

The Leadline

The Voice of NATRC Region 1 Competitive Trail Riding



www.natrcregion1.org

Fall / Winter 2015 / 16

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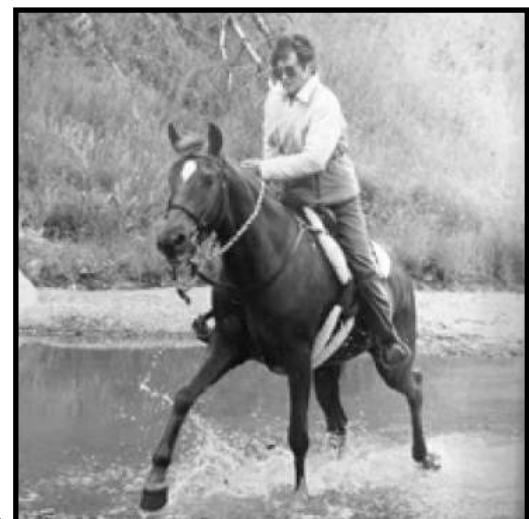
Through the Eyes of the Horse Convention Theme 2016

By Linda Thomason

Most of you have heard the term “partnering with your horse”. It's a somewhat subjective term that riders have interpreted many ways. Being in balance with the horse, achieving a more responsive horse, a safer horse, understanding your horse. All these terms reflect aspects of partnering with your horse. One important aspect of riding/training is to understand your horse's personality and how he or she learns and responds to the world. In other words, you look at the world through the horse's eyes and not by how the human sees it. A horse's eye mirrors their minds and souls and is one of the important clues to understanding the horse and becoming a successful rider. “Through the eyes of the horse” was proposed as a convention theme because it is vital to understand our horse's view of the human world.

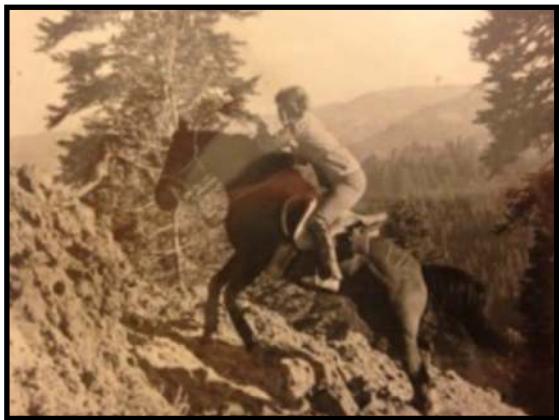
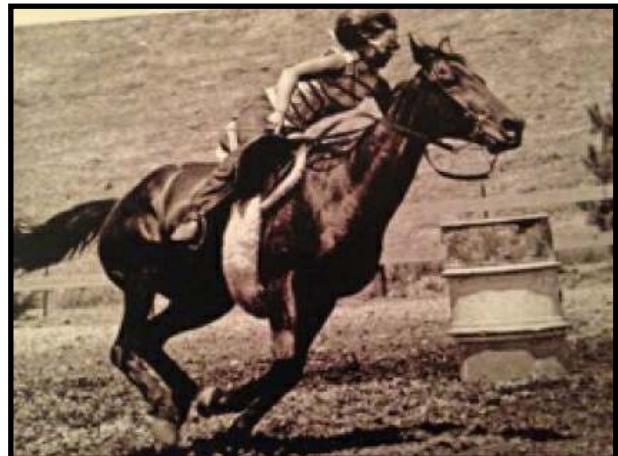
The 2016 convention theme ties in with a new book written by Sue Eoff “Seeing Through the Eyes of the Horse”. This book is a biography of Nancy Kasovich, long time NATRC member who has participated in the sport as a rider, horsemanship judge, past president of NATRC and as a prior member of the NATRC board of directors. Nancy is a respected and well-known horseman whom we are privileged to have in the organization. Nancy brings many years of observing horses and building relationships with them and their riders. She has always striven to share her knowledge and passion for horses with fellow horseman. Those of you who have had Nancy as a horsemanship judge know that she not only writes comments on your score card, but often comes and talks with you to offer suggestions for a problem or to praise the way you handled an issue. We are delighted that the 2016 convention theme mirrors the thoughts of such a great horseman as Nancy.

Nancy Kasovich is the sponsor for the Bob Smith Per-



continued on page 2...

...continued from [page 1](#) petual Award given by Region 1 and presented to the high point first year Novice and/or Competitive Pleasure Division horse, regardless of class. This award is given in honor of Bob Smith, Nancy's first husband, who passed away in 1977 after a lifetime of involvement with training horses. Bob was very influential in Nancy's philosophy of training horses. When she first told him about NATRC, his advice to her was, "Remember, many are horse riders, few are horsemen". Bob believed in training slowly, according to what the horse could process in order to develop the horse correctly. Bob died in 1977.



In 1979 Nancy married Tom Kasovich who, although not a rider, supported her passion for horses. Tom accompanied Nancy to many NATRC events over the years. Sadly Tom passed away in 2011. Nancy continues to be active in NATRC, and her many friends and NATRC family hope she will continue in this role for years to come. We are not only honored, but privileged to have Nancy as a member of the NATRC family.

Several autographed copies of "Seeing Through the eyes of the Horse" will be available on the silent auction table at the 2016 NATRC National Convention. I hope you will join fellow riders Feb. 19-21 at the Grand Sierra Resort, Reno, Nevada. Convention details are posted on the webpage www.natrc.org. Come for a great weekend at the Grand Sierra Resort. There are activities for the entire family.

See you on the trails in 2016. Keep riding, training, and learning to see "through the eyes of the horse."

Linda Thomason, 2016 Convention Chair
linda.thomason0610@gmail.com (510) 708-1439

A large, intense wildfire is shown in the background, with bright orange and yellow flames and smoke billowing upwards. The foreground is dark and hazy.

Thank you, NATRC!

A big thanks to all the members who participated in the drive to collect horse tack for the victims of the Valley Fire. The biggest portion of the donations were blankets, and they were so well received by those horse owners. We were the only organization to donate blankets. Well done, NATRC!

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

Chairman's Message. . .

