

# The Leadline

The Voice of NATRC Region 1 Competitive Trail Riding



www.natrcregion1.org

Summer 2012

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## My Horsie is My Hero!

By Barbara Berlitz

What a challenge and joy I had at the Round Valley Regional Park NATRC ride on June 16th, 2012, outside Brentwood, CA. The Friday night briefing was sobering: hot, hard, rocks, climbs and LONG for Novice class (24.97 on my Garmin Forerunner 205 GPS). We had great attendance, with a few first-time adult and junior riders. Well, I am seeing this season as my best shot with Tuscany, 22 years old, nearing the end of his distance career and me finally in a place both to be able to go to rides and to be able to pay for them. This season is our best chance.

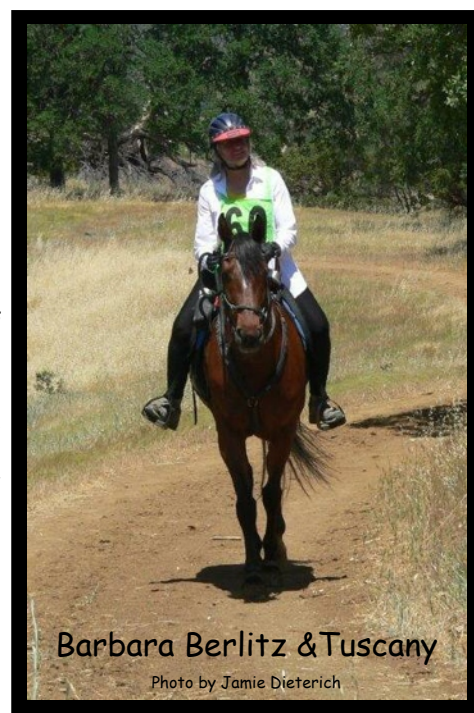
Given the somber counsel at the ride meeting, Tuscany's age, and our coastal cool home climate, I decided to "ride my own ride" and not buddy-up with anyone. I wanted my full attention on Tuscany and not be slowed or pushed by others.

7 a.m departure and it was already over 80 degrees...

Ahead was a long, flat, valley with all horses visible and strung out. Hmmm...seeing those horses pulls "Mr. I can beat' em" to go too fast.

About 15 minutes into the start, I decided to use a trio of gaited horses to set my pace. They were two new riders (first timers with some endurance experience) riding a pregnant ex- show Missouri Fox Trotter and a lovely black Tennessee Walker, followed closely by Joe Pimentel, a wise, considerate rider, on his auction-special-who-knows-what gaited something. Ride meeting request was not to get ahead of the P&R schedule by more than 15 minutes so that the volunteers could be in place when we got there. Thus, rating the horse and diligently managing time was crucial. But I wanted to take advantage of that long flat valley before the grueling, rocky climbs later in the morning. (I am glad I had done this ride before so I knew what was ahead). Tagging on the visible trio of gaited horses was magic. I kept Tuscany about a half-mile behind them, sometimes less, but had a hole for just the two of us - no one visible behind to push us. We all moved out much faster than a typical NATRC start.

Oh, and then gates... On this ride, there are LOTS of those wide cattle gates, with little spring-loaded people gates on the side set up so that, unlike at Harvey Bear Park near San Jose,



Barbara Berlitz & Tuscany

Photo by Jamie Dieterich

Continued on Page 3...

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**Chairman's Corner**

It's been great seeing all the smiling faces at the first few rides of 2012. I want to congratulate all of you who are helping to spread the word about competitive trail riding and NATRC. We are seeing the rider numbers slowly increase, but we need to keep up the efforts. More riders improve our chances of offering additional rides in the future. The cost of the rides has increased over the years, and ride managers need to at least break even or they may not be willing to put the effort into future rides. And yup folks, it's a lot of work that most riders aren't even aware of. You're all cordially invited to try it sometime!! So, please thank your ride management whenever you have the chance - they work tirelessly so YOU can enjoy the rides and new trails.

I laughed over the most recent stories on the Region 1 website (thanks again Donna, for such a great job!!). I hope riders continue to send in stories as 1) it makes for fun reading 2) it personalizes the sport and provides a sense of "community" and 3) it helps ride management assess what riders liked and did not like at rides. Whether you're new to the sport or an "old timer," pick up the pen (or boot up the computer) and share your trail tales.

This year I had the "privilege" of again being the Round Valley Secretary. This year's ride will go down in the NATRC history books as one of the hottest rides (literally!) ever. Yet folks had fun and maintained their sense of humor during a pretty challenging two days. When you accomplish something with your four-legged partner that you never thought you could do, it's an amazing feeling. The joy, the respect you develop for your horse and the sheer sense of accomplishment is something you cannot describe to someone who hasn't experienced this phenomenon. Even when you don't finish or do as well as you wish you could, you and your equine partner learn something from each and every one of the rides and the challenges they present. In the end you and your horse "mature" as a team and this is what it's about. Some of my toughest rides are the fondest in my memory. OK- so they weren't at first- but just wait!!

I wish everyone many happy days of riding this summer and hope to see you at some of the rides. As always, keep abreast of horse activities in your area and promote equine sports. Keep fighting to maintain trail access for both competitive and pleasure riding. Our fellow riders are our "community," and it's the responsibility of all of us to support it.

Happy Trails to all,

*Linda Thomason*

Region 1 Chairperson

**Get NATRC E-News**

NATRC E-News is the official electronic communication channel of our organization. E-News is a subscriber-based electronic marketing software from Constant Contact.

With E-News, you can receive electronic announcements on upcoming NATRC rides and clinics, new sponsors and special offers, NATRC promotions and contests, and general NATRC information including details on rules changes and proposals as well as regional and national Board minutes in a timely manner by subscribing now.

To begin receiving NATRC E-News, simply go to the NATRC website (<http://www.natrc.org>), click on "Join/Renew" along the top, then select "Join NATRC E-News." After you are directed to the E-News sign-up page, you can choose to receive a variety of different types of announcements.

If you would like to send NATRC information to all subscribers or just specific regions, contact Bev Roberts (matefey@gmail.com) or the National office (natrc@natrc.org) for help to put your announcement on the official NATRC electronic communication channel.

...continued from Page 1

one cannot open and get through on horseback. The cattle gates were locked, so there was a lot of getting off and on to get through them. Tuscany is 16.2! And, he insists on having an elastic girth. Hmmm....

By the lunch break, the horses and riders taking the trailer rides home were abundant. Temps were reported to be 106. Accuweather confirmed. A breeze over the ridge tops saved us. The dead cow on the side of the trail (old dead cow with little hide left) was sobering. The few single track shaded trails were welcome. Water was available just when we really needed it. Whew! Trail marking was excellent. Thank you.

I kept trying to find a hole so Tuscany and I could do our own ride but some hopping back and forth with the gaited trio and a few others kept us in too much company (read that as tug on the horse to go faster than I wanted), but it turns out that he could do it, and all that greater speed than I had thought prudent for the conditions and trail actually helped us.

At the bottom of the steep, rugged, rocky, sometimes slick Miwok hill, we welcomed the valley, but it was HOT! We trotted, solo, rarely a horse in sight, except peeks of the gaited trio, along that HOT, windless, monotonous is-this-ever-going-to-end three miles. Tuscany still felt great, and he had so much "fuel in the tank" at the end of the ride...a zealot who wanted to trot on but for his person who said, "We walk the shade and trot the sun." (Thank you, Laney Humphrey, friend and AERC Decade Team member!).

I almost took a wrong turn when weary nearing home, but Tuscany was insistent on a single-track section I had forgotten in the morning rush. The horse was right! Ribbons were there, my focus was not.

