on [page 7](#))



CP riders grouped on the side of the mountain.



Catching loose horses where the trail was less steep.



Horses tied to trees at the bottom of the slope.



Colleen Fisk and Jasmine's Magic

(Continued from page 6)

horse in hand down the hill if that was the safest option. Secondly, as we were off trail anyway, we would not be making any forward progress on the marked trail.

This was the point where I was the most nervous, and thought that the climb down would be challenging, but I kept myself breathing evenly to keep my horse calm as well. Jazzy and I slowly walked down the hill, with me on her back, and I was grateful for all the times I had worked with her on precise control of speed. We walked very slowly until we started approaching a level spot and a small group of CP riders. As I got closer to them, one of them, Ruth, was dismounting but her jacket caught on her saddle horn. The jacket was choking her, and she couldn't get it free or lift herself up enough to loosen it. Her sister Marilou kept their two horses still and asked me to stop where I was. Although I was on a steep section, I kept Jazzy still so as not to push Marilou's or Ruth's horses to want to move away. A third rider quickly ran over and within several tense seconds got Ruth free. I breathed a huge sigh of relief and joined them, ensuring Ruth was unhurt.

Finally I was able to move on down the hill. I dismounted, removed Jazzy's bridle, and connected her lead rope that I always have with me. We started walking side by side down the slippery hill, and I walked slowly and carefully so I would not fall. Jazzy wanted to walk much faster than was safe, but I kept her at a pace that was comfortable for me. In that way, we made it back to the marked trail safely. Others started following behind, Jeanie second down the hill. However, after Jeanie, some riders were uncomfortable, or could not keep their horses at a safe pace, as they were rushing to join our horses at the bottom. The riders started releasing or losing control of their horses, and Jeanie and I caught them at the bottom. It was a nerve-wracking experience, catching horses, tying them up as quick as we could with quick-release knots to one of the cottonwoods in the stand of trees, before another horse came running at us. One horse even had a foreleg between its reins, but fortunately was not hurt. In fact, every rider and horse made it down the hill unharmed although per-

haps a bit muddier than before.

Once we made it back on trail and saw the ribbons again (obvious once we got down there), we were 45 minutes behind our maximum time. Still, we made sure everyone made it down the hill safely and were ready to go before we all started off again. At the end of the day, we made it back to camp safely, on time and in a good mood.

Looking back on this ride, I learned some new ideas and reinforced old ones. Although I had been off trail several times before in other rides, this was the most dangerous situation I had encountered because of it. I hope that I can pass on some tips to remember to avoid similar situations in the future:

1. Work together with your partner or fellow competitors to figure out tough situations. If we had worked together better in the first place, we might not have missed the painfully obvious ribbons marking the trail. Still, we all came together and cooperated to make it back down safely. Don't depend on solely yourself or your partner, but work together, and don't blindly follow someone else.
2. Practice ground work and other training in situations other than the ideal environment. Get your horse good at listening to you at home or in an arena, but don't forget you need those skills when you are in uncomfortable situations such as a steep hill, narrow trails, or around unfamiliar horses.
3. Don't panic. This of course is easier said than done, but so important as your horse takes most of its attitude cues from its rider. You'll both be safer if you work on staying calm yourself.

The Bald Mountain Butt Buster was almost two months ago as I (finally) write this article, but I will strive to remember these lessons of cooperation, training and staying calm. We had good luck on our side that none of us or our horses were hurt, and in the end had an overall enjoyable ride. I know that we all get in similar situations, and although I hope it never happens to any of us, when it does, try to keep these points in mind and get home safely.

Happy Trails!

The Nitty Gritty on



Reprinted from Equine Review, a publication of Kentucky Equine Research www.ker.com

The medical community remains deadlocked on whether humans crave salt to satisfy physiological needs or to fulfill acquired taste preferences. Equine behavior is not nearly so perplexing. Salt is the only mineral for which horses have an indisputable appetite, thereby displaying a degree of nutritional wisdom regarding its consumption. If salt is available, most horses will consume sufficient amounts to meet their needs without overindulging.

Common salt is composed of approximately 39% sodium and 61% chloride. Both minerals are integral in the regulation of body fluids and in the creation of electrical impulses that fire nerves and allow muscles to contract and flex.

How Do Horses Acquire Salt?

Natural feedstuffs such as pasture grasses contain little sodium, often less than 0.1%. Therefore, sodium chloride is often added to concentrates at a rate of 0.5 to 1.0%. Horses are also offered free-choice sodium chloride as plain or trace-mineralized salt. The most popular way to feed salt ad libitum is a salt block. These were originally designed for cattle, which possess a rough tongue, but are suitable for most horses. Occasionally a horse may be seen biting or gnawing at the corners of the block. These behaviors indicate that the horse

(Continued on page 8)

(Continued from page 7)

is not receiving enough salt through typical licking. In these instances, the preferable way to feed salt is loose. Although there are formulations on the market designed especially for horses, plain white table salt is acceptable. If a stall or run-in shed is used to house horses, loose salt can be offered in a hanging bucket. For horses that do not have access to a stall or run-in shed, the loose salt should be placed in a covered feeder in the pasture.

Pecking order becomes a factor in herd situations. If many horses are kept in a pasture together, timid horses may be kept away from the salt by more aggressive horses. Placing salt in two distant locations will ensure that all horses have access to the mineral.

Do horses prefer loose salt or block salt? A study conducted by Kentucky Equine Research measured the voluntary intake of loose versus block salt over time and evaluated how salt intake affects water consumption. Results of the trial indicated that salt intake was more consistent from week to week when horses were offered a block, though total consumption of the loose form was greater. Water consumption was significantly increased when horses were given access to loose salt.

