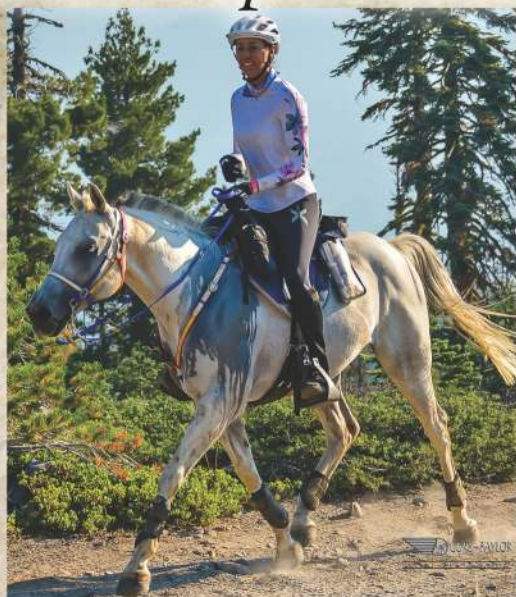


Hoof Print

Fall
2020



Congratulations to Diane Stevens and Tennessee Lane on their top 10 Western States 100 Tevis Cup finish



*Tennessee Lane and TM Burning Bridges
7th Place Tevis Cup*



*Diane Stevens and Banderaz LC9
6th Place Tevis Cup*



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Photo by Jim Edmondson

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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 or

NATRC PO Box 969 Beatrice, NE 68310



On The Cover:

RW Braveheart
and
Mary Fettes
at the
2019 Big Hill Lake ride
in Region 6.

Photo by David Nore, used with permission

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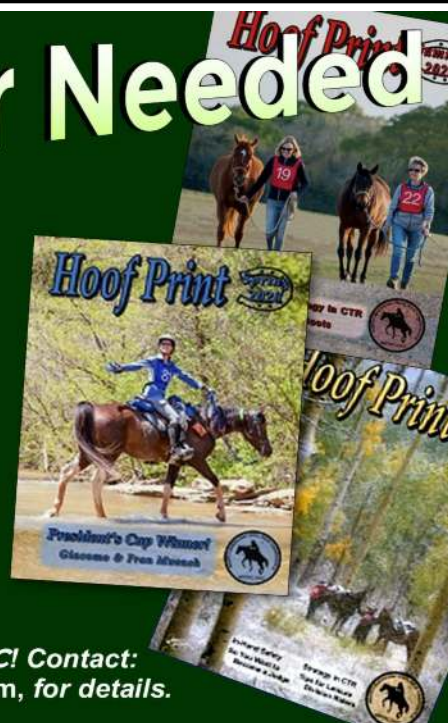
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- Ability to stick to a time table
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- Proficiency with proof reading
- Ability to work well with others
- Ability to communicate via email

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Jamie Dieterich, jamiel@gotsky.com, for details.



President's Message



Such a strange summer. I don't really know how everyone else is feeling, of course, but I feel very "untethered" with no rides to attend, no trails to clear and mark, no maps to plot and plan, and most of all no NATRC friends to visit with in person. However, I hold on to the lead-rope knowing that our sport will survive this. While many regions have had to cancel their rides, as of this writing at least two regions are still able to plan a few rides; I am hopeful that that can happen.

In other news: We had a successful July board meeting via Zoom. Membership remains steady despite not having rides to attend; some of that is due to

the virtual challenges. Those same challenges have kept our budget strong even with the lack of income from rider fees. The board voted in the proposed rule changes and they are outlined in this issue of *Hoof Print*. The marketing committee reported that most of our marketing effort has been put on hold this year to concentrate on the virtual challenges and our "Lets Ride" webinars. Those webinars have been well attended and are now available to view on our YouTube channel. The national convention planned for next February in Omaha has been postponed to February 2022, but I suspect we will have a huge party there that week! And lastly, partly because

regions have had no income this year and partly due to the concern about gatherings and flights, we will be holding the November NBOD meeting via Zoom again. If you would like to attend, let Sarah Rinne know and she can send you a link to it. Saddle up, stay strong.

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

Horsemanship
Kim Cowart
678/773-6038
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



RIDE MANAGEMENT SUPPORT FUND

NATRC National Board Members

Region 1

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

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Region 3

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Elaine Swiss (2020-21)
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Executive Director:

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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. Please keep your information up to date.

Sarah Rinne 402-806-8708 natrc@natrc.org

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These Folks are Up For the Challenge!

Three months (May, June and July) of the five-month long 2020 NATRC Obstacle Challenge are behind us. We hope these are enabling you to have fun with your horses while social distancing to protect your communities, families, and each other.

How they work. We present a set of five obstacles each month. Riders take videos of themselves and submit them to NATRC. Five judges each watch one of the five submitted videos, scoring on a scale of 1-5 with 1 being the lowest (difficulties in executing the task) and 5 being the highest (excellent execution). A judge can assign a bonus for a truly excellent performance by noting as "X" in the score box. For example, 5X yields a score of 6. A score of 5 points for each of five obstacles yields a score of 25. Scores above 25 are possible for truly excellent performances. Per NATRC tradition, judges provide brief (hopefully helpful) comments.

The accompanying chart shows the unofficial placings for the top 10 in each bracket (defined by NATRC mileage experience). Because of early technical difficulties in the

process, we accepted some videos late, so the final placings are subject to change.

Not all competitors submitted every obstacle, and some did not submit every set. If you would like more information on how your scores compare with

others, please contact Sarah Rinne at natrc@natrc.org.

Look for results for the August and September challenge sets in our winter issue of *Hoof Print*.

OBSTACLE CHALLENGE STANDINGS

Sets 1-3 of 5 + May, June and July

BRACKET	RANK	RIDER NAME	EQUINE NAME	SCORE	REG.
A Experienced competitors with <i>MORE THAN</i> 1500 NATRC miles	1	Muench, Fran	Giacomo	77	4
	2	Chapman, Carolyn	Mandella Bey	74	5
	3	Petelle, Patricia	Kings Lasting Legacy	73	5
	4	Smith, Helen	Focus Jessie	70	6
	5	Parys, Shari	Rushcreek Concho	69	6
	6	Wingle, Diane	Eduardo el Negrito Knight	68	3
	7	Smith, Helen	Rushcreek Frontier	66	6
	8	Messick, Brenda	Rushcreek Allie	65	6
	9	Riddick, Keri	VA Anistazio	64	5
	10	Lucas, Patty	Papa's Alabama Express	63	5
B Experienced competitors with <i>LESS THAN</i> 1500 NATRC miles	1	Clark, Hannah	Rushcreek Darline	75	3
	2	Hoyt, Julia	Skipahead Festus	73	6
	3	Hoyt, Julia	Mt. Blackburn Can Zip	72	6
	4	Knuutila, Laurie	Indy's Midnight Sun	70	1A
	5	Knuutila, Laurie	Rowdy's Ribbon n Lace	69	1A
	6	Collins, Jordan	Breezer Boy	67	5
	6	Dukes, Mary	MHF Merribelle Mist	67	5
	7	Fettes, Mary	RW Braveheart	66	6
	8	Morgan, Dayna	Copper Touch	65	3
	9	Fettes, Mary	Jazzy Girl	62	6
C New competitors with <i>ZERO</i> NATRC miles	10	Hanson, Dwight	Silver Valley Tate	61	6
	1	Allen, Missy	Fayleen Shining LaJolla	62	1
	2	McGee, Carol	Scooter	61	5
	3	Hudson-Louis, Holly	G.S. Orion	60	1
	4	Braun, MaryAlice	Chances Buck	58	6
	5	Nissen, Janece	Mountain Flame	55	3
	6	Rife, Cheryl	Nova	50	6
	7	Rife, Cheryl	Aletta	49	6
	8	Bailey, Sharon	Tigerette Twist	47	6
	8	Carlson, Rosemary	Ata Al Shamal	47	3
D Juniors 10 through 17	8	Dixon, Catherins	Callie TCR	47	2
	9	Gray, Karen	Sandia Casino	30	3
	10	Dixon, Rob	Jack	29	2
	1	Cichocki, Claire	Desert Whiskey	75	1
	1	Niderost, Natalie	Spantik Maj	75	1
	2	Edelstein, Kinsley	Sir Percival	49	5
	3	Woods, Bailey	EW Zarabella	26	4
	4	Heun, Ayla	Blarney Stone Tank	13	6
	5	Olsen, Mackenzie	Lady	11	6