We finished! We finished exactly half way in our half-hour window. 8 hours, 50 minutes start-to-finish on my GPS.

I melted at the sun-drenched campground, but bathed the horse, guzzled lemonade, bathed the horse, guzzled, sat, creaked and moaned, as stragglers came in after me; 13 finished before me.

Awards: Both Tuscany and I got First place in Novice Heavyweight! Yee Haaa!

I electrolyted more than I ever have! He slurped his lunch beet pulp/triple crown soupy mash - electrolyted, too! Tip: I put a full dose of Lyte Now in the 30 oz. of water I pack in my lunch to add to his mash mix. I've never done this before, but Tuscany licked the bowl clean and begged for more, which he got. He rarely finishes all his mash at lunch, but maybe the electrolyted water is the key to consumption.

I offer my deep gratitude to our enduring timers, Kitty and Neil, our terrific, short-handed, kind P & R team, our patient, careful judges and surviving ride secretaries.

I am thankful Gene Boicelli is willing to offer a hard ride to challenge us. He wanted the trail to sort out the horses. I suspect that many of our rides have nearly all the horses at 99 to 100 points, with a few plusses or minuses to sort out the winners. We didn't have contrived challenges at this ride; the already tough trail did that for us. This year, the weather added the trump card.

## Important Information Regarding Year-End Awards!

The ride year ends  
November 11, 2012.

For eligibility for year end awards, IT IS THE RIDER'S RESPONSIBILITY to have the following requirements completed as indicated by November 11, 2012.

(1) NATRC Membership dues must be received and

(2) Horse's accurate breed information must be **on file with the NATRC Office.** [www.natrc.org](http://www.natrc.org)

(3) In addition, National breed associations sponsoring year-end awards require that all the equines must be registered with the "association" and "participant(s)" must maintain their "association" membership.

Any doubt?

Send an email to

Laurie ([natrc@natrc.org](mailto:natrc@natrc.org))  
for NATRC membership  
verification and

Cheri ([Jeffcoat.cheri@gmail.com](mailto:Jeffcoat.cheri@gmail.com))  
or Colleen

([colleen@myedl.com](mailto:colleen@myedl.com))  
for breed verification.

Contact your own breed  
association if you have  
questions for them.

THE LEADLINE is the official publication of Region One of the North American Trail Ride Conference (NATRC). The Leadline is published three times per year and mailed or emailed to all NATRC Region One members. It is available by subscription to non-Region One members at \$8 per year. Issues contain updated information from Region One committees, ride results, point standings, minutes of board meetings, and the current Region One ride schedule. Send subscription requests and payments (made out to NATRC Region One) to Phil Young, 674 La Porte Rd, Quincy, CA 95971. Contributions are welcome and may be sent to Laurie Knuutila, 455 Ream Lane, Fairbanks, AK or email to [wildroseph@yahoo.com](mailto:wildroseph@yahoo.com). NATRC Region One 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

### 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

Classified ads are free to Region One members in good standing, one per issue, up to 30 words. Ads may be emailed, or hard copies mailed to the Editor can be scanned as submitted. Send ads to the Editor and make checks payable to NATRC Region One.



## Region 1 Mini-Convention! Back to the Livermore Wine Country! March 9, 2013

We return to the Bothwell Art Center in Livermore to celebrate the Region 1 mini-convention on Saturday March 9, 2013.

We are in the process of lining up speakers and vendors. If you have an interesting topic to suggest, have heard a great speaker in the past or are aware of potential vendors, please notify me ASAP!! We hope to line up a variety of vendors as we have in the past for your shopping pleasure and enjoyment.

I need a few volunteers. This is too difficult for one person, my friends, and I REALLY need a "few good men or women!" Besides it's fun, it's a wonderful donation of your time for a good cause, and you get to work with great people!

### Open Positions:

1) I have the names of numerous vendors and would love someone to be in charge of organizing who goes where on the auditorium floor plan, be there Saturday early to help the vendors get set up, answer questions and, of course, make sure they get lunches and receive thank you cards from NATRC.

2) I need a volunteer to take charge of setting up the lunch buffet, manage the lines on Saturday and make sure all goes smoothly. This includes some Costco shopping to obtain the goods. I have suggestions and am willing to help you with this.

3) I need a volunteer(s) to make the table centerpieces for the Saturday awards dinner. We MUST have some

creative souls out there, so jump in! I have items from previous dinners, so perhaps you can utilize some of these, or use your imagination and create new ones.

4) We can use help from all members to acquire donations! Remember, this is one of our **major fundraisers** for the year. I do need someone to be the primary person to keep track of donations, help solicit them, set them up at

the convention, and write the thank you cards to our supporters afterwards.

So, lots of work to do, and if we can get 3-4 volunteers, there won't be that much work for any one person. Having done this multiple times in the past, I will coordinate and help everyone and be the "go to" person.

Step up to the plate,

and help make this a great convention for 2013!! Those of you who've attended in the past know what an educational, fun and social day this is. So pitch in and help the 2013 convention be even more successful and fun for all.

Stay tuned. More info to follow in future issues of Leadline and Region 1 emails.

*Linda Thomason*

2013 Convention Chairperson  
linda.thomason@comcast.net  
(510) 651-9470



## National Board Elections

Election for the National Board of Directors is coming up soon. As a result of a ByLaws change passed by the membership last year, this election has to be conducted by each region and the results communicated to the National Board by the November BOD meeting. I have been selected as the person to conduct that election. If anyone is interested in the position on the National Board, please contact me so I can get the necessary forms for you to sign. Only one person has expressed interest at this time, and her resume is elsewhere in this newsletter.

Jim Ferris  
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jcferris@yahoo.com  
(530) 432-6513

### Good Search - Pennys for NATRC

GoodSearch.com is a new search engine that donates half its revenue, about a penny per search, to the charities its users designate. You use it just as you would any search engine, and it's powered by Yahoo!

Just go to [GoodSearch.com](http://GoodSearch.com) and be sure to enter NATRC as the charity you want to support. Just 500 of us searching four times a day will raise about \$7,300 in a year without anyone spending a dime! And, be sure to spread the word!

Also, GoodSearch has a toolbar which you may download and install on your browser. It is a clean, useful toolbar which makes it easy to use GoodSearch and with NATRC as your charity selection for Internet searches.

## ATTENTION: WE NEED TO HEAR FROM YOU

NATRC is your organization, and your regional and national Boards of Directors represent you. So please take a moment to let them know what you think about the following items:

### The proposed rule changes for 2013:

See separate report in this issue and in the Hoof Print. These will be voted on at the November NBOD meeting.

### Honorary and Appreciation Award:

We are to consider changing the Jim Menefee Lifetime Membership Award to the Jim Menefee Lifetime Achievement Award. No lifetime membership would be associated with the award. Currently we have about 400 lifetime members, which is wonderful, but it also means we are not receiving new income for their membership dues. It is not good financially for us to have or give lifetime memberships.

## Proposed Rule Changes for 2013

Please see complete report in Hoof Print.

1. *"A ride must be listed on the NATRC official web site (with the correct ride date) at least 60 days prior to the ride."*

Because the Hoof Print is only printed quarterly, and because the ride schedule and ride results are posted on the web site instead, this rule would simply recognize the current process.

2. *Riders must remain in the saddle when the horse is in forward motion over the course but may dismount and rest themselves and the horse anytime, provided they do not advance. At any location designated by the trailmaster, ride manager, or judges as hazardous, riders may be instructed to dismount and proceed on foot for a specified distance.*

This rule would recognize the practicality of many situations.

