

# Hoof Print

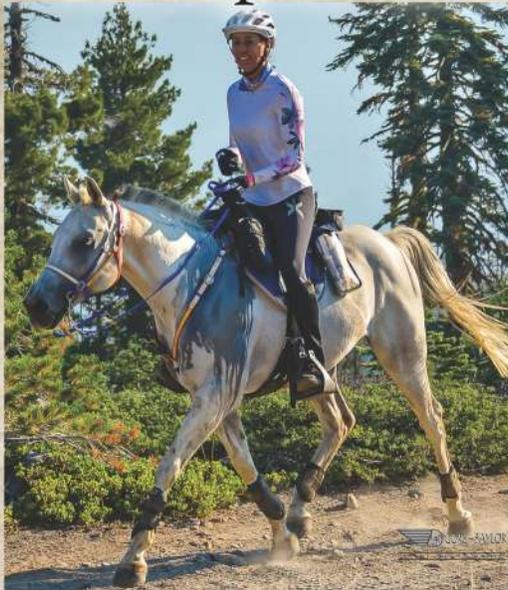
Summer  
2020



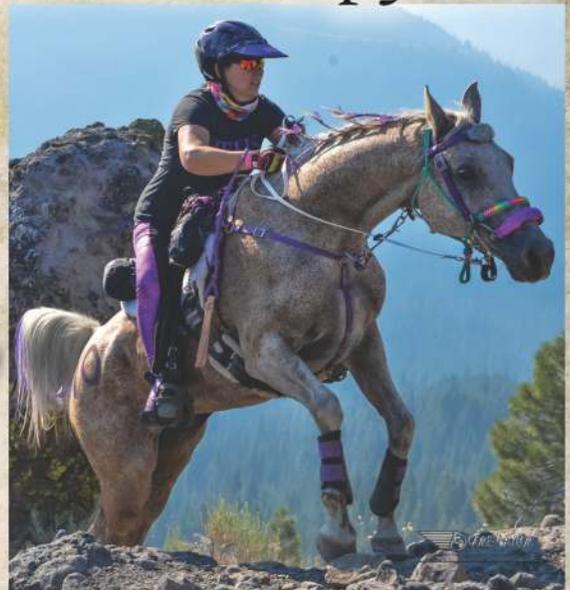
**Equitation Tips    Strategy in CTR**  
**Cooling and Ice Boots**



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*Tennessee Lane and TM Burning Bridges  
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Hoof Print Editor

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Please refer all address changes to the NATRC office at the address below:

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

NATRC PO Box 969 Beatrice, NE 68310



## On The Cover:

Novice riders  
Kimberlee Flint and  
CA Hennessey (#19) and  
Eileen Stecik and  
Daylight (#22)  
at the 7IL Scamper Ride in  
Region 4.

Photo by Richard Rosinski,  
used with permission

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Ride/Clinic ad	Half Price

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Email color 300dpi JPEG ad to [matefey@gmail.com](mailto:matefey@gmail.com). Specify *Hoof Print* and topic in the subject line. Contact NATRC for discounts on consecutive issue ads or ad specifications.

### Submission Deadlines

Spring (Mar/Apr/May) Feb. 15      Summer (Jun/Jul/Aug) May 15  
Fall (Sep/Oct/Nov) Aug. 15      Winter (Dec/Jan/Feb) Nov. 15

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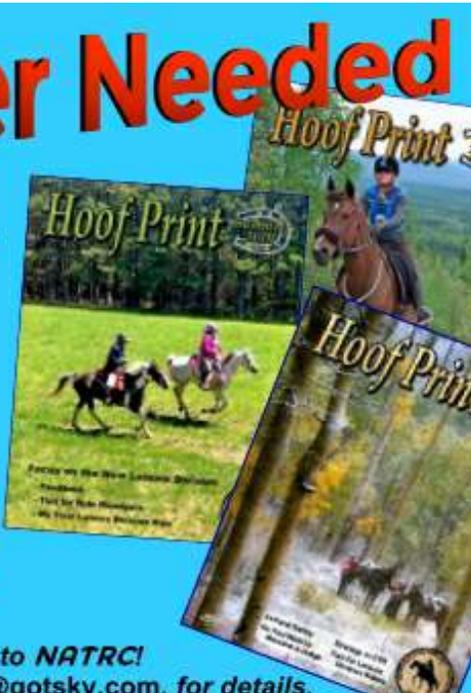
# Volunteer Needed

To compile and coordinate  
*Hoof Print* content and  
Contributions quarterly.

**Helpful skills:**

- Involvement with the sport
- Ability to stick to a time table
- Proficiency with MS Word
- Proficiency with proof reading
- Ability to work well with others
- Ability to communicate via email

This is your chance to give back to NATRC!  
Contact Jamie Dieterich, [jamiiek@gotsky.com](mailto:jamiiek@gotsky.com), for details.



# President's Message



This spring has been a difficult one for all of us – to say the least. I hope everyone is well. To paraphrase something I've heard, "We're on the same ride, but we're not all riding the same trail." Some have been in total lockdown – unable to even see their horses, while others can be with their horses but only ride in an arena, and still others have had access to their horses and trails. All over our country, regions have had to cancel or postpone spring and summer rides because of the COVID-19 virus and various state and local shutdowns.

So what does the future look like? We don't really know, but we are making some contingency plans. The biggest is that the 2021 National Convention, originally scheduled for February 2021 in Omaha NE, will be postponed to February 2022. It was difficult for Region 6 to make plans, reservations and schedules without knowing how the summer and fall would go. In light of that and the cancellation of so many rides, we have a committee working on what year-end awards will be.

We are most likely not going to award the perpetual awards (President's Cup, Jim Menefee Combined Horse and Horsemanship, and the high average awards), national placings in Open and CP, but will be recognizing mileage awards and hopefully National Championships. Stay tuned for more.

Then to the good news. Last year, I initiated monthly Zoom meetings for our National Board of Directors to improve communications. This has been invaluable to our organization in a lot of ways and has allowed us to stay up to date with all the changes and restrictions. At the time this issue is published, we will have begun having regular online meetings with ride managers to exchange thoughts and ideas on how to proceed as states start allowing gatherings and events again.

In one of our monthly BOD meetings, several members came up with the idea for the online challenges you have already seen as well as starting up the webinars. The response from the membership has been tremendous, and the

income from the challenges has helped to offset the losses we would have been facing from the lack of income normally generated by the rides. The other plus is that the challenges and webinars have helped to keep our whole membership engaged, educated and I hope entertained.

Stay positive. Take advantage of this time to work more with your horses and plan to excel when our rides start up again.

Angie Meroshnekoff  
President  
North American  
Trail Ride Conference

## Meet Our New Apprentice and Provisional Judges

**Members:** The Judges Committee welcomes your comments on the following apprentice and provisional judges.

### Veterinary Judges

#### Apprentice

Vivian Gay McWilliams Quam, DVM (R5)

#### Provisional

Verona Chaffin, DVM (R6)

### Horsemanship Judges

#### Apprentice

Angie Meroshnekoff (R1)  
Brenda Messick (R6)

#### Provisional

Jan Jeffers (R1)

### Veterinary and Horsemanship Judges:

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

### Ride Chairs:

- Secure your judges early. Remember, you must contact and secure your judges well in advance of your ride date!
- For a current Judges List, please visit the website.
- If you have difficulty securing an NATRC judge, please contact the appropriate Judges Committee Co-Chair:

**Veterinary**  
**Pam Hess, DVM**  
440/477-3474 (cell)  
[phess@lec.edu](mailto:phess@lec.edu)

**Horsemanship**  
**Kim Cowart**  
678/773-6038  
[kcneverrestranch@gmail.com](mailto:kcneverrestranch@gmail.com)

## Ride Managers!

Up to \$1,000 in grants are available to help defray upfront ride costs.

Manager must be an NATRC member.

Submit 1-page application and supporting papers 90 days prior to the ride.



Download application at [natrc.org](http://natrc.org).

## RIDE MANAGEMENT SUPPORT FUND

## NATRC National Board Members

### Region 1

Angie Meroshnekoff (2019-21)  
[awhitedog@aol.com](mailto:awhitedog@aol.com)  
Jamie Dieterich (2020-22)  
[jamiiek@gotsky.com](mailto:jamiiek@gotsky.com)  
Linda Thomason, Alt (2018-20)  
[linda.thomason0610@gmail.com](mailto:linda.thomason0610@gmail.com)

### Region 2

Bob Insko (2019-21)  
[rminsko@gmail.com](mailto:rminsko@gmail.com)  
Lory Walls (2020-22)  
[lorywalls6@gmail.com](mailto:lorywalls6@gmail.com)  
Audrey Pavia, Alt (2018-20)  
[audrey@audreypavia.com](mailto:audrey@audreypavia.com)

### Region 3

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Sharon Roper, Alt (2020-22)  
[sjroper9345@gmail.com](mailto:sjroper9345@gmail.com)

### Region 4

Alice Perryman (2018-20)  
[aliceperryman2@gmail.com](mailto:aliceperryman2@gmail.com)  
Gayle Muench (2019-21)  
[gaylemuench@yahoo.com](mailto:gaylemuench@yahoo.com)  
Elaine Swiss, Alt (2020-22)  
[swissranch@earthlink.net](mailto:swissranch@earthlink.net)

### Region 5

Esther Diaguila (2018-20)  
[borncountry@skippinghorse.com](mailto:borncountry@skippinghorse.com)  
Kris Gray (2020-22)  
[krisfgray@gmail.com](mailto:krisfgray@gmail.com)  
Sallie Kudra, Alt (2019-21)  
[kudra@clemson.edu](mailto:kudra@clemson.edu)

### Region 6

Shari Parys (2018-20)  
[katbalu96@aol.com](mailto:katbalu96@aol.com)  
Marla Stucky (2020-22)  
[m.j.stucky79@gmail.com](mailto:m.j.stucky79@gmail.com)  
Margaret Reynolds, Alt. 2019-21  
[mmr636@comcast.net](mailto:mmr636@comcast.net)

## National Board Officers

### President:

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[awhitedog@aol.com](mailto:awhitedog@aol.com)

### Vice President:

Shari Parys  
[katbalu96@aol.com](mailto:katbalu96@aol.com)

### Treasurer:

Gayle Muench  
[gaylemuench@yahoo.com](mailto:gaylemuench@yahoo.com)

### Executive Director:

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

## North American Trail Ride Conference Mission Statement

The North American Trail Ride Conference (NATRC) promotes horsemanship and horse care as they apply to the sport of distance riding by offering a variety of challenging and educational experiences designed to strengthen horse and rider partnerships.