The Joy of Virtual Challenges

By Esther Diaguila

Who knew 2020 would be such a topsy-turvy year? Certainly not the National Board of Directors for NATRC. When rides started to cancel, the NBOD put their heads together and came up with an idea to help members stay in touch, keep riding and challenge themselves and their horses, all while learning and having fun. Thus was born the virtual challenges.

A panel of five judges was selected to judge, each judge taking one challenge in each set. One of the challenges I had the privilege of judging was putting on a raincoat while mounted. For the most part, riders were straight forward with this challenge. But one rider demonstrated there was more than one way to interpret instructions. As her husband used

the hose to simulate "rain", she pulled the folded up jacket out of the saddlebag and proceeded to place it on top of her helmet, still folded. Technically, she completed the task as no instruction was given on HOW to put the raincoat on! This same rider, on a different horse, and with her husband again using the hose to simulate rain, pulled out an umbrella and opened it. When that didn't work, away went the umbrella and out came a raincoat. I was impressed with how her horse handled the spray of water. He was a rock star!

What are these judges looking for? The basics are light and balanced in the saddle, clear cues asking the horse to perform and compliance from your horse. But your judges also

appreciate creativity in determining how you want to display your horse's performance. Use your imagination! Have fun and don't be afraid to be unique. These challenges are often worded so they are open to interpretation. Stop, think about the challenge, bounce an idea or two around, experiment! You and your horse just might learn more than you expected.

Your judges are always available should you have any questions regarding the challenges or the scoring, or what they may be looking for in a particular exercise.

I hope riders have had as much fun with these challenges as the judges have watching them.

P.S. We loved the doggy photo bombs.

SETTING 'EM UP TO SUCCEED!

NATRC COVID Response Challenge - May through July

TASK	DESCRIPTION	WHAT THE JUDGES WERE LOOKING FOR
MAY		
C101	Mounted, uphill ascent. Use a hill or ditch to demonstrate uphill equitation.	<ul style="list-style-type: none">• Adjust stirrups to allow knees and ankles to flex and the heel to drop slightly below toe• Fold forward from the hips according to the terrain with the torso over the base of support (the feet)• Distribute some weight through the thighs, weight slightly off saddle• Allow horse to lengthen neck, round back, and use hindquarters to push
C102	Offside mount. Use a mounting block, mounting aid or the terrain to demonstrate proper offside mounting.	<ul style="list-style-type: none">• Stop and settle horse• Even up reins• With right foot in stirrup and left hand on pommel, use core strength to swing leg over and sit lightly in saddle
C103	In-hand, back in an "L" shape. Each part of the "L" should be approximately 10' long.	<ul style="list-style-type: none">• Work toward quiet, soft cues• Be careful not to add in more and more cues• Use soft hands and enough lead that horse can lower head and move more efficiently• Better success if horse has time to respond to each cue and can move one step at a time; eventually there will be smooth, continuous movement
C104	Mounted, side pass left or right approximately 10'.	<ul style="list-style-type: none">• Be light in the saddle, use clear cues to ask the horse to move in a lateral line left or right• Using seat and legs, make sure pass is smooth and straight, both fore and hind feet working in tandem• Rider's hands and legs should guide horse effortlessly
C105	Mounted, working trot/gait and halt. Trot or gait at working pace 15-20 strides, then halt.	<ul style="list-style-type: none">• Use lightness and balance in the saddle• A large factor is keeping the legs centered under the body with decent flexion to absorb the shock of the horse's motion and stabilize the body• Use quiet hands during trot and halt• For the halt, disengage the seat and use soft hands to promote the stop

(Continued on page 6)

JUNE

- C201** Mounted: Ride down a hill or ditch to demonstrate downhill equitation.
- Fold forward from hips slightly; slide buttocks back
 - Keep torso over base of support (the feet)
 - Heel slightly lower than toe so ankles and knees can flex
 - Allow flex in waist (follow horse's motion with hips) to prevent upper body sway
- C202** In hand: Side pass to a mounting block, mounting aid or terrain then mount.
- Stop and settle horse
 - Use consistent and effective cue to move horse sideways for side pass
 - Using stop and stand cues, even up reins
 - Placing foot in stirrup, and opposite hand on pommel, use core strength to swing leg over and sit lightly in the saddle
- C203** Mounted: Back around a tree keeping your hand (left or right) on the tree.
- Coordinate cues for good control
 - Use low, soft hands, give and take
 - Encourage horse to keep head low to efficiently use hindquarters
 - Go slow to control one step at a time; eventually this can become one smooth, continuous movement
- C204** Mounted: Put on a rain jacket.
- For safety, keep one hand on the reins at all times
 - Use a calm, assuring manner to help keep horse calm and steady
 - Any movement from the horse should be countered using seat and legs
- C205** In hand: Pivot horse 360 degrees on the forehand and 360 degrees on the haunches.
- On the forehand turn, it is important to stabilize the head and neck in order to minimize movement of the front feet. Ideally the horse "plants" the foot closest to the rider
 - A clear hindquarter cue is essential
 - For the hind (much more challenging for many), an essential component is in the initial set up by gently setting the horse's weight back on the haunch before cueing the shoulder
 - Since horses are built front end heavy, this is an important step. In addition to a good shoulder cue, rider position on the ground is important: the rider needs to step in towards the shoulder as if walking through the horse towards to opposite hip. This helps keep the horse's weight on the rear while cueing the shoulder around.