3. The proposal would clarify how National Championships in Region 1A (Alaska) are calculated.

4. **Stabling. Portable Corrals.** This proposal would allow portable corrals as a stabling option **at the discretion of ride management and/or the CTR facility.** Panels would have to be securely attached to the trailer, and electric fencing would not be allowed. There is an excellent article in the Summer Hoof Print that addresses some of the concerns.

5. **CRI (Cardiac Recovery Index)** would be listed among those parameters that can be checked for the condition of the horse. It already can be done, but listing it would simply help alleviate the element of surprise some riders might feel.

Please let your National Board representatives (Jamie Dieterich, Jim Ferris, Phil Young), or your Region 1 Board of Directors (Linda Thomason, Angie Meroshnekoff, Steve Meroshnekoff, Stephanie Swain, Gene Boicelli, Laura Harvey) know what you think about these issues.



Joe Dillard and  
OM El Shakeeb  
Dream at the  
Round Valley  
Ride

Photo by  
Carol Ormond, DVM



Davern Kroncke  
and Gracie at  
the Cowboy  
Camp Ride  
photo by  
Jamie Dieterich



## From The Editor . .

I've had a great summer this year! I've been able to put lots of miles on my horse Bo (Indy's Mid-night Sun), and a friend has been tagging along riding my mare. So she's been getting a lot of miles also. We've had some great times on the trails! The weather has been good, for the most part, and neither my horses nor I have suffered any injuries!

In July, for the first time in four years, I was able to actually compete my own horse in the Bald Mountain Butt Buster Ride, held near Wasilla, Alaska. The photo is of the two of us crossing the finish line on Sunday. The full ride story can be read elsewhere in this issue. But, I must say, I had a great time, and I was very proud of both myself and my horse when we came away with 1st in both Horse and Horsemanship for the Open Heavyweight Class, we were High Point Horse/Horsemanship Combined for the Open Division, and Bo was the High Point Half Arabian!

I conditioned and competed in Easy Boot Gloves, a first for me. I had a couple issues with the boots on the

ride, and we succeeded in losing one of them somewhere in the river bottoms because of a poorly made gaiter. But when I reported the problem to Easy Care, they immediately shipped me a replacement boot and gaiter! Now that's a great company! Thanks, Easy Care!

This issue of the newsletter includes a couple ride stories and some pictures from several rides. Since the weather in the "Lower 48" has been so hot, I've also included an article about electrolytes for endurance horses. I hope you find it helpful. As always, please keep sending me stories and pic-

tures. I can never have too much material!

Be sure to carefully read about the rule changes being proposed for 2013, and give your feedback to your Regional and National Board members. They represent you and need your input to be able to accurately represent you.

Additionally, there is an election for a National Board seat coming up. Consider giving back to your favorite organization, and serve a term on the National Board. Fill out the form in this issue and send it in by the deadline.

There's also a need for volunteers to help out with the Region One Mini-Convention. See more information elsewhere in this issue on how you can help with that event.



There's still a few weeks of summer left here in the far North, and I intend to cram as much riding in as I can before the snow flies. So if you can't find me, I'm probably out on the trail somewhere! Take care and stay safe!

*Laurie Knuutila  
Fairbanks, Alaska*



Photo by Natalie Luther

## Region 1 2012 Ride Schedule

<b>Aug 18-19</b>	<b>Jackson Forest</b> Steve Meroshnekoff Sec: Maria Pilgrim	Ft. Bragg (707) 743-9973 (707) 795-8163	"A" O/CP; "B" N iambrewing@aol.com wolves1961@sbcglobal.net
<b>October 6</b> 	<b>Lake Mendocino</b> Steve Meroshnekoff Sec: Maria Pilgrim	Ukiah, CA (707) 743-9973 (707) 795-8163	"B" O/N/CP iambrewing@aol.com wolves1961@sbcglobal.net
<b>October 27</b> 	<b>If It Ain't Broke, Don't Fix It At Penny Pines</b> Michelle Pimentel Sec: Joe Pimentel	Arnold, CA (209) 735-1124 (209) 652-1091	"B" O/N/CP LIMIT 35 stablemucker2003@aol.com Legacyranch1@aol.com

## Highlights From the National Board of Directors Meeting

July 14, 2012

### Status:

During an informal session Friday evening and during various aspects of the formal BOD meeting on Saturday, we discussed where NATRC is now and where we are going.

### Finances

- Financially, revenue is up and expenses are down yielding a net gain for the mid-year report. This is largely due to income from special projects (sponsorships, raffle, national convention) spearheaded by a few. (See complete financial reports in Hoof Print).

- The picture for the rest of the year will look different. The income that's supposed to sustain us is generated by rides, riders and members. We can anticipate continued income from rider fees (paid by ride management for every rider), but because most of the memberships have been received, the revenue growth will not be strong. The BOD approved a \$5 increase (thus a \$10 fee) per member rider fee for 2013 to help offset some of the pressure on special projects.

- Bottom line. We expect to break even for 2012, but it would be wonderful if we could show growth! We need more rides, more riders and more members. THANK YOU if you're putting on a ride, riding in a ride, and or paying your dues. This is a tremendous sport, and your continued support is not only greatly appreciated, it is needed!!

### Region 1 Measurements

- Region 1's goal for 2012 was to have as many rides and average number of riders per ride as in 2011. At this time, we have more rides sanctioned (7) than we had in 2011 (5). We've also had more riders per ride (32) as compared to last (24).

- THANK YOU if you're putting on a ride, riding in a ride, or volunteering at a ride. We can't do it without the volunteers.

### Proposed Rule Changes

See separate report.

### Judges Committee

Kate Jacob, DVM, R6, was approved as a new veterinary judge.

### Media Advisory

The Summer Hoof Print has been posted on the website.

<http://www.natrc.org/hoofprint/HoofPrint.pdf>

Elaine Swiss solicits and coordinates the sponsors; Bev Roberts does the artwork for the ads; Jamie Dieterich solicits, edits (with help) and submits the contents; Kelly Carper Polden, editor, does the layout. For 2012, the print version is available on request. For 2013, the print version will likely cost \$15 for a subscription.

### Safety

Larry Gould reminded us all to be aware and careful in the lineup for the preliminary and final veterinary exams.

### Raffle

Stay tuned for more details.

### Drug Testing

4 rides (outside of CA) tested so far; no positive reports; more rides will be tested.

### Management

- Jean Green is working on updating the ride fees and statistics form used by ride secretaries. She also reminds us to be sure to use the current liability forms and other ride forms found on the NATRC web site:

[http://www.natrc.org/documents\\_ride.htm](http://www.natrc.org/documents_ride.htm).

- The ride insurance fee now includes ATV use, but they must be used legally according to local laws.

- Reminder: we risk losing our insurance coverage if we ride in the back of pickups.

### Marketing

- E-News is an effective tool for announcing events, especially rides. If you are not getting ENews, sign up using the Join/ Renew tab at [www.natrc.org](http://www.natrc.org).

- NATRC shares links with 18 other horse magazines

- The Jan/ Feb. issue of **Trail Blazer** has numerous photos, including the cover, by Jim Edmondson, R4.

- Recent articles referencing NATRC and competitive trail riding have appeared in the June issue of **Horse and Rider**, **Spotted Saddle Horse News**, **Horse Channel.com**, and in **Horse Illustrated**.

- NATRC has an exchange ad program with several breed organizations.

- Bob and Margie Insko, R2 with their Region 2 board's approval, will be placing ads at the Ramona Café in California. The NATRC ads will be under the clear tabletop surface on 18 tables in the café for a minimum of two years! One ad style will emphasize CTR not being a race and the other how much fun CTR is.

- Bev Roberts, the new webmaster, and been cleaning up code and updating other aspects of the NATRC website. Take a look for breaking news, updates, and general information. [www.natrc.org](http://www.natrc.org).