Thanksgiving is now in the past and Christmas & New Years are coming fast. Just a reminder that if you are going to be partying over the holidays, make sure you have a designated driver and be safe. We all want to be present for the next ride season.

I know the convention committee has been very busy working out all the details of the upcoming National Convention in Reno. The seminar speakers will all be excellent, the entertainment on Friday night will be fun, and visiting with everyone will be good, as always. Don't forget to bring your wallet as there will be plenty to buy at the vendors' area along with the silent auction. If you haven't already got it on the calendar, now would be a good time to mark it down. Don't forget to make your reservations early to get a good spot in the hotel. I'm thinking it will be cold in Reno, so make sure you have the right gear with you. I'm looking forward to seeing all at the convention.

From the Board, Have a Great Holiday Season!

Region 1 Chair,

Steve Meroshnekoff

Just for Juniors

4-H Junior Rider Year End High Point Award

Are you a 4-H member? Know someone who is? Encourage your friends to do competitive trail rides. They and you can compete against each other to win NATRC's 4-H Junior Rider Year-End High Point Award.

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.

- The award goes to the high point horse and high point rider **regardless** of the rider's division.
- Your self-nomination must occur before the end of the ride year, which is the second Sunday in November. (For 2016, that will be November 13th.)
- You must (1) be an NATRC member, (2) send an email to Laurie DiNatale (natrc@natrc.org) stating that you are a 4-H member, and (3) have your 4-H leader also send Laurie an email verifying 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?!

Questions?

Contact Angie Meroshnekoff, awhitedog@aol.com.
Chair, Riders and Juniors Committee

Award Sponsors Sought

Region 1 year-end awards are just around the corner and will be presented to the winners during the National NATRC Convention at the Grand Sierra Resort in Reno. Our Region 1 awards breakfast will be on Sunday morning, Feb. 21st. Please consider supporting your region by sponsoring an award. Your donations help R1 to continue giving high quality year-end awards.

The cost of sponsoring an award is:

- \$100 for a first place Horse or Horsemanship Award for each of the classes (a total of 11 awards for 2015)
- \$50 per class for ribbons, Horse or Horsemanship (a total of 12 ribbon sets). Classes available this year for sponsorship are: Open HWT, Open LWT, Novice HWT (horse only), Novice LWT, Novice JR & Competitive Pleasure.
- \$65 for a special memorial award. These include: Bob Smith Perpetual Award (High Point First Year Novice/CP horse); Pat Ersepke Memorial Award (High Point Novice Horse/Rider Combination); and the Max Barmettler Region 1 Lifetime Membership Award (outstanding service to Region 1).

Any other donations in the amount of your choice will, of course, be gratefully accepted. You might even consider getting together with someone to sponsor a class or memorial award together.

Contact Betty Young at 530-222-2978 for more information or to reserve a particular award.

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

Phil Young, Treasurer
2384 Templeton Drive
Redding, CA 96002

Thank you in advance for your support of Region 1.



THE LEADLINE is the official publication of Region 1 of the North American Trail Ride Conference (NATRC). The Leadline is published three times per year and mailed or emailed to all NATRC Region 1 members. It is available by subscription to non-Region 1 members at \$8 per year. Issues contain updated information from Region 1 committees, ride results, point standings, minutes of board meetings, and the current Region 1 ride schedule. Send subscription requests and payments (made out to NATRC Region 1) to Phil Young, 2384 Templeton Dr, Redding, CA 96002. Contributions are welcome and may be sent to Laurie Knuutila, 455 Ream Lane, Fairbanks, AK 99712 or email to wildrosept@yahoo.com. NATRC Region 1 and The Leadline do not necessarily endorse or support the opinions expressed in printed articles or advertisements. The Editor reserves the right to edit material as necessary. No letters to the Editor will be printed if not signed. NATRC and the staff of The Leadline are not responsible for errors in spelling of horses' or riders' names.

Deadlines:

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

Advertising rates per issue:

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

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

2015 Region 1 Year-End Point Standings

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

Novice Heavyweight - Horse

PI	Horse	Breed	Rider	Pts	Miles
1	Pop Star	MFT	Cannon, Linda	10	60

Novice Lightweight - Horse

PI	Horse	Breed	Rider	Pts	Miles
1	Murmullito FOA	Arab	Landry, Aleatha W.	11	40

Novice Junior - Horse

PI	Horse	Breed	Rider	Pts	Miles
1	Lucky Eddie	Grade	Johnson, Kirsten	40	120
2	Lola	Grade	Cichocki, Claire	38	120
3	Nausicca Maj	Arab	Johnson, Karlie	30	100
4	Beauhemian	Grade	Flammang, Emma	29	80
5	Mistress Jezebel	Grade	Redin, Lilyanna	28	120
6	Valentyne	Grade	Gipson, Savannah	24	80
7	Denebaborr	Arab	Madison, Ilsa	18	100
8	Dream	Grade	McOske, Jordan	8	40

Competitive Pleasure - Horse

PI	Horse	Breed	Rider	Pts	Miles
1	OM El Shakeeb Dream	Arab	Dillard, Joe	48	140
2	OM El Nairobi	Arab	Dillard, Ashley	45	140
3	Kat Man D	Arab	Pimentel, Michelle	37	140
4	HM Raina Bo Surely	H-Ar	Schlerf, Haley	34	140
5	OM El Bilbao	Arab	York, Debbie	20	100
6	Sun-Rays Mamma Jamma	MFT	Brown, Tammy	18	100
7	Bodacious Tailfeathers	Grade	Lieberknecht, Kay	16	140
8	MK Van Gough	Arab	York, Ron	12	100
9	Tura Lura	Hcon	Cannon, Linda	8	80
10	Marilyn	Mule	Pimentel, Joe	7	60

Open Heavyweight - Horse

PI	Horse	Breed	Rider	Pts	Miles
1	Pistol Pete DF	Arab	Armer, Jean	24	210
2	YS Tyrone	Paint	Kroncke, Davern	19	150

Open Lightweight - Horse

PI	Horse	Breed	Rider	Pts	Miles
1	Desert Reinbeau	Must	Meroshnekoff, Angela	50	270
2	Sierra Sunshine	Arab	Stidolph, Donna	38	210
3	Palistar	Arab	Swain, Stephanie	20	180