JULY

- C301** Mounted: Do a working trot/gait, stop for 5 seconds, and resume trot/gait.
- Keep shoulders square
 - Use core strength to decrease energy, deepen seat in saddle to help horse prepare for balanced stop
 - Lift slightly, releasing your energy, to help horse depart
- C302** In hand: Make a box with sticks or rope, place horse's front feet in box, and turn 360 degrees on the forehand.
- Stop and settle horse
 - Begin by stepping horse into box
 - Utilizing your partnership with horse, use consistent and effective cues to move hind quarters around circle with front feet in box
- C303** In hand: Demonstrate tying and releasing a quick release knot with your horse.
- Check that the knot works
 - Demonstrate release
 - For safety, secure the tail of rope in loop
- C304** Dismount your horse, turn the horse 180 degrees in-hand, then re-mount.
- Swing leg and foot up and over horse's rump for a smooth dismount
 - Execute a turn either on the forehand or haunches (not just a walk around the mounting block) using clear cues
 - A 5X score is a smooth, effortless turn with the horse re-aligned at the mounting block ready for the rider to mount. Keeping control of the horse for the mount, push up from the mounting block and swing leg/foot over rump.
 - Settle LIGHTLY in the saddle. Horse should remain calm and steady and not take any steps until asked by the rider.
- C305** Mounted: Side pass right three steps, turn on haunch 45 degrees, and side pass right three more steps.
- The instructions here were geared more towards helping the rider focus on their cues and precision more than the specific count of steps
 - The best performances displayed a coordination of aids with the hands, seat, legs and voice that fluidly moved both the fore and hind simultaneously. This isn't a show ring...and a perfect cross over step isn't required to score well.
 - A good clean lateral movement demonstrates the partnership and cue coordination
 - Since this contained three different elements (side pass, turn, and side pass), it is important to pause and settle the horse between each element
 - This sets the horse up for success, and more rider control

And Miles to Go!



Congratulations to all the participants in the NATRC Mileage Challenge! It is wonderful to see so many riders continuing to train and spend quality time with their equine partners through the summer and the Covid crisis!

Here are the results of each region's cumulative miles through August 30, the riders on multiple horses, and the top mileage horses. Congrats to Region 6 for having a bunch of riders and totaling the most miles by region.

A side note about R4's Gayle Muench, the top mileage rider. He was training for the AERC Big Horn 100 Endurance Ride in Shell, Wyoming (that he successfully completed on August 1), so he had another agenda in riding all those training miles in the early part of the mileage challenge. He was assisted at the Big Horn 100 by an all NATRC crew of his wife,

R4 Fran (last year's President's Cup recipient), R4 Jonni Jewell, and R6 Helen Smith. Muench said, "I could not partner with my horse in a manner that would have

allowed us to succeed in a ride of this magnitude if not for my experiences with NATRC."

Again, congrats to all!"

MILEAGE CHALLENGE STANDINGS

Cumulative Statistics as of 8/30/20

BY REGION

<i>Region</i>	<i>Miles</i>
Region 1	799
Region 2	392
Region 3	1,621
Region 4	2,171
Region 5	2,227
Region 6	3,049
Region 1A	402
	<u>10,661</u>

BY RIDER

<i>Name</i>	<i>Miles</i>	<i>Region</i>
Muench, Gayle	672	4
Clark, Hannah	528	3
Broughton, Regina	517	5
Smith, Helen	507	6
Johansen, Kristen	482	6
Price, Alanna	479	4
Zimmerman, Janet	374	6
Morgan, Dayna	334	3
Riddick, Keri	318	5
Muench, Fran	313	4

BY HORSE

<i>Rider Name/Horse Name</i>	<i>Miles</i>	<i>Region</i>
PVA Light 'N the Storm (Kristen Johansen)	482	6
Rushcreek Darline (Hannah Clark)	382	3
Grullopine (Janet Zimmerman)	374	6
Copper Touch (Dayna Morgan)	334	3
Blue Hearrt (Gayle Muench)	332	4
VA Anistazio (Keri Riddick)	318	5
Lucky Sunday (Regina Broughton)	317	5
Moon Shadow's Black Gold (Alanna Price)	317	4
Big Cat (Cynthia Leatherwood)	310	4
Casino Royale (Jan Dunn)	305	1

ATTENTION JUDGES!

Earlier this year, the NBOD extended the time frame for veterinary judges to fulfill their annual requirements from 12 months to 24 months. The time frame for horsemanship and Leisure Division judges remained the same.

Later, at the July meeting, the NBOD recognized that with few rides this year due to COVID-19, it would be nearly impossible for most judges to meet their annual requirements. The board approved waiving all requirements for all judges in 2020 including requirements for annual renewal and for apprentice/ provisional progress.

Minimizing Body Sway

By Priscilla Lindsey,
Horsemanship Judge, R6

The first step in solving the problem of body sway is to look at the cause. There are three major causes: sitting heavy in the saddle, bracing against the stirrups, or being a small, lightweight rider riding a horse with big, powerful strides. The solution to all is the same.

Awareness is the key. The first thing you must do is become aware of what your body is doing when the horse is moving. The next time you and your horse negotiate a steep descent, feel what your body is doing. Are you holding yourself rigid, bracing against the

stirrups, letting the rise and fall motion push you side to side? Are you sitting heavy “on your pockets” and letting the horse’s motion throw you back and forth?

Riders who sit light, yet relaxed, with flexibility in their

ankles, knees, hips and lower back, can follow the motion of the horse with their seat bones and legs while keeping their upper body relatively still.

Have you watched Hawaiian women doing the hula? They have lots of motion in their pelvis while keeping their upper body still or moving slowly. You don’t have to be quite that flexible, but almost!

If you can visualize your abdomen, below your ribs, having a spring inside, let it collapse on first one side and then the other as your horse alternately lifts and drops your

seat bones. Feel the sensation of your seat bones and legs walking forward with the horse’s walk while your ribcage and shoulders remain vertical and still. Let your upper body “float” above your lower body, with your natural muscle tone holding you upright, not tension or rigid muscles.

Two more things that can hinder your downhill balance. First, leaning back too far, instead of trying to stay relatively perpendicular to you horse, magnifies the rise and fall motion and makes it much harder to minimize the sway. And, second, looking down at where your horse is placing its front feet throws you off balance and allows tension to override your flexibility. It is much better to keep your head upright and balanced, looking at something at the bottom of the hill or on down the trail. Your horse will take care of where its feet are going without you having to watch them.



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marketing tool
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~ Jamie Dieterich

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Honorary and Appreciation Nominations

Due October 20, 2020

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 Recognition

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 15, 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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Presenting and Riding a Gaited Horse



By Janine Ancell,
Past Horsemanship Judge R3

For the preliminary examination, the veterinary judge will ask for a "trot out and back and a circle in each direction." For a gaited horse, that means a gait equivalent to a trot. A gaited horse does a "broken gait," meaning the front legs are usually not doing the same gait as the hind legs, and that causes them to appear lame. At a foxtrot, the horse walks in front and trots behind. A running walk is the reverse.

Appearing unsound is compounded when the horse shifts speeds and gaits. **The rider needs to keep his horse at one gait, and one speed** for the in-hand presentation. The veterinary judge can try to look at the stride of the front legs separate from the hind legs.

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 and should be light and balanced just as on a non-gaited horse. The weight should be 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.

Similar to an extended trot, riders should "extend" the gait also. Standing up out of the saddle is not necessary and posting is impossible. The rider should be

slightly forward (from the hips) with weight distributed down the thighs and in the stirrups.

Leaning back or being heavy in the saddle is still poor equitation.

Riding with the upper body too far forward causes pressure on the horse's withers and shoulders from the saddle. Going up a hill, the rider should be light in the saddle, and folded just slightly more forward, just as on any other horse.