### Bev Roberts National Horsemanship Champion award for those achieving 5 National Championships on different horses will be recognized similarly to the Horse Hall of Fame and included in the listing in the front of the Rule Book

### Honorary and Appreciation

We are to consider changing the Jim Menefee Lifetime Membership Award to the Jim Menefee Lifetime Achievement Award. No lifetime membership would be associated with the award.

### National Convention 2013

Denver, CO February 21-23, 2013.

### Future

If you have some ideas how to have more rides, make it easier to put on rides, or get more riders to come to rides, please share with your R1 Board of Directors/ National Directors.

Respectfully submitted,

*Jamie Dieterich*

NBOD

Judges Committee;  
Education Committee;  
Policies and Procedures;  
Media Advisory Committee



## Region 1 Ride Results

### CMDTRA Mt. Diablo

5/5/2012 Region 1-CA  
B-O/N/CP Total Riders: 38  
Chair: Ellen Pofcher  
Judges: Greg Fellers DVM, Jim Ferris  
Novice Sweepstakes: Stillwater's  
Bastian/Arnold, Mary-Ellis-99  
Open Sweepstakes: Amiraborr /  
Boicelli, Gene-99

### Open Heavyweight

1 /2 Amiraborr/Boicelli, Gene  
2/1 Stealth Knight/Boicelli, Victoria  
3/3 Porter BL/Schroeder, Eric

### Open Lightweight

1/1 Desert Reinbeau /  
Meroshnekoff, Angie  
2/2 Sierra Sunshine/Stidolph, Donna

### Open Junior

1/1 Kaylee/Johnson, Karlie

### Novice Heavyweight

1 /2 Sun-Ray's Princess D/  
Meinert, Brad  
2/1 Kodie/Pimentel, Joe  
3/5 Tres/Goodwin, Lydia  
4/4 MK Van Gough/York, Ron  
5/3 Diamond H Shalako /  
Vovchuk, Virginia

### Novice Lightweight

1 /2 Stillwater's Bastian /  
Arnold, Mary-Ellis  
2/1 Pokani/Owens, Jill  
3/ CC Honey Dew/Ballard, Tanya  
4/6 Jac/Christenson, Valerie  
5/ Tuscany Berlitz/Sammons, Sara  
6/ SC Tecka/York, Debbie  
/3 7th Heaven Star/Fuller, Lisa  
/4 Nura BL Da/Cunha, Heather  
/5 Draco/Miller, Veed

### Novice Junior

1/5 Smoke/Waota, Mia

2/3 Maynard/Undlin, Caroline  
3/6 Ravens Eagle/Goodfriend, Arielle  
4/1 Garnet/Diaz, Sonya  
5/4 Romance/Heinzmann, Catie  
6/2 Beauhemian/Barash, Emma

### Competitive Pleasure

1 /2 Kamiko/Thurman, Ariel  
2/ OM El Shakeeb Dream /  
Dillard, Joe  
3/3 La Paloma Dream /  
Dillard, Ashley  
4/ Fames Baydal BL/Fitts, Gary  
5/ BVA Slate/Pillsbury, Trish  
6/1 Cissy/Flagg, Susan  
/4 Tango Sierra/Harvey, Laura  
/5 Lady Tigers Hi Syn /  
Schlerf, Haley  
/6 Thee Vandal/  
Ostrowski, Stephanie  
Pistol Pete DF/Armer, Jean  
Lakota/Lieberknecht, Kay  
Halimaar Tu/Koenig, Jae



Lydia Goodwin and Tres enjoying the view at the Mount Diablo ride  
Photo by Jamie Dieterich



How DOES she get on that horse?  
Jill Owens and Pokani at Mt. Diablo  
Photo by Jamie Dieterich



Debbie York (SC Tecka) and Ron York (MK Van Gough) at the Mt. Diablo Ride - Photo by Jamie Dietrich

## Region 1 has a Facebook Page!

Find us at NATRC Region 1.

There is also a Facebook page for Region 1A Alaska!

Find that at CTR Alaska (group) and at

Bald Mountain Butt Busters NATRC Ride (Region 1A) (event).

### 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.



## More Region 1 Ride Results

### Round Valley A

6/16-17/2012 Region One-CA

A-O/CP Total Riders: 16

Chair: Gene Boicelli

Judges: Carol Ormond DVM, Jamie Dieterich

Open Sweepstakes: Cobay /  
Wolf, Jeanine-93

### Open Heavyweight

1/1 Stealth Knight/Boicelli, Victoria  
P Calico Mt. Sheila/Cannon, Linda

### Open Lightweight

1/1 Cobay/Wolf, Jeanine  
2/2 Sierra Sunshine/Stidolph, Donna  
P Marilyn/Pimental, Michelle  
P Porter BL/Meroshnekoff, Angie  
P Kamiko/Thurman, Ariel

### Open Junior

1/1 Amiraborr/Saudan, Tina

### Competitive Pleasure

1 /2 OM El Shakeeb Dream /  
Dillard, Joe  
2/1 Lady Tigers Hi Syn/Schlerf, Haley  
3 /4 Pistol Pete DF/Armer, Jean  
4/3 Denebaborr/Lieberknecht, Kay  
CO Tango Sierra/Harvey, Laura  
P La Paloma Dream/Dillard, Ashley  
P Laarkin/Brown, Tammy  
P National Treasure/Brown, Doug

### Round Valley B

6/16/2012 Region One-CA

B-N Total Riders: 16

Chair: Gene Boicelli

Judges: Carol Ormond DVM, Jamie Dieterich

Novice Sweepstakes: Stillwater's  
Bastian/Arnold, Mary-Ellis-96.5

### Novice Heavyweight

1/1 Tuscany Berlitz/Berlitz, Barbara  
2/2 Kodie/Pimentel, Joe  
3/3 Cameo Star Sensation /  
Patterson, Melissa  
4/4 MK Van Gough/York, Ron  
5/5 Gracie/Kroncke, Davern  
P Song/Ostrowski, Stephanie

### Novice Lightweight

1 /2 Stillwater's Bastian /  
Arnold, Mary-Ellis  
2/1 Pokani/Owens, Jill  
3/3 CC Honey Dew/Ballard,Tanya  
4/5 Downtown Sassy Brown /  
Tripp,Beth  
5/4 OM El Bilbao/York, Debbie  
6/DO Palistar/Swain,Stephanie  
P Helvetias Prince/Haas, Cliveden  
P 7th Heaven Star/Fuller, Lisa

### Novice Junior

1/1 Shayla/Ikerd, Maleah  
P Garnet/Anderson, Molly

## Resume

for the NATRC  
National

Board of Directors

## Angie Meroshnekoff

Statement of interest for position on the National Board of Directors of the North American Trail Ride Conference.

I have been a long time rider and member of NATRC and I have been a member of the Region 1 board for 12 years and past Chairman of that board. I have over 8000 ride miles and have spent countless hours as a volunteer. I have ridden in all 3 divisions and worked as a volunteer at rides, as P&R person, raffle chairman or judges secretary and have pinch-hit as ride secretary several times. I have been trail master and helped organize 7 rides and have also been either co-chairman or secretary for four Region 1 mini conventions and was newsletter editor for the Regional newsletter for several years.