## 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

## Moved? Changed Name? Sold a Horse? Bought One? Added a Junior? Different Phone?

Please report any changes in your membership information to the national office. Such changes might include your name, a move to a different address or region, the sale of a horse, or the addition of juniors to a family membership - particularly if a junior has a different last name.

Basic changes like address, phone number and email address can be made on the website under "My Account" at the top right hand side of the screen. It's your responsibility to keep your information up to date.

Sarah Rinne 402-806-8708 [natrc@natrc.org](mailto:natrc@natrc.org)

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# We told you we were rolling out something **BIG!**

Here they are! The 2020 NATRC Mileage Challenge and 2020 NATRC Obstacle Challenge! These are non-competitive miles and obstacles enabling us to have fun with our horses while social distancing to protect our communities, families, and ourselves. Have fun with your horse and earn points for prizes! **To enter, write to [natrc@natrc.org](mailto:natrc@natrc.org)**

◆◆**Mileage Challenge:** Log your miles on a GPS May 1--Nov. 1; awards go to the top 6 mileages! \$25 one horse, \$10 for each additional horse ridden.

◆◆**Obstacle Challenge:** Enter monthly (\$10) or enter by April 30 to compete in all five months May, June, July, August, September (\$40). We are issuing a new set of five obstacles each month. Video yourself and receive feedback/tips from five NATRC judges -- what a deal! The judges will watch the submitted videos, score each on a scale of 1-5 (like Dancing with the

Stars), and provide feedback/tips. Top 6 points earners across five months will win awards!

◆All participants receive a participation tag at the end of the challenge. *You must be a NATRC member to participate.* Remember, we have free annual memberships for first-time members--visit [www.natrc.org](http://www.natrc.org) to join.

◆Encourage your riding companions to join NATRC and join in on the challenge, even Free Memberships can participate!! Take lots of pictures, post on social media and respond to others posts. We're in this together, so *let's ride together!!!*

To help our administrators, in each email please make sure to highlight the date of your ride, your horse's name for that ride, and your Region.

◆Send your GPS tracks/mileage records to [natrcmileagechallenge@yahoo.com](mailto:natrcmileagechallenge@yahoo.com).

◆Send your videos for the Obstacle Challenge to [natrcobstaclechallenge@yahoo.com](mailto:natrcobstaclechallenge@yahoo.com).

Bill Wingle, R3, did a You Tube video on [how to submit a video](#).

This information and more is in the email confirmation you receive after signing up for the challenge.

See more at [www.natrc.org](http://www.natrc.org).



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# Honorary and Appreciation Nominations

From Ruth Mesimer, Honorary and Appreciation Chair

Please submit your nominations for the 2020 ride year for only the Regional Appreciation for National Recognition awards.

We have postponed awarding the Jim Menefee NATRC Lifetime Achievement, Workers Hall of Fame, and the three National Appreciation awards until we are able to hold our convention at a physical venue and can give these highest honors the celebration they deserve.

## Criteria:

**Regional Appreciation Award for National Recogni-**

**tion** - each region may nominate up to three members for recognition. Nominees may be individuals, pairs, or groups such as ride sponsors or clubs. **Write-up limited to 200 words.**

## Procedure:

Brain storm with your fellow region members and prepare write-ups in Word format for deserving folks in your region. Submit nominations and write-ups to your region's BOD for approval by October 13, 2020. **PLEASE**, keep the word limit in mind on each nomination.

Designate a person in your region's board to forward the approved nomination write-ups to the Honorary and Appreciation Chair by Tuesday, October 20, 2020.

Your national board members will receive all of the approved nominations and vote to approve them at the November 13, 2020 meeting. Due to the cancellation of the 2021 national convention, NATRC will recognize the award winners in Hoof Print and on the national website. Presentations may be given at the corresponding regional conventions.



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# Equitation Tips: Balanced Riding is Efficient Riding

Assembly of comments by Donna Snyder-Smith and Priscilla Lindsey

**“The most efficient horse is the balanced horse. Because it takes more energy to recover balance than to maintain it, it is of utmost importance to a horse's efforts that the rider be able to move in harmony and**

**non-interference as the horse adjusts itself over various types of terrain. Only the balanced rider can accomplish true non-interference.”** Donna Snyder-Smith, *NATRC Riders Manual*.

The following tips will help you visualize good body positions to help you ride balanced and to “dance with your horse.”

## On the Level

- “Lack of balance results in excessive muscle tension (grip), fatigue, pounding the horse's back and bumping his mouth.
- Riding in balance requires only good muscle tone (rather than tension) to keep the rider **light** in the saddle.
- Riding in balance begins with the alignment of the rider's ear, shoulder, hip and heel in a vertical line.
- The rider's heel should be slightly lower than the toe as the foot rests in the stirrup. This position allows the greatest freedom and shock absorbing capacity in the ankle joints. The stirrup should be under (and just slightly behind) the ball of the foot, which is the least tiring position. Stirrups placed too close to the toe or heel can cause the rider discomfort, including numb feet and sore knees.”

Priscilla Lindsey

See also, “Equitation for Distance Riders,” by Priscilla Lindsey, *Hoof Print*, Fall 2014.



## Up Hills

- Adjust the stirrups to allow the knees and ankles to flex and the heel to drop slightly below the toe
- Fold forward from the hips (close the hip angle) according to the terrain; torso over the base of support (the feet)
- Redistribute the weight through the thighs (no gripping) with only a little weight in the stirrups; weight is slightly off the saddle
- Allow horse to lengthen his neck, round his back, and use his hindquarters to push up the hill
- Maintain control

See also “Biomechanics for Ascending Terrain,” Donna Snyder-Smith, *Hoof Print*, Summer 2013

## Downhills

- Fold forward from hips, slide buttocks back
- Unlock the joints with torso over base of support (the feet)
- Distribute the weight through thighs with a little bit in the buttocks and some in the stirrups.
- Toes should be higher than the rider's heel so ankles and knees can act as shock absorbers
- In this position, the rider “floats” down the hill enabling the horse to move its hind feet well up under its mass to protect the front feet.

See also, “Effective Downhill Riding,” by Donna Snyder-Smith, *Hoof Print*, Spring 2014.



**Donna Snyder-Smith:** Achievements include American Riding Instructors Association Lifetime Achievement Award; Centered Riding Instructor; North American Western Dressage Award; America's Top 50 Riding Instructors 2007; American Horse Show Association, Inc. Judge. Author of three books. Now retired, she still offers help through video analysis and consulting perhaps.

### Priscilla Lindsey:

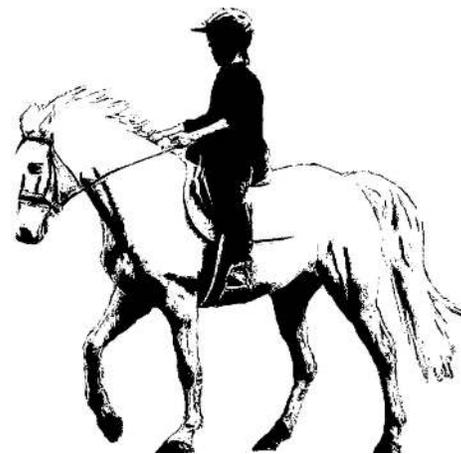
Retired Centered Riding Instructor. Horsemanship Judge, Region 6. Horse breeder and trainer.

# Equitation on a Gaited Horse

By Janine Ancell, R3

Although show-ring gaited horse equitation calls for a deep, "chair seat," equitation for competitive distance riding is really about the same as for any other horse. Sitting back on a gaited horse's back for miles and miles on the trail will result in a sore back. The rider should be centered over the

horse's center. The rider should be light and balanced just as on a non-gaited horse. The weight is distributed down the thighs into the stirrups. Riding a gaited horse is very comfortable, and the rider needs to be careful not to get heavy in the saddle.



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By giving to NATRC, an organization that holds a unique place in your heart, you are ensuring that we can continue to promote equine and equestrian safety through trail competitions and education programs, and to develop and maintain trail systems throughout the country.

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

The North American Trail Ride Conference is a 501(c)(3) non-profit organization. Your donation is tax deductible. To implement any of the donation suggestions, please be sure to work with your attorney or financial adviser.