Trace-Mineralized Salt

Trace-mineralized salt is often given to horses to provide them with several key minerals. In addition to sodium chloride, trace-mineralized salt often contains zinc, iron, manganese, copper, iodine, and cobalt. When trace-mineralized salt is consumed at the rate recommended to supply horses with adequate sodium chloride, other minerals are not necessarily ingested in sufficient quantities to satisfy recommended daily allowances. One popular trace-mineralized salt block, for instance, contains only 4%, 6%, and 9% of the recom-

mended daily allowances of copper, manganese, and iron, respectively. Horses should be offered a fully fortified concentrate or a vitamin and mineral supplement pellet to ensure mineral requirements are met.

Although typically not a concern due to low inclusion of minerals in trace-mineralized blocks, unlimited access to trace-mineralized salt may pose a problem with hyper-nutrition. The majority of horses will readily consume trace-mineralized salt in order to satiate sodium requirements. When horses are being fed a fortified grain ration (i.e., complete with all necessary minerals and vitamins) in addition to a trace-mineralized salt block, over-consumption of some nutrients, including copper, zinc, and manganese, may occur. This is usually a problem only when excessive amounts of a trace-mineralized block are being ingested.

Requirements

In *Nutrient Requirements of Horses*, the National Research Council suggests that horses at rest need approximately 25 grams of sodium chloride per day. Researchers have determined that heavy work increases the sodium requirement substantially with equine athletes requiring eight or nine times the amount (up to 200 grams) needed by horses at rest. Intense, sustained exercise and elevated environmental temperature and humidity increase the sodium requirement because sweating causes significant losses of sodium, chloride, and other electrolytes. An endurance horse, for example, may lose 25 liters of sweat during a 100-mile competition; this amount of sweat would contain approximately 93 grams of sodium and 163 grams of chloride. When electrolytes are forfeited in sweat and not replaced throughout an exercise bout with an electrolyte preparation, horses may exhibit fatigue and muscle weakness.

Salt Toxicity and Deficiency

Although horses may develop salt toxicosis or hypernatremia (excessive sodium in the blood), the condition is rare. Toxicosis is usually the result of over-consumption of salt water when alternative water sources are unavailable; overfeeding salt to salt-deficient horses; or offering a ration with 2% or more salt with inadequate water supply. Signs of salt toxicosis include colic, diarrhea, frequent urination, weakness, recumbency, and death.

Salt blocks often become toys for bored stalled horses. If a stall-kept horse spends an inordinate amount of time licking or gnawing at its salt block, horse owners should consider leaving the block in the stall for short periods of time such as between two meals. A toxic condition may develop if the horse is allowed to ingest large quantities of salt daily. Salt deficiency happens only when horses do not have access to the mineral, and the insufficiency generally develops over a period of weeks or months. Horses with a deficiency may develop an abnormal appetite (called "pica") and lick objects that may have traces of salt on them such as pieces of wood or stones. Eating soil or bark has also been observed. It must be noted, however, that the occurrence of pica does not necessarily indicate a salt deficiency. If a horse is observed licking or eating unusual objects, the ration should be checked for sodium chloride adequacy. If a deficiency is found and not addressed, weight loss, weakness, reduced growth, and dehydration may occur. Horses may also exhibit a decreased appetite, and severe deficiency may lead to complete anorexia. When left on their own, horses have the innate ability to regulate sodium chloride equilibrium within their bodies. Therefore, all horses should be offered ad libitum salt. Special attention should be given to the salt consumption of horses that exercise and sweat frequently.



WINTER TRAINING IDEAS

By Laurie Knuutila

Are you trying to keep your sleek, fit, shiny trail horse from becoming a fat, furry paddock potato through a long winter? Well, so am I! Or maybe some of you have given up on it and kind of like the look of fat, furry paddock potatoes. While some “meat” on their bones is not necessarily a bad thing in the winter, keeping a little bit of fitness on your beastie will make your spring/summer conditioning program go a little easier. There are some simple things you can do to help keep a little muscle tone on your horse even in winter.

If your horse lives on a hillside, you have a definite advantage - but only if the horse actually moves up and down the hill! I have one horse who is perfectly happy to stand at the top of his hill in his shelter and all the work he wants to do is to let his eyeballs look down that hill! So to encourage movement up and down the hill, or even to the far-flung corners of a flat pen, scatter your hay far and wide. Yes, you will have to walk up and down that hill too. But that's not a bad thing! By scattering the hay, you will get the horse to move around a little bit on his own. And if your hay and water are widely separated, say at the opposite ends of that hill, you will encourage even more movement. Spending a few minutes a day actually making the horse move around will help build muscle tone too. I have an advantage in that area, in that my dogs and horses all love to chase each other up and down that hill. So I let them do some of the work for me.

Even a few minutes of making the horse trot around - not enough to get sweaty - will help. Turning the horse loose in a round pen or an arena is good too. Just don't let them tear around and work up a sweat or injure themselves. By doing it consistently, you will see a difference in muscle tone.

Any riding that you are able to do is always good, even if it's just for a few minutes in an arena, or riding up and down your driveway or road. You can work on lateral movements while walking along a road or driveway, or work on transitions. If the footing is not good, just do walk-halt transitions, or walk-halt-back, or collected walk-medium walk-extended walk transitions. You will accomplish a lot of good just doing that. You can also work on teaching the horse to stand for mounting, dismounting and picking up feet.