Tina Saudan and Amiraborr at  
the Round Valley Ride  
Photo by Carol Ormond, DVM

Hydration was the name of the game at the Round Valley Ride - Jean Armer and Joe Dillard let their horses "tank" up  
Photo by Carol Ormond, DVM



Stephanie Ostrowski, DVM, checks  
Cindy Baker-Miller's horse at  
the Bald Mountain Ride  
Photo by Terri Dodd Gonzalez

## More Region 1 Ride Results

### Cowboy Camp A

6/2-3/2012 Region One-CA

A-O/CP Total Riders: 14

Chair: Jean Armer

Judges: Leroy Burnham DVM, Nancy Kasovich

Open Sweepstakes: Desert

Reinbeau/Meroshnekoff, Angie-99

### Open Heavyweight

1 /2 Amiraborr/Boicelli, Gene

2/1 Stealth Knight/Boicelli, Victoria

### Open Lightweight

1/1 Desert Reinbeau /  
Meroshnekoff, Angie

2/2 Marilyn/Pimentel, Michelle

3/3 Sierra Sunshine/Stidolph, Donna

### Open Junior

1/1 Kaylee/Johnson, Karlie

### Competitive Pleasure

1/1 La Paloma Dream /  
Dillard, Ashley

2/3 Lady Tigers Hi Syn /  
Schlerf, Haley

3 /4 OM El Shakeeb Dream /  
Dillard, Joe

4/2 Kamiko/Thurman, Ariel

5/5 Tango Sierra/Harvey, Laura

6/6 Laarkin/Brown, Tammy  
Denebaborr/Lieberknecht, Kay

P National Treasure/Brown, Doug

### Cowboy Camp B

6/2/2012 Region One-CA

B-N Total Riders: 13

Chair: Jean Armer

Judges: Leroy Burnham DVM, Nancy Kasovich

Novice Sweepstakes: Stillwater's  
Bastian/Arnold, Mary-Ellis-100

### Novice Heavyweight

1 /4 MK Van Gough/York, Ron

2/1 Sun-Ray's Princess D./  
Meinert, Brad

3/2 Tuscany Berlitz/Berlitz, Barbara

4/3 Gracie/Kroncke, Davern

### Novice Lightweight

1/3 Stillwater's Bastian /  
Arnold, Mary-Ellis

2/1 Om El Bilbao/York, Debbie

3/2 7th Heaven Star/Fuller, Lisa

4/5 CC Honey Dew/Ballard, Tanya

5/4 Helvetias Prince/Haas, Cliveden

6/DO Palistar/Swain, Stephanie

### Novice Junior

1 /2 Lola/Johnson, Kirsten

2/3 Garnet/Diaz, Sonya

3/1 Shayla/Ikerd, Maleah



Cowboy Camp P & R Crew Extraordinaire  
Steve Meroshnekoff,  
Phil Young and Jim Shura  
Photo by Jamie Dieterich



P & R stop at the Cowboy Camp Ride  
Photo by Jim Ferris



Karlie Johnson & Kaylee followed by  
Angie Meroshnekoff & Desert Rein-  
beau at the Cowboy Camp Ride  
Photo by Jamie Dieterich

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

### Attention All 4-H Horse Members!

To encourage participation by 4H members, NATRC has offered a 4H Junior Rider Year End High Point Award for many years. For 2012 some significant changes were made as follows:

- The award goes to the high point rider and high point horse **regardless** of the rider's division.
- The award is a self-nominating award. The nomination must occur before the end of the ride year, which is the second Sunday in November. This year, it will be November 11, 2012. The rider must (1) be a member of NATRC (2) send Laurie DiNatale an email ([natrc@natrc.org](mailto:natrc@natrc.org)) stating that they are a 4H member and (3) have their 4H leader verify that they are a member with an email to Laurie DiNatale ([natrc@natrc.org](mailto:natrc@natrc.org)).

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

Questions? Contact Susan Peters, [sapeters@pcisys.net](mailto:sapeters@pcisys.net).



## More Region 1 Ride Results

### Bald Mountain Butt Buster A

7/21,22/2012 Region 1A-Alaska

A-O/CP Total Riders: 45

Chair: Stefanie Bergman

Judges: Stephanie Ostrowski DVM,  
Lory Walls

Open Sweepstakes: Dynamic's  
Spirit/Mielke, Terri-97

#### Open Heavyweight

- 1/1 Indy's Midnight Sun  
Knuutila, Laurie
- 2/6 Lola/Hrncir, Dorothy
- 3/2 Jasmine's Magic/Fisk, Colleen
- 4/3 Wild Lady's Nite/Dent, Susan
- 5/ Maximus the Black /  
Inglet, Christine
- 6/4 Windy/Brassard, Emily
- /5 Star of Excellence /  
Halley, Catherine
- P Alita-McCoy/Inglet, Lindsey
- P Always Lucky/Romine, Rebecca

#### Open Lightweight

- 1/3 Dynamic's Spirit/Mielke, Terri
- 2/2 Monet Image/Moore, Deb
- 3/1 Willow Bey Star/Grogan, Brenda
- 4/ She's A Dandy/Bentz, Autumn
- 5/5 ShaMara/Forrester, Donna
- 6/6 Hunar/Talbot, Vickie
- /4 The Jewel Thief/Lythgoe, Marcia
- P Titan/Nail, Jamie
- P Brisco/Stevenson, Kelly

### Open Junior

- 1 /2 Siddasnickerechoes /  
Lorence, Kelti
- 2/1 TWS Echstravaganza /  
Quinn, Chase

### Competitive Pleasure

- 1/ Royal Prince Caspian
- 2/1 Sunny/Sullivan, Bill
- 3/2 Jake/Bue, Courtney
- 4/ Cinch/Sands, William
- 5/ Army's Cache of Class /  
Wilson, Kristin
- 6/ Dynfari From Arctic Arrow /  
Miller, Charles
- /3 Lady's Midnight Scout /  
Dorman, Sierra
- /4 Dapper Dan Da Lady's Man /  
Kolehmainen, Karol
- /5 Merrylegs/Luther, Cindy
- /6 Spiffy/Gotschall, Sarah
- Manadis/Baker-Miller, Cindy
- Poncho/Bennet, Rebekah
- Raudhetta/Culhane, Alyse
- JD's Baja/Daugherty, Joanne
- Future's Razzel Dazzel /  
Luther, Natalie
- Siggi/Praetorius, Pete
- Pushin' CD's Pride /  
Terwilliger, Eileen
- CO Duke/Barkman, Elyssa
- P Maggie/Ash, Heather
- P Thor/Poorbaugh, Keith

- P Cisco/Spangler, Gina
- P Biscuit/Spangler, Tom
- P Push Flirt's Button/Wilson, Shirley
- DO PNickel/Quinton, Michelle
- DO P Sargeant/Quinton, Reed

### Bald Mountain Butt Buster B

7/21/2012 Region 1A-Alaska

B-N Total Riders: 11

Chair: Stefanie Bergman

Judges: Stephanie Ostrowski DVM,  
Lory Walls

Novice Sweepstakes: Luke/  
Onorati, Melissa-100

#### Novice Heavyweight

- 1/1 Trinity/Cupples, Jayme
- 2/3 Pepper/Ross, Gary
- 3/2 Lucky/Ross, Becky
- P Shady/Duncan, Patty

#### Novice Lightweight

- 1 /2 Luke/Onorati, Melissa
- 2/1 Bo/Schamber, Pam
- 3/3 Tucker/Mailly, Sarah
- 4/4 Kay/Tulip, Inga
- P Chassy/Jett, Pamela

#### Novice Junior

- 1/1 Tinni/Wood, Emily
- 2/2 Pistol/McCoy, Mariah



Chase Quinn and Emily Brassard at the  
Bald Mountain Ride  
Photo by Deanna Quinn



Susan Dent at the  
Bald Mountain Ride  
Photo by Terri Dodd Gonzalez



Kristin Wilson at the Bald Mountain Ride  
Photo by Terri Dodd Gonzalez



## Minutes of the NATRC Region 1 BOD Meeting

The meeting was held at Round Valley Regional Park, Brentwood, CA, on 17 June 2012.