Ride with good balance and in time with the horse whatever the gait.

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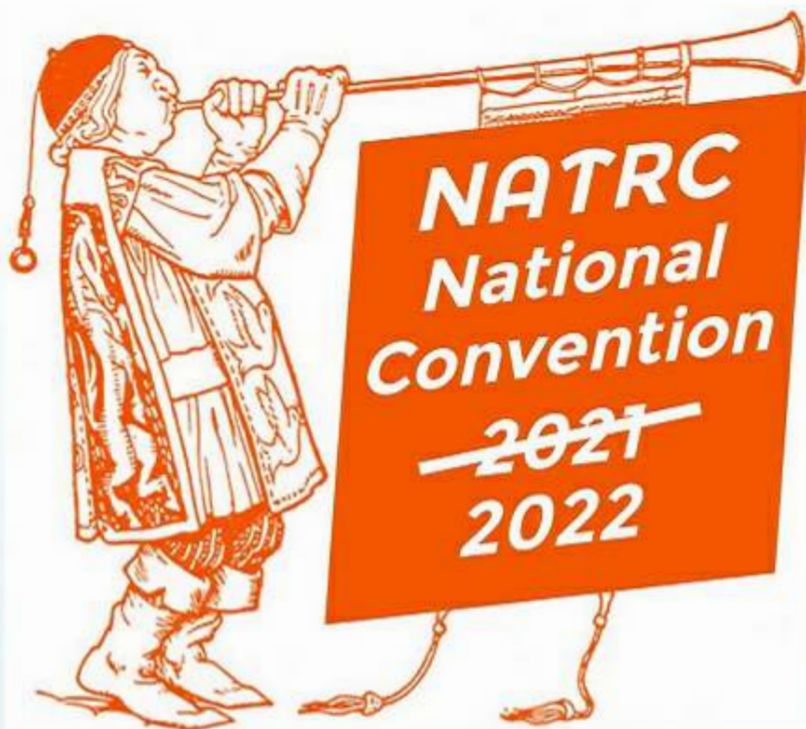
By giving to NATRC, an organization that holds a unique place in your heart, you are ensuring that we can continue to promote equine and equestrian safety through trail competitions and education programs, and to develop and maintain trail systems throughout the country.

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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



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, 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



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Some Basics of Conditioning

Conditioning is a step-by-step process. It is not something that can be rushed or accomplished overnight.

The goal is to safely help the horse achieve his highest athletic potential. It involves increasing the efficiency of the heart and lungs, helping the horse build strength and endurance, and helping the horse build bone density, tendon, ligament and muscle strength. Conditioning involves the intelligent application of stress to help the horse build a body that operates efficiently under distance conditions.

It is imperative to build a sound foundation for the horse's distance career. The key words are *Long Slow Distance (LSD) Training*. LSD training improves the horse's *aerobic* (using oxygen) metabolic capacity. With aerobic metabolism, the horse's heart works at a rate of 120 to 150 beats per minute (bpm).

In comparison, humans are using aerobic metabolism if they can carry on a conversation with someone else while jogging.

As a guide, start by spending sev-

eral weeks at a brisk walk. A horse usually walks from 3 to 5 mph. Begin with an hour's walk or between 4 and 6 miles per day every other day or even 2-3 days a week.

Progress by adding some trotting to the walking. Perhaps walk a mile, then trot a 1/2 mile. Build the foundation slowly and with care. The goal is to safely build the stamina and endurance of the horse.

DO NOT INCREASE SPEED AND DISTANCE AT THE SAME TIME. Conditioning, a step-by-step process, is based on adding a bit of stress and giving the body time to repair. If distance and speed are increased at the same time, the stress would be magnified, and it would be like adding insult to injury, thus working against a gradual conditioning program.

Later in the season, increase either the speed OR the duration (miles). Go from 5 miles to 8, then 10 or 12 miles twice a week. Include a longer ride every 2 weeks. Do not increase your speed at the same time. After reaching a specific goal in miles, then slowly increase the speed.

The first year, the goal should be to do about 30 miles per week. Once your horse is accustomed to the distance, you can increase the intensity by asking for more trotting time or adding a slow canter. It is very important

to not over condition the horse. The reason for taking days off is to allow the horse's body to rest and repair itself from the mild stresses of the beginning conditioning program.

Signs to watch for in over-conditioning could include a lack of enthusiasm, willingness, or a strong gait; a tired eye, decreased appetite, weight loss and sore and/or swollen legs. In general, if your horse ADR (ain't doing right), your conditioning program might be going too fast, too soon.

The average speed for a Novice ride is 3.5 - 5 mph. The rides have a variety of terrain. Some may include a long uphill, which will slow you down, and other terrain to allow for faster travel. So, if you are conditioning at a speed of 4 to 6 mph, you should be able to handle a Novice ride easily.

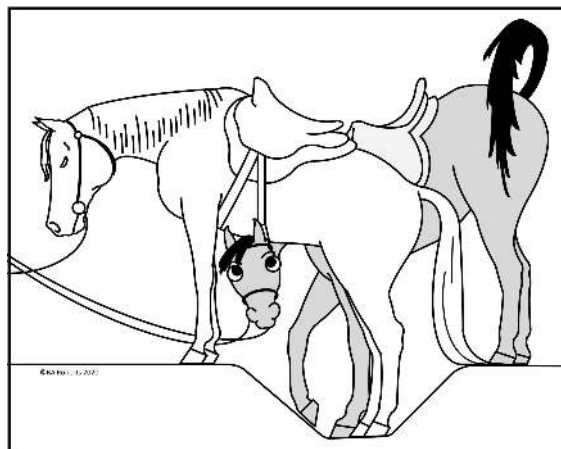
Remember, the key is *Long Slow Distance*. During the first year, the goal is to build the foundation for the future athletic career of your horse. Walk, walk, walk. Then, walk, trot, walk, trot.

After the first year of competition, you will have a better understanding of the conditioning needs of your horse. You will have experienced a variety of terrain and weather conditions for the area you ride in. It will be easier and simpler to plan your future conditioning.

Conditioning is a study in itself. There are many good books available to learn about aerobic, anaerobic, interval training, strength training, and energy demands (muscle types, lactic acid, etc.) One of the best is *Go the Distance* by Nancy Loving, DVM.

Trail Tip - Faster P&R Recovery

The common belief is that for your horse to recover faster at a P&R, the hind feet should be lower than the front. Some riders, who have heart monitors on their horses, have observed that just the opposite is true. You may want to experiment with what works best for your horse.





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Strategy in CTR.



Really? - Part 5

By Bev Roberts

You bet! While out on the trail, you'll encounter many things. Your strategies for handling them are as varied as the circumstances that arise. Here are a few strategies to keep in mind until you develop your own.

Anxious/excited Horses (including yours)

If your horse is anxious, impatient, buddying, nervous or jiggling, finding a pocket is a useful strategy. Do it by pulling off the trail and letting those behind to pass you and get out of sight. Now you are in a new pocket. You have the opportunity to work at settling your horse, getting her/him to listen to you, and to just walk. You both can relax. Should someone come up behind you, let her or him pass and settle your horse again.