Photo by Jim Edmondson

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

Put your valuable 4-H skills to use outside of the arena and compete for this special award. Trail riding is a great way to cross train your horse for shows, safely practice your equitation and communication in a more scenic setting, and even put those showmanship skills to use during the in-hand vet checks! Encourage your fellow 4-H friends to join you in competitive trail rides and compete for NATRC's 4-H Year-End High Point Team Award. Contact us if you would like a presentation to your club to introduce the sport and answer questions.

To be eligible is simple. Just compete in any division, nominate yourself, and prove that you are a 4-H member! Here are the specifics:

- 1) The award goes to the high point horse and rider team **regardless** of the division.
- 2) Your self-nomination must occur before the end of the ride year which is the second Sunday in November. (For 2020, that will be November 15<sup>th</sup>).
- 3) You must: (a) be an NATRC competing member, (b) contact Sarah Rinne at [natrc@natrc.org](mailto:natrc@natrc.org) to nominate yourself, and (c) have your 4-H leader contact Sarah to verify that you are a 4-H member.

Additionally, 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. How cool is that? A form to use for documentation at the ride is available [here](#) or contact Sarah Rinne, [natrc@natrc.org](mailto:natrc@natrc.org).

Questions? Contact: Shari Parys,  
[katbalu96@aol.com](mailto:katbalu96@aol.com)

# Thank You!

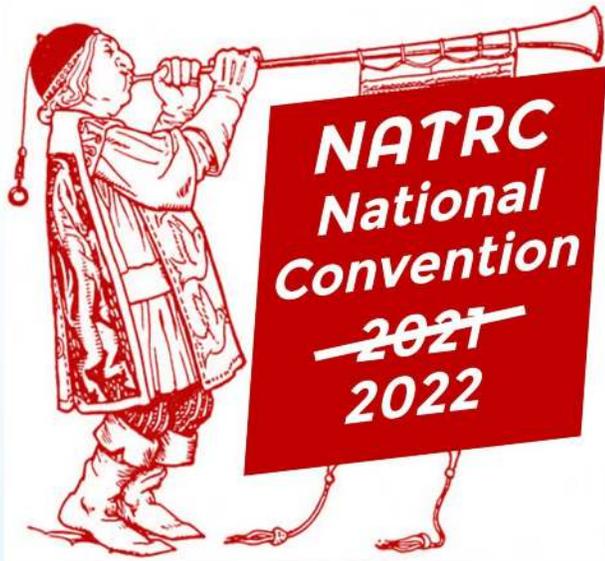
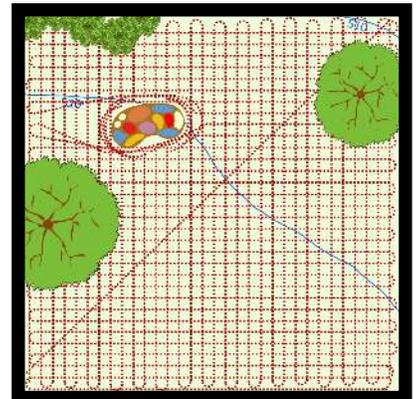
To everyone who has registered for the virtual obstacle challenge and who has taken and submitted videos for judging, a big THANK YOU. The response has been fantastic! We hoped you would have fun with this, and you are! Some might say that you are having too much fun, like Alaskan competitor shown here, Laurie Knuutila, who said when she sent in her raincoat video, "Well, they didn't specify WHERE the raincoat should be before we put it on. My girl is holding it for me!"



Not only are you having fun, you're doing a great job to boot. This kind of thing keeps us active with our equines; it also translates to more consistent performance and better communication in our future CTR competitions.

A 1918 San Antonio Light newspaper ad once said, "A picture is worth a thousand words." We hope you will keep taking videos of yourselves for self-evaluation even after the obstacle challenge closes.

And, THANK YOU to everyone participating in the virtual mileage challenge! Who knew there were so many practical uses for that GPS in addition to keeping track of your mileage and pace during a ride? After all, how would you convince others that you actually rode 2.5 miles in your 1-acre back yard without retracing your steps? See ...



## Convention News

With COVID-19 concerns causing so many uncertainties surrounding planning, the 2021 National Convention, originally scheduled in Omaha, NE, will be postponed until 2022.

## Awards News

With so few rides this season, requirements for many national year-end awards cannot be met, or will be available to only a few. In order to not diminish the integrity of our prestigious awards, the national board approved the recommendations of an ad hoc committee to not award the: President's Cup, Jim Menefee Combined Horse and Horsemanship, high average awards (Bev Tibbitts, Polly Bridges, Junior and CP Grand Champions, Junior and CP high averages), High Point Horse and High Point Horsemanship (Open and CP) for the 2020 ride year.

Mileage, National Championships, and regional Team awards will be offered. Regional awards can be awarded and presented at regional mini-conventions.

## NATRC Student Loan & Scholarship Program

Student loans and scholarships are available according to the budgeted amount, at the discretion of the National Board of Directors. 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 3 years. Consideration will also be given to a student or a student's family who has been an active member for less than 3 years but more than 6 months.

Priority will be given first to a student enrolled in an accredited School of Veterinary Medicine; second in studies leading to a degree in Animal Science, Nutrition, Health and/or other related equine field; third in other related equine studies; fourth to a college student in his/her senior year, then junior year, sophomore year, freshman year. For a student loan, consideration may also be given to a student enrolled in other studies.

Other considerations include financial need, scholastic achievement, and character of the applicant as determined by the Student Loan/Scholarship Committee.

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

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

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from your eyes to your hands  
to your seat to your feet."



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If you already have an [amazon.com](https://amazon.com) account, all your account information automatically appears in *smile*. How easy is that?!

If you already have a charity set up on Amazon Smile, you can change it. Sign in on your desktop or mobile phone browser and simply select "Change your Charity" in "Your Account."

# ⚠ Ride Chairs & Secretaries

We update forms as needed.

**LAST YEAR'S ARE OBSOLETE!**

Please download current ones at [natrc.org](https://natrc.org).

**FORMS**

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Wing Tempo held the NATRC record for highest mileage with nearly 21,000 miles at his retirement from CTR at age 32.

## Equine Art

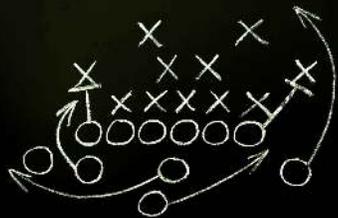
Colored Pencil

Signed Unframed Reproductions  
5" x 7" - \$9      S & H  
8" x 10" - \$20      \$6

Commissions: private treaty.

[matefey@gmail.com](mailto:matefey@gmail.com)  
870-420-3244  
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# Strategy in CTR.



## Really? - Part 4

By Bev Roberts

**Y**ou bet! On-the-trail strategy pays off both during the day's ride and afterwards in camp. Remember, strategy is the art of devising a means to an end with a favorable outcome. Your goal is to complete an enjoyable day's ride in the allotted time with the least amount of stress on your equine (horse/mule) ... and you!

Picture the perfect ride. It is sunny with a light breeze and temperature in the 70's. Those ahead of and behind you are traveling at your pace but are out of sight. "Old Dobbin" is responding to your most subtle weight shifts. You breeze through obstacles. Pulse and respiration stops (P&Rs) are non-events. You pick up sounds and fragrances of the landscape and wild things. You smile as you complete the ride within your window of time. Your horse has not lost any condition, soundness, trail ability or manners points. Life is good!

**KABOOM!** You were dreaming ... it's going to take savvy planning to achieve that perfect ride! You must know your horse and yourself.

Does your horse have more go than *whoa*, buddy easily, get excited when passed, resist the pace you set, take a while to settle in, jig, jig, jig incessantly? Is your horse impatient, lazy, nervous, grouchy (a kicker), or laid back?

What about you? Do you like being out in front of everyone, being last, or being somewhere in between; do you like riding with friends or family or riding alone? Do you want to ride your own pace or a group's pace? Do you get impatient if

delayed at an obstacle, fear getting lost? Are you unfamiliar with the trail?

Knowing yourself and your horse, observing and knowing others, and being aware of ride dynamics all affect your strategic decisions throughout a ride. You adjust your grand plan as the ride progresses. Let's start with pacing your ride.

Normally, your strategy will be to walk up and down hills and through rocks and to trot/gait on level ground with good footing. This minimizes physical stress.

Alternating walking and trotting might be in little segments, 50-300 feet at a time, or huge ones, 1-2 miles. The ascents and descents often slow you to ~1.5-2.5 mph, for which you have to trot at ~6-10 mph to average out the pace to a desired say 4-5 mph. Or, your strategy might be to compete on a gaited horse or to teach your horse to walk fast for minimal trotting.

In rides with lots of sand, you should adjust your strategy to trot on the packed sand and walk in the deep loose stuff to avoid overworking your horse and risking bowed tendons.

If you or your horse like to be in front, then start first and pace faster than everyone else. However, if you have never ridden a particular ride, you might choose to ride *near* the front, following the other fast-paced riders. Often the trailmaster repeats or reverses the trail on the second

day. Since you have been over the trail on Saturday, you can go out first on Sunday.

By riding up front, you will be riding at your pace, be first at the obstacles (no waiting while one or more riders ahead of you negotiate obstacles), be first in and out of P&Rs, have fewer interactions with others, and be first to return to camp. The last rider usually reaps these same benefits.