### Call to Order:

The meeting was called to order at 3:12 p.m. by Chairman, Linda Thomason.

*Present:* Linda Thomason, Phil Young, Jamie Dieterich, Jim Ferris, Gene Boicelli, Stephanie Swain, Laura Harvey, Angie Meroshnekoff, and Steve Meroshnekoff.

*Guests:* Betty Young

### Secretary's Report:

Jim Ferris moved to approve the Minutes of 22 January 2012 meeting and 11 March 2012 which were submitted for review via email; seconded by Gene Boicelli. Unanimously approved.

### Treasurer's Report:

The Cowboy Camp 2012 Region 1 Benefit Ride earned approximately \$2000.00. There is approximately \$23,000.00 in the checking account. Jamie moved to approve the Treasurer's Report; Linda Thomason seconded. Unanimously approved.

### Committee Reports:

• *Physical Resource Coordinator:* Linda Thomason - No update

• *Historian:* Kathy Nixon - No update

• *Wonder Workers:* Steve Meroshnekoff - No update

• *Points/Membership:* Jim Ferris - No update

• *Publicity:* Linda Thomason - No update

• *The Leadline:* Phil Young - No update

• *National BOD:* Jamie Dieterich - Proposed \$5.00/rider increase in member rider fees paid to National by ride managers. *R1 BOD - NO*

Proposed rule changes for 2013; wording to be finalized at the July NBOD meeting:

1. Proposed rule change would reword Section 2 A.5.f. of the Rule Book to account for the fact that The Hoof Print is no longer pub-

lished often enough for ride managers to abide by the present wording. *R1 BOD - YES*

2. To correct wording in Section 5 I.4 from "designated by the trail master as hazardous", to "designated by the trail master, **ride manager, or judges** as hazardous", as this is often presently done. *R1 BOD - YES*

3. For clarification purposes, Section 6 B.1.e would be changed from "P&R scoring will be" to "P&R **procedures and** scoring will be". *R1 BOD - YES*

4. Section 10 B.2.a would be changed from "within any three-year period" to "within any **consecutive** three-year period" to clarify that the three-year period must be three consecutive years. This change applies only to Region 1A (Alaska). *R1 BOD - YES*

5. Section 5 B.4 would be changed to define types of portable pens/corrals that are acceptable/not acceptable stabling options, with the purpose of allowing the use of certain types of portable corrals/panels. *R1 BOD - YES* with removal of brand specific names.

6. Would change the wording of Section 6 B.1 to include the use of CRI (Cardiac Recovery Index) in the evaluation of condition, and to correct terminology (Myoglobi-nuria instead of azoturia). *R1 BOD - YES* with change of "CRI" to "cardiac recovery index (CRI)".

• *National Board of Directors seat(s) being vacated:* Jim Ferris might not run again. Need nominees, and to hold election and report the results at the November NBOD meeting.

• *Region 1 Board of Directors seat(s) up for election/re-election at the end of this year:* Gene Boicelli and Stephanie Swain.

• *Region 1 Website:* Site fee paid for 2012

• *Ride/Clinic Management:* Jamie Dieterich - No update

• *Outreach Coordinator:* Linda Thomason - No update

• *Trails Advocacy Coordinator:* Judy Etheridge - No report.

• *Bylaws:* Jim Ferris, Jamie Dieterich, Phil Young: - in progress

• *Judging Issues:* Jamie Dieterich, Betty Young - no update

### Old Business:

• *R1 Corporate/Non-profit status:* Phil Young - 501c3 application in progress

• *T-shirt/sweatshirt Sales:* sold \$97 at Cowboy Camp

• *NATRC Computers:* Jim Ferris - conversion of membership program in progress

• *Need to amend Minutes of the NATRC Region 1 BOD Meeting held 25 September 2011 at Cowboy Camp, Cache Creek Wilderness, CA:* change the words "ribbons and certificates" to read "awards."

### New Business:

• *Possible partnership with California State Horseman's Association Trail Program* being investigated by Linda Thomason

• *Lake Mendocino Ride management* requested seed money to start the new ride. Jim Ferris moved to grant \$300.00 in seed money to the Lake Mendocino Ride. Linda seconded. Approved.

• *Year End Awards* - Betty Young brought up the fact that Year End Awards are a considerable expense to Region 1, and with fewer award sponsors this past year we need to consider more affordable awards for 2012. Suggestions are requested.

### Next Meeting:

Time: 10:00 a.m.

Date: 23 September 2012

Location: Jim Ferris' home, Big Oak Valley, CA

### Close of Meeting:

Jim Ferris moved to adjourn the meeting; Gene Boicelli seconded. All in favor.

Respectfully Submitted,

Stephanie Swain

## **RESUME**

### *FOR NOMINEES FOR NATRC NATIONAL BOARD OF DIRECTORS – Region 1*

In order to select a slate of nominees for this year's ballot, we need a resume of your qualifications. Please answer the following, sign the pledge and return this form to the Nominating Committee Chairman by **September 1, 2012**.

NAME \_\_\_\_\_ REGION \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

HOW MANY YEARS HAVE YOU BEEN A NATRC MEMBER? \_\_\_\_\_

INTEREST IN NATRC (RIDER, MANAGER, JUDGE) \_\_\_\_\_

Please make a statement regarding your interest, qualification, related interests and what you would like to do for NATRC. Be brief and please do it in 200 words or less. The information will be used on our ballots to acquaint the voters with you. Use the back of this page for your statement or attach an additional page and return to the Nomination Committee Chairman.

Results of the election will be presented at the fall meeting of the National Board of Directors. Your term will begin in January.

As a member of the NATRC Board of Directors, you will be expected to attend the National Board meetings held three times a year. As dual directors serving also on the Region 1 Board of Directors, you will be expected to attend four meetings a year. Expenses related to the National Board meetings are largely borne by the Region, but you will have out-of-pocket expenses.

Thank you for your interest in serving on the Board of NATRC.

#### **PLEDGE:**

IF I AM ELECTED TO THE NORTH AMERICAN TRAIL RIDE CONFERENCE BOARD OF DIRECTORS, I AGREE TO BE PRESENT AT ALL BOARD MEETINGS, IF POSSIBLE, AND TO ACCEPT THE EQUITABLE FINANCIAL RESPONSIBILITY AS VOTED BY THE BOARD ON WHICH I SERVE.

**SIGNATURE OF CANDIDATE** \_\_\_\_\_

***Please return no later than September 1, 2012, to:***

*Jim Ferris \* PO Box 300 \* Penn Valley, CA 95946  
530/ 432-6513 \* jcferris@yahoo.com*

## Electrolyte Supplementation of Endurance Horses

Reprinted with permission of Kentucky Equine Research; for more nutrition and health/management information visit [www.equinews.com](http://www.equinews.com)

Electrolytes are a critical component of an endurance horse's nutritional program since they play an important role in maintaining osmotic pressure, fluid balance, and nerve and muscle activity. During exercise, sodium (Na<sup>+</sup>), potassium (K<sup>+</sup>), and chloride (Cl) are lost in large quantities through sweating. Loss of these electrolytes causes fatigue and muscle weakness and decreases the thirst response to dehydration. It is vitally important that performance horses begin competition with optimal levels of fluids and electrolytes in their bodies and that these important nutrients are replaced throughout prolonged exercise.

Because most electrolyte losses in the horse occur through sweating, one method of calculating electrolyte requirements can be based on different amounts of sweat loss. The amount of sweat loss will depend on a number of factors such as duration and intensity of exercise, temperature, and humidity.