Do whatever you do at home to settle your horse - circling, one rein stop, picking up one rein and turning her/his head, backing up, whatever. Do it consistently **every** time s/he acts up on the trail, even in front of a judge (you may get a plus in horsemanship) until "Old Dobbin" gets the idea. If it is any comfort to you, remember:

- Everyone out there has dealt with the same problems as you when they first started competitive trail riding (CTR) or when they introduced a new, young horses to the

sport. They understand. Most will help and encourage you.

- It usually takes competing in about three rides for your

horse to figure out the whole "CTR thing."

- After wasting so much energy on the first day of a ride, most horses are calmer and more willing to be team players on the second day. (Did I hear a sigh of relief?)

They're even better on the third day –

when you have a chance to do that. It seems to go in 3's; they're usually better in the third season.

If you are in a group and the other riders agree, another strategy is to put your anxious, jiggling horse, between two quiet, calm horses - a calm one in front, a calm one behind. The "herd" will help yours relax.

You may come across another rider dealing with an anxious, excited horse. It is OK to offer to help or to ask the rider what they would like you to do. They may ask you to ride along for a while or to go ahead and pass them. For their safety, and yours, pass when the rider says to do so because

s/he may want to prepare first by stopping or pulling off the trail. Then pass quietly at a walk or jog.

Obstacles

These are places where a judge or judges observe you and your horse negotiating an obstruction. The judges may or may not instruct you on what to do. The best strategy for actually doing obstacles is to take a deep breath and relax, then focus on doing the obstacle slowly. Some have termed this "SSS" – Stop, Settle, Slow. (Thank you, Trish Cleveland).

Often the first judged obstacle is just out of camp. You may want to employ the tactic of walking the first half-mile or so in order to not only to warm your horse's muscles but also to remain relaxed for a potential obstacle.

Sometimes an obstacle takes longer to do than the judge(s) anticipated. This results in riders forming a line to wait their turns. The wait at one or more obstacles can add up to sig-

nificant time relative to the length of a ride. Keep track of the time you waited and report it to the judge's secretary. Even a one-minute delay can mean the difference between getting in on time or suffering late penalties. You add these delay times to your win- (Continued on page 15)



Photo by Jonni Jewell, used with permission

Everyone has had to deal with an anxious horse at one time or another.



Photo by Mike Collins, used with permission

A horsemanship judge and her secretary observing competitors.

dow's maximum time. If you don't report it, you cannot use it. You don't have to use it but you may need it in extenuating circumstances. The time spent waiting for the one behind you to complete the obstacle, however, is on your own time because you're courteous/ a good sport – but you do not get that time back.

The theory is that riders are pacing themselves to finish within their time window and then "management" messes up their pacing by causing a delay that could cost precious minutes. Those precious minutes, if not given back to the rider, cause the rider to have to increase her/his

pace, and thus physical stress on Old Dobbin, in order to finish on time. This makes an unfair playing field because those

not delayed have no additional stress.

If delayed at an obstacle, while waiting let your horse graze/browse to get electrolytes, fiber and nutrition and to relax. Always be mindful that you want your

horse to complete the ride with the least amount of stress and best condition possible.

A good strategy if you're riding in a group is to alternate or leap frog who goes first. That gives the anxious horse a break.

NATRC riders are very courteous. After

completing an obstacle, each rider will move out of the way and wait so as not to upset your horse

by taking off. There is little you can do if an anxious horse is misbehaving behind you. However, if they are in



Note that the rider in the background on the right is checking her watch to note the time as Rider 99 approaches a judged obstacle. When it is time for the rider in the background to do her obstacle, she will tell the woman with the ponytail how many minutes she has been waiting.



A judge instructed this rider to back her horse between the rocks and use one of them for mounting her horse.

front of you, before you start your turn at the obstacle you can ask the rider to go on down the trail.

The time spent waiting for the one behind you to complete the obstacle is on your own time because you're courteous/ a good sport – but you do not get that time back.

Next time – Pulse and Respiration (P&R) checks.

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Annual Dues Update!

By Kris Gray

A common question we receive is "When are my annual dues due?" Good news! Beginning with January 2021, all membership dues will be due each January and will cover January – December of the year in which they are paid. The reason for this change is to make it easy to remember when dues are due for members and to

make things easier on ride management.

Previously, dues paid provided a membership that ran for one year from the date the dues were paid. This meant some people had a membership cover half of one ride season and then the half of the next, which made it more difficult to track who is a current member at ride registration and when

calculating year end standings and awards.

To get all memberships back on the January renewal date, we will be contacting those of you who paid after January 2020 and providing you with a one-time pro-rated rate for 2021. For example, if you renewed in March 2020, we would prorate your 2021 dues payment to cover April 2021–December 2021 to get you back on a calendar year renewal. Then you will pay full dues in January 2022.

We appreciate everyone's feedback on this matter and patience while we implement this change. We hope you continue to enjoy your membership benefits during 2020 and look forward to a fun and exciting 2021 with all of you.

If you have any questions, please contact Sarah Rinne at natrc@natrc.org.



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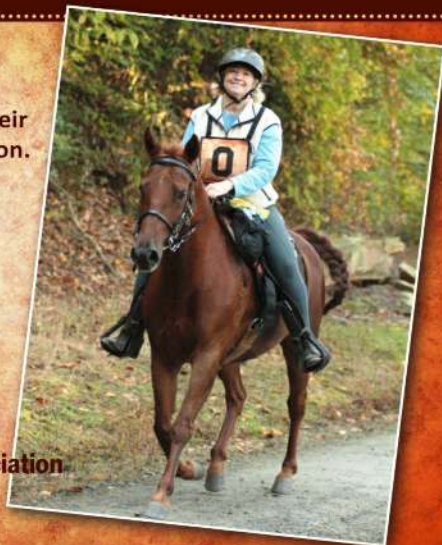
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The Essential Knife

What to look for in a knife for trail riding and horse camping

By Robert Eversole, the TrailMeister

I'm a big believer in every horseman having a sharp, easily accessible, knife on them when they're around stock. The knife is not just to cut baling twine, slice bacon, or to whittle when you're bored. It can save lives, maybe yours.

One of the 10 essentials that every rider should carry on every ride is a very important tool: a knife.

In fact, knives are known to be one of the first tools ever invented. Even though a trail ride isn't typically a "survival" scenario, a knife is an essential tool for every rider heading into the great outdoors; around the field or around a Wilderness.



What do you really use a knife for?

I recently asked readers of my [Facebook page](#) to be honest and share how they usually end up using their knife on a ride or camping trip. Here's what they had to say:

Top 4 Uses for a Knife

1. Opening packets (of food)
2. Repairs
3. Making a spark (with a fire steel)
4. Cutting rope in case of a wreck

Other than the wreck, these are pretty mundane uses. These are all normal reasons why we need a knife when we're on the trail and they're all valid.

But what type of knife?

I prefer a fixed blade knife that I carry on my belt. In an emergency, I can pull it out, not worry about opening a blade, and quickly handle whatever situation I'm in at the time. I like the blade to be about 3.5 to 4 inches long.

Long enough to get to the bottom of the peanut butter jar!



There's also a place for a folding knife. The cowboys of yore nearly all carried a folding pocketknife. They were called "Stockman's Knives" and usually had three blades. You can still find these useful tools and I can usually find one in my pocket.