If you ride somewhere in between, either by yourself or in a group, look for a "pocket." This is a gap in the riders where you usually do not see those in front of or behind you, but only 1-5 minutes separate you from those other riders. You all travel at the same pace. In that short time cushion, you (or your group) feel like you are riding alone. It also allows those in front of you to clear the next obstacle before you arrive – not to mention clearing the cobwebs, too!

Many rides are in hot or hot and humid conditions. Accordingly, management usually starts riders as soon as it is light enough to see the ribbons marking the trail. You can take advantage of this to move out while the temperature is cool and your horse is fresh. As the day heats up, slow down so your horse is not working as much in the heat. Overall, you achieve the average ride pace.

Another strategic consideration for riding a (Continued on [page 11](#))



### Steep ascent. No trotting here!

Photo by Bill Wingle, used with permission



### Long descent. No trotting here, either!

Photo by Gary Walls, used with permission



### Ahhh, packed sand in a wash. Trotting here!

Photo by Gary Walls, used with permission

little faster pace early is that you can see how your pace compares with that set by the trail master. If you arrive at the first identified point before your minimum time, then back off your pace and see how you are doing at the next point; if you arrive after your minimum but before mid-point, you are right on.

By checking your time against the ride map at each point, you can make adjustments for:

- continuing to (hopefully) slow your pace for the rest of the ride,
- saving the cushion you have built so you have extra minutes to
  - cool and relax your horse with a long walk into each P&R (especially as the day heats up),
  - allow your horse to grab more bites of grass,
  - wet your horse down thoroughly at watering spots,
  - allow you to take a potty break, or
  - allow for the unexpected.

These days, more and more riders are going hi-tech with GPS (Global Positioning System) devices,

GPS capable smart phones, and horse heart monitors. The GPS tells you how fast you are going, the distance you have travelled and the average speed for that distance. The heart monitor helps you see if "Old Dobbin" is working too hard. Your



***Pairs of riders riding in their pockets with several minutes between them.***

Photo by Bill Wingle, used with permission

strategy might include using these devices. Be forewarned – use your GPS as a guide because each GPS gives different speed and distance readings and will not exactly match the distances given on ride maps.

There are several strategies for keeping track of your ride time. They include a primary timepiece, a secondary timepiece, remembering who started both before and after you, and riding in a group.

Your primary timepiece is a watch or the clock on your phone or GPS. It gives you the real time, which you note when you leave the timer. You do the math to figure out how long it took to get from one point to the next.

The secondary watch is for ride time. Set it to noon. As you leave the timer, push the button to start the time running. If you are supposed to take 1.5 hours to get to the first point on the map, then, if you are right on time, the watch will read 1:30; so much easier than calculating it in your head using real time.

If you remember who started before and after you and your timing device(s) fails, then you can see

where the other riders are. If they left you in the dust, you are probably running late, or vice versa. Or when you see them, you can ask them how they are doing on their time.

You can ride with a group from the start and check with each other to track the time.

Next month, we will look at more on-trail strategy for obstacles, P&Rs and more.

***"Let's Ride Seminar Series" - 4<sup>th</sup> Wednesday of every Month! Watch [www.natrc.org](http://www.natrc.org) for details!***

ENJOY THE RIDE

**Meet the Paso Fino at PFHA.org**  
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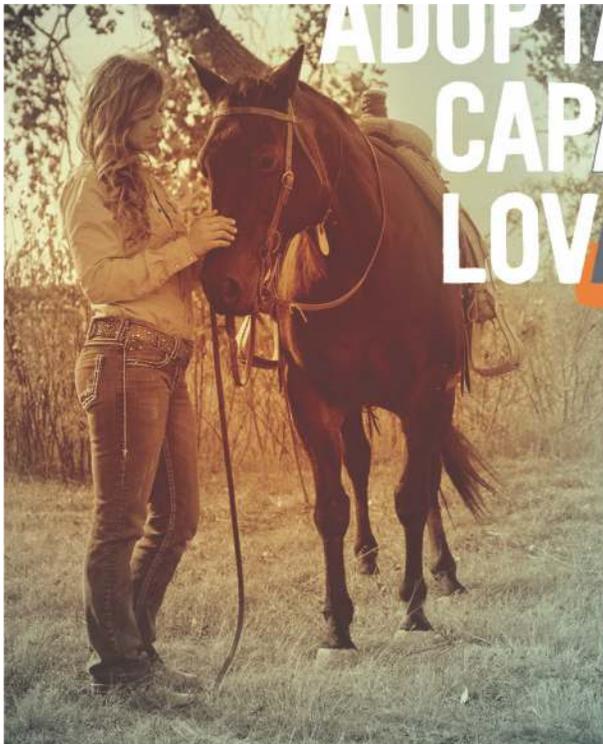
# Thank You!

Thank you to Jean Green, for her years of taking care of the NATRC eNews subscription service! She did a great job in composing and sending out the messages, keeping us informed about all the happenings within the organization. And thank you also, to Kimberly Murphy, for being willing to take on the job when Jean needed to pass the torch! We appreciate the willing spirit shown by both ladies!



**Raise your hands in applause!**

Let's hear it for whoever came up with the idea, our national BOD who approved it, and all those who worked so hard to whip together our virtual challenges program.



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Whatever your wants and needs, your right horse is out there. We'll help you find it.

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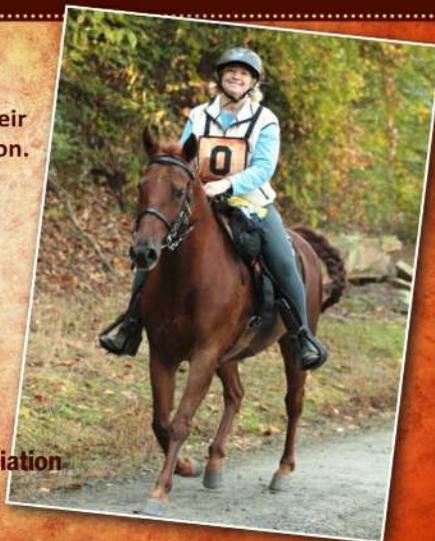


## Missouri Fox Trotters Love NATRC!

Missouri Fox Trotting Horse Breed Association recognizes and honors the accomplishments of our members and their Missouri Fox Trotters in NATRC Competition.



Missouri Fox Trotting Horse Breed Association  
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For Platinum Members Only



# Horse Riding in the Time of Covid-19

By Robert Eversole, the TrailMeister

The TrailMeister community of equine trail riders and horse campers is important. As things begin to open up during the pandemic, we still want to help take care of our community and the values that we hold dear.

As the world's largest guide to horse friendly trails and camps, we know the value of getting outside with our equine friends. Additionally, we understand that the physical and mental benefits of being outdoors is vital right now.

Here are some suggestions to help you enjoy the trails responsibly.

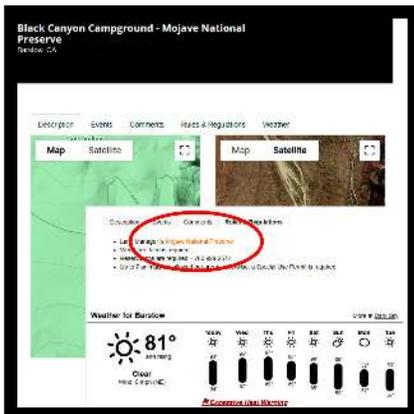
## CHOOSING WHERE TO GO: PRACTICE SOCIAL DISTANCING

Fresh air and outside time is critical for all of us, especially right now. But, please take a community-centered approach to your outdoor time and check current guidelines and local restriction orders before going.

[www.TrailMeister.com](http://www.TrailMeister.com) includes a link to the land manager on every area listed.

Consider the following:

- **Try to stay local.** Find trails near your home. Help keep our neighbors safer by sticking close to home, especially if you are near



Get the latest news from the land manager for every trail area.

a major population center in the middle of an outbreak.

- **Try lesser-traveled trails.** Avoid trails where the main attraction is a viewpoint or other area that would serve as a likely gathering point for many people.
- **Some areas may not be big enough to safely accommodate extra visitors at peak times.** Visit in off hours or take a ride around your property instead. If we want to continue to have access to parks, it's important that crowds not gather.

## GETTING OUTSIDE SAFELY & RESPONSIBLY

Before you leave the barn.

- Verify that the area you are going to is open. Most parks and green



Plan ahead.

spaces are open. Some other lands and facilities may be closed. Plan on any ranger stations, park buildings, restrooms and facilities being closed.

- Practice social distancing on the drive to the trailhead. This is not the time for carpooling.
- Try to ride with people you are already in physical contact with, such as your family. This is not the best time to meet up with new friends.

- Think ahead about what you'll need so you won't have to stop for supplies. Fuel up before you go, bring all the food you need and be prepared to follow Leave No Trace Principles, including properly dealing with human waste (remember, restrooms may be closed).
- Have a backup plan in mind. If you arrive at a park or trailhead and things look crowded, come back later or try somewhere new rather than put each other at risk.
- Finally, if you're sick, please stay home and take care of yourself. Know that by staying home, you're protecting others.

**On trail: give each other at least 6 feet at all times.**

- Give people space. That means in parking lots or other gathering areas, but it also means on the trail.
- Respect any trail or facility closures. (Remember, have a backup plan before you leave, in case you arrive to find an area closed or crowded.)
- Be extra cautious. Emergency responders are very busy. Please don't take any risks that might mean you need rescue or health care.
- Wash your hands or use hand sanitizer before you eat, and avoid sharing water bottles or snacks.
- Pack out your trash and any toilet paper. That means taking it home with you. This is always our advice but it will take all of us doing a little extra to keep our trails in good shape right now.