### Sweat Losses

It is important to have some idea of the magnitude of electrolyte loss a horse incurs during exercise before a feeding program can be developed to replace these losses.

The amount of sweat loss will depend on a number of factors such as duration and intensity of exercise, temperature, and humidity. In general, horses

exercising at low intensity (12-18 km/hr) will lose between 5 and 10 liters (1.3 and 2.6 gallons) of sweat per hour. During higher intensity exercise (30-35 km/hr), sweat loss levels reach as high as 15 liters per hour. At the 1996 Olympic Games in Atlanta, horses lost an average of 18.4 kg (41 lb) of body weight during the speed and endurance phase of the three-day event, which translates to a sweat loss of around 15 liters (4 gallons).

### Electrolyte Requirements During Endurance Training

Daily electrolyte requirements can be estimated by calculating the total amount of mileage logged weekly by the horse, taking into account the environmental conditions under which the training occurs. For example, if an endurance horse were logging 50 km (31 miles) of work per week in a cool environment (20-25° C, 68-77° F), it would only require about 60-120 grams (2-4 ounces) of a well-formulated electrolyte supplement to meet its daily electrolyte requirements. The lower range of supplementation would be adequate if the horse were also receiving adequate forage and a grain mix that contained supplemental salt, as well as access to a salt block. Horses at rest will normally consume around 50 grams (0.75 ounce) of salt per day from a salt lick.

As training mileage and environmental temperature increase, so does the requirement

for electrolyte supplementation. Horses that are training heavily (100 km or 62 miles/week) in a hotter environment (33-35° C, 92-95° F) may need 140-200 grams (5-7 ounces) of supplemental electrolytes daily.

The recommendations given above are based on supplementing electrolytes at the same rate daily even though the amount of exercise performed each day will vary. This is probably a reasonable approach to supplementation except for days when the training distance is especially long. For those days, additional supplementation may be warranted.

As a rule of thumb, 60 grams (2 ounces) of electrolyte supplementation are required for each hour of exercise in moderate climates. This rate of supplementation will double in hot environments when sweat loss is extensive. A long training ride of 60 km/38 miles (~4 hours) in moderate temperatures would therefore produce enough sweat loss to require 240 grams (8 ounces) of electrolyte supplementation. This level of supplementation would need to be partially provided during the ride (60 grams or 2 ounces at 20 and 40 km) using an oral electrolyte paste with the remainder of the electrolyte administered after the ride. If the horse will not consume this quantity of electrolyte (120 grams or 4 ounces) in a single meal, 60 grams (2 ounces) can be administered as a paste at the end of the ride.

Continued on next page ...



... continued from previous page

When administering oral electrolyte pastes, it is absolutely essential that the horse have access to drinking water. If the horse refuses to drink, do not administer an electrolyte paste.

### **Supplementation During Endurance Competition**

There is a great deal of controversy about how to administer electrolytes during competition. Competitors have used a number of different strategies successfully, and the recommendations given here are not necessarily the only way to achieve success.

During competition, sweat losses can be very large. Using the sweating rates described earlier, an endurance horse will lose between 45 and 60 liters (12 to 16 gallons) of sweat during a 160-km (96-mile) ride. This represents electrolyte losses of 460-690 grams (16-24 ounces). Additionally, 9-14 grams (0.3-0.5 ounces) of calcium and 5-8 grams (0.2-0.3 ounces) of magnesium will be lost through sweating. It is debatable whether all of these losses can or need to be completely replaced during the competition. Research has shown that endurance horses participating in 80-160 km events often have a fluid deficit of 20 to 40 liters (5 to 11 gallons) despite having access to water and electrolytes during the ride. Canadian researchers have shown, however, that endurance horses with less pronounced fluid and electrolyte alterations during a competitive ride were more successful than those with greater changes. Therefore, it is

absolutely essential that a large proportion of the electrolytes and water lost in sweat be replaced during the ride.

### **Pre-ride electrolyte loading**

The endurance horse must start the competition with adequate stores of both water and electrolytes. This can be accomplished in two ways. First, the endurance horse should be on a high level of forage (hay or pasture) intake before a ride. When a horse is fed liberal quantities of forage, it can store extra water and electrolytes in its large intestine. These stores can be called on to replace sweat losses early in the ride. Second, extra electrolytes can be administered the night before and the morning of the ride. The horse's system is finely tuned to balance the amount of electrolytes and water that it stores in its body at rest, so excessive pre-ride electrolyte supplementation should be avoided. Moderate supplementation (60 grams or 2 ounces the night before and 60 grams or 2 ounces the morning of competition) will insure that the horse has adequate electrolytes within its body and will provide additional electrolyte stores within the gastrointestinal tract.

### **Electrolyte supplementation during competition**

Electrolytes should be supplemented throughout competition. The type of electrolyte supplement used during competition is slightly different than that which is used during training. This electrolyte should provide additional calcium and magnesium along with sodium, potassi-

um, and chloride. If calcium and magnesium losses are not replaced by mobilization of skeletal stores or by supplementation, metabolic disturbances such as thumps may occur. Electrolytes should be administered to horses at each vet check and at water stops along the trail. The best way to administer electrolytes is in the form of a paste. Pastes are commercially available, or they can be made up fresh at the vet check by diluting an electrolyte powder in applesauce, water, or liquid antacid. A reasonable dose of electrolyte powder (or equivalent) is 60 grams or 2 ounces at each vet check. Thirty- to 60-gram (1- to 2-ounce) doses of electrolyte can be administered on the trail. It is worth reemphasizing that the horse must have access to drinking water when receiving concentrated electrolyte pastes. These pastes are hypertonic (a greater concentration of electrolytes) compared to blood and will effectively draw fluid out of the horse into the gut if they are not diluted by drinking water. Administering large doses of electrolytes without adequate water intake will result in serious problems including colic, dehydration, and possibly death.

### **Post-ride supplementation**

Administering 120-240 grams (4-8 ounces) of electrolyte over the 24-hour post-ride period can eliminate most of the post-ride electrolyte deficit. A portion of this can be given as a paste shortly after the conclusion of the ride followed by top-dressing supplementation of electrolyte on the next two or three meals.

## "I Survived The BMBB!"

By Laurie Knuutila

So proclaimed the t-shirts and sweatshirts that commemorated the 2012 Bald Mountain Butt Buster Competitive Trail Ride. At the beginning of the weekend, all the riders were confident that they could proudly wear that shirt by Sunday night. Would that actually be the case, everyone wondered?

The 2012 Bald Mountain Butt Buster Competitive Trail Ride was held on July 20-22, outside Wasilla, Alaska. I

of rain. After a potluck dinner, in which, in the words of Ride Manager Stefanie Bergman, "the tables gave birth to food," the ride briefing was conducted by Trail Master Katie Carney. She warned us that if the rain materialized, the trails would be slick.

During the night, the rain started....and continued most of the day on Saturday. I took the time on Saturday morning to install studs in my horse's Easyboot Gloves, and by the end of the day, I was very thankful that I had! The rain came down hard at times, at times driven sideways by the wind, at other times a light mist. Right out of camp, the horsemanship judge, Lory Walls, watched the riders pass by. My horse has been known to perform some interesting "airs above the ground" at the start of a ride. But this year, his feet stayed on the ground, and although he did get excited when hors-

all the roots. But the timing was good, and we were able to easily make our time. Just before arriving back in camp, Lory observed us go up a hill. The ride manager and a photographer were at the top of the hill and kept the riders distracted from the judge. Only one or two riders actually saw her.