You may not cut yourself out of a wreck with one, but for opening a bag of Fritos they're perfect!

For quick repairs a multi-tool calls my saddlebags home. One of the biggest pros of the multi-tool is undoubtedly the pliers. The entire tool is designed around these pliers. Pliers are a tool that people wind up needing a lot more than they think they will, and being able to carry them with you is a huge bonus.



Fixed Blade Benefits

- Simple to use
- No moving parts
- Less opportunity to cut yourself (since there is no need to disengage a locking mechanism and fold the blade, there is less opportunity to accidentally cut yourself in the process)

• Easier to maintain

Folding Knife Benefits

- No sheath required
- Stores more compactly
- Multi-use... If it's a multi-tool, you'll have additional gadgets besides the blade itself in one compact package

Serrated or not?

Ropes today are often made of nylon or polypropylene, which can be hard to cut with an ordinary or plain blade. So, the serrated blade, or a partially serrated blade, has become popular with many people.

(Continued on [page 18](#))

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(Continued from page 17)

Plain Blades: In general, a plain edge is best when doing push cuts. Also, the plain edge is superior when control, accuracy, and clean cuts are necessary.



Push cuts. The main cutting is done by pushing the edge through the thing-to-be-cut. For example, when you shave, you push the edge of the knife through your beard. When peeling an apple, you push the edge under the skin of the apple. When chopping wood, you try to push the edge into and through the wood.

Serrated Blades: In general, the serrated edge works better for slicing cuts, especially through hard or tough surfaces, where the serrations tend to grab and cut the surface easily.

Slicing cuts. The cutting action is substantially done by dragging the edge across the thing-to-be-cut. When you slice a tomato, you drag the edge across the tomato as you cut through it. Slicing and sawing are examples of slicing cuts.

Well there you go, my thoughts on knives. I feel naked when caught without a knife as it is the most basic of tools. I can cut baling twine, lash ropes, make a fire and a million other uses. Heck, I even use my knife as a screwdriver at times. I urge you to find, and carry, a knife whenever you're around horses and mules. You'll wonder how you ever got around without one!

As always, for more information on trail riding and camping with horses visit

www.TrailMeister.com. It's the

largest guide to horse trails and camps in the world and is full of tips and tricks for trail riders.



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2021 RULE CHANGES APPROVED – July 11, 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 1st 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.
 - (c) Any NATRC rider who has won a national award in a **Competitive Pleasure or Open Division.** (Continued on page 20)



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. A central image shows a hand holding a smartphone displaying the app's interface. At the bottom, the website 'www.myequitrack.com' is listed. A list of features is provided in a bulleted format.

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- Share on social media

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(Continued from page 19)

(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

- 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.
- No one shall interfere with the rider's forward progress and/or pacing except when necessary for the safety of the horse/rider.
- For Novice, Competitive Pleasure, and Open Divisions, the forward motion point should be approximately two (2) miles from the finish each day.**
- 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 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.**
- A horse **and rider team** arriving more than 30 minutes early shall be disqualified.

4. Late Arrivals

- 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.**
- 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 in 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.

- 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.

(Continued on page 21)

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NORTH AMERICAN TRAIL RIDE CONFERENCE

2016 NATRC YEAR END POINTS and AWARDS

President's Cup

TURNER'S WILD CARD
(Kentucky Mountain Horse - 206 Points)
Ridden by Lin Ward (R3)

Congratulations Lin & Hoosh

It took 13,127 miles to get from the small mountain town of Westcliffe, Colorado to the North American Trail Ride Conference in Westcliffe, Colorado. The President's Cup, Turner's Wild Card, a KMSHA champion gelding, started his journey in Mount Sterling, Kentucky where he was bred, born, raised and trained by Tim Lisle. He had to be a horse for Tim's daughter, where he learned to drive, trail and do drill team.

His new owner Lin Ward found him as a 7-year old and gave him the name of 2000. Lin was looking for a new gelding to ride in the 2000. Lin was looking for a new gelding to ride in the 2000. Lin was looking for a new gelding to ride in the 2000.

After looking at all the horses she had presented, and after about 1000 miles of driving in 8 days, Ward said, "I've changed my mind, saying 'never name a horse something you don't want them to be'." With a "Kentucky Full Moon" as their first experience together, he became Moosh. She says it fits him quite well. He has lots of personality.

NATRC is a competitive trail riding discipline that has three divisions: The Novice and Competitive Pleasure of the horse and a horsemanship judge evaluates the rider's abilities to camp with, care for, and ride their horse over long distances. NATRC's philosophy is about training and conditioning the best trail horse possible with a strong focus on teaching.

The sport has two judges. A horsemanship judge evaluates the horsemanship, fitness, manners and trail abilities of the horse and a horsemanship judge evaluates the rider's abilities to camp with, care for, and ride their horse over long distances. NATRC's philosophy is about training and conditioning the best trail horse possible with a strong focus on teaching.

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
1 st	6	5	4	3	2	1
2 nd	5	4	3	2	1	
3 rd	4	3	2	1		
4 th	3	2	1			
5 th	2	1				
6 th	1					
C**	1/2	1/2	1/2	1/2	1/2	1/2

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 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 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 deter-

(Continued on page 22)

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- mined 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 ½ 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 ½ 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 ½ 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.
- (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.

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

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Reminder!

Please submit proposed rule changes for the 2022 ride year to your region's national board representative by **October 15th, 2020**. Please submit in the format as it would appear in the Rule Book, including the appropriate section number(s).

NATRC National BOD Minutes July 11, 2020, via Zoom Webinar

CALL TO ORDER by President Angie Meroshnekoff, 9:05 a.m. July 11, 2020.

ROLL CALL. Angie Meroshnekoff, Jamie Dieterich, Bob Insko, Lory Walls, Bill Wingle, Laurie DiNatale, Gayle Muench, Alice Perryman, Esther Diaguila, Kris Gray, Shari Parys and Marla Stucky. Sarah Rinne, Executive Director, via Zoom. Also attending: Patsy Conner, Sanction Chair, Andrea Rogers, Technology Chair, Kim Murphy, Drug Testing and E-News Chair, Ruth Mesimer, Honorary and Appreciation Chair, and Sallie Kudra, R5 alternate director.

MINUTES. February 13, 2020. Dieterich mentioned one change regarding the spelling of past scholarship recipient Casey Davisson (mentioned in secretary treasurer report). Davisson has two "s". **Motion by Walls, second by Diaguila to approve the minutes with correction. Motion carried.**

PRESIDENT'S REPORT. Meroshnekoff. Report filed.

EXECUTIVE DIRECTOR'S REPORT. Rinne. Report filed. Current member numbers were provided. Membership is significantly down from last year at this time, most likely due to lack of rides therefore less incentive to pay for membership. We have used Constant

Contact for several years, but it is expensive and a challenge to maintain and keep current. Rinne recommended moving our mass email platform to Mailchimp as it is compatible with our website; contacts import so it would maintain current emails. In addition, the free version of Mailchimp would likely meet our needs, but if not, the basic plan is low cost and includes the option of a non-profit discount. Rinne is beginning to research online competition platforms to make the online video submission and judging more efficient, timely and professional.