6 feet please.

# 2021 RULE CHANGE PROPOSALS – May 5, 2020 *(Changes in Bold)*

## REVERT MEMBERSHIP BACK TO CALENDAR YEAR

### SECTION 1 – GENERAL

#### A. Membership

2. ~~Each membership, except lifetime, shall be for a period of 12 months. Membership fees are due on the individual membership renewal date each year.~~ Each membership, except lifetime, shall be for a period of 12 months commencing January 1 each year regardless of the month in which payment of dues is received. All membership fees are due on January 1 each year.

#### Rationale:

The rolling renewal date led to confusion, extra work to track current members at events, and missed renewals. The calendar year membership is easier for both members and NATRC to use and remember.

## CHANGE LIMITS FROM PLACINGS TO POINTS FOR COMPETING IN NOVICE

### SECTION 4 – DIVISIONS, CLASSES AND ELIGIBILITY

#### A. Divisions

##### 2. Novice

##### e. Limitations

- (1) Any horse and adult rider combination having ~~won five firsts earned 250 points, lifetime accumulation,~~ in horse (regardless of ~~division or class in Open, Competitive Pleasure, and Novice~~) shall not compete for awards in Novice Horse Division. Four-year-old horses are exempt from this rule. A horse and rider combination that attains **five firsts 250 points** in horse during a ride year, and competes in a novice ride in that year while still eligible for novice horse awards, may continue to compete in Novice Horse Division for the remainder of that ride year.
- (2) Any horse and junior rider combination having ~~won five firsts and 225 points earned 250 points,~~ lifetime accumulation, in horse (regardless of ~~division or class in Open, Competitive Pleasure, and Novice~~) and rider having reached age of 14 shall not compete for awards in Novice Horse Division. Four-year-old horses are exempt from this rule. An age eligible horse and rider combination that attains **five firsts and 225 250 points** in horse during a ride year, and competes in a novice ride in that year while still eligible for novice horse awards, may continue to compete in Novice Horse Division for the remainder of that ride year.
- (3) Any adult rider having ~~won five firsts earned 250 points, lifetime accumulation,~~ in horsemanship (regardless of horse, ~~division,~~ or class in **Open, Competitive Pleasure, and Novice**) shall not compete for awards in Novice Horsemanship Division. A rider ~~that who~~ attains **five firsts 250 points** in horsemanship during a ride year, and competes in a novice ride in that year while still eligible for novice horsemanship awards, may continue to compete in Novice Horsemanship Division for the remainder of that ride year.
- (4) Any junior rider having ~~won five firsts and 225 points earned 250 points,~~ lifetime accumulation, in horsemanship (regardless of horse, ~~division,~~ or class in **Open, Competitive Pleasure, and Novice**) and having reached the age of 14 shall not compete for awards in Novice Horsemanship Division. A rider ~~that who~~ reaches age 14, attains **five firsts and 225 250 points** in horsemanship during a ride year, and competes in a novice ride in that year while still eligible for novice horsemanship awards, may continue to compete in Novice Horsemanship Division for the remainder of that ride year.
- ~~(5) A rider or horse and rider combination with five firsts may compete for awards in the Competitive Pleasure Division.~~
- (6) (5)** Horse and rider combinations having won a National Championship or placed 3rd or higher in the NATRC annual high point awards (excluding regional awards) in any class in any previous year are ineligible to compete in the Novice Division except by participating Distance Only.

#### Rationale:

With low ridership, it's possible for first-time competitors to place 1<sup>st</sup> in horsemanship when they are the only competitor in their class. Thus riders are ribboning out of Novice too soon. Limitations based on point accumulation would be a better solution.

## ADD EXPERIENCED CLASS TO LEISURE DIVISION

### SECTION 4 – DIVISIONS, CLASSES AND ELIGIBILITY

#### A. Divisions

##### 4. Leisure

##### e. Classes

- (1) This division will offer **Experienced, Adult and Junior** Classes as defined in Section 4 B, **with the exception that Experienced teams are defined as:**
  - (a) Any NATRC judge (Veterinary, Horsemanship, Leisure).
  - (b) Any NATRC rider with more than 250 points of any combination of Leisure Division Team and Open, Competitive Pleasure, Novice Horsemanship at the beginning of the ride year.

*(Continued on page 15)*



The advertisement features a silhouette of a horse and rider against a sunset background. The text 'EquiTrack' is prominently displayed in a large, serif font. Below it, 'GPS Enhanced Riding App' is written in a smaller, sans-serif font. The tagline 'Take your riding to the next level' is centered below the app name. A list of features is provided in red text: 'Designed for iPhone and Android devices', 'The fun and easy way to log your rides', 'Record, save and upload to the cloud', 'Track your ride using GPS', and 'Share on social media'. A small image of a hand holding a smartphone displaying the app interface is shown in the bottom right corner. The website 'www.myequitrack.com' is listed at the bottom.

- (c) Any NATRC rider who has won a national award in a Competitive Pleasure or Open Division.

(2) Horse and rider will compete as a team, with their combined scores used to determine placing recognition.

(3) A Junior may compete in the Adult or Experienced Class.

(4) Any adult may compete in the Experienced Class.

**Rationale:**

*Leisure is meant to be a home for riders new to NATRC and experienced NATRC riders who for whatever reason do not want to compete in a Novice, CP, or Open Division ride. The skill levels here are generally very different. We want to welcome both groups, but they shouldn't be competing against each other.*

**CHANGE TWO MILE POINT TO FORWARD MOTION POINT**

**SECTION 5 – THE RIDE**

I. Trail Conduct

5. ~~Two Mile~~ Forward Motion Point

- a. From a properly identified **forward motion point** (posted sign)

**approximately 2 miles from the finish each day**, riders must maintain forward motion and not stop or dismount from this point to the finish line except in extenuating circumstances dictated by good horsemanship and/or sportsmanship. Forward motion must be via the most direct route, without stopping, following the marked trail. Any deviation may result in penalty assessment or disqualification unless dictated by good horsemanship and/or sportsmanship.

- b. No one shall interfere with the rider's forward progress and/or pacing except when necessary for the safety of the horse/rider.
- c. **For Novice, Competitive Pleasure, and Open Divisions, the forward motion point should be approximately two (2) miles from the finish each day.**
- d. **For the Leisure Division, the forward motion point should be approximately one (1) mile from the finish.**

**Rationale:**

*Because the Leisure Division can be as short as 8 miles, requiring that one quarter of the ride be forward motion does not seem reasonable. This limits judging opportunities, trail access, and P&R location to a very limited portion of the trail. Shortening the Leisure Division point of forward motion keeps the ratio to total ride distance similar to other divisions.*

**ALLOW LENIENCE IN LEISURE DIVISION TIME PENALTIES AT COMPLETION OF RIDE**

**SECTION 5 – THE RIDE**

J. Timing and Time Penalty Points

3. Early Arrivals

- a. A horse completing the day's ride in less than the minimum time and within 30 minutes prior to the minimum time shall be penalized one point per minute for each minute before the minimum time. Rider or Leisure Division team will also be faulted. **The number of penalty points for rider or Leisure Division team will be at the judge's discretion.**
- b. A horse and rider team arriving more than 30 minutes early shall be disqualified.

4. Late Arrivals

- a. A horse completing the day's ride exceeding the maximum time and within 30 minutes subsequent to the maximum time shall be penalized one point per minute for each minute exceeding the maximum time. Rider or Leisure Division team will also be faulted. **The number of penalty points for rider or Leisure Division team will be at the judge's discretion.**
- b. A horse and rider team arriving more than 30 minutes after the maximum time will receive completion points and mileage only.

**Rationale:**

*To allow some judgement is assigning time penalties to the Leisure Division.*

**LEISURE DIVISION - SOURCING JUDGES and EVALUATION OF OVERNIGHT STABLING**

**SECTION 5 – THE RIDE**

B. Stabling

~~4. Competitors in the Leisure Division are excluded from stabling judging.~~

~~5.~~ 4. Stabling options **not allowed** during competition as primary containment:

~~6.~~ 5. Stallions:

**SECTION 6 – JUDGING**

D. Leisure Division. Horses will be evaluated on trail ability and manners. Riders will be evaluated on equitation and partnership with the horse. Safety may be scored.

Willing, Athletic and as Unique as You Are.

# The Appaloosa Horse

From endurance to competitive trail riding, the ApHC Distance Program has something for everyone. If you enjoy the growing sports of endurance and competitive trail riding, the ApHC Distance Program provides recognition for your hard work and training. Go to [appaloosa.com](http://appaloosa.com) to learn more about the awards and the coveted 1,000-mile awards.

Appaloosa Horse Club

208.882.5578 [appaloosa.com](http://appaloosa.com)

- 3. Judges ~~may must~~ be sourced from the approved Leisure Division Judges List ~~or the standard list. An NATRC-approved veterinary judge may serve as the full judge for this division.~~
- 4. ~~This division is exempt from stabling evaluation.~~ Overnight stabling will be evaluated for safety and must comply with NATRC stabling rules. This will not be scored.

**Rationale:**

Our standard judges must go through additional training before judging the Leisure Division, so management must refer to the separate Leisure Division Judges List for all who have completed the appropriate requirements. Plus Equisure requires overnight stabling evaluation. Portion of Section 5 was removed since the difference in Leisure Division is better described in Section 6.