As we were leaving lunch, we performed a mount for Lory. Then the trail took us into the river bottom to a crossing of the Little Susitna River. The rain had not caused a significant rise in the water level, and we were able to cross with no problems. The vet judge was there, watching as we crossed the river at an angle. The water was swift, about mid-forearm deep on a 15 hand horse, and the river was wide. To keep from drifting with the current, the rider's eyes had to be fixed on the opposite bank. Salmon could be spotted swimming in the crystal-clear water.

As we were starting up the mountain for which the ride is named we were treated to fresh lemonade and cookies handed out by a family who lived along the trail. It was very welcome and refreshing, even on a cold, windy, rainy



Two amazing ladies -  
Ride Secretary Jenny Daniels  
and Ride Manager  
Stefanie Bergman  
Photo by Terri Dodd Gonzalez

attended as a competitor in the Open Division. A total of 56 riders (26 of them first timers!) had signed up for this ride, the most ever at an Alaskan ride! First time Ride Manager Stefanie Bergman and first time Ride Secretary Jenny Daniels had their very capable hands full!

When I arrived at ride camp on Thursday (after an 8 hour, 320 mile trip through some of the most gorgeous scenery in the world!), the weather was beautiful, with sunshine and blue skies. The summer in the southcentral area of Alaska had been characterized by gray skies and rain, but this day was gorgeous. My horse made the trip in good shape and settled into camp nicely.

By the time vet-in started on Friday afternoon, conducted by vet judge Stephanie Ostrowski, DVM, the sunny skies were gone and there was a threat



The lemonade hander-outers  
Photo by Sierra Dorman

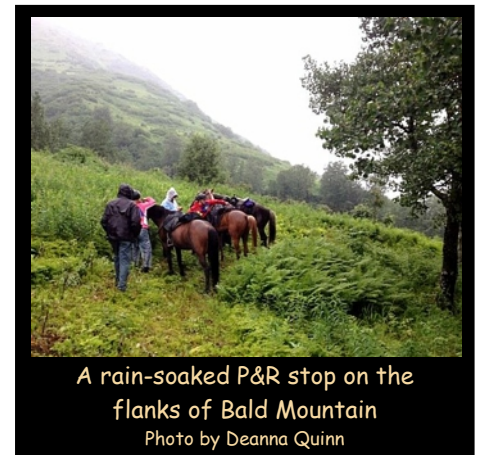
es would pass us, he maintained his composure and continued to listen to me. The training I'd done all summer while riding with others of passing and being passed was paying off.

The trail took us through woods on rooty trails and around open hay fields. Lory was at the top of one of those fields, watching us trot into our first P & R of the day. After a metabolics check, Stephanie asked us to perform a mount and then back our horses three steps in a straight line. After that, we wended our way back to camp for lunch. With all the rain, the trail was sloppy and slick in areas, not so bad in others. The trails in the woods were "walk only" because of

day!

The climb up Bald Mountain was, of course, punctuated at the top by a P & R stop. The wonderful P & R crew braved the lousy weather to be there to check horses. One of them even took her knit cap off and gave it to a rider who was suffering from the cold!

The trail getting off the mountain was very muddy, chewed up by all the horses' hooves and very slick in areas. There were reports of butt-sliding and



A rain-soaked P&R stop on the  
flanks of Bald Mountain  
Photo by Deanna Quinn

mud-slinging! But everyone made it down (the lemonade-hander-outers were there on the return trip too!), and we were observed again re-crossing the Little Su at a different crossing. Then it was back through the river bottom and into camp. In the river bottom, Lory had us ride into the river at a spot where a fence line (with a gate) blocked the trail. The fence extended a little bit into the river and we had to ride around the end of it and back onto the trail. Back in camp, both riders and horses were



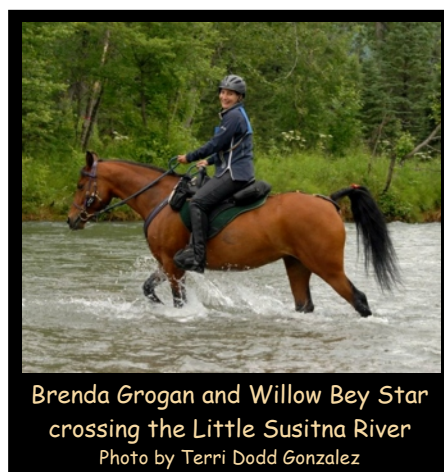
chilled and soaked, but there were smiles and laughter, despite the weather. Some folks loaded their horses into their trailers, while others used truck heaters to warm up and dry out. Vet out revealed a few sore horses, but for the most part, everyone seemed to have survived the tough trail and lousy weather unscathed.

The judges tallied their cards for the Novice Division riders and after dinner, the awards for them were handed out. Most of the riders in the Novice Division were first time competitors, and despite the weather, they seemed to have enjoyed the ride and several said they were looking forward to riding next year.

The rain continued off and on through the night, and the next morning, a meeting was called. An unscheduled meeting at a competitive trail ride can mean only one thing – changes to the trail. And indeed, Trail Master Katie Carney had been up since the wee hours, figuring out a re-route of a lot of the trail and re-figuring the ride times. The trail up Bald Mountain was unsafe due to mud and slickness, so Katie decided for the morning trail to send us around the hay fields we had ridden on Saturday so she and her crew would have time to

scurry up the mountain on their four-wheelers and re-flag the afternoon trail. She was very patient and thorough in explaining the rerouting, and having been a Trail Master many times, I knew the stress level she must have been feeling!

The morning trail was ridden in reverse of the day before, with a P & R in the same place, along the edge of a hay field. This time, Stephanie did her metabolics check then had us do a short sidepass to retrieve a ribbon from a tree and sidepass back to hand it to her. Then we were off through the woods, headed back to camp. The rain continued off and on, more off than on, all



morning. Near camp, Lory watched us descend a short, but very steep section of trail. Then we had lunch back in camp.

The clouds were starting to break up as we headed back up Bald Mountain. We took a different route, which took us across the river again and then we followed driveways and roads as we climbed the mountain. Along the way, Lory watched us cross the river and Stephanie watched us ride over a bridge over a small creek. A loop trail on the mountain had a P & R stop at the top of it, and as we made our way up the mountain, the clouds broke up completely and the sun shone brightly. The temperature and the humidity rose dramatically! The Matanuska Valley stretched out below us, and the Chugach Mountains gleamed in the distance, rising majestically above the valley.

After the P & R, it was all downhill back to the river. Lory watched us ride across the bridge over the creek. The river had risen somewhat with all the rain, and when we came to the crossing,

there were “river guards” directing us across the river by the safest route. Thank you, Jenny and Keith. Your presence was reassuring! Back through the river bottom we went, and back into camp by a circuitous route that took us past a pen in which two doe-eyed young calves hung their heads over the fence watching us ride by. They were so cute!

Back in camp, the vet-out proceeded while a delicious dinner was being prepared. The barbecued ribs, chicken, baked beans, salads and several other side dishes were most welcome after a long day on the trail! The sun continued to shine, right up until awards time. Then it clouded back up and spit a little more rain, as if to have the last word!

Despite the challenges presented by a large number of riders, lousy weather, and trail problems, the man-



agement team of the Bald Mountain Ride did an excellent job of putting on the ride. They were well organized and had all the details covered. The timing of the trail was excellent, the trail markings were excellent (I only took out my map to check timing points), and although the weather caused the trail to be a little challenging, it was still doable, and the country we rode through was beautiful. Most of the trail is on private land with permission granted only for the ride, a fact that makes the Bald Mountain ride that much more special. Thanks to the entire crew of the ride for making it all possible! And those of us who did finish can proudly wear those shirts that state “I Survived the BMBB!”



# NORTH AMERICAN TRAIL RIDE CONFERENCE

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