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Summer  
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*Hoof Print* is the official publication of the North American Trail Ride Conference (NATRC) and is published quarterly. Each issue contains updated information from NATRC committees and board meetings and informative articles on trail riding and horse care.

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PO Box 224  
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### On The Cover:

Point riders Jan Jeffers (right) and Chris Barnhart (left) cruise along the trails at the Region 1 Round Valley Ride in California.

Photo by Kimberly Naugle, used with permission

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*"The mission/vision/philosophy of NATRC has stood us in good stead for over 50 years now. Sticking with these guidelines has allowed us to become the best at what we do — educating and informing horsemen and horsewomen about how to care for and manage their horses over long distance trail competitions. This is what we do and No One Does it Better."*

– **Kim Cowart**

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# President's Message

Most of the messages you hear from me tend to address issues of some seriousness. Perched heavily in the one hand are quality, clarity, consistency, and credibility in our judging. Perched in the palm of the other hand is the weighty topic of Strategic Planning implementation and the multitude of nuanced decisions affecting our next 50 years. And of course there are rule change proposals, changing economic factors, and an evolving equine industry to provide always moving targets. The list goes on, and I sometimes find myself just watching my horses out the window and seeing through my mind's eye a clear and vivid picture of days and rides and friends I sure do miss, and I just want to go and ride my horse.

Challenging and difficult rides nudge their way to the "favorite's" spot in my recollections

of good old days and rides I enjoyed. Most of you have never heard of the Cataloochee 100 in Maggie Valley, North Carolina. Bucky Starnes gave us 100 miles, scenery, challenge, and such a sense of achievement as an every year reward, but the very last year of that grand old ride stands out for me. That weekend my good horse ole Dollar and I were on fire and having a ball. Thousands of feet of elevation change didn't faze us. Jerry Weil and Jackie Coleman couldn't deter us. And all the lucky breaks and good fortune were with us as Dollar won Sweepstakes at the last Cataloochee 100 ever. Three glorious days of nothing but riding my horse.

As much as I enjoy being challenged, there comes a weekend when "a pleasant ride with friends" is enough. Bull Mountain, in Georgia's Blue Ridge Mountains turned into one of those. Weather was good, the Mark and Debbie Jones management team was splendid, the trails were a perfect mix of work and play, and a wonderful riding partner (you all know her as Dr. Porter; at the time she was Carrie the competitor) left me with this everlasting impression of "a pleasant ride with friends". Placings and scores have completely faded, and, in fact, the memory is almost of not competing at all, but instead just a great weekend and two glorious days of nothing but riding my horse.

Some rides are a challenge from beginning to end –

from getting there to getting home and all in between. And then others less so. Either way requires preparation, conditioning, training, and – the best part – riding our horse. Whoever said "hard work is its own reward" must have been an NATRC competitive trail rider because the "work" we require of ourselves to prepare for a ride is also our "reward" ☺.

Why share these memories? Because I'm just like you. NATRC is more than just a trail riding club, and my horses are more than just farm animals. Most of my waking (and often sleeping!) hours revolve somehow around our organization, and NATRC quite naturally revolves around our horses. Despite all the more serious matters hanging around in front of my face, or just out of view, there is comfort knowing that NATRC still gives all of us the opportunity to just ride our horses.

Here's wishing you all many Happy Miles of trail riding your horse!

Sincerely,  
Kim A. Cowart  
President, NATRC



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[natrc@natrc.org](mailto:natrc@natrc.org)

# Meet Our New Judges, Judge Applicants, Appentices and Provisionals

**Members:** Your comments to the Judges Committee on the following applicants, apprentices or provisional judges are welcome.

## Provisionals

### Veterinary Judges

Natalie Morris, DVM (R5)  
Elizabeth Yorke, DVM (R5)

### Horsemanship Judges

Jan Jeffers (R1)  
Jill Talbot (R3)  
Patti Hicks (R4)  
Wayne Tolbert (R5)

## Apprentices

### Veterinary Judges

Sharon Dehart, DVM (R4)

## Applicants

### Veterinary Judges

Shannon Herrick, DVM (R3)

## Veterinary and Horsemanship Judges:

- Has your address or phone number changed? Please notify the NATRC office of any changes. Indicate home and office numbers.
- Apprenticing must be done with an **approved** judge who has agreed to judge and supervise an apprentice.

## Ride Chairs:

- Secure your judges early. You must contact and secure your judges well in advance of your ride date!
- Please contact the National Office for a current Judges List.
- If you have difficulty securing a NATRC judge, please contact the appropriate Judges Committee chair:

**Mike Bridges, DVM -  
Veterinary Judge Co-Chair**

H: 704/937-3300  
[mwbdvm@earthlink.net](mailto:mwbdvm@earthlink.net)

**Priscilla Lindsey -  
Horsemanship Judge Co-Chair**

H: 785.259.1687  
[pris.lindsey@gmail.com](mailto:pris.lindsey@gmail.com)

# Code of Ethics

We, the NATRC National Board of Directors, Executive Director, judges, committee members, and employees are ambassadors of our sport whether at an organized event or informal gathering. There is an implied code of ethics to adhere to. This code of ethics dictates that we behave professionally, courteously and responsibly. This includes:

- Representing the sport in a professional manner
- Being respectful when giving an opinion
- Substantiating information before giving an opinion
- Being kind and courteous to others



# Gastric Ulcers and Omeprazole in NATRC Competitions

Mike Peralez, DVM, Chair,  
Veterinary Drug Committee



ance horses are FAR greater than in CTR horses... 50 –100 miles in one day vs our 35-mile day.

As a veterinarian, I have never judged a ride and thought “Gosh, that horse needs to be on omeprazole.”

There is a tremendous marketing campaign from Merial, the manufacturer of GastroGard (treatment) and UlcerGard (prevention), the only efficacious and FDA-approved omeprazole products for horses. Compounded (personalized mixture) omeprazole is NOT effective in equines. EGUS is the disease de jour, and many owners are made to feel that they aren’t taking care of their horses if they aren’t using GastroGard! Merial’s website is very nice, but they are trying to sell product.

Flighty and nervous horses aren’t necessarily more prone to EGUS. Arabians aren’t at greater risk for gastric ulceration, either. Ultimately, as with many aspects of horse care, good management strategies will reduce the chances that our horses will get gastric ulcers.

Disclaimer: I am a 100% mobile equine practitioner in Southern California with an emphasis on performance horses. I use a fair amount of GastroGard and ranitidine in my practice. In addition, I have ridden and judged extensively in both NATRC and AERC.

The equine stomach has two regions. The upper region near the esophagus is the non-glandular region, and the lower is the glandular region. The glands in the lower region produce digestive acid and enzymes as well as substances that protect the stomach lining itself from these chemicals. In addition to substances produced in the stomach, food in the stomach and saliva produced while chewing help protect the stomach lining.

Humans produce stomach acid mainly in response to eating. Horses, however, evolved to be grazers and produce stomach acid continually. Excess or long-term acid in the stomach can and does lead to gastric ulcers which have been found to be common in horses, especially in performance horses. Long periods without food as well as feeding less roughage (stimulates saliva) and more grain (stimulates more acid) can contribute to what’s now called Equine Gastric Ulcer Syndrome (EGUS).

Many commercial products are available to treat equine gastric ulcers. One of the most commonly used is omeprazole, a medication that decreases acid production. It is a prohibited medication in our sport, and many riders would like to better understand why.

Although omeprazole may seem innocuous, its use is not without potential health effects. There are several considerations to the use of omeprazole:

- NATRC promotes drug-free competition.
- Allowing certain drugs may alter the level playing field. Is a horse

that can compete without omeprazole superior to the horse that must rely on the drug to get through a ride? Or flip it around. Should a horse that must be on omeprazole be allowed to beat a horse that does not rely on medication?

- Is it in the best interest of a horse to compete with active gastric ulcer issues?
- The long-term physiologic effects of omeprazole in long-distance horses are unknown. We’re talking about increased gastric pH, potential hind-gut issues, changes in the intestinal micro-flora, etc.
- There are two dosages of omeprazole: preventive and curative. Is it OK to allow the preventive low dose or do we also allow the treatment dose for the horse actively dealing with EGUS which goes to point “c”? Can a drug test tell the difference between the two dosages?
- If omeprazole is allowed, then what about other gastric ulcer therapies such as ranitidine (which is very effective), cimetidine, or even sucralfate? Do we allow those, too? Back to point “a”.
- As the rule stands now, a person can treat their horse up to 24 hours before a ride and then start up again immediately following the end of competition. This is the only legal route if a rider wishes to use omeprazole. The AERC Veterinary Committee, after much discussion, decided to allow the preventive dosage. However, physiologic stresses in endur-

## Enhanced Member Services

This program is an annually renewable program in which participating businesses or organizations provide discounts to NATRC members and friends who contact those businesses or organizations through NATRC’s website Member Services page.

Learn more at [Member Services](#).



# It's a Weighty Matter

Kimberly Murphy,  
Management Committee Chair

Determining whether a rider should be placed in the Heavyweight or Lightweight class is an important aspect of managing a ride. Ride chairs want to maintain a level playing field for all of the teams and to follow the Rule Book as written.

The weigh-in can also be a source of stress for riders who naturally want to continue to earn points in a particular class. The procedure for determining rider

weight class is one that is often a source of confusion. Each year at the beginning of ride season we carry our tack to the check-in location and step on the scale. If the scale reads 189 pounds, to what class does this rider belong? Do

they get to choose?

As they stand there with a combined rider and tack weight of 189 pounds, they fall squarely into the Lightweight class.

From the Rule Book, Section 4.B. Classes:

1. *Heavyweight: Rider and tack (everything the horse carries) weighing 190 pounds or more.*

2. *Lightweight: Rider and tack (everything the horse carries) weighing a minimum of 100 pounds and less than 190 pounds.*

The common misconception is that the rider can elect to ride in the Heavyweight class if they are borderline... that there is a +/- 5 pound deviation allowed. That is not how the rule is written. Item 5 from Section 4.B. reads:

## 5. Weigh In

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



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(Continued on [page 6](#))



(Continued from page 5)

Item c. is the one that gives rise to this misinterpretation. That is where the +/- 5 pound grace is mentioned. However, this applies only for a re-weigh during the course of a ride, which management may request to be sure the rider is maintaining the weight required for the class (+/- 5 pounds, of course).