SECRETARY/TREASURER'S REPORT. Muench/Gray. Gray has agreed to take over the role as approved by Meroshnekoff. Meroshnekoff stated Gray has been appointed as interim treasurer until nominations and elections in November. Gray shared the files. Ride fees and drug fees are of course down due to the circumstances. We've had sponsorships coming in, and a good profit from national convention. Expenses are down. Foundation is being tracked separately. We are looking fairly healthy financially right now. **Motion by Muench, seconded by Parys to approve the report. Motion carried.**

BY-LAWS & RULES. Parys. Membership timeline change from anniversary date to calendar year. Unanimous vote to change the membership back to calendar year. **Motion by Wingle, second by Perryman. Motion carried.**

Rule Proposals:

- Change limits from placings to points for competing in Novice. **Motion by Wingle, second by Diaguila. Motion carried.** (Continued on page 24)

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 15th).
- 3) You must: (a) be an NATRC competing member, (b) contact Sarah Rinne at 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.

Questions? Contact: Shari Parys, katbalu96@aol.com

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(Continued from page 23)

- Adding Experienced class to Leisure Division (LeD). Insko stated it would be twelve more ribbons for management to buy. Dieterich stated since we are reducing placings from ten to six that negates the extra. Perryman said she's gotten feedback that the split isn't necessary. Diaguila indicated that's not the case in Region 5, and that there is a lot of support for the split. Parys said there are experienced riders who won't ride LeD even though they'd like to so that they aren't competing against new riders. Dieterich was surprised how many experienced riders want to ride LeD, and that was eye opening. Insko questioned if this applied to Novice awards. Dieterich believes it would not be a good move to include Novice national placings in the mandatory move to the Experienced class of LeD or exclusion from Novice. **Motion by Wingle, second by Sticky. Motion carried.**
- Change two-mile marker to forward motion point. No discussion. **Motion by Insko, second by Walls. Motion carried.**
- Allow lenience in LeD time penalties at completion of ride. No discussion. **Motion by Walls, second by Perryman. Motion carried.**
- Specify sourcing judges from Leisure Division Judges List. Allow evaluation of overnight stabling for LeD. No discussion. **Motion by Diaguila, second by Sticky. Motion carried.**
- Clarify expectations of LeD placings versus ride announcements. No discussion. **Motion by Walls, second by Perryman. Motion carried.**
- Add out-of-region requirement to President's Cup criteria. No discussion. **Motion by Walls, second by Wingle. Motion carried.**
- Recognize overall high point Novice on national level. No discussion. **Motion by Wingle, second by Walls. Motion carried.**
- Recognize overall high point Competitive Pleasure Team. No discussion. **Motion by Wingle, second by Walls. Motion carried.**

POLICIES & PROCEDURES. Dieterich. We need a consensus on submission dates for *Hoof Print* as they are

included in Policies & Procedures. Currently, Bev Roberts acts as our "branding police" and "keeper of the forms". Dieterich believes we need to have a job description and the ability to do some succession planning around the role. We need to seek a good back up for Roberts. Meroshnekoff suggested creating a job description that can be posted publicly to seek an interested party.

PROTEST. Lori Allen. No protests.

PLANNED AND CHARITABLE GIVING. Muench/Elaine Swiss. No report.

NATIONAL HISTORIAN. Conner. Nothing to report.

RIDE SANCTIONS. Conner. Wingle addressed the report and talked about the multitude of changes to the schedule including cancellations and adjustments to sanctions due to COVID-19. Meroshnekoff stated R1 has such tight restrictions they are unable to do anything. R3 may end (Continued on page 25)



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	15 - 24	25 - 35
	2 days		30 - 40	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	2 (min), X
	Trail Ability & Manners	X	X	X	X
	Equitation & Communication	X	X	X	X
	Safety & Courtesy	X	X	X	X
	Soundness	Go / No Go	X	X	X
	Condition	P&R Only	X	X	X
	Tack	Eval* Safety	X	X	X
	Stabling	Eval Safety	X	X	X
	Grooming		X	X	X
	Trail Care		X	X	X
National Year-end Awards			X	X	X
Mileage Tracked & Awards		X	X	X	X

+ Eval means Evaluate

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(Continued from page 24)

up having a couple of A rides in the fall, but it is not certain. R2 may still have the fall Boyd Ranch ride. RAHA for sure is cancelling due to location restrictions. R4 has five rides scheduled that are still a go at this point. R5 has three potential rides at this point, but all are up in the air. Insko stated their county has gone on lock down again. R6, there is a clinic going on today and an LeD ride tomorrow in Nebraska. COVID protocol is being followed. All traditional Open/Novice/CP rides in R6 are being cancelled per R6 board decision, however LeD rides are still planned.

CLINIC SANCTIONS. Linda Clayton. Report filed. Three clinics were held in the spring. R4, R5 and R6 have each held one since May.

MANAGEMENT. Swiss. Report filed. She hosted a Zoom meeting for ride managers in early June.

RULES INTERPRETER. Wingle. Report filed. Several rides cancelled so it has been very slow. In the spring there were three accident reports filed. Nine rides have been completed. We are using the new RI form.

INSURANCE. Rinne. Renewing D & O liability and worker's compensation policy.

SAFETY. Swiss. Report filed. Nothing to report.

E-NEWS. Murphy. Report filed. Murphy recently assumed the role as E-News Coordinator. Gray suggested sending an E-News about renewing memberships and getting on board with the virtual challenges.

MARKETING. Gray. Report filed. Parys mentioned the virtual Tevis ride that WSTF is putting on. Thought it would be a good move to give people the option of donating to our organization beyond the basic fee to enter the virtual challenges. Gray is working on getting bios up on Facebook about the judges that are judging the challenges. Dieterich wondered if we need to work to promote what we are for, rather than what we are not.

SOCIAL MEDIA. Jonni Jewell. No report.

BUSINESS MODEL & MEASUREMENTS. Muench. No update.

SPONSORSHIPS. Parys. Report filed. Parys stated she offered renewal extensions for our sponsors which they greatly appreciated given the challenges they are facing. Parys said she will follow up with them. Riding Warehouse is still providing their 5% donation from NATRC purchases.

MEDIA ADVISORY. Dieterich. Report filed. The question remains do we continue to keep printing *Hoof Print*? It is not the main expense but it is part of it. The largest expense is paying our

editor. Stucky stated she got feedback from some of our members that the hard copy is their only connection to the sport as they aren't online. Meroshnekoff stated we may need to increase the subscription fee to cover costs. It is not cost effective, especially at \$15 per subscription. At this time, we would need to increase subscription to about \$30.

RIDERS AND JUNIORS. Perryman. No update.

(Continued on page 26)

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Photo by Richard Rosinski

(Continued from page 25)

FOUNDATION. Conner. There isn't any action at this time, however the most recent minutes were provided.

NATIONAL DRUG TESTING. Murphy. Report filed. There have been no tests to date due to ride cancellations.

VETERINARY DRUG COMMITTEE. Dr. Tamara Gull. No report filed. Dieterich said the committee did have a discussion about ice boots and compression. We seem to understand that compression is not allowed, however it is not defined anywhere. The easiest solution is to add in the drug rule appendices that compression is not allowed. Consensus to add to prohibited treatments.

TRAIL ADVOCACY AND GRANTS. DiNatale. No new applications.