Novice Lightweight - Rider

PI	Rider	Pts	Miles
1	Landry, Aleatha W.	9	40

Novice Junior - Rider

PI	Rider	Pts	Miles
1	Johnson, Kirsten	54	160
2	Cichocki, Claire	39	140
3	Johnson, Karlie	35	100
4	Gipson, Savannah	25	80
5	Redin, Lilyanna	24	100
6	Madison, Ilsa	21	120
7	Flammang, Emma	14	60
8	McOske, Jordan	6	40

Competitive Pleasure - Rider

PI	Rider	Pts	Miles
1	Schlerf, Haley	62	180
2	Dillard, Joe	46	140
3	Dillard, Ashley	45	140
4	Pimentel, Michelle	18	140
5	Lieberknecht, Kay	17	140
6	Pimentel, Joe	16	60
6	York, Debbie	16	100
8	York, Ron	14	100
9	Brown, Tammy	10	100
9	Cannon, Linda	10	80

Open Heavyweight - Rider

PI	Rider	Pts	Miles
1	Armer, Jean	24	210
2	Kroncke, Davern	17	150

Open Lightweight - Rider

PI	Rider	Pts	Miles
1	Meroshnekoff, Angela	47	270
2	Stidolph, Donna	28	210
3	Swain, Stephanie	26	180

Ride Management Support Fund

Thanks to a very generous donation, NATRC is offering an opportunity for new ride managers or managers of rides in new locations to apply for a grant of up to \$1000

to help defray the costs of your NATRC-sanctioned Competitive Trail Ride.

For an application, please contact our [National Office](#). Managers

must be NATRC members, and the one-page grant application, with supporting documents, must be submitted at least 90 days prior to the event.

2015 Region 1 Year-End Point Standings, continued

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

Combined (Must have completed 3 rides)

Novice Junior - Combined

Pl	Horse	Breed	Rider	Pts
1	Lucky Eddie	Grade	Johnson, Kirsten	84
2	Lola	Grade	Cichocki, Claire	70
3	Nausicca Maj	Arab	Johnson, Karlie	65
4	Valentyne	Grade	Gipson, Savanah	49
5	Mistress Jezebel	Grade	Redin, Lilyanna	46
6	Denebaborr	Arab	Madison, Ilsa	34

Competitive Pleasure - Combined

Pl	Horse	Breed	Rider	Pts
1	OM El Shakeeb Dream	Arab	Dillard, Joe	94
2	OM El Nairobi	Arab	Dillard, Ashley	90
3	HM Raina Bo Surely	Arab	Schlerf, Haley	80
4	Kat Man D	Arab	Pimentel, Michelle	50
5	OM El Bilbao	Arab	York, Debbie	36
6	Bodacious Tailfeathers	Grade	Lieberknecht, Kay	33
7	Sun-Rays Mama Jamma	MFT	Brown, Tammy	28
8	MK Van Gough	Arab	York, Ron	26

Open Heavyweight - Combined

Pl	Horse	Breed	Rider	Pts
1	Pistol Pete DF	Arab	Armer, Jean	48
2	YS Tyrone	Paint	Kroncke, Davern	36

Open Lightweight - Combined

Pl	Horse	Breed	Rider	Pts
1	Desert Reinbeau	Must	Meroshnekoff, Angela	97
2	Sierra Sunshine	Arab	Stidolph, Donna	66
3	Palistar	Arab	Swain, Stephanie	46

Region 1 2016 Ride Schedule

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

May 7	Mt. Diablo Ellen Pofcher Jessie Simons	Clayton, CA (925) 672-3733 (925) 672-4348	"B" O/N/CP mtnoaks@earthlink.net mtnoaks@earthlink.net
May 21-22	Cowboy Camp Jean Armer Sec: TBD	Williams, CA (530) 755-8301	"A" O/CP; "B" N armer@citlink.net
June 4-5	Round Valley Regional Park Gene Boicelli Sec: Linda Thomason	Brentwood, CA (925) 672-6491 (510) 651-9470	"A" O/CP; "B" N LIMIT 45 geneboicelli@gmail.com linda.thomason0610@gmail.com
June 18-19	Georgetown NATRC TENTATIVE - RIDE CHAIR NEEDED	Georgetown, CA	"A" O/CP; "B" N
July 30-31	Knik River Ramble Pete Praetorius Sec: Rae Arno	Palmer, AK (907) 745-4747 (907) 354-7390	"A" O/CP; "B" N pwpraetorius@matsu.alaska.edu raemarie@mtaonline.net
August 20-21	Jackson Forest Steve Meroshnekoff Sec: Maria Pilgrim	Ft. Bragg, CA (707) 743-9973 (707) 795-8163	"A" O/N/CP; "B" N iambrewing@aol.com wolves1961@sbcglobal.net
Sept. 17-18	Jackson Forest Fall Steve Meroshnekoff Sec: Maria Pilgrim	Ft. Bragg, CA (707) 743-9973 (707) 795-8163	"A" O/N/CP; "B" N iambrewing@aol.com wolves1961@sbcglobal.net

**February 19-20,
Grand Sierra
Resort**

RENO

*Through the Eyes
of the Horse*



**Speakers
Cowboy Poetry
and Music
Vendors
Silent Auction
Hospitality
Suite
Co-Host AERC
Family Fun
Free Shuttle
Free Parking**

2016 NATRC National Convention

NATRC is hosting the 2016 National Convention in partnership with AERC at the Grand Sierra Resort in Reno, Nevada. *Watch www.natrc.org for updates.* Make room reservations directly with the resort. For the best rates, our room block is under AERC's online [hotel passkey](#) link. Please mention NATRC when making your reservations by telephone. Either way guarantees that NATRC obtains credit for the rooms booked. Rates for activities and meeting rooms depend on the number of rooms booked; your support is appreciated.