Something you can do in an arena setting is to work over cavaletti poles, first flat on the ground, then elevated. You can elevate one end of the poles, or elevate alternating ends of three or four poles to teach the horse to pick up its feet. You can lay them out in a “pick-up-sticks” fashion to help teach the horse to look where he's putting his feet. You can put them in a fan shape around a corner (make sure the footing is not slick and don't make the fan too tight) and teach the horse to adjust stride depending on where in the fan you cross it.

You can set up a “playground,” in which you can use poles and other things, like cones and barrels, to work on trail-type obstacles, such as backing, side-passing through an “L”, figure 8's and other basic control skills. The way you set up the “playground” and what you include is only limited by your imagination! You can go to <http://www.ttouch.com> for ideas of things to include or you can surf the Web for other ideas.

Perfecting your horse's response to all cues is a worthwhile exercise to work on. You can combine forehand turns and haunch turns with backing to eventually be able to back your horse in a circle. Use a cone or other object as the center of the circle and practice staying a set distance (say 10 feet) from the object as you back

around it. Work for smoothness and fluidity.

An exercise I like to do is to keep my horse guessing as to what is coming next. I use this especially if my horse is tuning me out or is staring off into the distance and not concentrating on me. I'll walk for several feet, halt, turn right on the forehand, walk several more feet, turn left on the haunches, trot off for several feet, halt, turn left on the forehand, walk, halt, back, walk, turn right on the haunches, walk, turn left on the forehand, trot off . . . You get the idea. The horse must continually be listening and I must be precise and quick with my cues to get the proper response. A few minutes of that and I have a much more responsive and listening horse.

There are a myriad of in-hand exercises that you can work on. A few include stretching exercises, side passing, backing, forehand turns (both directions), haunch turns (both directions), standing still, and trotting in hand while being led from both sides. Space does not allow me to go into detail on how to train all these various things, but there are lots of books, Internet resources, trainers and other experienced people that you can turn to for the “how”.

Something else that both horses and humans find enjoyable is trick training. You'll be amazed at how many tricks you can get your horse to do by the time spring rolls around. There are several books on the subject that can help you with that. Trick training also helps to improve your communication and relationship with your horse.

Winter is a good time to practice precision riding, such as dressage exercises (riding precisely from letter to letter) and riding precise geometric patterns. Practice riding something as “simple” as a perfectly straight line or a perfectly round circle and you'll undoubtedly see that it is not that “simple”! A freshly dragged, untracked arena is great for doing these types of exercises. Your tracks will show you how accurate you are. Whatever you find to do with your horse this winter, make it fun for both of you, don't overdo it, stay safe and you'll be ready for the trails come spring!

Preserving Winter Pastures

By Kentucky Equine Research Staff ·
February 6, 2013

Reprinted from Equineews, a publication of
Kentucky Equine Research www.keq.com

It's unfortunate, but true, that you can have pretty green pastures and also horses, but you can't have both at the same time.

This is especially true in winter when dormant plants aren't putting out new growth and cloudy, rainy days keep soils saturated. Horses turned out on winter fields can quickly churn the top layer of ground into a morass of slippery mud complete with trampled manure and pockets of standing water. When spring rolls around, the only thing left to grow is a diverse crop of opportunistic weeds.

How can horse pastures survive the winter season in good condition?

The best management is to keep horses off of wet winter fields, but if this is not practical, property owners can follow these steps to minimize damage.

- Begin the winter with healthy pastures. Schedule the last mowing so that plants have time to grow a bit more before entering winter dormancy. Ask agricultural agents in your area about the proper schedule for the application of seed, fertilizer, and weed control products.

- Keep horses out of fields when the ground is very wet. On drier days, turn horses out in pairs or small groups for short periods of time rather than allowing full turnout.

- Put hay in the field in several small piles, preferably not right next to fences and gates. Horses will still graze winter pastures, but instead of biting off the upper parts of growing plants, they tend to pull entire dormant plants completely out of the ground. If hay is offered in the pasture, this damage is somewhat minimized.

- If possible, create one or more sacrifice paddocks where horses can be turned out when the ground is too wet to allow safe access. This should be large enough for horses to move around freely and should not be crowded with too many horses. Size will be determined by the number of horses using the paddock at one time, but each horse should have at

least 300 to 400 square feet of space. If space is limited, horses can be rotated through a single paddock so that each one has a few hours out of the stall during the day.

- Consider adding material to the part or all of the paddock to protect the ground surface and avoid mud. This can be sand, compacted crushed rock, wood chips, or rubber mats, shreds, or paving blocks. The surface should be several inches deep, non-slippery, and fairly easy to clean. Loose material like wood chips will break down slowly, and more material will need to be added from time to time. Think about using something quite durable, such as rubber mats, near gates and water supply where traffic will be heaviest.

- Remove manure as needed, at least once a day but more often if the paddock gets frequent use.

- If horses have been kept off pasture all winter, remember to introduce grazing gradually in the spring, beginning with brief periods several times a day and lengthening the hours until the horses can be turned out all the time. Continue to offer hay in the stall and in the field. This gradual reintroduction allows the horse's digestive tract to adapt slowly to the change in diet.

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.

MEMBERSHIP FORM – Renew, Join or Buy Items online at www.natrc.org or use this form.

Memberships run from January 1 - December 31. We offer six membership plans: four Regular; two Lifetime. We also offer a Platinum Upgrade which adds personal excess liability coverage to our family and single plans.

CHECK PLAN DESIRED Renewals receive a 4" NATRC Decal as an Appreciation Gift!

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, member services, and automatic membership in your region.