Now, that being said, a borderline rider does have some options at the time of initial weigh in. For example, the rider in the scenario above could elect to carry an item of dead weight (pack with a rock in it, heavier saddle, etc.) in order to weigh in at 190 pounds or more and be placed in the heavyweight class. Keep in mind that ride management can request that the rider be re-weighed at any time.

One other topic of note is the mention of rider weight cards in item 4.B.5.b. It states that individual regions *may* choose to issue riders weight cards for the year. That is a welcome convenience for the rider to be able to

show that card at subsequent rides to the secretary rather than carry tack to weigh in at the start of each ride. However, some regions may not issue weight cards and may not choose to honor one from outside of their region. Ride management can ask that you weigh in to determine your class.

So why does this matter? The division by weight classes serves to place horses in competition with others that are under similar stresses during competition. Without that class separation, a horse carrying a combined rider and tack weight of just 100 pounds could be competing against a horse carrying an additional 90 pounds or more. Over the miles, that could potentially make a difference.

Riders want to compete and accumulate points in the same weight class all season towards year end awards. My hope is that this explanation of the rules will help riders and management better understand how that can be accomplished.

## NATRC Student Loan Program

Student loans are available up to \$5,000 per person per 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.

A loan will be made based upon financial need, scholastic achievement, and character of the applicant as determined by the Student Loan/Scholarship Committee.

A loan is to be repaid in monthly installments with an annual interest rate of 3% charged on that loan, beginning not later than six months following graduation or when the recipient ceases to be a full-time student.

For an application, contact the NATRC Executive Administrator at [natrc@natrc.org](mailto:natrc@natrc.org), or download [NATRC Student Loan Application](#).

Please complete the form in Word or as an interactive PDF and submit via email to the NATRC Executive Administrator at [natrc@natrc.org](mailto:natrc@natrc.org).

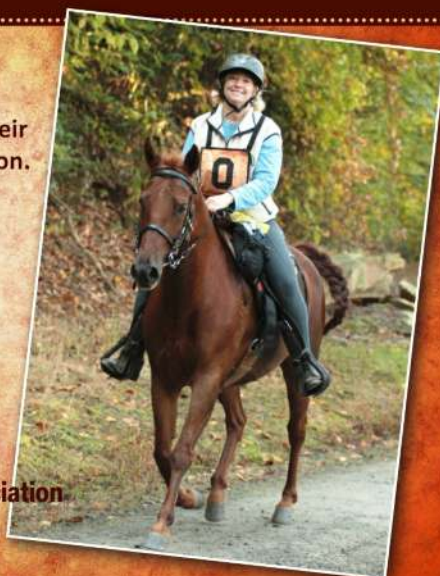
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# Backing Your Horse: Take it Slow and Easy

Patsy Conner, Horsemanship Judge

Can you visualize what you and your horse look like when you ask him to back? Are you leaning forward, with hands set in a steady pull on the reins? Does your horse brace against the bit by either raising his head, hollowing his back, opening his mouth, sometimes shaking his head? The harder you pull, the more he resists? Sometimes as you pull back, do you feel yourself being pulled forward, almost out of the saddle, as the horse lugs down on the bit, dropping his head, trying to find relief, resisting the pull on the reins?

The prettier picture is one of you sitting straight on your horse, a straight line passing between your shoulder hip, and heel, your horse tucking his chin just a bit in response to your rein aid and engaging his hindquarters.

How does this pretty picture develop over time? Patience and practice. The first image is produced by just pulling on the reins. The harder you pull the more he pushes into the bit. He is confused and in pain approaching the danger reaction - rearing. At that point, stop all action, relax the reins and move forward. Backing can be a controlled beautiful action. Let's examine how you can accomplish that back that the judges are looking for.

As a horsemanship judge, I look for how you coordinate you cues: seat, legs, reins. All of these work together to communicate to the horse just exactly what you want. I was once told by one of my riding teachers that backing is just a blocked forward movement. All three aids are engaged in a coordinated effort.

One method is to apply light leg pressure to tell the horse he is going to move but sit deeper in the



saddle. At the same time, block any forward motion by alternately relaxing and closing the fingers, a give and take motion on the reins, as discussed in *The Cavalry Manual of Horsemanship and Horsemastership* (pp. 105-106.) Another good description is in the *Certified Horsemanship Association Level 3 Manual* (p. 28).

A more advanced technique, as recommended by *The United States Pony Clubs Manual of Horsemanship, Advanced Horsemanship* (p. 67), is to keep the body in vertical balance and slightly lighten the seat by transferring some of the weight to the inner thighs which allows the horse to round his back and engage his hindquarters. Similarly, Lee Ziegler, in her book, *Easy-Gaited Horses*, suggests tilting your pelvis into the light, "allowing seat," to help your horse lift his back just a little more easily.

A key to all of this is training the horse to take a step at a time. Once the horse takes one step back, or even shifts his weight toward the rear, relax both leg and rein. Your release in pressure is his reward. When ready to resume, re-

peat with an orchestrated use of seat, legs and reins. Early in training you should reward your horse after he backs a step or two by letting him walk forward for a bit. Then come back to cueing for the back again. Slow but sure. He will then understand what you are asking.

A note about backing a trail horse: Remember that, at times, you are on a simulated wilderness trail. In a competitive trail ride, you may be asked to back in a situation that simulates an experience on an extended trail ride such as riding from Cheyenne to Laramie. You do not want it to be too fast. Even though your horse may be trained to execute that fantastic quick back in a reining pattern in a well groomed, enclosed arena, on the trail we are looking for a controlled, step by step response to your aids, not only for impulsion, but also directionality.

## References:

Certified Horsemanship Association. *Horsemanship Composite Manual*. 2008. United States of America.

Harris, Susan E. 2014. *United States Pony Clubs Advanced Horsemanship/HB-A Level*. 2<sup>nd</sup> Ed., Turner Publishing Company, 24 Church Street, Suite224C, Nashville, TN.

Wright, Gordon 1962. *The Cavalry Manual of Horsemanship and Horsemastership*, Doubleday & Company, Inc. Garden City, NY.

Ziegler, Lee 2005. *Easy Gaited Horses*. Storey Publishing. 210 MASS MoCA Way, North Adams, MA. 01247.

## 4-H Junior Rider Year End High Point Award

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](mailto: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](mailto:natrc@natrc.org)).

In a number of states (Colorado is one example), 4-H now recognizes competitive trail riding as an activity that qualifies as a 4-H member's project.

Questions?

Contact Angie Meroshnekoff,  
[awhitedog@aol.com](mailto:awhitedog@aol.com).

Chair, Riders and Juniors  
Committee

## Report From the Membership Recruitment Committee...

Jerry Sims

Here are the new and rejoining members through April. If we misspelled or left your name out, please let us know.

### Region 1

Kirsten Johnson

Randi Redman, Maranda Bibb, Tomlyn Grey, Ermine Hailey, Christine McKenzie

### Region 1A

Leslie Kitchin, Lauren Wilfer, Diane Sullivan

### Region 5

Marsha Howard, Darel Chamness, Jeanne Hardy, Jennifer Mulligan, Hannah Lea Hatcher, Olivia Lord, McKinsey Ware, Jenny DeFelice, Glynnis Haley, Amanda Kay Hachtel, Edward Apple, Laura Florey, David Harrison, Jennifer Wertz and Randy Sayers

### Region 2

Kathy Osgood, Kat Williams

### Region 3

Colleen DeVino, Yvette Haeberle, Angie Rubenstein, Dale, Dalen and Shannon Scott, Janice Adam, Hannah Clark, Lindsay Matthews, Leah and Sarah Drach, Mary Beth Frils and Jeremy and Joshua Specht, Sandra Grover and Lee Blackwood, Paula Alley, Phoebe Bechtolt, Amy Fetterhoff, Kristie LaValley, Johnnie Lyons, Joanne Sisteck, Alex VanVelkinburgh

### Region 6

Melissa and Ty Martinez, Morgan Jennings, Jessica Reeter, Josie Reeter, Michelle Berry, Cheryl Bohling, Audrey Morris, Stacie Shelman, Gina Kollars, Lori McCutchen and Maya Kaustien, Gina Laughlin and Victor Logan, Erica Blue, Pat Hanes

### Region 4

Sotaira Morigan, Cheryl Ray, Shelby Thomas, Amber Cowart, Teri Shaath,

Please welcome these new members to each of their respective regions. We now have 110 new members as of April 2015.

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# TRIALS *and* TRIBULATIONS of a First Time NATRC Rider

by Rafannette “Kriquet” Dooley

Well hello! My name is Rafannette “Kriquet” Dooley and my Haflinger Appy, Apple Jack, and I participated in our First NATRC event up in Oklahoma at the Run for the Mustangs Ride in April 2015. I was encouraged to come by my friend and partner-in-crime, Ermine Hailey. She told me about this group that rides some 35 miles, give or take, over two days on all types of ground and how I would just LOVE it! I thought, “Huh, I will?” Oh yeah, and by the way, you get judged on how you ride, how you keep your camp cleaned and mucked out, how fit your horse is at vet checks along the trail, and also how well you do over obstacles. Hmm, well.

The opportunity came up for me to travel with her to Oklahoma for the ride. Well, I get there and the first words out of the mouths of people I meet are about rednecks and “Oh, are YOU one?” So I get ribbed pretty hard on that because yeah, I AM one! Ha-Ha! (By the way, nice to have met you, Kris Hapgood, and thank you for allowing me to enter into your event. You are a very entertaining ride host!)

It was very interesting, me as a Texas cowgirl showing up in Oklahoma with all of those “Terrain Seeking Gals!” Fun getting to learn from those who are different than you but have the same love and heart!

So we get up that Friday (we came in on Thursday) at a decent hour to feed, clean area, saddle and go explore a nine-mile trail, and we end up coming back in within 45 minutes. Hmm - must’ve taken a wrong turn following those ribbons. Should’ve been an eye opener for what was to come over the next couple of days!