Friday Night Entertainment - Sponsored by NATRC

Friday evening, the 19th, enjoy the music and cowboy poetry of Richard Elloyan and Steve Wade. Their album "Forty Miles of Famous" was voted the best new local music of 2014 in the Reno Gazette Journal. Log onto www.richardelloyan.net to learn about these two and listen to samples of their music. Be sure to watch the video of Steve Wade, horse trainer, working a 4-year-old stallion to music. The Friday Night Entertainment is FREE to those registered for convention speakers and \$10.00 for unregistered friends and family. The event starts at 8:00 so you can enjoy the music and rest up for all the Saturday events.



Fun for the whole family. Free airport shuttle. Free parking.

Enjoy a great mini-vacation at the Grand Sierra Resort. Children 17 and under stay free in their parents' or guardian's room. Roll-away beds available. Free Wi-Fi. Pets allowed in specific rooms (see hotel website for details). On site entertainment includes bowling, movie theatres, health spa, restaurants, shopping, galleries, exercise rooms, and of course, gaming. Nearby Truckee River and Recreation Trail.



NATRC Hospitality Suite

The suite will be open Thursday evening to pick up registration packets, Friday and Saturday during speaker breaks, after the Friday night entertainment, and after the Saturday awards dinner. Join friends for snacks, drinks and discussion of the day's events. This will be the "official" gathering place for all NATRC attendees and their guests. Wine and beer will be available; a donation is suggested. Convention t-shirts will be available for sale in the suite and Silent Auction items will be on display. Silent Auction bids will close Saturday evening.



February 19-20, Grand Sierra Resort

RENO

Through the Eyes of the Horse



**Fun
Camaraderie
Learning
Shopping
Dining
Gaming
Relaxing
Theaters
Galleries
Spas**

Speakers

The speaker schedule will be posted as soon as the list is final. *Stay tuned!!*

Speaker fees

Friday: Single: \$45.00 (\$55.00 after 2/5/16)
Additional Family Members: \$25.00 each
(\$35.00 after 2/5/16)

Saturday: Same as for Friday.

Each registered attendee will receive a colored bracelet that entitles her/him to enter all the speaker seminars. Separate colored bracelets will be issued for Friday and Saturday.



Awards

Saturday Evening: National Awards Dinner

Sunday Morning: Region 1 Awards Breakfast

Stay tuned for details.



Registration

Registration forms are available on the national website and from the convention chair. Registration packets will be available Thursday evening in the hospitality suite and Friday-Saturday in the vendor hall. *Watch for convention updates!!*



Payment

Payment may be made by check or cash (on site only for cash). Please call if you have questions.



VOLUNTEERS NEEDED

Please contact the convention chair to volunteer. We need assistance with registration, shifts at the NATRC booth in the vendor hall and a variety of other "jobs". Pitching in will help your convention succeed! Thanks!



SILENT AUCTION ITEM DONATIONS NEEDED

These need not be equestrian related. Items such as wine, gift baskets, art work, wood carvings, and weekend escapes are great auction items. Don't be shy. Contact the convention chair if you have questions. This is a major NATRC fundraiser.



Website:

NATRC: www.natrc.org

2016 Convention Chair:

Linda Thomason, (510) 708-1439
linda.thomason0610@gmail.com

SEE YOU IN RENO!

**Support NATRC and Competitive Trail Riding
AND enjoy a fun and educational weekend.**

Convention Speakers

The Social Horse

Robin Foster, PhD, CAAB

How do you and your horse best communicate? You will learn from Dr. Robin Foster, a certified applied animal behaviorist and associate professor of psychology at the University of Puget Sound, about equine-human interaction. Her specialties include animal behavior, learning and communication, as well as biological and evolutionary perspectives on psychology. Dr. Foster recently presented a paper on target training's effects on reducing equine stress during trailer loading and rider mounting to the International Society for Equitation Science. Her research has focused on the psychology of both small (wasps, bees) and large (horses) creatures. She consults for Adaptive Animals, a group of animal behaviorists and trainers in the Seattle area.

An M.D.'s Guide to the Endurance Body

Jerry Zebrack, MD

If your physician was an endurance rider, he or she might better understand the stresses put on your body by our sport. (And might also understand why you want to ride, even if your body indicates otherwise!) Dr. Zebrack will fill you in on ways to keep yourself in peak condition, medically-wise, for as many years and miles as possible, focusing on knees, hips, cataracts, and the importance of the right pair of sunglasses, and a little about his ongoing study of rider heart rates. He will be the perfect person to answer your exercise-related medical questions—he has been in charge of a cardiac rehabilitation program for 40+ years. A cardiologist with the Renown Institute for Heart and Vascular Health with additional expertise in blood pressure and cholesterol issues, Dr. Zebrack also breeds Arabian horses and has well over 19,000 endurance miles.

Equine Integrative Sports Medicine

Sarah le Jeune, DVM, DACVS, DACVSMR, CVA, Cert. Vet. Chiro

An overview of equine integrative sports medicine from Dr. Sarah le Jeune, who is board certified in equine sports medicine and rehabilitation and equine surgery and holds certificates in veterinary acupuncture and animal chi-

ropractic, will give you a whole new way of looking at your horse's performance. Originally from Belgium, Dr. le Jeune specializes in the diagnosis and treatment of lameness and various performance-related musculoskeletal injuries by an integrative approach including acupuncture and chiropractic. She is the chief of the Equine Integrative Sports Medicine Service at UC Davis. Dr. leJeune is also a board-certified equine surgeon and has been a member of the UC Davis Equine Surgery faculty since 2003.

The Equine Eye

Mary Lassaline, DVM, PhD, MA, DACVO

This introduction to the equine eye by the head of UC Davis' Equine Ophthalmology Service will get you in the know about the equine eye and the most commonly observed eye issues in endurance horses. You'll learn about corneal ulcers, corneal and eyelid cancer, equine recurrent uveitis, cataracts and glaucoma. Dr. Mary Lassaline earned her veterinary degree at Michigan State University, interned at Rood & Riddle Equine Hospital in Kentucky, then completed a three-year residency in veterinary ophthalmology at the University of Florida. Before coming to UCD, she spent eight years developing and leading the equine ophthalmology program at the University of Pennsylvania. Her particular focus is on equine corneal disease.