EDUCATION. Dieterich. Report filed. Making progress on the Riders Manual thanks to Walls. The webinars have been great. Gray addressed that the

webinars are being posted as events on Facebook so that it gets out more and reminds people to attend.

MEMBERSHIP RECRUITMENT & RETENTION. Nothing more than what has been discussed.

JUDGES. Kim Cowart. Report filed. We need to address the recommendation to adjust the timeframes for judges' renewal requirements and requirements for apprentices/provisionals for 2020.

Motion by Insko to accept the judge's committee recommendations to waive requirements for 2020, second by Diaguila. Motion carried. The second question is does the board interpret the judge's committee as the governing body that oversees judging for the LeD? **Motion by Wingle, second by Parys to formally approve judge's committee oversight of LeD judges. Motion carried.** Dieterich asked if Parys would be willing to assist with LeD. Meroshnekoff stated that the board has to vote on judge's committee appointments made by the President. All approved addition of Parys to the judge's committee as an additional rider representative. Dieterich stated LeD judges are currently only approved by the committee but wondered if it needs to follow the approval process of our traditional judges. It was agreed they should but with some flexibility. Cowart has asked to be replaced as the Judges Committee Co-Chair.

HALL OF FAME. Rinne. No applicants.

STUDENT LOAN/SCHOLARSHIPS. Kay Gunckel. No applications. Jason Klamm is in the process of making payments on his loan.

BREED & ORGANIZATION LIASONS. Stucky. The question remains if there will be horses qualified and if there will be any year-end awards.

AHA. Insko. AHA is reducing the amount of minimum mileage for 2020 that qualifies CTR horses. AHA is still planning to have their championship ride in September and convention in November.

HONORARY & APPRECIATION. Mesimer. Report filed. The question is if there are going to be any nominations from the regions given the lack of ride activity. Wingle doubted R3 would submit any nominations since rides aren't happening. Parys stated since it has been advertised that we are accepting nominations we should stay with that message.

TECHNOLOGY. Rogers. Report filed. Stated Coreware is unsupportive so she is doing what she can on her own. She requested to make sure she is included on any events, webinars etc. so she can add it to the website. Meroshnekoff asked where the webinars are on the website. Rogers stated in the online library.

CONVENTION & NATIONAL AWARDS. No con- (Continued on page 27)



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(Continued from page 26)

vention in 2021. It has already been posted and advertised what national awards will still be offered.

NEW BUSINESS. Meroshnekoff would like to implement an actual webinar committee, as she'd like to see the webinars continue into the future indefinitely. Wingle volunteered to be on the committee. Dieterich would like to participate. Meroshnekoff appointed Wingle as the chair of the committee and is giving him the discretion of committee members and size. Currently

Wingle, Dieterich and Rinne will serve. Meroshnekoff stated it would be beneficial to have an official Challenge Committee. Gray suggested adding Keri Riddick as one of the idea generators, and Gray also volunteered to participate. Diaguila also volunteered. Riddick, Gray, Diaguila and Rinne were appointed for the Challenge Committee. Parys suggested sharing the videos (with permission) of the top performances. Rinne suggested mini webinars.

Rinne. Has had some discussions with an AERC committee on possible partnering on shared ride sanctioning and mileage credit. AERC will vote in November on several changes to their bylaws, one of which would deal with this concept.


REGIONAL REPORTS. R1 - No additional update. R2 - Insko said there is still one ride planned. Working on signage at RAHA ride site, however volunteers aren't currently allowed on the premises. R3 - Wingle said Co Trail is probably converting to LeD, Navajo Lake is converting to LeD. At best there are three rides left. R4 - Perryman said rides after 7IL have been cancelling. One LeD ride just occurred. Hoping to maintain the fall schedule with five rides. R5 - Three traditional rides and two LeD rides for the year so far, but now several cancellations. Hoping for fall rides. R6 - No more A rides per region board decision; LeD only.

SHARED BOARD – No shared board.

Old Business – NONE

Motion by Muench to adjourn, second by Wingle. Meeting adjourned.






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—Monty Roberts

Region 4

Arrowhead Adventure B1

6/13/20 Region 4 OK Total Riders: 21

Chair: Dreadfulwater, LeeAnn

Judge: LeD - Alice Perryman

Leisure Adult

- 1 Jasper 6 / Orr, Shirley
 - 2 MGA's El Ave Vuella / Colburn, Tonia
 - 3 Fancy I Am / Knight, Chrissy
 - 4 TA Opaleska / Pry, Vanessa
 - 5 Gold Rush's No Foolin' / Keizer, Colleen
 - 6 LT 2 / Wilhelm, Candy
 - 7 Jingle's Merry Anne / Gebauer, Pamela
 - 8 Earl's Painted Lady / Evensen, Jana
 - 9 Copiona / Kang, Sharon
 - 10 Journey 5 / Coover, Traci
- Cohete HG / Bates, Jacqueline

Top Gun McCurdy / Dodson, Robin
Pete 2 / Hollenback, Deanna
Mageed Ibn Kamal Ma / Kelly, Mollie
Sundown / Orr, Joe
SVR Firestorm / Plumer, Joni
Winter / Whitaker, Cara
EHR Something Special / Zercher, Vicki
DO Roadshow Popsicle / Zimmerman, Betsy

Leisure Junior

- 1 Heza Trouble Makin' Buddy / Lightfoot, Amelia
- 2 Quartz / Whitaker, Natalie

Arrowhead Adventure B2

6/14/20 Region 4 OK Total Riders: 14

Chair: Dreadfulwater, LeeAnn

Judge: LeD - Alice Perryman

Leisure Adult

- 1 Jasper 6 / Orr, Shirley
 - 2 LT 2 / Wilhelm, Candy
 - 3 Mageed Ibn Kamal Ma / Kelly, Mollie
 - 4 Journey 5 / Coover, Traci
 - 5 EHR Something Special / Zercher, Vicki
 - 6 Copiona / Kang, Sharon
 - 7 Top Gun McCurdy / Dodson, Robin
 - 8 Sparks on Blacktop / Shoenhair, Leon
 - 9 SVR Firestorm / Plumer, Joni
 - 10 Pete 2 / Hollenback, Deanna
- DO Roadshow Popsicle / Zimmerman, Betsy
MGA's El Ave Vuella / Colburn, Tonia
Jingle's Merry Anne / Gebauer, Pamela
Sundown / Orr, Joe

Region 6

Branching Out B2

7/12/20 Region 6 NE Total Riders: 10

Chair: Smith, Helen

Judges: LeD - Brenda Messick

Leisure Adult

- 1 Josey / Elmore, Martha
- 2 Fiddler 2 / Gautier, Vickie
- 3 Windy V / Vasa, Tammy
- 4 Rio Bravo / McCall, Louise
- 5 Benner's Montana Rosebud / Landuyt, Julie
- 6 Bella 17 / Auer, Alice
- 7 Gypsy 12 / Carroll, Sheila
- 8 Nakita 2 / Fuller, Tamra
- 9 River Rose / Norton, Moni
- 10 Chica 2 / Fuller, Grace



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Household		◇			
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Benefits					
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	
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Region membership and newsletter	X	X	X	X	X
Decal for new members	X	X	X	X	X
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