Saturday 4:30 AM gets here. First day of competition. So exciting! Go out, feed, clean up poop. Go in, have coffee, get dressed and put on my makeup. Go back out, get horses ready for the first vet check. Get in line. Lead horse up to vet on halter and lead, and just as I stop and start answering some questions from the vet, this crazy woman came flying over yelling (well maybe

not yelling, but excited for sure) that my hand was in a dangerous position on the halter and needed to be changed! That was my introduction to Patti Hicks. It was a very good point, and I am grateful she came over after it was explained to me. I had absentmindedly placed my hand on the halter with my fingers in the brass ring. A possible disaster if Apple Jack had bolted. Plus, it was good that someone took the time and concern to come and explain with only good intentions and help on her mind.

Made it through that and go to saddle up, come back and line up to leave camp. Well, then my horse freaked out because there were others in front going out on the trail, and he had to wait his 30 seconds to go. Lesson one for horse!

Time out, rider may go! Off on the trail. We went down a ravine and up, and it could have rivaled the Grand

Canyon. Then there was another and another and yeah, you guessed it, I don’t think we covered a whole mile that was flat that first day. I also all of a sudden realized my way of riding was not cohesive with the riding etiquette of trail competition. That was a learning experience! I learned that I unknowingly did things that were potentially a danger to me and my horse. I learned how to help my horse help me get through situations on the trail. I also learned that there were ticks at every stop. But at every stop that day I was asked. “Hey, New Rider, how’s it going? Having a good time?” ALWAYS so genuine. By volunteers, vet, judges AND other competitors! WOW!

Several hours and 19 miles later I come back in front of the time judge not really exhausted yet still too full of adrenaline and excitement of the day. There, too, I was asked how the day was for me, and if I enjoyed it. Then we got to go over to our camp, unsaddle, scoop up poop, give horses a snack, rest a few, grab a cold one and then back to the vet for the final check of the day.

Back at the camp, all I wanted to do was change, eat, get a drink.... But what do I do? Get the poop scoop and wheelbarrow because in all that time out on the trail that day my horse somehow managed to save something for me!

Made it to Pot Luck that night. It was so much fun getting to sit and enjoy the food everyone brought and meet and visit. Back to camp. More poop removal. Went into the bathroom and (@#\*)(@\*#(@— OK, makeup now goes into the banned box of items along with Hoof Flex and liniment! Another new thing to me, NATRC does not allow such things, aids, for horses during competition. I accepted the fact it is better to look “au naturale” than have my face look like I had been through guerrilla warfare. Off to bed.

Up Sunday morning 4:30 AM. Feed horse, clean up EVER-reappearing poop, grab coffee, dress, skip the makeup, saddle up and go before the vet. Today we did *(Continued on page 10)*



*Kriquet and Apple Jack*

Photo by Jim Edmondson, used with permission

(Continued from [page 9](#))

without the banshee cry of Patti—yeah, we did something right!

Ride out, my horse standing a little better today. But, Day Two of following colored lines on a map and ribbons marking trails proved a little more trying. In fact I think we went an extra few miles with all the backtracking we did missing trails while talking, looking down at the map, or just not seeing the right markers.

We did 18++ miles at a high trot just about all day making up time lost on backtracks! We laughed so much my sides almost hurt. I was enjoying myself better than any other horse related event I have ever been a part of.

The advice and critiques I was getting were so genuine and sincere, and came from a place of TRUE HORSEMANSHIP. No looking down on my ignorance. Not snarky. Not pointing fingers that you did something wrong or could be done better. Not “I’m not going to tell you something that will help you because I am a competitor.” The total opposite.

The people we competed with were truly horse people. The volunteers were amazing. The judges were amazing. By the way, my experience was amazing! I kept getting asked if I was having a good time and if I would be back to another one. The answer was that I was already packing in my mind for the next ride.

I fell in love with the sport as well as the people in it. Never have I been around an entire group of people from all over that are so collectively one in mind, heart, and desire. THANK YOU for the experience and welcome, NATRC Competitors, Volunteers, Judges, Vets and Supporters.



Photo by Ermine Halley, used with permission

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# STARTING FROM STILLNESS: THIS CHANGES EVERYTHING!

by Nelly Cooper

At the beginning of my (almost) daily yoga practice, I spend a few quiet moments sitting cross-legged on my mat. I clear my head of any conscious thoughts by concentrating only my breathing. Yogis call this a “moment of stillness,” and it was difficult for me to achieve or understand at first. But the more I paid attention to my breath, the more I could begin to feel the way it moves my body. One day I started following that movement, allowing myself to sway gently back and forth as I drew in and released air. By “going with the flow” so to speak, I found myself coming into a state of such deep relaxation that I finally found a true moment of stillness in my mind. I was delighted, and what came next was even better. Having come to that place of stillness in my mind, it was suddenly a whole lot easier for me to move my body into downward dog positions and whatnot.

Aha— finally the whole thing made sense.

The reason I bring this up is because, over the past several months, I've found that starting from stillness benefits me with horses, too. I discovered this by accident when someone asked me to work with their ridiculously high-strung horse on a day I didn't feel like exerting much effort doing anything. Just being in the vicinity of the horse was wearing me out.

Now, normally, I allow nervous horses to move around as much as they seem to need, and I bring down their energy level gradually by getting them to do different things. But on this day, without even thinking about it, the second I took hold of the lunge line I gave it a quick jerk and said, “Whoa!” That halted the horse's feet for about 2 seconds. So I repeated the process a couple more times, and he finally planted his feet.



Kelsey Becker and her horse, Lily.

Photo by Nelly Cooper

Then I just started moving away from the horse and his unwanted energy. If he attempted to move with me, I got after him and made him put his feet right back in place. I walked out about half the distance of the lunge line and just stood there. Except for making sure his feet stayed still, I didn't do anything but allow myself to feel calm despite the fact that the horse was frantically swinging his head from side to side.

Soon I began to sense a change. It felt like the horse was starting to think more about me and what I was doing, and less about any ghosts that might be trying to sneak up behind him. It was then that it occurred to me just how reasonable it was to ask him to stop moving his feet. I had unwittingly let him know that he and I were going to start from a moment of stillness. I was already in one of those moments myself. I just had to give him time to come into it with me. Horses always prefer to feel calm rather than nervous, so it didn't take him long to dump every bit of that negative energy he'd been carrying around.

When he lowered his head and stood completely relaxed, I made my way leisurely back to him and spent some time just rubbing his neck, allowing the both of us to enjoy the

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(Continued on [page 12](#))

(Continued from page 11)

moment. My own appreciation for it grew exponentially when I realized it took less than five minutes for that horse to go from high as a kite to completely calm, and I barely had to do a thing. **Less than five freaking minutes!**

Since that day, I've been starting from stillness every time I come into contact with an anxious or aggressive horse. How do they get that way in the first place? By being handled by folks who aren't completely comfortable handling some of their behaviors, that's how. If a horse spooks and freaks out its handler, the handler's negative nervous energy transfers right to the horse, causing it to spook a little more and so on. It's a vicious cycle. The reason it is easy for folks like me to break that cycle is because horses always do what's in their best interest. Since carrying around negative energy feels like crap, they are always willing to dump negative energy just as soon as someone lets them; that someone being a person who does not let any of their behaviors freak them out.


I've discovered that starting from stillness allows horses to dump any negative energy as soon as they meet me. It clears the air between us. It gets us both in a positive frame of mind (rather than just me) before I begin asking the horse to move its body in any way. And those few quiet moments make it **so** much easier for horses to move their bodies the way I'd like for them to when I ask.

Sure, horses still present me with some pretty hefty challenges, but not nearly to the extent I'd come to expect. Now, if a horse gets itself worked up about anything I ask it to do, I try to get it to halt as quickly as possible, and then I ask again from another moment of stillness. I feel like I am listening to horses much more closely than I had before. I am amazed at how much easier this has made my life, as well as the horses'.

Starting from stillness changes everything. I highly recommend you give it a try, especially if you have not yet learned how to remain calm no matter what your horse does. That is a skill every rider

needs, and this will give you plenty of time to practice.

*With a passion for horse and rider safety, bomb-proofing expert Nelly Cooper founded ALPHA Equestrian to promote leadership education in the riding lesson industry. Her book, The ALPHA Equestrian Challenge, complements riding instruction by helping riders gain a clear understanding of horse behavior, good leadership skills, and the know how to prevent horses from reacting dangerously out of fear. Available at [www.alphaequestrian.com](http://www.alphaequestrian.com) and on Amazon. Nelly lives in Grand Rapids, MI.*


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# Two Thumbs Up

**Bev Roberts,  
Marketing Committee**

## KUDOS TO

- *the ride chairs* who have marketed their rides locally and held clinics,
- *members* who have written articles for their local media, appeared on radio and TV programs, posted flyers, and talked up our sport with friends and acquaintances,
- *management, judges, volunteers and riders* who have welcomed new competitors with support, a smile and warm greetings, and
- *all the behind the scenes folks* at rides, regions and nationally who work tirelessly for the love of NATRC and the people and principles it stands for.

Pat yourselves on the back, everyone! Take pride in making a difference in humans' and horses' lives. See you on the trail...!

## Reminder from the Points & Data Committee

Cheri Jeffcoat

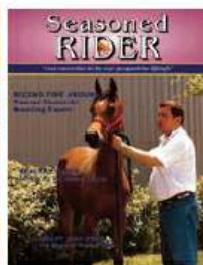
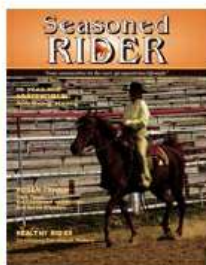
1. To be eligible for year-end awards, membership dues must be paid by the second Sunday in November, the end of the Ride Year.
2. It is the responsibility of the owner of the horse to accurately report/ verify the horse's breed to NATRC.
3. Year-end breed awards. Many breed organizations sponsor year-end high point breed awards. Memberships in NATRC **and** the breed association are required.
4. Questions about the horse and/or rider records should be directed to NATRC at [natrc@natrc.org](mailto:natrc@natrc.org).

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## A Reminder – Why We Do What We Do

The national office recently received a letter and donation from Bob Sanisteven. He was Bill and Jenny Smith's 5<sup>th</sup> grade teacher in Farmington, NM.