Lameness: Prevention & Treatment

Jeanette (Jay) Mero, DVM

Most every distance rider will deal with one (or more) episode of lameness in their horse at some point. Dr. Jay Mero's presentation will give you the tools to increase your chances of competing on a sound, healthy horse for as long as possible. There are many key points which will be covered, beginning with the hoof and continuing through training and conditioning wisely. Should the inevitable happen, Dr. Mero will fill you in on treatment options that will get your horse back to good health and competition quickly and safely. Chair of the AERC Veterinary Committee, Dr. Mero is a respected clinician with an equine veterinary practice in Mariposa, California. She's also a rider, with more than

2,500 endurance miles (and a few lameness pulls along the way).

Distance Rider Panel

Presented by NATRC

Fit to Ride

Deanna Guinasso

A longtime student of physiology and kinesiology, and the inventor of Suzanne Somers' "ButtMaster" machine, AERC member Deanna Guinasso will give you the impetus you need to get your body into condition to improve both your riding and your overall health. You'll learn how all your muscle groups interact and how your posture and movements can help your avoid back, hip and/or knee pain. A former body builder and all-around athlete (100-mile roller skating events, triathlons, marathons), Ms. Guinasso began endurance riding in 2001. She placed sixth at the 2009 AERC National Championship 100 and 13th at the 2010 Tevis Cup ride. She recently invented the Primal Torque® therapeutic gluteus maximum external rotation device.

"But I Read It Online...!"

Susan Garlinghouse, DVM

What you read on social media and websites may sound convincing and wonderful (or scary), with impressive stories or science-y buzzwords to back it all up. Or you might hear tales of "miraculous secrets," potions and supplements, or dire warnings of impending disaster—sometimes based in fact, sometimes not so much. Here's how to sort out the good from the bad, with some of the more outlandish equine nutrition myths exposed. Dr. Susan Garlinghouse is a member of the AERC Board of Directors, Veterinary Committee, Education Committee chair, and adjunct professor of nutrition and equine exercise physiology in the California State University system. A go-to source in endurance horse nutrition and physiology, she will cut through the nonsense to give you the facts and often hilarious history of popular legends. She is in private practice in Northern California when not riding, serving as a control judge or travelling the country to present endurance clinics to new riders and members.



NORTH AMERICAN TRAIL RIDE CONFERENCE



2016 National Convention

"Through the Eyes of the Horse"

February 19-20, 2016 - Grand Sierra Resort - Reno, NV
Region 1 Awards Breakfast, Sunday, February 21

REGISTRATION

Please use one form per registrant

Name: _____ email: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (home): _____ (other): _____

Discounts: Family - If registering as an additional family member, please indicate the primary registrant's name here to obtain the family discount: _____

Early Bird - Register by February 5th - See table below right.

Cancellation Fees: \$10 fee before 2/5/16; \$25 after 2/5/16. **No Show/ No Refund.**

Convention Updates: View at www.natrc.org

Friday night entertainment by Richard Elloyan; free with speaker registration. \$10.00 at the door.

Make room registrations directly with Grand Sierra Resort.

Room block is under **AERC**.

Don't worry – we'll find you.

Use passkey

<https://aws.passkey.com/event/14080113/owner/16854/home>

Or Contact the Grand Sierra Resort at 1-800-501-2651 and mention NATRC
<https://www.grandsierraresort.com>

Make checks payable to:

NATRC Region 1

Mail checks and registration forms to:

Linda Thomason

5033 Southside Ranch Road,

Rocklin, CA 95677 (510) 708-1439

linda.thomason0610@gmail.com

Activity/Item	Fee Received BEFORE 2/5/16	Fee Received AFTER 2/5/16	TOTAL
NBOD Meeting 2/18/16	Free	Free	
Speakers – Friday	\$45	\$55	
additional family member	\$25	\$35	
Speakers – Saturday	\$45	\$55	
additional family member	\$25	\$35	
Entertainment – Friday	Free with speaker registration		
National Awards Banquet			
— Chicken Chanterelle	\$40	\$45	
— Grilled Salmon			
— Vegetable Turnover			
R1 Awards Breakfast	\$20	\$25	
T-shirt			
— Small	2 XL	\$13 S, M, L, XL	\$15 S, M, L, XL
— Medium	3 XL		
— Large	4 XL	\$16 2XL, 3XL, 4XL	\$18 2XL, 3XL, 4XL
TOTAL			

NORTH AMERICAN TRAIL RIDE CONFERENCE



YEAR-END AWARD SPONSORSHIP

NATRC™ invites you to consider sponsoring a year-end award. Make this your yearly tax-deductible donation to NATRC. We appreciate any individual sponsorship or that of a club or business. Your sponsorships ensure the continued high quality of our awards. All sponsorships will be acknowledged in *Hoof Print*.

You may sponsor entire awards, portions of awards, or a certain horse's or rider's award. We try to accommodate requests for specific sponsorships. Please indicate both a first and second choice. Date of receipt will receive priority. The awards will be presented at our National Convention. See www.natrc.org for registration information.

PRESIDENTS CUP: SILVER BUCKLE: \$150 BLANKET: \$135 RIBBON: \$10

NATIONAL CHAMPION HORSE: BLANKET: \$135 Horse Name _____

BEV TIBBITTS GRAND CHAMPION AWARD: SILVER BUCKLE: \$150 RIBBON: \$10

OVERALL HIGH AVERAGE COMPETITIVE PLEASURE HORSE AWARD RIBBON: \$10

OVERALL HIGH AVERAGE COMPETITIVE PLEASURE HORSEMANSHIP RIBBON: \$10

OVERALL HIGH POINT OPEN AND CP HORSE AWARDS: Total Needed - Four Sets: Heavyweight, Lightweight, Junior, and Competitive Pleasure.

SET of SIX RIBBONS (First through sixth place): \$60/set: Division/Class _____

SINGLE RIBBON (First through sixth place): \$10/ea

Horse Name _____ Region _____

OVERALL HIGH POINT OPEN AND CP HORSEMANSHIP AWARDS: Total Needed - Four Sets: Open Heavyweight, Lightweight, Junior, and Competitive Pleasure.