**REVISE LEISURE DIVISION PLACINGS AND POINTS DISTRIBUTION**

**SECTION 9 – AWARDS**

A. Ride Awards

- 3. Horse and horsemanship scores for Leisure Division will be added together to determine placing of teams for **Experienced**, Adult and Junior Classes. **First through tenth place teams in both classes will be recognized.** Leisure Division will include first through sixth place in each class offered.

C. Point Distribution

TYPE B RIDE – Leisure Division						
Number of starters						
PLACE	6	5	4	3	2	1
1st	6	5	4	3	2	1
2nd	5	4	3	2	1	
3rd	4	3	2	1		
4th	3	2	1			
5th	2	1				
6th	1					
C**	½	½	½	½	½	½

**Rationale:**

Awarding six placings is consistent with the other divisions. Some feel it is demeaning to not make the top ten, so it is easier to only announce the top six and not draw attention to those placing well below.

**ADD OUT-OF-REGION REQUIREMENT TO PRESIDENT'S CUP CRITERIA**

**SECTION 9 - AWARDS**

B. Annual Awards

2. National Awards

- a. **PRESIDENT'S CUP** (National Sweepstakes Champion): This award will be presented annually to the overall high point horse in the Open Division.
  - (2) The horse must be officially started in at least ~~four rides of any ride type made up of any combination of one~~ out-of-region ~~and or three~~ out-of-state rides **of any ride type.**

**Rationale:**

The President's Cup is truly a national award. It should be expected that the winner competes against horses other than those in its own region to win this prestigious award.

**RECOGNIZE OVERALL HIGH POINT NOVICE ON NATIONAL LEVEL**

**SECTION 4 – DIVISIONS, CLASSES, AND ELIGIBILITY**

A. Divisions

2. Novice

- a. Age of Horses: Horses entered in this division must be at least 48 months of age. **(60 months for national awards)**
- 3. Competitive Pleasure
  - a. Age of horses: Horses entered in this division must be at least 48 months of age. **(60 months for national awards)**

**SECTION 9 - AWARDS**

B. Annual Awards

2. National Awards

- q. **HIGH POINT NOVICE HORSE:** Points shall be credited to horses for the purpose of determining annual high point awards in each Novice Class (i.e., Heavyweight, Lightweight, Junior), 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

(Continued on page 17)

**CERTIFIED HORSEMANSHIP ASSOCIATION**

**MUST-HAVE RESOURCES!**

Composite Manual of Horsemanship, Riding Instructor Manual and educational horsemanship DVDs from the Certified Horsemanship Association.

To order these materials, host a clinic, become certified or find an instructor or barn near you visit – [www.CHA-ahse.org](http://www.CHA-ahse.org) or call 859-259-3399

Presented by the AA Equine Education Alliance (EAAE)

rider team shall be considered officially started when timed out on the first day of the ride.

**Age of Horses**

(1) Horses competing for High Point Novice Horse awards 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 in wear) as determined by the veterinary judge.

r. **HIGH POINT NOVICE HORSEMANSHIP:** Points shall be credited to riders for the purpose of determining annual high point awards in each Novice Class (i.e., Heavyweight, Lightweight, Junior), 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 1/2 ride. The horse and rider team shall be considered officially started when timed out on the first day of the ride.

s. **HIGH POINT NOVICE TEAM:** This award is presented to the Novice Division horse and rider combination having the highest number of total points for horse and horsemanship. Only the first 12 rides officially started will count. Type A ride counts as 1 ride; Type B ride counts as 1/2 ride. The horse and rider team shall be considered officially started when timed out on the first day of the ride.

**Age of Horses**

(1) Horses competing for High Point Novice Team 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 in wear) as determined by the veterinary judge.

**Rationale:**

We want to encourage Novice Division riders to compete and to attend the national conventions.

Particularly on this last point, we need to give them some reason to come. Items "q" and "r" are 1st – 6th national placings. Item "s" would be the single best combined Novice Division horse and rider. Costs: For "q" and "r", 3 classes (junior, lightweight, heavyweight) per horse and rider x 6 ribbons (36 ribbons). For "s", one award per year.

**RECOGNIZE OVERALL HIGH POINT COMPETITIVE PLEASURE TEAM**

**SECTION 9 - AWARDS**

B. Annual Awards

2. National Awards

p. **HIGH POINT COMPETITIVE PLEASURE TEAM:** This award is presented to the Competitive Pleasure Division horse and rider combination having the highest number of total points for horse and horsemanship. Only the first 12 rides officially started will count. Type A ride counts as 1 ride; Type B ride counts as 1/2 ride. The horse and rider team shall be considered officially started when timed out on the first day of the ride.

**Age of Horses**

(1) Horses competing for High Point Competitive Pleasure Team 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.

(Continued on page 18)

Rule Change Standing Schedule	
NBOD Meeting	Activity
Prior to November	Accept submitted rule changes
November	<ul style="list-style-type: none"> <li>Decide changes to carry forward</li> <li>Publish for comment - <i>Hoof Print</i> and website</li> </ul>
February/March	<ul style="list-style-type: none"> <li>Finalize wording</li> <li>Publish for comment - <i>Hoof Print</i> and website</li> </ul>
July	Vote on changes
After July	Update Rule Book

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- Jamie Dieterich

- (b) Unregistered horses are considered to be of eligible age if they have a “full mouth” (all permanent incisors having erupted and in wear) as determined by the veterinary judge.

**Rationale:**

We already have an overall high point Open team with the Jim Menefee Memorial award. If we add a High Point Novice Team, Competitive Pleasure would be the only standard division without this award. For consistency and fairness, if the Novice passes, we should also include Competitive Pleasure. We are encouraging the team aspect and should do so across the board.



**PARTNERS**

## Which division is right for me?

	LEISURE	NOVICE	CP	OPEN
Number of Days	1	1 or 2	1 or 2	1, 2, or 3
Shortened 1-day Format	X			
Distance (miles)	1 day	8 - 12	15 - 24	25 - 35
	2 days		30 - 40	50 - 60
	3 days			80 - 90
Average Pace (mph)	3 - 4.5	3.5 - 5	3.5 - 5	4 - 6
Horse Minimum Age	4	4	4	5
Classes	Adult Junior Experienced*	Lightweight Heavyweight Junior	Lightweight Heavyweight Junior	Lightweight Heavyweight Junior
Leg Protection Allowed	X			
Judging Observations	Up to 5	Varies	Varies	Varies
Number of Judges	1	2	2	2
Scorecards	1	2	2	2
Scoring Type	Positive	Negative	Negative	Negative
What is Scored	P&Rs/day, scored	1, X	2 (min), X	2 (min), X
	Trail Ability & Manners	X	X	X
	Equitation & Communication	X	X	X
	Safety & Courtesy	X	X	X
	Soundness	Go / No Go	X	X
	Condition	P&R Only	X	X
	Tack	Eval+ Safety	X	X
	Stabling	Eval Safety	X	X
	Grooming		X	X
	Trail Care		X	X
National Year-end Awards		X	X	
Mileage Tracked & Awards	X	X	X	

\* An Experienced Class is under consideration for the Leisure Division  
 + Eval means Evaluate

**Take Pride in Your Ride - Come Ride With Us!**

### NORTH AMERICAN TRAIL RIDE CONFERENCE

### Reminder About Year-End Awards and Breed Awards

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

# Trail Tip

Jonni Jewell, R4, came up with this idea. Tired of having the string attached to your sponge getting all twisted and tangled when you are moving down the trail? Get a coiled phone cord, the one that runs from the phone to the handset, and attach it to the sponge and the other end to your saddle. You'll have to learn to forcibly throw the sponge into the water to get it wet.



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Photo by Richard Rosinski

# Picky or Practical?

Submitted by Carol Ormond, DVM, Region 1

*“When stopping on a hill to rest, turn your horse crosswise to the hill, if the terrain is safe, so your horse doesn't have to work so hard to stand. As other riders approach, move to the side of the trail or move on.” NATRC Rider's Manual.*

This rider stopped his horse on a fairly steep downhill and did not turn sideways. The horse put its head down to scratch his face and pulled the rider forward out of the saddle. This caused the horse to stumble forward. When the rider went forward over the horse's head, he put his arms out to break the fall.

Unfortunately, he broke both arms: radius and ulna in one arm and ulna in the other – comminuted fractures (broken into many pieces).

Surgery was required to put plates in both arms.



*“If someone can learn from my mistake, it makes it a little less awful.”*

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*Interested in a very “Competitive” smooth gaited horse?*

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<http://www.kmsba.com/pdf%20files/membapp.pdf>

*Trophies presented to KMSHA 2016 and future Winners!*

The collage features a magazine cover titled "The Mountain Horse Breed of the Future" for "Kentucky Mountain Saddle Horse News Stallion Issue 2017". It lists "In this issue: 2016 International Grand Championship Highlights, 2017 Breeding Stallions, 2016 NATRC Presidents Cup Winner, KMSHA News & Notes, and RY'S STONE JACK". Overlaid on the magazine is a certificate for the "2016 NATRC Year End Points and Awards" for the "President's Cup" awarded to "TURNER'S WILD CARD (Kentucky Mountain Horse - 206 Points)" ridden by "Lin Ward (R3)". A snippet of an article titled "Congratulations Lin & Hoosh" is also visible, mentioning a 7-year-old horse named Hoosh and a rider named Lin Ward.