Chuck Smith (their son) recalls that later in life, the Smiths came in contact with Robert in town one day and found out he had just lost his second wife to cancer. They invited him to try NATRC and he was hooked! Robert often mentioned that he was glad to have something to look forward to which helped him get through his wife's passing. He traveled with the Smiths to most of the R3 rides.

A few years ago, Chuck and his Mom went to Bob's 90th birthday party in Las Cruces, NM. "Even at 90, he told us he was going to heal up after having knee surgery and get back on his horse and come ride again. That is Bob, always going and never quits!"

Part of Bob's letter follows:

*"I so enjoyed my riding and friends I made in NATRC. I miss the trips to and from the rides. I thought I knew how to ride, having done it most of my life, from childhood to years in the Cavalry. In NATRC I learned so much more. I wish I could be there again.*

*I'm in quite good health at 94 years. I still have my driver's license. I get around Las Cruces very well.*

*Love to all Riders in each category.*

*Your NATRC Friend,  
Robert L. Santistevan"*

## Small Victories!

Supported by the Lake Sequoyah Riding Club, a proposal to designate equestrian trails at Lake Sequoyah Park, located just a few minutes east of Fayetteville, passed unanimously by the Fayetteville Parks and Recreation Board on June 1, 2015! This is very good news for trail riders in or near the northwest Arkansas area. It has lovely scenery and about five miles of trails.



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## Clear As Mud...

April showers bring May flowers... and sometimes lots of mud. As serious distance competitors, we have had our share of experience navigating mud. Many of us even have quasi-affectionate names for the types of mud we have ridden through, such as sucky-mud, slicky-mud, mucky mud. Many of us have our war stories of the hellacious mud rides we have survived on our trusty steeds—sliding down ginormous hills on our equine's butts, sloshing through hock deep bogs—heck, we've even landed in soggy water crossing mud after a wild bucking horse trashed us off her back. (OK, I just fell off a grandkid's horse, but whatever).

Obviously mud is a pain to us trail riders, but can we be a pain to the mud? Perhaps more accurately, can we be a pain to the trails? Absolutely! But how?

First, however, let's discuss why we get mud on the trails. Well, duh, Erin, it rained! Yes, but, did you ever notice that some parts of the trail look pristine after gallons have been dumped on it? Ever notice that some spots are like little oil slicks messing up the highway? What about the bottomless pits of sucky crap you might transport to China in? Why is this?

Partly, the types of mud we experience are due to the types of soils that the trail overlies. Sand tends to drain well, as does rocky terrain, but areas that have clay or loam tend to get muckier. The type

and quantity of mud, in much simpler terms than all of the details that I could go into, vary significantly with the mixes of soil types.

Other factors that determine the mud in the trail are how the water gets across the trail and how well it drains. Does it sheet off as is the case with a well-designed trail or does it flow down the tread such as in a user-placed trail? Does it drain from the surface of the trail into the underlying soils? For example, clay-type soils tend to hold water, and soils with a lot of sand tend to drain. Natural springs and water flows can also impact the amount of water on the trail.

Why do we care about these things? Going down muddy trails really disturbs trail bed surface and can cause permanent damage; we can create or worsen bogs that can prove dangerous to horses and/or other trail users. Tearing up trail tread can also create more future work for the land management agency or volunteer groups; it can also create negative relationships and incorrect portrayals of our group.

So how can you fix a problem spot in the trail? The biggest way to do this is by moving the water off of the trail. Good trail design incorpo-

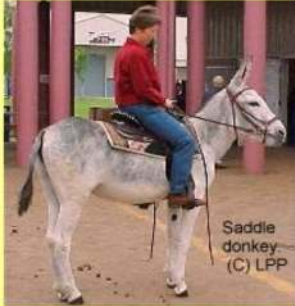
rates use of angles and techniques such as knicks and rolling dips (I will go into these in future articles). In boggy areas techniques such as geotextile fabrics and use of bridges can help remedy the messy spots.

How can this information help when planning your trail ride? First, know your trails and know your land management agency. Do they allow horses on the trails if there is a lot of mud at the ride site? Second, have an inclement weather route, in case the 100-year flood hits right before your ride. Last, have a plan in mind if you can't have your ride on the desired weekend. Is relocation an option? Postponement? If you have the go ahead with the ride, be aware of additive damages multiple riders create, volunteer in the name of NATRC and help fix the damage, and help build our reputation and relationship with land managers.

*Please send me your accounts of trail work you and people in NATRC have participated in! Photos of the project would be great, but not necessary for publication! Any trail issues and or concerns— reach me at [ejacob716@gmail.com](mailto:ejacob716@gmail.com).*

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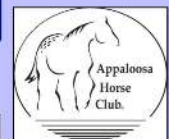
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**Notice to  
Riders:**

Be aware of NATRC's drug rule, Section 7 in the NATRC Rule Book. The purpose is to protect equines from harm and to ensure fair competition. The drug appendices can be seen at [Drug Rule Appendices](#). You are responsible for medications given to your horse.



“On the first day, we had a stellar moment navigating down a steep embankment for Nancy Kasovich. We might not have finished the ride, or have done everything right overall, but at that particular moment, everything came together. He was awesome. It was our bright, shiny star for the weekend. :)”

—Laura Harvey on her weekend riding Pistol Pete at the Region 1 Cowboy Camp Ride

Photo by Donna Stidolph, used with permission



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# North American Thoroughbred Society



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NORTH AMERICAN TRAIL RIDE CONFERENCE





## Rule Change Proposals

Please read the following proposals carefully and contact your Region's National Board of Directors members to voice your opinion on these proposals. The National BOD will consider these again in July 2015, will finalize the wording, and will vote on them in November 2015.

### LEG PROTECTION (Pg 5-2)

#### SECTION 5 – THE RIDE

- E. Hoof Protection/ **Leg Protection**
1. There are no shoeing restrictions.
  2. All types of hoof boots that provide sole protection are allowed. However, any attached strap, keeper, or gaiter must not extend above the pastern. The judges may request to observe the area covered by the attached strap, keeper, or gaiter.
  3. **Optional hoof boot accessories (not an integral part of the hoof boot) that extend above the coronet are not permitted.**
  4. Protective devices, such as bell boots, wraps, or wraps/socks under hoof boots are not permissible on the legs of horses. The leg is defined as all structures above and including the coronet.
- F. Tack
1. Riders must use a saddle and headgear with attached reins. The type of saddle, headgear with reins, and other equipment is at the discretion of the rider within the bounds of good horsemanship. However, no inhumane method of restraint is to be used.
  2. Trail gear desired by the competitor during the ride will be carried on the horse. No part of a rider's wearing apparel is considered trail gear.
  3. ~~Protective devices, such as bell boots or wraps, are not permissible on the legs of horses except for hoof sole protections as allowed under Section 5.E.2. The leg is defined as all structures above and including the coronet.~~

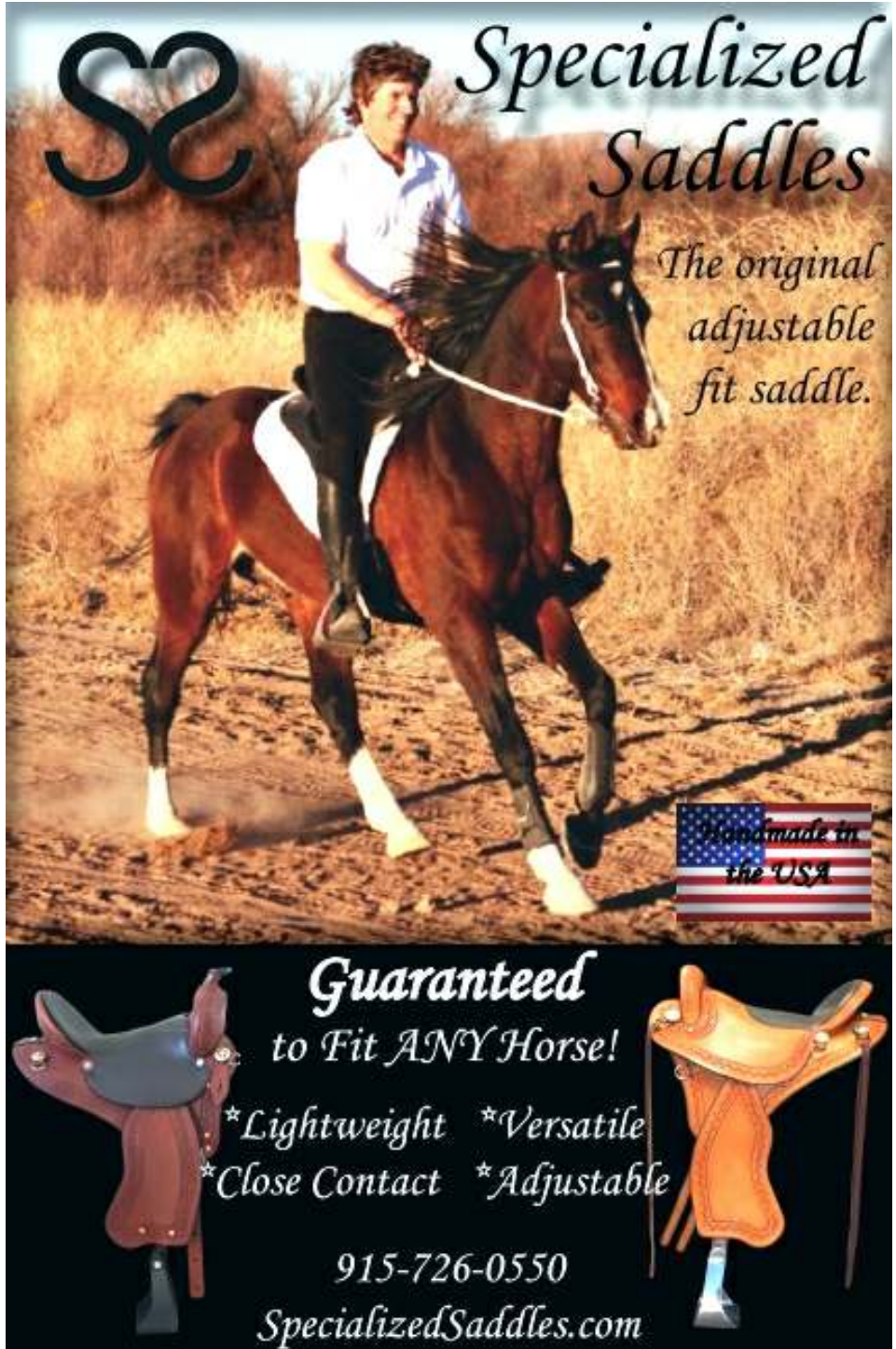
*Rationale: Many riders and Rules Interpreters have questions about what types of boots or accessories are permissible. Moving #4, currently under Tack (F.), to Hoof Protection would help to further clarify what's permissible.*

### COMPETITIVE / PLEASURE NATIONAL CHAMPIONSHIP (Pg 9-5)

#### SECTION 9 – AWARDS

- B. Annual Awards, 2. National Awards
- j. COMPETITIVE/ PLEASURE NATIONAL CHAMPIONSHIP: In the Competitive/ Pleasure class a horse shall be declared a National Champion when all the following requirements are met within the first 12\*\* rides officially started in the same year. Type A ride counts as 1 ride, Type B ride counts as ½ ride. The horse and rider team shall be considered officially started when timed out on the first day of the ride.
- (1) Awarded two firsts or one first and two second placings from any ride type.
  - (2) Awarded the first or second placing from any ride type in any two states or two regions, or is awarded a national placing in HIGH POINT COMPETITIVE/ PLEASURE HORSE.