SET OF SIX RIBBONS (First through sixth place): \$60/set: Division/Class _____

SINGLE RIBBON (First through sixth place): \$10/ea

Rider Name _____ Region _____

REGION HORSE & RIDER TEAM AWARDS: Total Needed - 42: Seven Sets per region for seven regions.

SET of RIBBONS (First through sixth place): \$60/set Region No. R1 R1A R2 R3 R4 R5 R6
Division _____ Class _____

SINGLE RIBBON: \$10 Horse & Rider's Names: _____ Region _____
Division: _____ Class: _____

SPONSOR NAME AND ADDRESS: _____

Phone number _____ and email address _____

Make check payable to NATRC. Amount Enclosed: _____ Mail To: NATRC SPONSORSHIP, PO Box 224, Sedalia, CO 80135

THANK YOU FOR YOUR SUPPORT. WE APPRECIATE IT!

Trail News

Presented by Trisha Taniguchi,
Region 1 Trail Advocate



A view from the Great Shasta Rail-Trail taken by Aaron Beverly. See more of her photos on the GSRT website.

UC Davis to Host Equine Emergencies Course

Join UC Davis Veterinary Medicine this Saturday at the Circle Oak Equestrian Hospital in Petaluma as they host a disaster preparedness course specifically for our equine friends. This eight hour course will consist of four hours in the classroom and four hours of hands-on experience in the field. An action packed day will prepare you to help equines who have been entrapped or need evacuated from multiple dangerous situations. In a sport like competitive trail riding that

requires many trailering trips, this important skill set could become useful at any time and might even be crucial to your equine partner's life. Take advantage of this practical course offering with equine health experts!

*While this event was initially meant for first responders, UCD has elected to extend its registration deadline and open it to the public. For more information, please visit their [website](#), or contact Tracey Stevens at tsstevens@ucdavis.edu.

Great Shasta Rail-Trail

Last month another rail-to-trail project opened in Redding. This granted equestrians and other non-motor recreationists access to 37 miles of beautiful California trails. GSRT is currently connected to Highway 89 and the Pacific Crest Trail. Future plans for the park intend to connect it to other nearby parks and bring their trail mileage up to 80. Open year round, this new trail system offers many opportunities to be explored. Visit their [website](#) for more information and directions to the park.

Keep Connected

Feeling disconnected from your fellow Region 1 riders since the 2015 season came to an end? Get plugged back in by visiting Sheila Chrtistansen's recently formed Facebook group [CTR Northern California](#). Here you will find "nuggets" of NATRC wisdom and friendly discussions on new findings, rules, and events. This page has also been acting as a great way for riders to keep up with where and how others are conditioning for the 2016 season! Stay connected and hook up for training rides with your NATRC family!



Upcoming Events:

- November 14
Equine Emergencies Class
Petaluma, CA
- November 14-15
Horses' Honor Tack Sale
Auburn, CA
- November 27-29
AERC Gold Rush Shuffle
Wheatland, CA
- December 3-12
Cowboy Christmas
Las Vegas, NV
- January 16-17
NATRC R2 STAR Ride
Queen Creek, AZ
- February 19-20
NATRC National Convention
Reno, NV
- February 21
NATRC R1 Awards Brunch
Reno, NV



Ariel Thurman rides ahead of Kaysha Egerer at the Jackson Again ride in September.

TWO RULES FOR WINTER CONDITIONING



By Jec A. Ballou |
Reprinted with permission from
Horse Collaborative,
December 17, 2015

Avoid training derailments from bad weather by following my two rules for conditioning during downtime, outlined below. By doing so, you will not only ease your horse's re-entry to full-time riding, you will avoid the plateaus and training setbacks that plague students in wintery climates.

Recent data from biomechanics researchers and veterinary schools show that large vacillations in fitness can be detrimental to overall health, particularly for horses past mid-teens. Most notably, periods of lesser activity lasting over a month can weaken deep postural muscles and supporting soft tissue. When a horse is once again placed in a workout routine, he is more likely to use compensatory postures and muscles, leading to lackluster performance or injury.

Rule #1: Prioritize Calisthenics

Periods of decreased activity can actually be highly productive times to improve the deep postural muscles of your horse that are responsible for stabilizing and supporting gymnastic activities. Used effectively, they can yield productive outcomes. How? When not accessing his patterned daily body habits through his regular workout routines, the horse's nervous system can adapt to new habits. For horses with patterns to un-learn such as crookedness, hollowness, or side-dominance, this is the best time to make permanent changes. Think of these periods as rewiring his nervous system through slow, methodical recruitment of the muscle groups that support and refine locomotion rather than the ones that create big motions.

By committing to a brief but consistent daily schedule of callisthenics, you can optimize the horse's deep muscles that positively influence propriocep-



tion and stabilize his spine and pelvis. In just 20 minutes per day, at least four times per week, you can achieve worthy results. In fact, research at Michigan State University demonstrated that by performing dynamic mobilization exercises every day, laid off horses were able to maintain

nearly 80% of the tone in their spinal stabilizing muscles compared to horses in full riding training. Begin your 20 minute callisthenics session with the following maneuvers.

While keeping your horse's feet immobile, use a treat to entice his head/neck to the following positions:
middle of his chest (chin to chest)
between the knees
between the front fetlocks
the girth
Flank hip (holding treat about two feet outward from flank)

Towards hind fetlock

Once you have completed these maneuvers (in both directions, where relevant), ask your horse to walk backwards 30 steps, which will activate his abdominal muscles and hamstrings while mobilizing his lumbar spine. Then walk him back and forth over a row of five to eight ground poles (spaced roughly two and a half feet apart and raised off the ground 6 inches) a total of 25 times. When done consistently, this simple mini routine will pay big rewards for your horse. You will not only maintain tone in his postural muscles but, in the case of poor body habits, be able to create new neural pathways and muscle memories.

Rule #2: Prioritize Movement

Do not rely on pasture turnout to provide your horse the sustained daily movement he needs for proper circulation, digestion, and transfer of fluids/minerals throughout his body. Most horses move around in turnout less than we think, and in most cases this movement is erratic rather than continuous. Sufficient movement is necessary for immunity, flexibility, and overall health. Circulating blood, oxygen, and

gas molecules around the body helps flush toxins and inflammation that otherwise collect in joints. Without a riding or training program, there are still plenty of ways to bring more motion to your horse's day.