REGULAR		LIFETIME (One-time payment)	
<input type="checkbox"/> FAMILY	\$90 /yr Household of 1 or 2 adults & children under the age of 18 as of Jan 1 (2 votes)	<input type="checkbox"/> FAMILY ...	\$10,000 Same
<input type="checkbox"/> SINGLE	\$60 /yr Single adult member (1 vote)	<input type="checkbox"/> SINGLE ...	\$ 5,000 Same
<input type="checkbox"/> ASSOCIATE ...	\$50 /yr Equine groups or businesses only (no vote)		
<input type="checkbox"/> JUNIOR	\$40 /yr Single Junior under age 18 (no vote)		

Platinum Upgrade: 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.....\$40 /yr **SINGLE**.....\$20 /yr **NO UPGRADE**.....\$ 0 /yr

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 .

PRINTED HOOF PRINT (Optional) Hoof Print will be delivered electronically. For a print copy, add \$15 & check box:
\$ 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 _____ (We need your email for delivery of **HOOF PRINT**. 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** *****

AWARD SPONSORS SOUGHT

Region 1 Year-End awards are just around the corner and will be presented to the winners during our day at U.C. Davis on March 14, 2015. Please consider supporting your region by sponsoring an Award. Your donations help R1 to continue giving high quality Year-End awards.

The cost of sponsoring an award is:

- \$100 for a First place Horse or Horsemanship Award for each of the 7 classes (a total of 14 awards)
- \$50 per class for ribbons, Horse or Horsemanship (a total of 14 ribbon sets).
- Classes available for sponsorship are: Open HWT, Open LWT, Open JR, Novice HWT, Novice LWT, Novice JR & Competitive/Pleasure.
- \$65 for a Special Memorial Award. These include: Bob Smith perpetual award (High Point First Year Novice/CP horse); Fran & Carol Duport Memorial award (High Point First Year Open horse); Pat Ersepke Memorial Award (High Point Novice Horse/Rider Combination); and the Max Barmettler Region 1 Lifetime Membership award (Outstanding service to Region 1).

Any other donations in the amount of your choice will, of course, be gratefully accepted. You might even consider getting together with someone to sponsor a class or memorial award together. Contact Betty Young at 530-222-2978 for more information or to reserve a particular award.

Please mail your donation, made out to NATRC Region 1, specifying your first and second choice of awards that you wish to sponsor. Kindly send them by March 1st so that your sponsorship can be acknowledged in the awards program.

Mail to: Phil Young, Treasurer, 2384 Templeton Drive, Redding, CA 96002.

Thank you in advance for your support of Region 1.

Highlights of the November National Board Meeting

The informal meeting Friday evening centered around the CRI and veterinary judging standards. The discussion on vet judging standards was prompted by the continual complaints we hear about vet judges placing too much emphasis on obstacles.

Standards that the NBOD would like to see implemented include two metabolic checks per day on the trail, one soundness check per day on the trail, at least one check for sores/ surface factors per day, that the second and subsequent day's morning exam includes a soundness exam, and that the following questions be addressed for every obstacle:

- Is it safe for horse and rider?
- Is it appropriate for the sport of competitive distance riding?
- Does it adversely affect the flow of the ride?

The proposed rule changes passed: the CRI wording will be included in the condition scoring, a stable manager will not be required, and year-end awards for CP's will be enhanced. The CRI is not new; we are working on a standard protocol and scoring guideline for NATRC rides.

Under Policies and Procedures, situations like R1 faced this November where we needed an alternate-

nate, can be handled at the discretion of the individual region.

NATRC is in a good financial position in spite of the depressed state of the horse industry overall. Income is down due to a decrease in ride attendance (membership and ride attendance drive the income), but expenses are down also, largely due to reducing Laurie DiNatale, Executive Administrator, from 40 hours to 25 hours/week. 30 hours/week is more realistic for her.

We still have \$10,000 in the budget for marketing. Marketing money can be available to the regions if it is not too specific; i.e. not to promote a specific ride, but to promote NATRC in general. Our spot on the radio program, "Horses in the Morning" which has 17,000 listeners/month, has been very successful.

There was a drug violation this year, RIDERS NEED TO BE AWARE OF OUR DRUG RULE AND RESPONSIBLE FOR MEDICATIONS GIVEN TO THEIR HORSES. It looks like the CA rides haven't been tested for awhile, and they will be included in the NATRC drug testing program in 2015; no NATRC fee will be charged to our riders.

Social media. Face book. We're reminded to use "NATRC" not to just

say "CTR." This goes along with improved name and brand recognition.

A final version of the [Strategic Plan](#), which gives a map for our course for the next 5 years, was distributed and has been posted on the R1 web site.

Please look it over and note especially the Values and Strategic Initiatives.

Trail advocacy is one of the values; we will join Back Country Horsemen, and individuals are strongly encouraged to join as well. Working with AERC on trail advocacy issues is a priority.

When we adopted the last strategic plan, we decided to chart our progress with certain measurements: number of rides, number of competitors, and number of members. Membership and ride entries drive our income and reflect the health of our sport. We fell short of our goals this year, but we did better than some of the other regions. I gave our goals for 2015 as 8 rides, an average of 29 riders/ride, and 140 members.

All were excited to hear we're looking at joining forces with AERC for the 2016 National Convention.

Respectfully submitted,

Jamie Dieterich,
NBOD

Junior Rider Rebate

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

Region 1 Board of Directors Vacancies

Two 3-year terms on the Region 1 Board of Directors are up for election. Ordinarily, anyone wishing to be nominated to run for one of these seats needs to submit a short résumé to the R1 Recording Secretary (Stephanie Swain) prior to January 1. However, because it makes more sense to distribute this issue in January in order to include all the latest information, the deadline for submitting résumés has been extended until January 31st. Stephanie's contact information is in the Roster and in this issue.

