

Region 3

MAY/JUNE • 1995

Let's talk **CONDITIONING**

by Patti Embree

So, you want to try competitive trail riding? Maybe you have worked a ride or participated in a clinic and decided this sport would be fun for you and your horse. Well, it is fun!

However, what friends and even clinics forget to tell you is about conditioning. Why is conditioning so important? Take yourself as an example – could you wake up tomorrow and run a marathon without preparation? Of course not, and neither can your horse, I hear a lot of people professing to know their horse is in condition because last summer they went on a pack trip, and the horse did great. Hunting camp, he packed out the biggest elk. You should not get any ideas that these weekend warriors can survive a competitive trail ride. They are not in condition.

How do you get a horse in condition and what goes into it? Well, go grab that hay-burner out of the pasture and start early in the season. If your first ride will be in April then – weather permitting – start in January or February to condition. Try to ride with someone already familiar with the sport if you can.

Continued on page 3

Region 3

The *Region 3 Newsletter* is published bi-monthly and mailed to all current Region 3 members. It is available by subscription to non-Region 3 members for \$8 per year. Requests and payment for subscriptions should be sent to Iris Mosgrove, 10590 Egerton Road, Colorado Springs, CO 80908.

Your typed contributions of articles and other information are appreciated! NATRC and the *Region 3 Newsletter* do not necessarily endorse or support opinions expressed in letters, articles or advertisements. No unsigned letters will be published. Region 3 reserves the right to edit or to refuse publishing a letter. Articles may be re-used provided attribution is given.

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Display advertising rates: Full page (7 1/2" x 9 7/8"), \$50; half-page (7 1/2" x 4 15/16"), \$30; quarter-page (3 3/4" x 4 15/16"), \$15; eighth-page or business card (2 1/2" x 3 1/4" or 3 3/4" x 2 7/16"), \$10. Ad rates are per issue and must be camera-ready (including photos). Ads ran in five consecutive issues appear a sixth time free. Pre-printed full-page flyers ready for insertion are \$35 per issue and must be received 5 days in advance of distribution deadline. **Barn Sale unclassified rates:** Members: \$5 per ad, non-members: \$6 per ad.

Send all letters, ads, articles, photos, etc. to: Lisa Sowell, 8150 West 111th Ave., Broomfield, CO 80021, (303) 465-3621.

1995 Region III Board of Directors

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President's Message

Karen Laden, Region III President

What icky Spring weather! (If it wasn't so good for my grass, I'd be really upset.) Plus points to ride and clinic management that kept safety and the good of the ground in mind by keeping horses off trails when it was just too wet. (Good trail stewardship makes good friends between riders, hikers, bikers, environmentalists ...)

In other news:

- Correction from my last column – the weight ruling for this year is 0 - 189 lbs. **WITH TACK** for the lightweight division.

- Early straw votes indicate that members want the Region III seminar returned to a November date. Any other points of view?

- The results of a survey of past and present board members and current ride management indicates that members have one overriding concern – that we act and operate as ONE REGION. So let's pull down the phantom "Berlin Wall" that sits on the Continental Divide and enjoy a reunified Region III. I know the committee charged with this task is busy at work identifying ways to make this happen. (The general membership will be included in all decision-making.) Thanks to Bill Smith and the San Juan Riders for knocking a huge chunk out of the "wall" when they reconsidered and decided to collect Region III fees at their rides this year.

- On the matter of insurance – I've written board members a letter about their responsibility to help ride management insure that insurance-related rules of safety are followed at every ride. For example: Juniors must wear an approved helmet from the start to finish line each day (national's rule doesn't specify that juniors must wear helmets while riding around camp, but please ask that they do so for their own safety). If you see a junior breaking this rule, politely speak up. If you see any other unsafe actions that could jeopardize our national insurance coverage, bring it to the attention of ride management or the ride steward. Insurance makes or breaks our ability to hold NATRC rides.