The simplest and arguably best way to add movement to your horse's day is to take him for a brisk walk. In an active walk, the back pulsates and swings, helping to remove tension and muscle bunching. Walking your horse daily—in-hand, ponying, ground driving, hot walker, longe line—for 15 to 30 minutes uninterrupted will ensure his circulatory system stays tuned up. His winter layoff, therefore, will not be afflicted with stiffness, inflammation, or poor blood supply.

Absent the rigors and structures of normal training routines, get creative with bringing movement to your horse's day. Set up obstacles to wander around, play with a soccer ball, teach him groundwork exercises. At our farm, I like to leave a box set up on the ground formed by four poles and then we can use it in all kinds of ways to walk, side pass, circle around, walk cloverleaves in and out of the box, and so on. Nearby is a gently sloped driveway where we ask the horses to walk up backwards. The formality or type of movement doesn't matter; what counts is just that he moves. Think of sustained movement as flushing his whole operating system.

Re-entering a full-time routine should be seamless after a downtime focused on callisthenics and postural recruitment. Meanwhile, the horse's circulation, digestion, and muscle function should be well primed after ensuring he has received easy but sustained daily movement during his layoff. By following my simple rules above, your training will continue to move forward from season to season even with interruptions to your routines.

About the Author

A lifelong equestrian, Jec Ballou has devoted herself to a thorough, correct and straightforward approach to improving performance for horses and riders alike. In addition to being a nationally recognized educator about equine conditioning and gymnastic development, she is an accomplished interdisciplinary rider, trainer and athlete. She is the author of 101 Dressage Exercises for Horse & Rider, and Equine Fitness.



NATRC National Board Meeting Report

By Angie Meroshnekoff, NBOD

Elections were held and Kim Cowart will remain President for one more year. Sarah Rinne will also remain as Vice President and Mary Jo Malone was elected as Treasurer.

Several members of the board have been working on making a standardized weight card for all regions, and there is now a template available on the National website. It's pretty easy to download and print.

NATRC now has a You Tube Channel, and the judges committee is working on some "how to" videos to post to the site. Look for that this spring sometime.

There was a report on the goals each region had set for membership and competition for 2015. R5 met or exceeded their goals; Regions 3 and 6 maintained 2014 levels for competitions and competitors; Regions 1, 2, and 4 were below the goals set and were below 2014 levels. Our income is driven by memberships and rider fees, so goals set by each region for 2016 will affect the budget we approve in February. For new member recruitment the board voted to try something new next year. We are going to offer a free membership to first-time members. The idea is that these new members would be willing to try a 2nd or 3rd ride because of the initial savings and eligibility for year-end awards. We also hope it will encourage people to talk about our sport and be willing to rejoin at full cost the following year. A larger membership means a healthier organization and one that sponsors are more willing to support.

The board voted to put a moratorium on scoring CRI's for the 2016 ride year while we collect more data. There will still be CRI's at rides, but they won't be scored for the year.

RMS (Ride Management System) has been handed over to NATRC. Look for a better flow and easier way to use it in the coming year.

For the rule change proposals see your *Hoof Print* or watch the National Website. In summary:

1. Leg protection. This was not an actual proposed change, just an attempt to clarify what was already in place. However, there is a strong sentiment **to allow** socks, etc., under hoof boots or their attachments. So rather than "clarify" and later change our minds, we voted to **not approve**.
2. CP Awards. Changing the ride limit to 16 for the CP national championship would have created inconsistencies in the award, so **it did not pass**. We'll revisit it next year.
3. Eligibility to ride DO and compete the horse. **Passed**. It is recognized that an experienced rider has an advantage. This would limit what a rider could accomplish, ride DO, and be able to compete a horse.
4. Safety riders. **Passed** to change the name to safety personnel and say they must be available, not necessarily following.
5. Unnecessary wording in several places in the awards section. **Passed**.
6. Adding definition of ride year to awards section. **Passed**.
7. Wording to introduce table of points. A contradictory sentence had inadvertently been added, **so did not pass**.

Reminder from the Points and Data Committee

Cheri Jeffcoat

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

Junior Rider Rebate

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

NATRC Student Loan Program

Student loans are available up to \$5,000 per person /year, at the discretion of the NATRC National Board of Directors, after proper application has been submitted. Preference will be given to a full-time student who has been a member of NATRC or whose family has been an active member for at least three years. Consideration will also be given to a student or a student's family who has been an active member of NATRC for less than three years but more than six months.

For more details and an application, please go to: www.natrc.org.

Minutes of the NATRC Region 1 BOD Meeting - Sept. 25, 2015

The meeting was held at Jackson Forest, California

Call to Order:

The meeting was called to order at 12:08 PM by Chairman Steve Meroshnekoff.

Present: Stephanie Swain, Phil Young, Linda Thomason, Angie Meroshnekoff, Steve Meroshnekoff, Gene Boicelli and Davern Kroncke. Absent: Jamie Dieterich (excused), Laura Harvey (excused). Guests: Donna Stidolph, Betty Young

Secretary's Report:

The Minutes of the meeting held 15 May were submitted for review. Phil moved to approve the Minutes, Angie seconded; all agreed. Requested resumes for upcoming National Board of Directors election (one open seat) be submitted to Jim Ferris by 10 October 2015, and for upcoming Region 1 Board of Directors (two open seats) election to Stephanie Swain by 01 January 2016.

Treasurer's Report:

Checking balance: \$21,345.18

Category Detail and Transaction Detail Reports submitted in writing.

Steve moved to accept the Treasurer's report, Stephanie seconded; all agreed.

COMMITTEE REPORTS:

Physical Resource Coordinator: Linda Thomason – No change.

Historian: No report.

Wonder Workers: Steve Meroshnekoff - Investigating embroidered hats (minimum order 25) or possibly get fewer, nicer ones at a slightly higher price.

Points/Membership: Jim Ferris (via Phil) – Phil has the laptop with Points and Membership software and data loaded. Phil and Jim are working together to debug the program. Donna said Jim also uploaded the program along with 2014 data to a partition "behind the R1 website". Steve to investigate the status of the Points and Membership program on the R1 website with assistance from Angie.