(Continued on [page 19](#))



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(Continued from [page 18](#))

- (3) Accumulated 75 points. Lower to 65 points if horse is limited to first 12 rides.
- (4) Horses competing for a National Championship Competitive Pleasure award must be at least 60 months of age.
  - (a) Registered horses are considered 60 months of age as of actual foaling date on the registration papers.
  - (b) Unregistered horses are considered to be of eligible age if they have a "full mouth" (all permanent incisors having erupted and are in wear) as determined by the veterinary judge.

\*\* or raise number of rides to 16 if the requirements are to be the same as for an Open National Championship.

## NATIONAL NOVICE AWARDS (Pg 9-6)

### SECTION 9 – AWARDS

#### B. Annual Awards, 2. National Awards

- p. HIGH POINT NOVICE HORSE: Points shall be credited to horses for the purpose of determining annual high score awards in each Novice class (i.e., HWT, LWT, JR), first through sixth place. Only the first 6 rides officially started will count. Type A ride counts as 1 ride, Type B ride counts as ½ ride. The horse and rider team shall be considered officially started when timed out on the first day of the ride. These criteria will be used for the purpose of determining various championships and additional awards which may be considered in the future.
- q. HIGH POINT NOVICE HORSEMANSHIP: Points shall be credited to riders for the purpose of determining annual high score awards in each Novice class (i.e. HWT, LWT, JR), first through sixth place. Only the first 6 rides officially started will count. Type A ride counts as 1 ride, Type B ride counts as ½ ride. The horse and rider team shall be considered officially started when timed out on the first day of the ride. These criteria will be used for the purpose of determining various championships and additional annual awards which may be considered in the future.

*Purpose: Each of our divisions deserves to be recognized nationally.*

## CHANGES TO DISTANCE ONLY/NOVICE ELIGIBILITY (Pg 4-2)

### SECTION 4 - DIVISIONS, CLASSES, AND ELIGIBILITY

#### A. DIVISIONS, f. Limitations

- (7) No accredited NATRC horsemanship or horse judge shall compete for horse or horsemanship awards in the Novice Division.
- (8) Any rider having attained 3,000 miles in competition or having won two or more National Championships, President's Cup, Jim Menefee Combined Horse and Horsemanship, Bev Tibbitts Grand Champion High Average Horse, or Polly Bridges Memorial High Average Horsemanship in any class in any previous year is ineligible to compete for horse or horsemanship awards in the Novice Division.

*Purpose: To reduce the appearance of impropriety by having experienced NATRC competitors competing a horse in the Novice Division regardless of their horsemanship status of DO. It was discussed that an experienced competitor does have a competitive advantage despite riding a green horse.*

## CHANGE IN SWEEPSTAKES POINTS (Pg 9-6)

### SECTION 9 – AWARDS

#### C. Point Distribution

3. The Open Sweepstakes winner will receive points based on the number of starters in the Open Division. equal to the highest points awarded for the total number of horses in the Open Division in any of the three Open classes. The Novice Sweepstakes winner will receive points based on the number of starters in the Novice Division. equal to the highest points awarded for the total number of horses in the Novice Division in any of the three Novice classes.
4. The Sweepstakes winner will receive points, in addition to other points won for horse, as follows: 3 points for a Type AA ride, 2 points for a Type A ride, one point for a Type B ride.
5. Points earned in one class will not be added to points earned in another class by the same horse or rider. 9-6 Revised 01/2014

## CHANGES TO RIDE OFFICIALS/SAFETY RIDER/SAFETY PERSONNEL (Pg 3-2)

### SECTION 3 – MANAGEMENT OF RIDES

#### B. Ride Officials

6. Safety Riders Personnel: One or more safety riders personnel designated by Ride Management will follow competitors be available on the trail to assist any horse or rider in event of emergency. Safety riders personnel must be 18 years of age or over.

*Purpose: To reduce liability for Ride Management and NATRC. Not all safety personnel are on horseback nor do safety riders always directly follow the riders. Stating safety riders 'will follow competitors' could be interpreted as legally binding. Using the term safety personnel allows Ride Management to designate safety riders, P&R crew members, safety personnel on ATVs etc.*

## PROPOSED RULE CLARIFICATIONS

## REMOVAL OF UNNECESSARY STATEMENT (Pg 9-5, 9-6)

### SECTION 9 – AWARDS

#### B. Annual Awards, 2. National Awards

(Continued on [page 20](#))

(Continued from [page 19](#))

- l. HIGH POINT OPEN HORSE: Points shall be credited to horses for the purpose of determining annual high score awards in each Open Class, (i.e., HWT, LWT, JR), first through sixth place. Only the first 16 rides officially started will count. Type AA ride counts as 1½ rides, Type A ride counts as 1 ride, Type B ride counts as ½ ride. The horse and rider team shall be considered officially started when timed out on the first day of the ride. ~~These criteria will be used for the purpose of determining various championships and additional awards which may be considered in the future.~~
- m. HIGH POINT OPEN HORSEMANSHIP: Points shall be credited to riders for the purpose of determining annual high score awards in each Open Class, (i.e., HWT, LWT, JR), first through sixth place. Only the first 16 rides officially started will count. Type AA ride counts as 1½ rides, Type A ride counts as 1 ride, Type B ride counts as ½ ride. The horse and rider team shall be considered officially started when timed out on the first day of the ride. ~~These criteria will be used for the purpose of determining various championships and additional awards which may be considered in the future.~~
- o. HIGH POINT COMPETITIVE/ PLEASURE HORSEMANSHIP: Points shall be credited to riders for the purpose of determining annual high score awards in the Competitive/ Pleasure Division, first through sixth place. Only the first 12 rides officially started will count. Type A ride counts as 1 ride, Type B ride counts as ½ ride. The horse and rider team shall be considered officially started when timed out on the first day of the ride. ~~These criteria will be used for the purpose of determining various championships and additional awards which may be considered in the future.~~

*Rationale: Starting in 1975, the Rule Book read, for Annual High Score Awards, "Points will be credited to horses for the purpose of determining annual high score awards in each open division (at that time, HWT, LWT and JR were divisions rather than classes), as well as the various championships and additional annual awards to be considered in the future."*

*In 1985, the wording was changed to read:*

HIGH POINT OPEN HORSE: Points shall be credited to horses for the purpose of determining annual high score awards in each Open Class, (i.e., HWT, LWT, JR), first through sixth place. This criteria will be used for the purpose of determining various championships and additional awards which may be considered in the future.

*"This/ these criteria" originally applied to points being credited. It kept being pushed to the end of the paragraph. (1) It is not necessary for the meaning, and (2) it is not reasonable to make a statement that certain criteria will apply to "various championships and additional awards". Each championship and award should be very specific to itself.*

## **RIDE YEAR CLARIFICATION (Pg 9-1)**

### **SECTION 9 – AWARDS**

#### **B. Annual Awards, 1. General**

- e. Horses receiving annual awards must be ridden by a member during **the ride year** of NATRC.
- f. Riders receiving annual awards must be members during **the ride year** of NATRC.
- g. **Ride year will end immediately after the second Sunday in November.**
- h.g. A non-member joining NATRC at any time during the ride year in which he has competed in a ride will start to accumulate points from the first ride ridden in that year. (For exceptions see Section 9.2a(3), 2c(5), 2e(5), 2k(4)).
- i. h. Points are based on the table in Section 9C4.
- j. i. In order to qualify for annual awards the competing horse or rider must have completed at least three rides of any ride type in their designated Region (See Section 10 for Region 1A requirements).