The health of our organization requires the regular addition of new faces to the BOD to get new energy and ideas. If you would like to give back to our sport and could consider devoting some time and energy to participating in its management (there are only 4 regular meetings each year), please consider submitting your résumé for consideration.

Votes will be cast and counted at our annual meeting at the Spring UC Davis event. If you cannot attend, you may request a ballot from [Stephanie Swain](#); she must receive it back before the event.

Minutes of the NATRC Region 1 BOD Meeting - June 21, 2014

Call to Order:

The meeting, held at Elk Grove, CA, was called to order at 10:00am by Chair, Laura Harvey.

Present: Laura Harvey, Davern Kroncke, Phil Young, Angie Meroshnekoff, Gene Boicelli, and Linda Thomason via cell phone.

Absent: Stephanie Swain (excused), Steve Meroshnekoff (excused), and Joe Pimentel (unexcused).

Guests: Jamie Dieterich and Vicki Boicelli.

Secretary's Report:

Minutes of March meeting submitted in writing. Following review of Minutes, Phil Young moved to approve. Seconded. Unanimously approved.

Treasurer's Report:

Checking: balance: \$21,046.05.

Need Joe Pimentel's expenses from NBOD meeting. Davern Kroncke moved to accept Treasurer's report. Angie Meroshnekoff seconded. Unanimously approved.

Angie discussed fact that the \$800 reimbursement for NBOD travel is normally for flying, but she will be driving to the next meeting. NBOD - \$.30/mile with no per diem. Airfare would be \$430.00. Would the BOD reimburse her for an amount they feel is fair? Gene Boicelli moved to reimburse Angie Meroshnekoff for the amount of \$453.00, Linda Thomason seconded. Approved.

COMMITTEE REPORTS:

Physical Resource Coordinator: Linda Thomason – Linda has the bibs. Gene will pick them up and get them to Angie who will get them to Maria for Jackson Forest. Angie has one bib to be repaired. Linda has everything (coffee pots, etc.) from previous ride.

Historian: Laura Harvey – Jamie still has materials from Kathy Nixon - will inventory them and get them to Laura.

Wonder Workers: Steve Meroshnekoff – still waiting for volunteer list from Mt. Diablo and Cowboy Camp rides.

Points/Membership: Phil said Jim Ferris forgot that the BOD had voted to send the roster out in hard copy form for security reasons, so the roster was sent out to most membership electronically, 30 hard copies mailed. No need to send hard copies to all now. Phil will remind Jim not to send roster information electronically.

Publicity: Linda Thomason – Linda to contact BAEN regarding a video clip on the Events page, possibly for next year. Will need some video of NATRC event(s). Donna was going to write to horse clubs - haven't gotten together yet.

Linda will contact UC Davis students to

spread the word about NATRC. Also 3 other colleges with horses/equestrians - Feather River College, Butte College, Fresno. Ask if they know any other equestrian groups to contact. Angie said the NBOD is looking at non-members, asking Why not a member? Linda sent notes to all riders not entered in Round Valley ride to let them know how nice the ride was. Linda will continue to check in with 4 or 5 non-members from Round Valley - send note 'nice to see you at R.V. - would like to have you join us for Year End Awards'.

Benefit Ride: Made \$1558.60. There was some difficulty with not having enough help. How can we send out the call for help? Also, need to improve PR with gathering new members - maybe make more personal contact with new members.

The Leadline: Phil Young and Laurie Knuutila – Laura will write an article thanking the volunteers for their help at the Benefit ride and discussing the need for more volunteers.

National BOD: Angie Meroshnekoff

1) The rule changes concerning CP are causing a lot of concern - The big question is do we divide CP? As Region 1 we would prefer not to have it split.

Will the split be based on age or skill level?

If it IS to be split, Region 1 would prefer the split to be based on horse/rider skill level rather than rider age.

Creation of National award for CP High Point - Region 1 is not in favor of creating a National Championship for CP, but if it is we vote to decrease the number of rides to 8, be based on skill level, not age, age of horse to be at least 5 years old.

2) Drop National award for Novice.

3) Stable Managers - A position at the rides that is not needed.

4) Judging - CRI is now being judged. To use CRI, specific people and correct timing are necessary. No change was made to the wording regarding CRI - it is an optional test at rides.

5) Strategic Planning - to lay down plans for the next 5 years. Has relationships with Back Country Horsemen, Certified Horsemanship Assoc, AERC, Ride Management Support fund, and sponsorship. Elaine was not present at the February meeting. Waiting for Elaine to get back to everyone.

Region 1 Website: Donna Stidolph - Donna wants to add a Juniors' page to the website. Start with congratulations to the kids (call Kay for info).

Ride/Clinic Management: Jamie Dieterich – Washington ride has been cancelled due to lack of help, may have it next year.

The Lake Mendocino ride may have to be moved to Highland Springs. Angie will keep us informed.

Passed out rider fee invoices. 21 riders for Round Valley - Gene will give the rider fees to Phil.

Management Manual almost finished. For consistency at P & R's need to use watch with second hand or a nurses' watch.

Outreach Coordinator: Linda Thomason – new rider bags are ready.

Trails Advocacy Coordinator: Judy Etheridge – No report.

Jamie Dieterich talked about trail advocates - what they do - form liaisons with other ride clubs - trail riders constantly in touch - keeps us all in the loop - we need to keep the NATRC name out there. Need to communicate with other trail organizations for help and mutual awareness of what's happening with the trails.

Bylaws: Jamie Dieterich, Phil Young: No report.