Publicity: Linda Thomason – 2016 Convention will be advertised in a BAEN banner in January.

The Leadline: 30 copies of the Leadline were printed, 21 mailed, at a cost of \$56.24 for printing and mailing. Phil will be reimbursed at end of year for all LL expenses.

National BOD: Angie Meroshnekoff – Current Issues under discussion are as follows:

- 1) Leg protection – define specifically what is/is not allowed. No socks or wraps under boots, nothing above the coronet that is not an integral part of the boot, i.e. gaiters. (Note: this is not new, just a clarification of what's in place).
- 2) Competitive Pleasure National Championship qualification. The ride limit was set at 12, but the number of points remained at 75. The proposal is to change to 16 rides (which mirrors Open qualification). Horse must be 5 years old. Region 1 BOD prefers 12 rides and 65 points. All agreed.
- 3) Novice eligibility. The current proposal is that riders may not compete in the Novice Division if they have received any National Championships or four specific national awards and to limit their mileage to 1500 miles. The Region 1 BOD believes this is too strict and agrees that 2000 miles would be more appropriate. All agreed.
- 4) Novice National Awards. This has been previously proposed and voted down twice. The R1 BOD vote remains NO. All agreed.

Region 1 Website: Angie Meroshnekoff and Jamie Dieterich: written report submitted by Jamie Dieterich via email on 9/17/15.

Ride/Clinic Management: Jamie Dieterich – Angie will have two rides at Jackson Forest in 2016, one in June with a clinic.

Outreach Coordinator: Linda Thomason – Spoke to two groups this year. Donna suggested to schedule talks during the winter so prospective new riders have 4-6 months to condition and prepare for a ride in 2016.

Trails Advocacy Coordinator: Trisha Taniguchi – Trisha has been writing monthly columns for the website and to be published in the Leadline.

Bylaws: Jamie Dieterich, Phil Young, Steve Meroshnekoff – No report.

Judging Issues – Nancy Kasovich, Angie Meroshnekoff, Jamie Dieterich – Angie stated that a formal complaint has been lodged in R3 regarding poorly run CRI(s). This will be addressed at the National level in the near future.

OLD BUSINESS:

National Convention 2016 – Betty Young has contracted the entertainment for Friday night. It will be from 7:30-9:00pm, free for those registered for seminars, \$10.00 for visitors. Linda said Convention rooms should be arranged by next week. Discussed and clarified need for meeting rooms. Maria Pilgrim to arrange meals for awards dinner and brunch. Working on T-shirts and sweatshirts.

Region 1 PayPal account to receive payments for convention registration, etc. – Maria Pilgrim is handling this.

NEW BUSINESS:

Georgetown as possible location for Region 1 Benefit Ride 2016: Due to the fires at Cowboy Camp it is uncertain what the condition will be at the time of the ride. If the camp and trails are useable we will have the Benefit Ride there. In the event that it is not useable, the BOD has agreed to have the Benefit Ride at Georgetown, and the BOD will assist Laura Harvey (Ride Chair) with putting on the ride.

Nominations for R1 BOD: Stephanie Swain will run again, Donna Stidolph will run for the seat to be vacated by Gene Boicelli.

Ride Stories: Consider assigning writing a ride story about each ride to a specific person for publication in the Leadline and on the Region 1 Website. BOD members have agreed to ask Juniors, new riders, returning riders, those starting a new horse, etc. to submit ride stories. Also discussed having riders write a "Park of the Month" trail report about places where they ride. Other topic could be about how riding translates to other aspects of life.

Need someone to select and obtain Year End first place awards for Horse and Horsemanship: Betty will take care of Special and Perpetual Awards, Davern has agreed to get all other awards.

Discuss establishment of protocol for safe practice regarding water tanks at rides. Discussed having a clean dipping tank and clean dipping buckets out of which horses may not drink, then having a separate "common" tank for those who wish to risk having their horse drink from a possibly contaminated source.

NEXT MEETING:

Time: 10:00 am

Date: 09 January 2016

Location: Linda Thomason's house, Rocklin, CA

CLOSE OF MEETING:

Gene Boicelli moved to adjourn the meeting at 2:32 PM. Seconded by Linda Thomason; all agreed.

Respectfully Submitted,

Stephanie Swain

NORTH AMERICAN TRAIL RIDE CONFERENCE



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

Memberships run from January 1 - December 31. We offer six membership plans: four Regular; two Lifetime. We also offer a Platinum Upgrade to our family and single plans which adds personal excess liability coverage with a \$1,000,000 policy limit.

FIRST YEAR FREE FOR BRAND NEW MEMBERS!

Just check plan desired, fill in your name(s), etc. below, and mail. Platinum Upgrade not included.

CHECK PLAN DESIRED

All memberships include: electronic national newsletter-*Hoof Print*, your region's newsletter, E-News subscription, eligibility for annual national and regional high score awards and championships, horse and rider mileage awards, reduced ride entry fees, sponsor discounts, enhanced member services, and automatic membership in your region.

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

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

FAMILY..... \$40 /yr **SINGLE**..... \$20 /yr **NO UPGRADE**..... \$ 0 /yr

NATRC Specialties (Optional)

- Patch..... \$5.00
- 10" Round NATRC Emblem Sticker... \$5.00
- 4" Round NATRC Emblem Sticker... \$3.00

(Free with new membership)

A Rule Book is free with your membership. To save NATRC \$\$\$, the Rule Book can be downloaded from www.natrc.org or a hard copy can be requested by checking here .

PRINTED HOOF PRINT (Optional) *Hoof Print* will be delivered electronically. For a print copy, add \$15 & check box:

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

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

Name(s) _____ Jr(s) Birthdates _____

Street _____ City _____

State, Zip _____ Phone (_____) _____

Email _____ (We need your email for delivery of *HOOF PRINT*. Address stays within NATRC. Thanks!)

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

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

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

Region 1 has a
Facebook
Page!



Find us at
NATRC
Region 1



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the sport you love!



The Leadline

Phil Young
2384 Templeton Drive
Redding, CA 96002