*Rationale: Many riders don't realize they must be members by the end of the ride year. Section 1 – General, describes membership for 12 months beginning January 1. The only place "ride year" is defined is under Section 2 – Sanctioned Rides and Clinics.*

(Continued on [page 21](#))

*"Through your hands you should be many things to your horse: a friend to be respected and trusted, a quiet, steady influence whom will reward good behavior with a word and a touch and bad behavior with a calculated correction using the rope or rein. I do not include the term partner in this because a partner has an equal say."*

*—Nancy Kasovich, NATRC Horsemanship Judge*



(Continued from [page 20](#))

## POINT DISTRIBUTION (Pg 9-6)

### SECTION 9 – AWARDS

#### C. Point Distribution

1. Points shall be based on the number of starters in a Class. Points will be awarded as outlined in table of Section C.6. Each division may have All or Heavy-weight, Lightweight and Junior classes.
- 2.4. Disqualified or pulled horse and rider receive no points.
- 3.2. DO horse and rider receive no points.
- 4.3. The Open Sweepstakes winner will receive points equal to the highest points awarded for the total number of horses in the Open Division in any of the three Open classes. The Novice Sweepstakes winner will receive points equal to the highest points awarded for the total number of horses in the Novice Division in any of the three Novice classes.
- 5.4. The Sweepstakes winner will receive points, in addition to other points won for horse, as follows: 3 points for a Type AA ride, 2 points for a Type A ride, one point for a Type B ride.
- 6.5. Points earned in one class will not be added to points earned in another class by the same horse or rider. 9-6 Revised 01/2014

*Purpose: For clarification of how points are awarded.*



Photo by Andy Klamm, used with permission

*Jason Klamm and his horse, Little Ann, placed 1/1 in Open Jr. at the Exploring Sand Hills Ride in R6. Jason is the recipient of one of two NATRC Bev Tibbitts Memorial Scholarships awarded for the 2015-16 academic year. Go to [Scholarships](#) for more information.*

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*—Jamie Dieterich*

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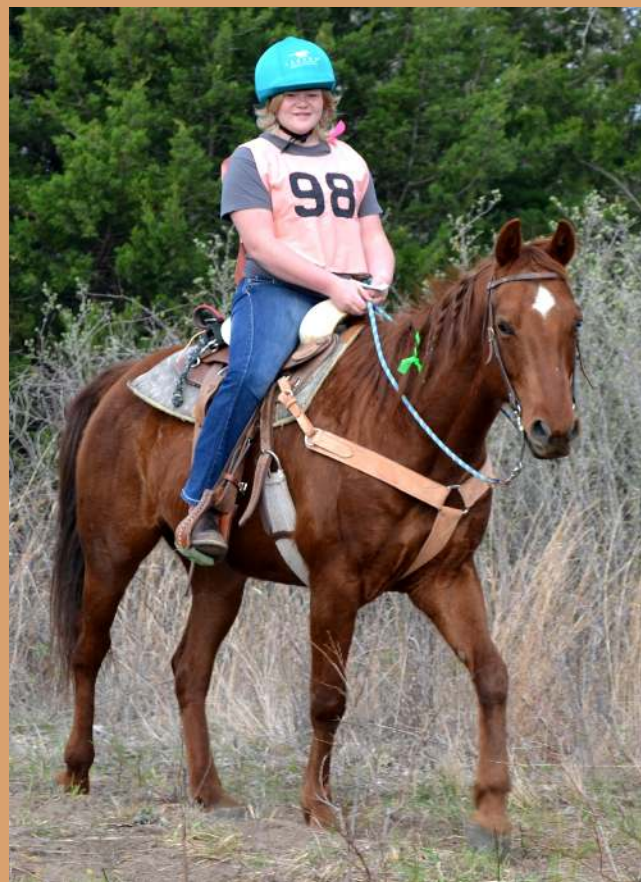
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Did you know that:

- NATRC is the first distance competitive trail sport?
- Our rules defined the sport?
- We are the first competitive trail organization?
- We were incorporated 10 years before the American Endurance Ride Conference?
- We are the only organization that judges both the rider in horsemanship and the horse in performance as they work as a team?



*Brook Staten, a first time competitor, riding Jericho Twistin Jac, at the R6 Exploring Sand Hills ride in Kansas.*

Photo by Andy Klamm, used with permission

*“Do the best you can until you know better. Then, when you know better, do better.”*

—Maya Angelou



# What's in Your Wallet....err....Fanny Pack?

By Bev Roberts

A major part of long distance competitive trail riding is conditioning. Many of us do not have riding buddies so we ride alone. What if something happens and you are separated from your horse, and possibly injured, a long way from home? Are you prepared?

The most important rule for riding by yourself is: *anything you need for an emergency should be carried on you, not on your horse.*

Recommended items to carry:

- Cell phone (if the area you are riding in has service) or
- A GPS device like SPOT that tracks where you are and has buttons for calling for help or for calling 911
- First aid kit (add aspirin for taking for a heart attack if there is none in the kit)
- Multi-tool with knife (for cutting wire, making shelter)
- Space blanket (for keeping warm if the nights are cool)
- Water (in case you have to walk out or have a long wait for your rescuers)
- Snack food (trail mix, peanuts, granola bar to help sustain you)
- Matches in a water tight container (fire signal fire or fire for keeping warm)



## Region 2

### Spring Fling A

4/11-12/2015 R2-CA  
 A-O/N/CP Total Riders: 6  
 Chair: Mary Jo Malone  
 Judges: Greg Fellers DVM, Kim Cowart  
 CP Combo: Ford Mustang/Schifferer, Hillary  
 Novice Sweepstakes: Hesa Blaze/  
 Lucas, Scott-95  
 Open Sweepstakes: Sea Dragon/Walls, Lory-97

#### Open Heavyweight

1/1 Smokey Sedona/Kafka, Karen

#### Open Lightweight

1/1 Sea Dragon/Walls, Lory

#### Open Junior

1/1 Rocky/Floyd, Brianna

#### Novice Heavyweight

1/1 Hesa Blaze/Lucas, Scott

#### Novice Lightweight

1/1 Amira Alysha/Floyd, Elizabeth

#### Competitive/Pleasure

1/1 Ford Mustang/Schifferer, Hillary

### Spring Fling B

4/11/2015 R2-CA  
 B-N Total Riders: 2  
 Chair: Mary Jo Malone  
 Judges: Greg Fellers DVM, Kim Cowart  
 Novice Sweepstakes: CP Mystique/Williams,  
 Kat-77

#### Novice Lightweight

1/1 CP Mystique/Williams, Kat  
 2/2 MSU Busta Moves/Elder, Debbie

## Region 3

### Caballo Canyon A

4/18-19/2015 R3-NM  
 A-O/N/CP Total Riders: 25  
 Chair: Kerry Bingham  
 Judges: Boyd Emond DVM, Jerry Sims  
 CP Combo: Cedar Valley's Torden Fjell/  
 Ferganchick, Brandy  
 Novice Sweepstakes: Pistolero/  
 Wiltshire, Diane-88  
 Open Sweepstakes: Awesomes Fire N Ice/  
 Wolgram, Ken-99

#### Open Heavyweight

1/1 Awesomes Fire N Ice/Wolgram, Ken  
 2/2 Dee Bar/Westmoreland, Cheri  
 3/3 Gen's Rockin Shadow/Ward, Jim  
 4/4 Big Mac's My My/Wylie, Karen

#### Open Lightweight

1/2 Turner's Wild Card/Ward, Lin  
 2/1 Mr. Cool/Smith, Terri

3/3 Isis Khepri/Scott, Syndi  
 4/4 Tres Beau/Poulton, Jennifer

#### Open Junior

1/1 GT/Bingham, Sydney

#### Novice Heavyweight

1/2 Pistolero/Wiltshire, Diane  
 2/5 Legends Legacy Lena/Alley, Paula  
 3/1 Safara/Horne, John  
 4/3 Bos Miss Fancy Dial/Edwards, Ashley  
 5/4 Tabooli/Johns, Kate  
 P Velma/Bechtolt, Phoebe

#### Novice Junior

1/1 MSA Chloe/Acevedo, Megan

#### Competitive/Pleasure

1/2 Cedar Valley's Torden Fjell/  
 Ferganchick, Brandy  
 2/4 Cadence/Tucker, Nicole  
 3/5 Winnie/Thearin, Dianna

4/6 Royal's Rock'N EZ Cinnabar/Garrett, Betty  
 5/1 Summer/Wolgram, Betty  
 6/ Grace/Sumner, Susie  
 /3 SAS's Smokey Annie Oakley/  
 Feazell, Juleen  
 Nightts Shaddo/Howell, Perran  
 Curiosa CR/O'Brien, Wava

### Caballo Canyon B

4/18/2015 R3-NM  
 B-N Total Riders: 10  
 Chair: Kerry Bingham  
 Judges: Boyd Emond DVM, Jerry Sims  
 Novice Sweepstakes: Dash of Quick Silver/  
 Simons, Sandie-97.5

#### Novice Heavyweight

1/4 Dash of Quick Silver/Simons, Sandie  
 2/6 Drifter/Friis, Jeremy  
 3/3 Anna's Rhett Buttler/Grabbe, Susan  
 4/1 A Goodtime Cowboy Casanova/  
 Daney, Devon  
 5/ Outlaw Jesse James/McClain, Marianne  
 6/2 Cats Flashy Feather/Hensley, Perry  
 /5 Spaz/Friis, Mary

#### Novice Lightweight

1/1 Escalante/Larsen, Lynda  
 2/2 Solstice/MacBean, Amy

#### Novice Junior

1/1 Reno/Speccht, Joshua



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## Region 4

### Oklahoma Run for the Mustangs

4/25-26/2015 R4-OK  
 A-O/N/CP Total Riders: 33  
 Chair: Kris Haggood  
 Judges: Natalie Goldberger DVM, Patti Hicks  
 CP Combo: Moon's Movin' Out/Sommer, Alanna  
 Novice Sweepstakes: Valentine/Engle, Amy-95  
 Open Sweepstakes: Wildfire Storm/  
 Miller, Dolly-99

#### Open Heavyweight

1/1 Ravenwood Royal Flag/Jewell, Jonni  
 2/4 Razmataz DBA/Bass, Carla Jo  
 3/3 First Rayt Investment/Gould, Larry  
 4/6 L.L.Remington/Marston, Marilyn  
 5/2 WH Picos Cozmic/Brodersen, Shirley

6/ Smoke-N-Jaz's Big Man/Stich, Kay  
 /5 Oliver Queen/Steinke, Maggie

#### Open Lightweight

1/1 Wildfire Storm/Miller, Dolly  
 2/2 Cito Mocha Raton/Cleveland, Trish  
 3/4 Hes a Rockstar/Van Order, Barbie  
 4/3 Dun Come Unzipped/Reynolds, Margaret

#### Novice Heavyweight

1/1 Hot Carma/Jakopak, Mark  
 2/2 Superfreak/Novotny, Caitlin  
 P Selket Majinsky/Muench, Gayle  
 P Sweet Sensation D./Echaves, Samantha  
 P Capril/Milligan, Misten