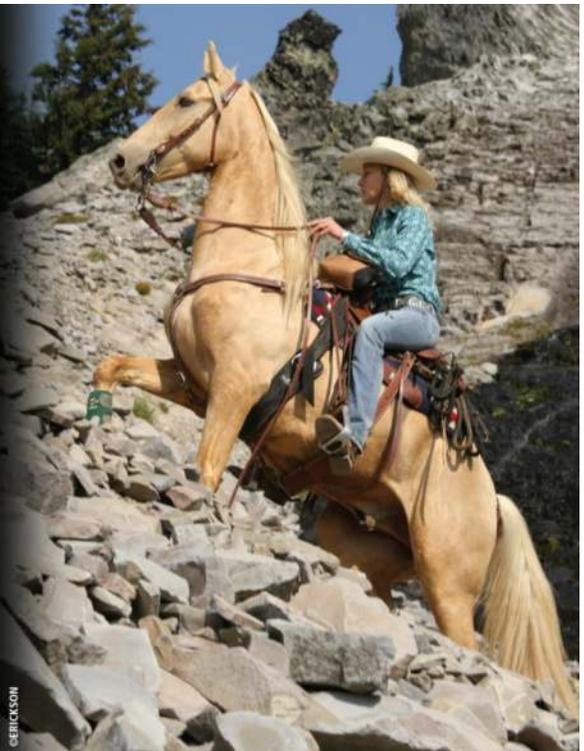
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# COOLING AND ICE BOOTS

Cold water hosing or standing in buckets of cold water or in a cold stream have long been recognized as simple and effective methods of post-exercise cold therapy in horses. These methods are not often available or practical at a competition.

NATRC approved the use of ice boots for the 2018 ride season. Many riders and veterinary judges have embraced the option. With anything new comes a few questions.

**Q:** Can ice boot be used Saturday evening of an "A" ride? If so, when?

**A:** Yes. The rule approves the use of ice boots during competition. This is not really practical during the day, on the trail, but is appropriate for "after-the-ride" care. Some veterinary judges prefer that ice boots not be applied until after their Saturday evening check, so please ask if you aren't sure.

**Q:** Can ice boots that use Velcro straps be used?

**A:** Yes. The statement in Appendix G, Allowable Treatments, of the Drug Rule Appendices, reads:

*3. The use of ice boots and other means of applying ice/ice water cooling packs topically by various attachment methods whose primary function is to stabilize the ice/cooling method in place.*

The consensus is that the Velcro straps on ice boots do not offer true compression.

**Q:** What ice boots would not be allowed?

**A:** Essentially ice boots with "bells and whistles," tubes and gadgets, are not allowed. Tubing that allows air to be pumped in to offer compression or to circulate ice water are not allowed.

## COOLING / ICING METHODS





ALLOWED








NOT ALLOWED

Devices that circulate ice water or provide compression





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## Region 2

### Boyd Ranch A

3/7-8/20 Region 2 AZ Total Riders: 5  
 Chair: Johnson, Kimberly  
 Judges: Vet – Tamara Gull; Hsp – Jerry Sims

#### Open Lightweight

1 / 1 SW / 93 Sea Dragon / Walls, Lory

#### Competitive Pleasure Heavyweight

1 / 1 SW / 95 Zackary / Peterson, Catherine  
 2 / 2 Duke of Shadow Canyon / French, Kandace

#### Novice Lightweight

1 / 1 SW / 96 Kiss Me Romeo / Macfarlane, Shari

#### Novice Junior

1 / 1 Sunrise Cappuccino / Contreras, Grace

### Boyd Ranch B1

3/7/20 Region 2 AZ Total Riders: 12  
 Chair: Johnson, Kimberly  
 Judges: Vet – Tamara Gull; Hsp – Jerry Sims;  
 LeD – Pat Montgomery

#### Competitive Pleasure Heavyweight

1 / 1 SW / 95 Lite Night / Steenman, Helen

#### Competitive Pleasure Lightweight

1 / 1 Curiosa CR / O'Brien, Wava

#### Novice Heavyweight

1 / 2 SW / 94 The Mask of Phantom / Johnson, Kelli  
 2 / 1 Pistolero / Wiltshire, Diane

#### Novice Lightweight

CO/CO Buckshot 3 / Krest, Shannon

#### Novice Junior

1 / 1 Bruce / Krest, Isabella

#### Leisure Adult

1 Buckaroo Buck / Dixon, Catherine  
 2 Trooper's Eliminator / Contreras, Reuben  
 3 Shiny Skipper / Dixon, Rob  
 DO Pride's College Boy / Bray, Sherrie  
 DO Solid Country Gold Skye / Conne, Linda

#### Leisure Junior

1 Johnnie / Johnson, Kamryn

### Boyd Ranch B2

3/8/20 Region 2 AZ Total Riders: 12  
 Chair: Johnson, Kimberly  
 Judges: Vet – Tamara Gull; Hsp – Jerry Sims;  
 LeD – Pat Montgomery

#### Novice Heavyweight

1 / 1 SW / 95 The Mask of Phantom / Johnson, Kelli

#### Leisure Adult

1 Syd / Thurman, Terri  
 2 Sid 2 / Deschamps, Deb  
 3 Tia 2 / Goulden, Charlene  
 4 Dunit in the Paint / Evans, Carol  
 5 Jack of Hearts / Chadsey, Joy  
 6 Buck 15 / Dixon, Catherine  
 7 Griffin / Goss, Jo  
 8 Gypsy Elite Willow / Noake, Sharon  
 9 Shiny Skipper / Dixon, Rob  
 10 Dalton / Long, Julie  
 Bandit 9 / Crissman, Brenda

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# North American Thoroughbred Society



## RIDERS

Does your breed association sponsor a year end high point breed award?



No?  
Well then ...

Ask them to sponsor one and to contact Sarah Rinne at [natrc@natrc.org](mailto:natrc@natrc.org) to arrange it!

## NATIONAL SPONSORS



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## PLEASE NOTE!

The phone number for the National Office has changed. It is now 402-806-8708

## Region 5

### Christmas In The Pines A

12/7-8/19, Region 5 FL Total riders: 33

Chairs: Moore, Bill, Moore, Vickie

Judges: Vet - Stephanie Ostrowski; Hsp - Cheri Jeffcoat

#### Open Heavyweight

1 / 1 Sundancers Comanchero / Hajek, Donna

2 / 3 Flicka's Rose / Stroh, John

3 / 2 Jiminy Cricket / Mulligan, Jennifer

P / P Bentley 2 / Pegram, Sandy

#### Open Lightweight

1 / 1 SW / 98 Danamye / Diaguila, Esther

2 / 2 Papa's Alabama Express / Lucas, Patty

3 / 00 Alena Rae / Allen, Lori

P / P Lucky Sunday / Broughton, Regina

#### Competitive Pleasure Heavyweight

1 / 3 SW / 100 Cinnamon Toasty / Whitehead, Victoria

2 / 2 Stanley's Waylon / Tolbert, Wayne

3 / 1 Mandella Bey / Chapman, Carolyn

4 / 4 Spirit of Spotted Alen / Keen, Cindy

5 / 5 Okies Roanwood 10 / Fields, Bobby

P / P DLC Roxies Peponita / Howard, Marsha

#### Competitive Pleasure Lightweight

1 / 1 Bree / Collins, Jordan

2 / 2 Sun Whizard Sami / VanEysbergen, Elsa

3 / 3 Traveler's Gray King / Findley, Martha

#### Competitive Pleasure Junior

1 / 1 Sir Percival / Edelstein, Kinsley

#### Novice Heavyweight

1 / 1 Luna 5 / Kebbel, Phoebe

#### Novice Lightweight

1 / 1 SW / 98 Yolo / Wiggins, Kathi

2 / 2 Serengeti / Kern, Lori

#### Novice Junior

1 / 2 A Roan Star Chic / Williamson, Keenan

2 / 1 Storm Danger / Smith, Kallie

### Christmas In The Pines B1

12/7/19, Region 5 FL Total riders: 10

Chairs: Moore, Bill, Moore, Vickie

Judges: Vet - Stephanie Ostrowski; Hsp - Cheri Jeffcoat

#### Open Lightweight

1 / 1 SW / 88 I'm Captain Morgan / Baldwin, Sara

#### Competitive Pleasure Heavyweight

1 / 1 Jubal / Riddick, Keri

#### Competitive Pleasure Lightweight

1 / 1 SW / 96 John Henry 2 / James, Trish

#### Novice Heavyweight

1 / 3 Buck Twentyfive / Redmon, Michelle

2 / 1 Overstride's Bud Souvenir / Odom, Brittany

3 / 2 Lustys Stork / Price, Joshua

#### Novice Lightweight

1 / 2 SW / 97 Gambit / Kirsch, Claire

2 / 1 Fancy Black Rio CL / Price, Sarah

00 / 00 Om El Bastian / Riley, Leigh

#### Novice Junior

1 / 1 Anna / Pickens, Jordan



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### Spring Into NATRC B1

3/7/20 Region 5 AL Total Riders: 11

Chair: Victoria Whitehead

Judges: LeD - Sallie Kudra, Esther Diagila

#### Leisure Adult

1 Jiminy Cricket / Mulligan, Jennifer

2 Gretel / Rader, Mackie

3 Thee Vandal / Ostrowski, Stephanie

4 Overstride's Bud Souvenir / Odom, Brittany

5 Okies Roanwood 10 / Fields, Bobby

6 Graceful Empire / Geiger, Chance

7 Bo 9 / Bennett, Bobbie

8 Casino / Kelley, Keenan

9 Michievous Abigail / Mosakowski, Brenda

10 Luna 5 / Kebbel, Phoebe

#### Leisure Junior

1 Poor Daddy's Wallet / Lehr, Halia

### Spring Into NATRC B2

3/8/20 Region 5 AL Total Riders: 10

Chair: Victoria Whitehead

Judges: LeD - Sallie Kudra, Esther Diagila

#### Leisure Adult

1 Gretel / Rader, Mackie

2 Finley / Pegram, Sandy

3 By the Grace of God / Welling, Bob

4 Song / Ostrowski, Stephanie

5 Trinity 2 / Jones, Michelle

6 Luna 5 / Kebbel, Phoebe

7 Jada Angel / Feist, Lael

8 Traveling Fancy / Gosda, Renee

#### Leisure Junior

1 Poor Daddy's Wallet / Lehr, Halia

2 Dakota 18 / Feist, Suzanne



## Region 5, continued

### Region 5 Benefit A

3/14-15/20 Region 5 GA Total Riders: 39  
 Chair: Cindy Keen

Judges: Vet – Kerry Riddick; Hsp – Kathy Shanor

#### Open Heavyweight

- 1 / 2 **SW / 98 Windstorm Clay / Mitchell, Tommy**  
 2 / 3 Norman / Moore, William  
 3 / 1 Texas / Murray, Andrew