Judging Issues: Nancy Kasovich, Angie Meroshnekoff, Jamie Dieterich. Linda - The judges need to get together to discuss requirements in order to be on the same page in judging. - set standards for judging. National is addressing this, starting at the top and working down (Kim Cowart on top of it).

OLD BUSINESS:

R1 Bylaws/Non-profit status: Phil Young and Jamie Dieterich. No report.

Perpetual Trophies: Request \$450.00 for Betty Young to update three perpetual trophy awards by adding new wooden plaques for engraved plates. Phil Young so moved. Gene Boicelli seconded. Approved.

NEW BUSINESS:

Region 1 Convention 2015: Davern proposed to have the Region 1 Convention 2015 at UC Davis CEH again for 2015, including breakfast, a 2-hour talk, tour, lunch and awards following lunch. Gene Boicelli moved to approve, Phil Young seconded. Approved.

Who will handle ballots and voting next year?

NEXT MEETING:

Time: TBD

Date: September, TBD Location: TBD

CLOSE OF MEETING:

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

Respectfully Submitted,

Stephanie Swain

Minutes of the NATRC Region 1 BOD Meeting - Oct. 19, 2014

Call to Order:

The meeting, held at Dixon, CA., was called to order at 9:25 am by Chair, Laura Harvey.

Present: Laura Harvey, Davern Kroncke, Stephanie Swain, Phil Young, Linda Thomason, and Angie Meroshnekoff (via cell phone).

Absent: Gene Boicelli (excused), Steve Meroshnekoff (excused), and Joe Pimentel (unexcused).

Secretary's Report:

Submitted Minutes of 21 June 2014 meeting for review. Will submit for final approval following revision. Linda moved to accept the tentative draft. Davern seconded. Approved.

Treasurer's Report:

Checking balance: \$20,613.94
No outstanding bills. Linda found \$40 check from 2011 – will tear it up and call it a donation. Stephanie Swain moved to accept Treasurer's report, Linda Thomason seconded. Approved.

COMMITTEE REPORTS:

Physical Resource Coordinator: Linda Thomason – has all but the TV/DVR (with Phil – used for convention), one coffee pot (with Angie or Maria), and Angie has the bibs, which are being cleaned.

Historian: Laura Harvey – No report. Still being inventoried by Jamie.

Wonder Workers: Steve Meroshnekoff –30 Ride Jacket ordered by Phil.

Note: need to let all ride managers know that Steve needs the volunteer list from each ride; Mt. Diablo does not keep a volunteer list.

Points/Membership: Phil has talked to both Jim and Donna about getting this transferred to Donna. The problem is that Jim's program is specific to his hardware and cannot be transferred to another system. Laura suggested possibly having Donna create a new program to compile points data using current year data plus data from the past 2 years. Phil will talk to Jim about getting printed version of the databases so that data can be manually input to new program.

Publicity: Linda Thomason – Linda said the on-line video with Ride Magazine was too expensive. BAEN may do a video banner on their trail riding page for \$300-400 – will try to negotiate a better price. No feedback from any of the other

venues she contacted. Now that she has retired, she has more time to devote to NATRC – wrote personal letters to all non-members and will put flyers up on bulletin boards at Horse Expo.

She has a list of about 25 clubs/ organizations and will add about 50 more to the list. She and Donna will divide the list and contact them over the winter. Also, Trisha Taniguchi, at UC Davis, will post flyers around campus. Linda noted possible conflict with Round Valley/Horse Expo – first weekend in June.

The Leadline: Phil Young and Laurie Knuutila – 20 copies sent by mail at cost of \$1.50 each (printing and postage) for a total cost of \$30.00.

National BOD: Angie Meroshnekoff The decision was made to not to divide CP into classes.

The proposed changes for national awards for Novice were defeated. Region 1 BOD believes that Novice horses (which may be only 4 years old) should not be pushed too hard to attain a High Point award. We believe that NATRC is about safety and learning, and NOT about ribbons!

Region 1 Website: Donna Stidolph – No report.

Ride/Clinic Management: Jamie Dieterich – Linda will call Gene regarding Round Valley dates and potential conflict with Horse Expo. Linda will also explore the possibility of having a clinic in the Davis area in March or May of 2015.

Outreach Coordinator: Linda Thomason – see publicity.

Trails Advocacy Coordinator: Judy Etheridge – No report.

We need to find a TAC – send out e-blast to members in search of interested people.

Bylaws: Jamie Dieterich, Phil Young – In progress.

Linda Thomason made a motion to have all board members read By-laws prior to next meeting. Stephanie Swain seconded, and all agreed.

Judging Issues: Nancy Kasovich, Angie Meroshnekoff – No report.

OLD BUSINESS:

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

Region 1 Mini-Convention 2015: Davern Kroncke – in communication with Dr. Sonder at UC Davis. Reservation cannot be made until after January 1. We

are to provide coffee/breakfast treats. They will provide lunch, meeting venue, speakers, tour guides. Generic info to be sent out in Nov/Dec e-blast and January Leadline.

National Convention 2016: Region 1 will host the 2016 National Convention. Linda Thomason moved to hold the NATRC National Convention in conjunction with the AERC National Convention in Reno. Laura Harvey seconded. All in favor.

NATRC to sponsor a social event on Friday evening, hold an NATRC National Awards banquet, and a Region 1 Awards breakfast.

Perpetual Trophies: Phil to ask Betty about update of Perpetual Trophies.

NEW BUSINESS:

NBOD members: Angie will not be attending the November NBOD meeting (excused absence), and Phil is unable to attend as alternate (excused absence). Laura moved to appoint Linda Thomason as the "alternate to the alternate" NBOD representative, Stephanie seconded. Angie joined the vote via cell phone. All in favor.