#### Novice Lightweight

1/2 Valentine/Engle, Amy  
 2/1 Blue Diamond Dealer/Muench, Fran

3/4 Apple Jack/Dooley, Rafannette  
 4/3 Jazz/Hailey, Ermine

#### Novice Junior

1/1 Polka Dot/Hebert, Maddie

#### Competitive/Pleasure

1/ Tribute to Liberty/Yovich, Alice  
 2/4 Moon's Movin' Out/Sommer, Alanna  
 3/6 NKR April's Jewel/Zimmerman, Betsy  
 4/ Little Man/Wright, Rebecca  
 5/ DCC Diablo/Jakopak, Summer  
 6/ Razonn Trail Dancer/Colby, Mary  
 /1 EZ Rocket WH/Stucky, Marla  
 /2 Wish Upon a Star/Collins, Alyssa  
 /3 Wyntez Buddy/Roberts, Beverly  
 /5 Nellie's Last Tango SC/Lucht, Becky  
 Petite BonSheik/Swiss, Elaine  
 P LuckyMan/Barton, Bobbie

## Region 5

### Carolina Derby A

4/25-26/2015 R5-SC  
 A-O/N/CP Total Riders: 26  
 Chair: Andrea Rogers  
 Judges: Natalie Morris DVM, Cheri Jeffcoat  
 CP Combo: Spotted Alen's Finale/Keen, Cindy  
 Novice Sweepstakes: Ruby/Talbert, Ben-92.5  
 Open Sweepstakes: Danamylte/  
 Diaguila, Esther-97

#### Open Heavyweight

1/2 Terradocs Oconee Belle/Kudra, Sallie  
 2/1 Red Bird's Ransom W/Clayton, Gary  
 3/3 RJ Aerabash/Wall, Bryan

#### Open Lightweight

1/3 Danamylte/Diaguila, Esther  
 2/2 Swiss Mocha/Riley, Paula  
 3/5 Prime Sensation WH/Findley, Martha  
 4/ Sunny Georgia/Lucas, Patty  
 5/1 Scatoaks Major Jake/Hall, Julie  
 6/4 Tommys Impressev Ace/Broughton, Regina  
 /6 Petoskey Spot/Wall, Rebecca

#### Novice Heavyweight

1/1 Ruby/Talbert, Ben  
 2/2 Jazzy's Little Girl/Hamrick, Miles

#### Novice Lightweight

1/1 Beau 11/Garnes, Sherry  
 2/2 Rowdy/Ward, Katie  
 3/3 Valentino's A Threat/Bradley, Caitlin

#### Novice Junior

1/1 Miss Haidas Badger/Evans, Natalie

#### Competitive/Pleasure

1/1 Spotted Alen's Finale/Keen, Cindy  
 2/6 Dusty Dawn's Little Lady/Lewis, Ray  
 3/ Carbon's Royal Belle/Lewis, Mary  
 4/ DIA Icon/Mount, Janell  
 5/5 Kings Lasting Legacy/Petelle, Patricia  
 6/3 Magical Serenade/Halligan, Sherri  
 /2 Lexus Golden Tie L/Dukes, Mary  
 /4 PH Twin Blue/Long, Amy  
 P RCC Follow Me/Jones, Debbie T.

#### Competitive/Pleasure DO

Smart Johnny/Tolbert, Wayne

### Carolina Derby B

4/25/2015 R5-SC  
 B-N/CP Total Riders: 9  
 Chair: Andrea Rogers  
 Judges: Natalie Morris DVM, Cheri Jeffcoat  
 CP Combo: Oak Knoll Holly/Nathan, Julie  
 Novice Sweepstakes: Ace/  
 Garnes, Jacob -96.5

#### Novice Heavyweight

1/1 Extra Chocolate/Snitker, Jim  
 2/2 Elvis/Wertz, Jennifer  
 3/3 Sabreur's Chase/Brower, Pete

#### Novice Lightweight

1/1 Monty/Landes, Holly

#### Novice Junior

1/3 Ace/Garnes, Jacob  
 2/2 Prince/Stamley, Janna  
 3/1 Tosheiluh Sunrise/Boyd, Ashley

#### Competitive/Pleasure

1/2 Red Eagles Sundancer/Stone, Voan  
 2/1 Oak Knoll Holly/Nathan, Julie

## Reminder

If an NATRC horse (that has competed) has been bought or sold, the mileage will not go with that horse unless the buyer or seller notifies the National Office that the horse has changed hands. We need the current and past owners' names, breed and registration number (if applica-

ble) in order to move the mileage to the new owner.

If you change your name, please notify the National Office so we can put your mileage with your current name.

If you see that your name or your horse's name is incorrect in the *Hoof Print* – please notify the National Office and

ask for a correction. The RMS is a privately owned and maintained system. If you corrected a name on the RMS System, it will NOT be corrected on the National database until you notify us of the change.

## Region 5, continued

### Faye Whittemore A

5/16-17/2015 R5-AL  
 A-O/N/CP Total Riders: 27  
 Chair: Michelle Goza  
 Judges: Natalie Morris DVM, Wayne Tolbert  
 CP Combo: Mariah's Secret/Riley, Leigh  
 Novice Sweepstakes: Dotty/Galbraith, Linda-97  
 Open Sweepstakes: Danamyte/  
 Diaguila, Esther-100

#### Open Heavyweight

1/1 Red Bird's Ransom W./Clayton, Gary  
 2/3 Victory CH/Moore, William  
 3/2 Terradocs Oconee Belle/Kudra, Sallie

#### Open Lightweight

1/1 Danamyte/Diaguila, Esther  
 2/2 Swiss Mocha/Riley, Paula  
 3/4 Roxanne/South, Robin  
 4/3 Tommys Impressev Ace/Broughton, Regina

5/5 Sunny Georgia/Lucas, Patty  
 6/6 Standing Ovation/James, Trish

#### Novice Heavyweight

1/1 Grace/Light, Victoria  
 2/3 SaiWee TripNDixie/Leonard, Terri  
 3/2 Star/Wolf, Teresa

#### Novice Lightweight

1/2 Dotty/Galbraith, Linda  
 2/3 Shades/Lowery, Rita  
 3/1 DLC Roxies Peponita/Howard, Marsha  
 4/6 Brandi/Jakovcic, Lesley  
 5/4 Cooool Hand Luke/Gamble, Karen  
 6/5 Winston/Mills, Carolyn  
 /DO Rhea Sunshine/Moulis, Jameson

#### Novice Junior

1/1 Knights Gloriusmirage/Gamble, Riley

#### Competitive/Pleasure

1/2 Mariah's Secret/Riley, Leigh  
 2/ Magnum/Riddick, Keri  
 3/3 Kings Lasting Legacy/Petelle, Patricia  
 4/4 Dusty Dawn's Little Lady/Lewis, Ray  
 5/6 Carbon's Royal Belle/Lewis, Mary  
 6/1 OH Bogustus/Chapman, Carolyn  
 /5 OH Captain Call/Buttrey, Marlene

### Faye Whittemore B

5/16/2015 R5-AL  
 B-N Total Riders: 1  
 Chair: Michelle Goza  
 Judges: Natalie Morris DVM, Wayne Tolbert  
 Novice Sweepstakes: Sebastian/Ward, Michael-93

#### Novice Heavyweight

1/1 Sebastian/Ward, Michael

## Region 6

### Nickers and Neighs A

5/2-3/2015 R6-KS  
 A-O/N/CP Total Riders: 29  
 Chair: Hope White/Vickie White  
 Judges: Patrick Regier DVM, Priscilla Lindsey  
 CP Combo: Razonn Trail Dancer/Colby, Mary  
 Novice Sweepstakes: Flyhawk Dreamer/  
 Vernon, Katy-99  
 Open Sweepstakes: L.L.Remington/  
 Marston, Marilyn-99

#### Open Heavyweight

1/1 L.L.Remington/Marston, Marilyn  
 2/2 Smoke-N-Jaz's Big Man/Stich, Kay

#### Open Lightweight

1/4 Rushcreek Allie/Messick, Brenda  
 2/2 Cito Mocha Raton/Cleveland, Trish  
 3/1 Princess Dina/Payne, Debbie  
 4/3 Dun Come Unzipped/Reynolds, Margaret  
 5/6 SC Akil Gassur/Brinck, Travis  
 6/5 AM Micado's Race/Hauser, Jeanie  
 P Tornado Watch/Farris, Denise

#### Novice Heavyweight

1/2 Rosita/Bohling, Cheryl  
 2/1 KS Franks Banjet/Chaffin, Verona  
 P Clancey O'Tucker/Royle, Gracie

#### Novice Lightweight

1/DO Flyhawk Dreamer/Vernon, Katy  
 2/4 BRA Leonardo/Norris, Troy  
 3/1 Jim Bob's Cookie/Licata, Mary

4/3 Sasha/Smith, Helen  
 5/5 Perfection's Red Alert/Laffey, Elizabeth  
 6/2 Shahteekhs Thunder/Shively, Joyce  
 P Sundown Taz/Patillo, Joanna

#### Novice Junior

1/1 Shady Sunset WH/Reeter, Jessica  
 2/3 Superlady Teton/Patillo, Kaley  
 3/2 Country Mocha WH/Reeter, Josie  
 P Yorktown Special/Jennings, Morgan

#### Competitive/Pleasure

1/1 Razonn Trail Dancer/Colby, Mary  
 2/2 Silver Valley Tate/Hanson, Mary  
 3/5 Lethal Status/Ankersen, Sharron  
 4/4 Roho Honey Mocha WH/Hinkebein, William  
 5/6 Nikita's Chilli Sensation WH/Berry, Michele  
 6/3 Country Diamond Rio/Blue, Erica

### Nickers and Neighs B - Saturday

5/2/2015 R6-KS  
 B-O/CP Total Riders: 3  
 Chair: Hope White/Vickie White  
 Judges: Patrick Regier DVM, Priscilla Lindsey  
 CP Combo: Winchester Charm/  
 Wood, Mary Anna  
 Open Sweepstakes: King's Mountain Hale Bop/  
 Dollarhide, Patti-100

#### Open Lightweight

1/1 King's Mountain Hale Bop/Dollarhide, Patti

2/2 Pistol Annie/Shelman, Stacie

#### Competitive/Pleasure

1/1 Winchester Charm/Wood, Mary Anna

### Nickers and Neighs B - Sunday

5/3/2015 R6-KS  
 B-O/CP Total Riders: 6  
 Chair: Hope White/Vickie White  
 Judges: Patrick Regier DVM, Priscilla Lindsey  
 CP Combo: D.M.'S Eye of The Tiger/  
 Altwegg, Noreen  
 Novice Sweepstakes: Risky Snickers/  
 Martinez, Samantha-72  
 Open Sweepstakes: Angel's Ricochet Shot/  
 Klamm, Ryan-99