#### Open Lightweight

- 1 / 3 Papa's Alabama Express / Lucas, Patty  
 2 / 2 Lucky Sunday / Broughton, Regina  
 3 / 1 Danamyte / Diaguila, Esther  
 4 / 5 Alena Rae / Rogers, Andrea  
 5 / 4 Whatasunnygirl / Lindberg, Angie  
 P/P Cheyenne 12 / Robinson, Hilda

#### Open Junior

P / P Mick Jagger / Patisaul, Sierra

#### Competitive Pleasure Heavyweight

- 1 / 2 Stanley's Waylon / Tolbert, Wayne  
 2 / 5 Okies Roanwood 10 / Fields, Bobby  
 3 / 1 Mandella Bey / Chapman, Carolyn  
 4 / 4 Graceful Empire / Whitehead, Victoria  
 5 / 3 DLC Roxies Peponita / Howard, Marsha

#### Competitive Pleasure Lightweight

- 1 / **SW / 98 Lenox / Senecal, Anita**  
 2 / 5 Traveler's Gray King / Findley, Martha  
 3 / 1 Bree / Collins, Jordan  
 4 / 3 Appalachian Spring / Moss, Linda  
 5 / 6 Living On a Prayer / Garnes, Sherry  
 6 / 2 Steely Dans Wilha / Woodall, Courtney  
 / 4 Spider-Man / Murray, Alyssa  
 P / P Impressive Red Rebel / Riley, Paula  
 P / P Sun Whizard Sami / VanEysbergen, Elsa

#### Competitive Pleasure Junior

- 1 / 2 Spotted Alen's Finale / Sanford, Alora  
 2 / 4 By the Grace of God / Lehr, Halia  
 3 / 3 Sir Percival / Edelstein, Kinsley  
 4 / 1 Spirit of Spotted Alen / Cook, Olivia

#### Novice Heavyweight

- 1 / 2 Romeo O Romeo / Haglund, Pam  
 2 / 1 Sundancers Comanchero / Hajek, Donna  
 3 / 3 Overstride's Bud Souvenir / Odom, Brittany  
 4 / 4 The Hudson Bay / Banks, Yvonne  
 P / P Sun Frost Flick / Fike, Connie  
 P / P Houdini / Stroh, John

#### Novice Lightweight

- 1 / 1 **SW / 98 Yolo / Wiggins, Kathi**  
 2 / 2 HGA Shakespearean Sunrise / Marshall, Carolyn  
 oo / oo Om El Bastian / Riley, Leigh

#### Novice Junior

- 1 / 1 Timber Jac Joe / Lawrence, Anna  
 P / P Dakota 17 / Stroh, Isabella

### Region 5 Benefit B1

3/14/20 Region 5 GA Total Riders: 7

Chair: Cindy Keen

Judges: Vet – Kerry Riddick; Hsp – Kathy Shanor

#### Competitive Pleasure Heavyweight

- 1 / 1 **SW / 96 Kentucky's Blue Willow / Moore, Vickie**  
 2 / 2 Finley / Pegram, Sandy

#### Novice Heavyweight

- 1 / 1 Beau 11 / Swift, Amber  
 2 / 2 Shadow 9 / Hamner, Ginger  
 P / P A Priceless Picasso / Anderson, Tina

#### Novice Lightweight

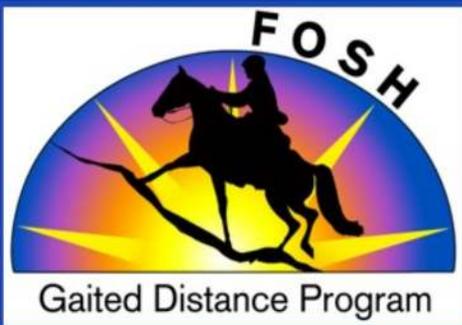
- 1 / 2 **SW / 95 Freddie / Pilchard, Allison**  
 2 / 1 Kites Stormy Lady / Haley, Glynnis

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# NORTH AMERICAN TRAIL RIDE CONFERENCE



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Plan Name	Competing			Non-Competing	
	Adult	Family	Junior	Supporting	Fan
<b>Fee</b>	\$75	\$125	\$25	\$50	\$35
<b>Eligibility</b>					
Single adult age 18 or over	X			X	X
Household		◇			
Single child age 10 through 17			X		X
<b>Benefits</b>					
Voting privileges	1	2		1	
Reduced ride entry fees	X	X	X		
Ride awards eligibility	X	X	X	◇◇	◇◇
Volunteer awards eligibility	X	X	X	X	X
Lifetime mileage tracking	X	X	X		
Mileage awards	X	X	X	◇◇◇	◇◇◇
National year-end awards eligibility	X	X	X	◇◇◇	◇◇◇
Regional year-end awards eligibility	X	X	X	◇◇◇	◇◇◇
Sponsor discounts	X	X	X	X	
Can purchase excess liability ins.	X	X		X	
Electronic <i>Hoof Print</i> and E-News	X	X	X	X	X
Region membership and newsletter	X	X	X	X	X
Decal for new members	X	X	X	X	X
<b>CHECK PLAN DESIRED</b>	<input type="checkbox"/>				

### Annual Platinum Upgrade: (Optional) Not included with free memberships

Platinum members receive insurance benefits through Association Resource Group-ARG. They 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 and business exposures are excluded.

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- ◇◇ Eligible for ride awards only if non-member ride fee paid.
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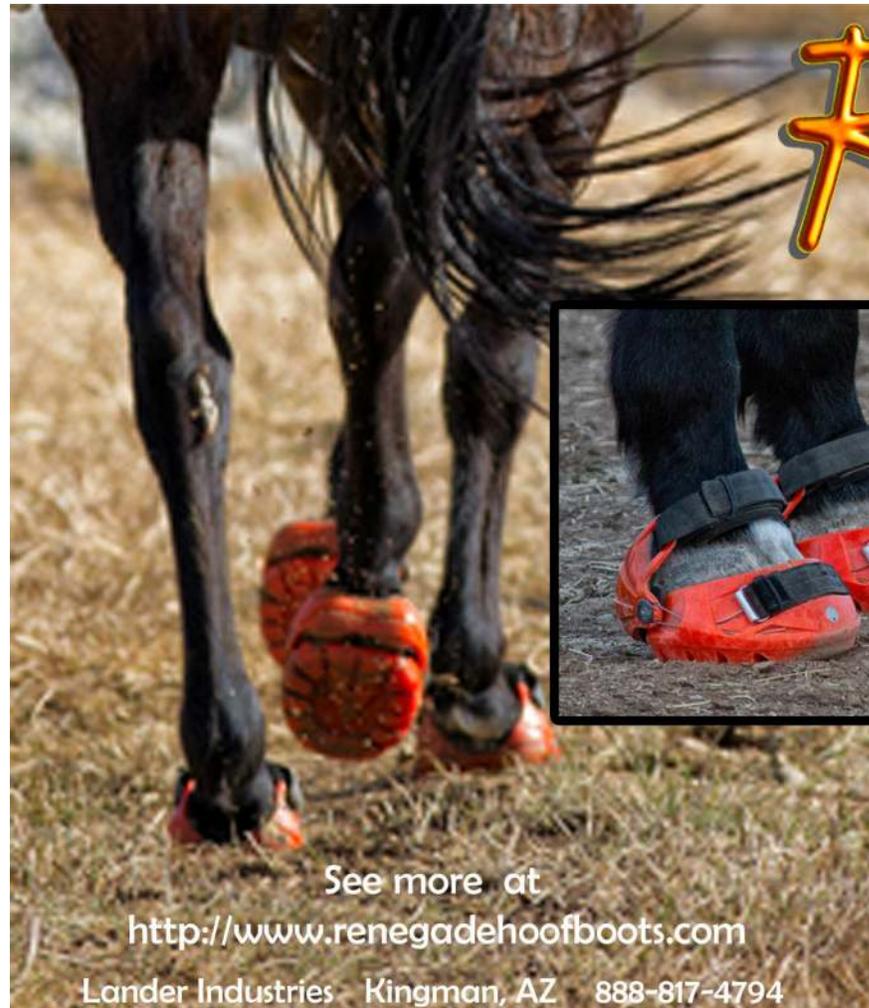
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