- Finally, an observation. When people talk about "Region III" they are usually referring to the board of directors. Frankly, this bothers me. The board is supposed to be a representative group elected to serve the members, not the other way around. This is a call for the general membership to stop letting the tail wag the dog. It's time to put aside the "let the other guy do it" mentality and get involved (volunteering, voting, expressing opinions, returning surveys, etc.). The alternative is a board forced to serve in a vacuum. Yes, we all want to ride and have fun – BUT IT TAKES ALL OF US TO MAKE THAT HAPPEN! – *Your faithful servant, Karen*

Financial Summary – 5/8/95

ASSETS

Checking account	\$	6,852.81
Sue Bretag account		4,267.09
Ken Burkdoll account		780.01
Ruth Tyree account		700.65

Total cash/bank accounts \$ **12,600.56**

LIABILITIES

\$ 0.00

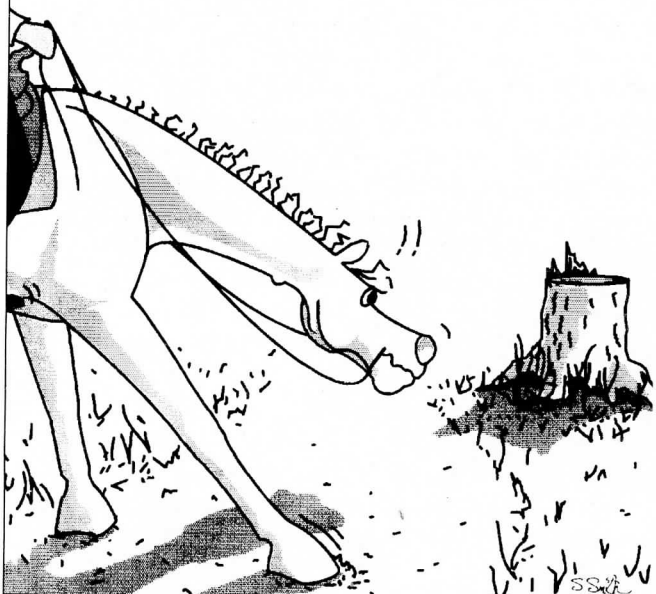
OVERALL TOTAL

\$ **12,600.56**

Conditioning ...

Okay, you've got the horse in hand and are ready to go. Take it slow at first, like any sport, get warmed up and stretched out before you ask for anything strenuous. Rides are not in your backyard so go where you're able to expose your horse to different circumstances, terrain and surroundings. In the winter I ride in the sand washes and desert areas of New Mexico. In May and June, I switch to the mountains. There are many diverse rides in Region III. Condition with this aspect in mind. Spend a day trotting off and on for awhile to accustom the horse the the long trots leading to the P&Rs. A couple of days later, work on hills. After that, work in a sand wash and going up and down ravines. Try an area with downed timber so the horse pays attention to where he's putting his feet. Are you a fair weather rider? Not all rides will be a pleasant, sunny 60 degrees. Put a slicker on and see how your horse responds to mud and slippery footing. Last year, Rabbit Valley was 80 degrees! Ride your horse when it's hot, see how he reacts to heat and stress. If you don't have a stethoscope, get one, and carry it with you. When the time is right, stress your horse by climbing a hill. Take his pulse and respiration. NATRC waits 10 minutes for a conditioned horse to recover to 12 heartbeats and 6 breaths in a 15 second period. Your horse probably won't be there the first time, but keep conditioning and check his P&Rs a month later on the same hill. You will be amazed -

Schuster knew, that without his acute horse perception, his rider would be fooled by the stump's quiet demeanor.



The Horseman's Voice

if you've done your homework.

Conditioning should start slow, as it is a gradual process. You want to build a good basic foundation for your horse. Don't rush it or your horse will suffer the consequences with injuries. Remember too that as the exercise and demand increases, so does the metabolism. The horse may need additional food or vitamins to sustain his energy.

Now is the time to get your horse used to drinking on the trail (it's O.K. for horses to drink and drive!). Perhaps by getting used to drinking during the conditioning rides, he will continue to hydrate himself when competing. Don't forget that horse need rest and time off - don't go at this every single day.

If you don't have time to ride like you would like to - think about your horse like kids - good quality time is better than quantity. When I could only get out once a week for three or four hours, we utilized that time constructively, hills, sand washes, trotting and cooling down.

Hope this gets your ride season started. I will follow up with another article on mental conditioning. I am having a busy season of studying and working - ugh! - so I won't see many of you this year since I am not competing. Have a nice ride season. I will keep in touch through articles this season.

Happy Trails! - Patti

Meet the Challenge

Competitive trail riders! Get ready to Meet the Challenge. The first annual NATRC Championship Challenge Ride will be held in Perry Lake State Park, Kansas, on Oct. 28-29, 1995. Perry Lake is the site of the "No, Kansas Isn't Flat," competitive trail ride. The ride will be for the Open Division only and will consist of two days of riding. Mileage will be approximately forty miles per day at a pace of 4-6 miles per hour.