#### Open Junior

1/1 Angel's Ricochet Shot/Klamm, Ryan

#### Novice Heavyweight

1/1 Mi Lady/Martinez, Melissa

#### Novice Lightweight

1/1 Risky Snickers/Martinez, Samantha

#### Competitive/Pleasure

1/3 D.M.'S Eye of The Tiger/Altwegg, Noreen  
 2/2 Winchester Charm/Wood, Mary Anna  
 3/1 Little Ann/Klamm, Liz

For a current Ride Schedule, log on to

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



## Region 6, continued

### EKAHA Hill and Dale

5/16/2015 R6-KS  
 B-O/N/CP Total Riders: 42  
 Chair: Mary Colby  
 Judges: Kate Jacob DVM, Priscilla Lindsey  
 CP Combo: Summer/Wolgram, Betty  
 Novice Sweepstakes: Safara/Horne, John-99.5  
 Open Sweepstakes: Cito Mocha Raton/  
 Cleveland, Trish-100

#### Open Heavyweight

- 1/1 L.L.Remington/Marston, Marilyn
- 2/2 Awesomes Fire N Ice/Wolgram, Ken
- 3/3 My Nightmare/White, Vickie
- 4/4 Spot Me Wild/Sylvara, Karen

#### Open Lightweight

- 1/1 Cito Mocha Raton/Cleveland, Trish
- 2/2 King's Mountain Hale Bop/Dollarhide, Patti
- 3/4 Rushcreek Allie/Messick, Brenda
- 4/5 Hes a Rockstar/Van Order, Barbie

- 5/3 Dun Come Unzipped/Reynolds, Margaret
- 6/6 Pistol Annie/Shelman, Stacie

#### Novice Heavyweight

- 1/4 Safara/Horne, John
- 2/3 Duke/Mass, Joyce
- 3/2 KS Franks Banjet/Chaffin, Verona
- 4/5 Bones/Schneider, Michelle
- 5/ Kaluha/McNiff, Sandra
- 6/1 Hot Carma/Jakopak, Mark
- /6 Commanche BH/Sedlacek, Merry
- P Kam/Thomsen, Patrice
- P Wildcard Tonto/Fowler, Kylie
- P Pony/Miller, Faye

#### Novice Lightweight

- 1/4 Auli Sabah/Fischer, Jennifer
- 2/5 Shaateekhs Thunder/Shively, Joyce
- 3/1 Jim Bob's Cookie/Licata, Mary
- 4/2 Sensation AI Miss/Plumer, Joni
- 5/3 Sasha/Smith, Helen
- P PS Miss American Pie/Levinson, Alexandra

#### Novice Junior

- 1/1 Shady Sunset WH/Reeter, Jessica
- 2/2 Country Mocha WH/Reeter, Josie
- 3/3 Countrys Lady Traveler WH/  
Jennings, Morgan
- 4/4 Zoey/Schneider, Shane

#### Competitive/Pleasure

- 1/3 Summer/Wolgram, Betty
- 2/ DCC Diablo/Jakopak, Summer
- 3/4 Roho Honey Mocha WH/Hinkebein, William
- 4/2 Winnie/Thearin, Dianna
- 5/ Silver Valley Tate/Hanson, Mary
- 6/1 Wyntez Buddy/Roberts, Beverly
- /5 T-Bone B Blacky/Ross, Kerri
- /6 Winchester Charm/Wood, Mary Anna
- Country Diamond Rio/Blue, Erica
- Lethal Status/Ankersen, Sharron
- WWW Dot Hunk/Berry, Michele
- P JGC Maximum Overdrive/  
Levinson, Rhonda

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Photo courtesy of Lisa Delp & Meghan Delp

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___ SINGLE .....\$60 /yr Single adult member (1 vote)		___ SINGLE...\$ 5,000	Same
___ ASSOCIATE...\$50 /yr Equine groups or businesses only (no vote)			
___ JUNIOR.....\$40 /yr Single Junior under age 18 (no vote)			

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

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

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 Street \_\_\_\_\_ City \_\_\_\_\_  
 State, Zip \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_  
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A friendly reminder that you must be a current member to receive member rider fee discounts. To be eligible for year-end awards, you must be a member before the ride year ends. The Ride Year ends after the second Sunday in November. See you on the trail!

3/15/15

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### The Upper

Leather and soft-weave fabric is lightweight yet durable to protect the hoof from rocks, roots and other trail hazards. Breathable mesh wicks moisture, allows full range of motion and shields the pastern joint area. Reflective details increase visibility in low light. A seamless mold between the upper and the bumper eliminates the need for stitching.

### The Bumper

The robust, lightweight polyurethane bumper offers extreme pliability and high resilience. Located at the core of the boot, this flexible connection to the upper accommodates many hoof shapes and angles.

### The Outsole & Cavity Cushions

Fabric and synthetic materials resist wear and increase stability beneath the midsole. Depressions within the outsole structure are filled with the softer midsole material to create an integrated cushion. The result is a close-to-the-ground fit that encourages proper movement.



## The Seamless Integration of Flexibility and Durability

### Hook & Loop Straps

Industrial strength hook and loop straps at front and back secure the boot on the hoof. These reversible straps allow for precise fit adjustments.

### The Midsole

The flexible bumper and hardy outsole are molded together to form a supportive midsole for the hoof to stand on. This combination of shock absorption and support has never before been seen in a hoof boot.

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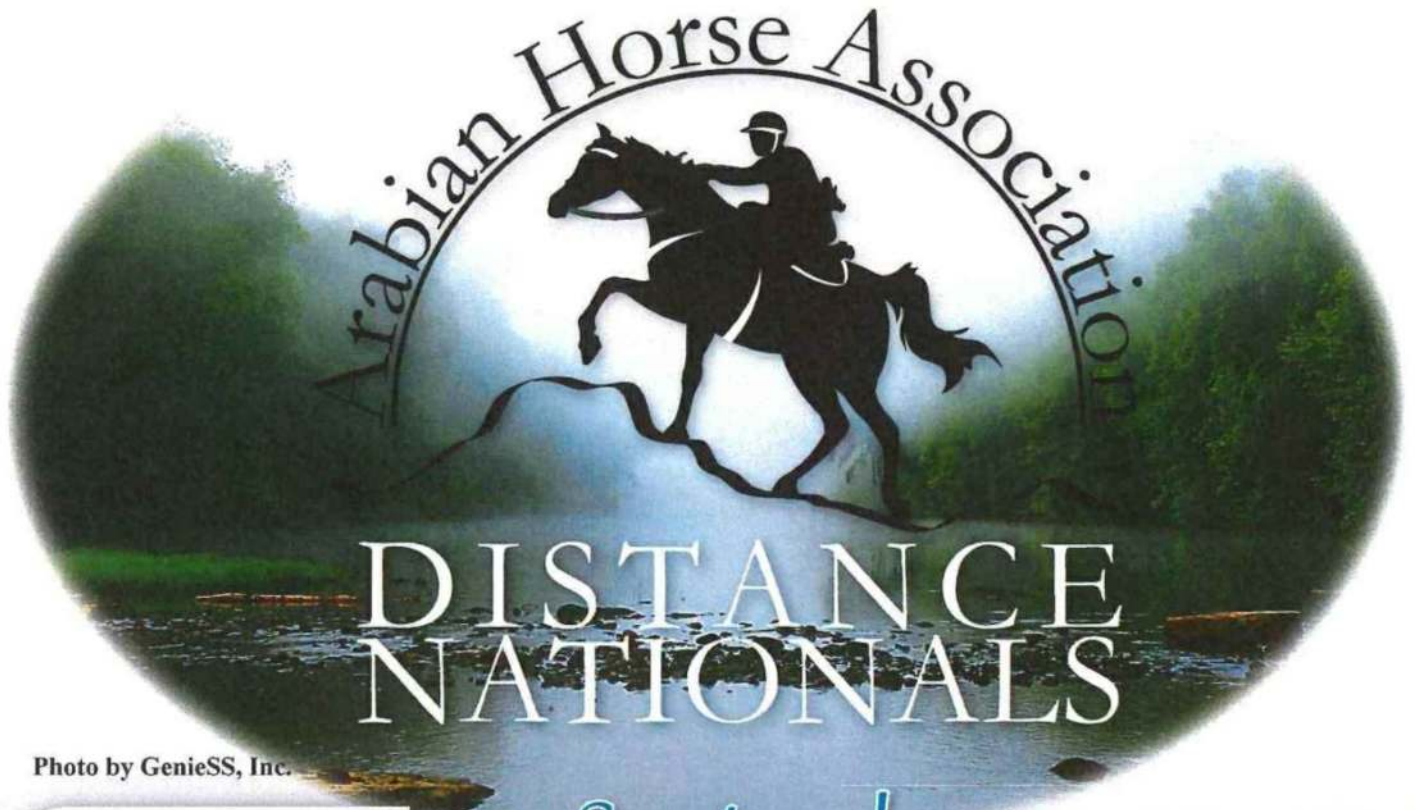


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September 10-13, 2015

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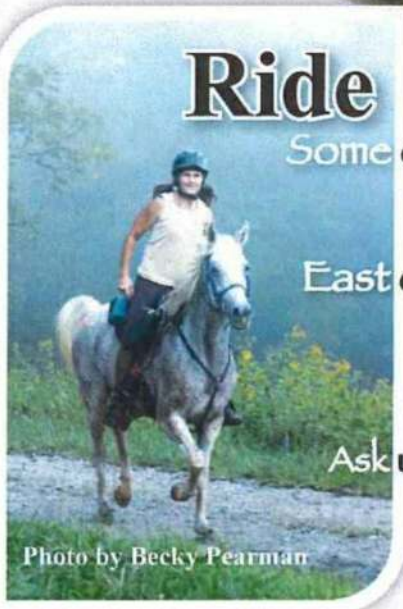


Photo by Becky Pearman

Big South Fork NRRA, Oneida, TN  
[ArabianHorses.org/DNL](http://ArabianHorses.org/DNL)



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