Joe Pimentel has not met the meeting requirements as stated in the R1 Bylaws for serving on the R1 and National BOD. <Post meeting update: Jamie Dieterich appointed to fill the remainder of his term pending approval at the upcoming NBOD meeting.>

Linda has submitted resume to run for the NBOD Alternate position.

Awards: Send ideas to Betty for end-of-year awards.

Horse/Rider awards – fewer categories, so less cost – no Open Junior.

Need Jim to compile end-of-year standings.

It is too late to nominate for Region 1 Appreciation at National level.

NEXT MEETING:

Time: 10:00 am

Date: Sunday, 04 January 2015

Location: TBD

CLOSE OF MEETING:

Linda Thomason moved to adjourn the meeting at 1:03 pm, seconded by Stephanie Swain.

Respectfully Submitted,

Stephanie Swain

Region 1 Ride Results

Bald Mountain Butt Buster A

7/19-20/2014 R1A-AK
A-O/CP Total Riders: 30
Chair: Katrina Carney
Judges: Kay Gunckel DVM, Karel Waugh
Open Sweepstakes: Army's Cache of Class/
Wilson, Kristin-97

Open Heavyweight

- 1/2 NWMF Melody/Hrncir, Dorothy
- 2/3 Nebbi from Arctic Arrow/Rogde, Amy
- 3/1 Wild Ladys Nite/Dent, Susan
- 4/4 Alaskas Cocoa King/O'Brien, Sandra

Open Lightweight

- 1/1 Willow Bey Star/Grogan, Brenda
- 2/3 Dynamic's Spirit/Mielke, Terri
- 3/4 Monet's Image/Moore, Debra
- 4/2 Flash's Gentleman Jim/Forrester, Donna
- 5/6 She's A Dandy/Bentz, Autumn
- 6/5 Luke/Onorati, Melissa
- P Dixie/Daugherty, JoAnn

Open Junior

- 1/1 Army's Cache of Class/Wilson, Kristin
- 2/2 Poncho/Barkman, Elyssa

Competitive/Pleasure

- 1/1 Jasmine's Magic/Fisk, Colleen
- 2/2 Genuine Arctic Attitude/
McDonough, Barbara
- 3/3 Gunner/Allen, Mallori
- 4/4 Brisco/Stevenson, Kelly
- 5/ Gjof/Sihler, Frank
- 6/ Rio/Hedum, Ruth
- /5 Spiffy/Gotschall, Sarah
- /6 Traveller/Foxley, Kathleen
- HMU First Danse/Vroman, Jaida
- Gypsy/Kirk, Ashlynn
- Montana/Larson, Jane
- Katla/Sihler, Claudia
- My Kia to Success/Fabich, Jeanie
- Raudhetta/Culhane, Alys
- Susie/Long, Francine
- Rio Ruque/Ash, Heather
- Damis Sahhar/Douthit, Marilou

Bald Mountain Butt Buster B

7/19/2014 R1A-AK
B-N Total Riders: 15
Chair: Katrina Carney
Judges: Kay Gunckel DVM, Karel Waugh
Novice Sweepstakes: Stoney/
Haverlikova, Ivana-98

Novice Heavyweight

- 1/6 Stoney/Haverlikova, Ivana
- 2/4 Tinni/Praetorius, Pete
- 3/DO Rowdy's RibbonsNLace/Knuutila, Laurie
- 4/5 Digger/Winnestaffer, Brian
- 5/1 Pepperoni/Hess, Tamara
- 6/3 Gonzo/Peabody, Will
- /2 Push Flirt's Button/Wilson, Shirley
- Major/Cook, Regina

Novice Lightweight

- 1/1 Merrylegs/Luther, Cindy
- 2/3 Siracco/Edens, Joan
- 3/2 Demi/Mailly, Sarah
- 4/4 Ephrata Cash/Seppi, Zoe

Novice Junior

- 1/2 Hjelma/Carney, Amelia
- 2/1 Dean/Hogan, Darby
- 3/3 Sunny/Carney, Feona

Jackson Forest A

8/16-17/2014 R1-CA
A-O/N/CP Total Riders: 15
Chair: Steve Meroshnekoff
Judges: Greg Fellers DVM, Nancy Kasovich
CP Combo: HM Raina Bo Surely/Schlerf, Haley
Novice Sweepstakes: Lucky Eddie/
Johnson, Kirsten-95.5
Open Sweepstakes: Desert Reinbeau/
Meroshnekoff, Angie-100

Open Heavyweight

- 1/1 Amiraborr/Boicelli, Gene
- 2/2 Pistol Pete DF/Armer, Jean
- P YS Tyrone/Kroncke, Davern

Open Lightweight

- 1/1 Desert Reinbeau/Meroshnekoff, Angie
- 2/2 Sea Dragon/Walls, Lory

- 3/3 Sarafina/LaRose, Drina
- P Sierra Sunshine/Stidolph, Donna

Novice Junior

- 1/1 Lucky Eddie/Johnson, Kirsten
- 2/2 Rosemarie's Dream/Johnson, Karlie
- 3/3 Pipi/Smith, Megan

Competitive/Pleasure

- 1/1 HM Raina Bo Surely/Schlerf, Haley
- 2/2 Om El Bilbao/York, Debbie
- 3/4 Hickorys Startlet/Dillard, Ashley
- 4/3 OM El Shakeeb Dream/Dillard, Joe
- P Hot Midnight/Taniguchi, Trisha

Jackson Forest B

8/16/2014 R1-CA
B-N Total Riders: 10
Chair: Steve Meroshnekoff

Judges: Greg Fellers DVM, Nancy Kasovich
Novice Sweepstakes: Kaylee
/Cichocki, Sophia-99.5