The ride is restricted to horses who have met at least one of the following qualifications during the past five years: 1. Placed first through sixth in the annual NATRC national or regional high score standings; 2. Won a National Championship (may include current year) or; 3. Have completed and applied for recognition of 1,000 miles in competition. Riders must also qualify by having earned a minimum of 100 points in horsemanship, 60 of which must be in the Open Division.

Jacqui Register will chair this prestigious event. Jacqui is a long time rider and ride manager and is putting together a top-notch crew to assure riders a true challenge and a fun weekend. Prizes for the ride will be as special as the event: a saddle and a week at a condo in Vail, Colorado, have already been donated.

If you and your horse would like to enter this new and exciting ride, contact Jacqui Register at Box 874, Tonganoxie, KS 66086, (913) 845-3093.

It's that time of year ...



Proud "grandmother" Donna Schriefer would like to announce the arrival of Blue Skies Afyre, pictured here at just 15 hours old. Sky was born March 4, to Donna's competitive mount Sierra Blue. Her papa is Fyre Kracher of JET Arabian Ranch. Congratulations to the new family.



Sodium bicarbonate friend or foe?

From cookie making to refrigerator "sweetening," to relief of heartburn, sodium bicarbonate has been a household mainstay. Now, this basic is becoming indispensable on farms, where it is used to increase feed intake and milk production in cows. Athletes have discovered its value in reducing the muscle pain of intense exercise, which it can do by neutralizing the accumulation of lactic acid in muscles.

If sodium bicarbonate works in human athletes, why not with the equine? And indeed that too has come to pass, if not exactly with the approval of all horse organizations. Some racing organizations ban its use outright and some put it in the "not recommended" category.

Assuming that sodium bicarbonate is on the horse farm to stay, how should it be used most effectively and safely? Oddly enough, even though a box of sodium bicarbonate from the supermarket carries a list of warnings about dosage (for example, "do not use the maximum antacid dose for more than two weeks"), there has been little study of how frequency of dosing influences a horse's response to the chemical. That, and another consideration, prompted a group of experts at Cornell University to examine sodium bicarbonate use in ponies. Because the chemical is not stored in the body, the timing and amount given are important in obtaining beneficial results. While sodium bicarbonate would neutralize lactic acid (by combining with the hydrogen ions of lactic acid to form water), the levels of bicarbonate would be depleted eventually. Administering more bicarbonate would, in theory at least, continue to remove the hydrogen ions and continue to delay muscle fatigue. But, the researchers report, that effect would take place only during exercise strenuous enough to result in an anaerobic mechanism and long enough to produce lactic acid in amounts large enough to deplete the bicarbonate already in the body. In exercise that does not produce large amounts of lactic acid, such as prolonged endurance riding, sodium bicarbonate is not recommended and is in fact, contraindicated.

Other factors must be considered. For example, extra water must be provided because the sodium bicarbonate increases urinary losses and thus thirst. Bicarbonate can also cause loss of potassium in the urine. In sum, there are dangers in feeding sodium bicarbonate indiscriminately to horses.

As for timing of the dose, this study indicates that sodium bicarbonate could be safely administered either seven or four days apart. Even four days appears to be enough for a pony to eliminate any excess bicarbonate. The researchers stress that ponies were used in the study and that horses may yield different results. Furthermore, this preliminary investigation did not conclusively prove that a series of doses given four or seven days apart would not have a carry-over effect in racehorses. — Reprinted from the Cornell University Animal Health Newsletter

What's it *worth* to you?

It seems to happen more often these days – ride managers having a tougher time getting together a volunteer work-force to put on a ride. Or, someone that has a lot of great ideas when it comes to what Region III could or should be accomplishing, but becomes invisible when it down to jumping in and contributing.

Sure, we all like to ride in the rides, but not enough of us are seeing the big picture. Region III has approximately 150 members. Where the heck are they when it comes to helping out? Of course many people have strong limitations on their weekends, but there is more to working for our sport than spending a few days at

a ride (although, don't get me wrong, the rides need all they help they can get). There are plenty of other chores out there that need doing. If you find yourself at a couple rides a year, then can't you find an extra weekend to help on the Colorado Trail fix-up crew, work at a clinic in your area or maybe just make a few phone calls to find a new

ride tent for the region? One sure-fire way to become involved is to join one of the many committees, or perhaps run for the board of directors. If you haven't tried it, you should.