Novice Heavyweight

- 1/1 Diamond H Shalako/Vovchuk, Virginia
- P/DO Canal Prince/Boicelli, Victoria

Novice Lightweight

- 1/DO Bodacious Tailfeathers/Lieberknecht, Kay

Novice Junior

- 1/1 Kaylee/Cichocki, Sophia
- 2/4 Jezebel /Hunter, Jordan
- 3/5 Lola/Clark, Morgan
- 4/ Dream/Redin, Lily
- 5/6 Denebaborr/Madison, Ilsa
- 6/3 Beauhemian/McOsker, Jordan
- /2 My Gal Sal/Cichocki, Claire

Georgetown

9/6-7/2014 R1-CA
A-O/N/CP Total Riders: 22
Chair: Laura Harvey
Judges: Larry Goss DVM, Jamie Dieterich
Novice Sweepstakes: Carson El Maj/Johnson,
Karlie-98
Open Sweepstakes: Sierra Sunshine/
Stidolph, Donna-84

Open Heavyweight

- CO Pistol Pete DF/Armer, Jean
- CO YS Tyrone/Kroncke, Davern
- CO Amiraborr/Szupello, Sierra

Open Lightweight

- 1/2 Sierra Sunshine/Stidolph, Donna
- 2/1 Desert Reinbeau/Meroshnekoff, Angie
- P Cobay/Wolf, Jeanine

Novice Lightweight

- 1/1 Nicholas Del Padre/Cooper, Alexis
- 2/DO Bodacious Tailfeathers/Lieberknecht, Kay
- 3/2 Ed Zackery/Jones, Mary T.
- P Palistar/Swain, Stephanie

Novice Junior

- 1/1 Carson El Maj/Johnson, Karlie
- 2/ Lola/Cichocki, Claire
- 3/6 Denebaborr/Madison, Ilsa
- 4/4 Lucky Eddie/Johnson, Kirsten

- 5/2 Kaylee/Cichocki, Sophia
- 6/5 Jezebel/Barash, Emma
- /3 Cowboy's Miss Tardee/Cooper, Faith

Novice DO

- La Regala Ultima/Jones, Sharon

Competitive/Pleasure

- 1/2 Om El Bilbao/York, Debbie
- 2/3 Tura Lura/Cannon, Linda
- 3/1 HM Raina Bo Surely/Schlerf, Haley
- 4/4 MK Vangouh/York, Ron

Region 1 Ride Results

Lake Mendocino A

9/27-28/2014 R1-CA

A-O/N/CP Total Riders: 13

Chair: Steve Meroshnekoff

Judges: Kay Gunckel DVM, Jamie Dieterich

CP Combo: HM Raina Bo Surely/Schlerf, Haley

Novice Sweepstakes: Lucky Eddie/

Johnson, Kirsten-97

Open Sweepstakes: Desert Reinbeau/

Meroshnekoff, Angie-98

Open Heavyweight

1/1 Amiraborr/Szupello, Sierra

P Pistol Pete DF/Harvey, Laura

Open Lightweight

1/1 Desert Reinbeau/Meroshnekoff, Angie

2/4 Scarlet Wind Song/Boscoe, Debbie

3/2 Sierra Sunshine/Stidolph, Donna

4/3 Palistar/Swain, Stephanie

Novice Junior

1/2 Lucky Eddie/Johnson, Kirsten

2/1 Carson El Maj/Johnson, Karlie

3/3 Pipi/Cichocki, Sophia

4/4 Lola/Cichocki, Claire

Competitive/Pleasure

1/1 HM Raina Bo Surely/Schlerf, Haley

P Ruby/Kafka, Karen

P Rocky/DeMattei, Beni

Lake Mendocino B

9/28/2014 R1-CA

B-N Total Riders: 7

Chair: Steve Meroshnekoff

Judges: Kay Gunckel DVM, Jamie Dieterich

Novice Sweepstakes: Drummer of Kewstoke/

Millard, Susanne-98

Novice Heavyweight

1/2 Smokey Sedona/Kafka, Karen

2/1 Blue Dog/Banker, Russell

Novice Lightweight

1/1 Drummer of Kewstoke/Millard, Susanne

2/DO Shamez El Maj/Coe, Deborah

Novice Junior

1/1 Beauhemian/McOsker, Jordan

2/2 Valentyne/Gipson, Savanah

3/3 Jezebel/Redin, Lily

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 8, 2015. 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.

100% Club

Join R1's 100% Club. If you attend all 2015 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 purchase a similar green jacket. Contact Jamie Dieterich jamiiek@gotsky.com

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, 2384 Templeton Dr, Redding, CA 96002. Contributions are welcome and may be sent to Laurie Knuutila, 455 Ream Lane, Fairbanks, AK 99712 or email to wildroseph@yahoo.com. NATRC Region 1 and The Leadline do not necessarily endorse or support the opinions expressed in printed articles or advertisements. The Editor reserves the right to edit material as necessary. No letters to the Editor will be printed if not signed. NATRC and the staff of The Leadline are not responsible for errors in spelling of horses' or riders' names.

Deadlines:

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

Advertising rates per issue:

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

Classified ads are free to Region 1 members in good standing, one per issue, up to 30 words. Submit ads to the Editor via email or as hard copies via regular mail; hard copies will be scanned as submitted. Make checks payable to NATRC Region 1.



We appreciate and applaud our **SPONSORS.**

Their support helps us succeed.

By purchasing products and services from these companies, you are supporting the sport you love!



The Leadline

Phil Young
2384 Templeton Drive
Redding, CA 96002