The rewards for being a Region III contributor are many. First, there's the satisfaction of giving back something to the sport that has given so much pleasure to you. If the work is shared, the rewards are shared too. Most of you haven't heard the compliments Region III has received about some of the projects we have tackled in the past. I feel proud to have been able to chip in and be a part of some of what others are talking about.

For those of you who like to have evidence of how hard you have worked for our region there are the worker patches (and we all like our mileage patches, don't we?). Yes, more patches. These you get for reaching a certain number of worker points for helping out. And, to help some of you become more motivated, a list of what points are available for what jobs are listed below. Hope to see you on the trails this year, but more importantly, hope to see you behind the notebooks, at the P&Rs, or at the board meetings. – *Your Newsletter Editor, Lisa.*

Position	Points earned
Awards (ride)	25
Chairman	250
Clinic chairman	150
Clinic judge	150
Clinic worker	25
Co-chairman	125
Cook	100
Cook's helpers	25
Driver	75
Judge's secretary	150
Mailing labels	100
Membership	250
Natl. convention chairman	250
Natl. convention committee	100
Natl. convention publicity	250
Natl. convention secretary	250
Natl. convention worker	50
Newsletter editor	250
P&R chairman	100
P&R worker	25
Pre/safety chairman	100
Pre/safety rider	25
Ride book	250
Ride timer	25
Rider and horse mileage	250
Safety rider chairman	100
Secretary	250
Seminar chairman	250
Seminar secretary	250
Spotter	50
Stable steward	50
Stable steward helper	25
Steward	75
Supply	250
Tent helper	50
Trail chairman	75
Trail marker	50
Trail timer	25
Trail worker (Colorado Trail)	50
Trailmaster	100
Weighmaster	25
Worker points	250

BARN SALE

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Rules you should live with

Etiquette for competitors

Be a good sport – don't blame your horse, another rider, the judges, the footing or the management if things don't go your way.

Be kind to management – you are nervous and they are overworked. Most problems can be easily worked out if everyone stays calm.

Be polite to volunteer workers – they are there to help you and have offered their services so you can participate.

Respect the judge – if you have questions about the ride or your scorecard, talk with the judge or with the ride manager at a private time.

Share your knowledge with first-time riders – they are nervous and are trying to do everything correctly. If you have done a ride before, give them some help and advice!

If you must scratch from a ride – if you "pull" from the ride and go home, tell management (ride manager or secretary) before you leave.

Rules of the trail

☞ Warm-up and longeing are allowed before the start of each day's ride, *unless the judges or management instruct you otherwise.*

☞ Be ready when your number is called out to start.

☞ Keep your distance from other horses! When passing others, be sure to let them know your intentions and keep your distance ahead of them after you pass.

☞ Take your time and pace yourself, plus keep some distance from other horses when going up and down hills.

☞ At all watering spots, be polite and take turns letting your horse drink. Also, wait for other nearby horses to finish drinking before you leave.

☞ At judged obstacles, don't bunch and crowd. Keep your distance from others, take your time and smile.

☞ At P&R check points, listen to instructions from crew members and line up properly. Please be as quiet as possible and keep your horse calm and under control so as not to disturb other riders and horses already in line. Wait until the horse next to you has finished his P&R before quietly moving off.

☞ Any suggestions, questions and/or comments can be asked of ride management at any time, but preferably after each day's ride. Other remarks can be made on the ride critique form – found in your rider's packet – which you will turn in or mail after the ride.

☞ All in all, know your horse, his temperament and reactions. Control your temper at all times. If you let him know that you are his firm and kind master, your trail ride will be a fun and pleasurable experience.

LETTERS

Well, a few things from the Buffalo Creek ride ... on the way there, my brakes went out. (Due partly to the fact I didn't know how to drive in the mountains with a horse trailer and my new one is much heavier and the brakes weren't hooked up – my fault.) The story is this – a man stopped to help (actually he was the tenth person to stop and not tell me how stupid I was, I already *knew* that). When I told him where I was headed, he said his wife was riding in that ride also and offered to drive my truck the rest of the way (while my friend drove his truck). Well, I missed the

evening vet check and they offered to let me ride after a special vet check – but I was still very much shaken after my brake experience (nearly going over the edge).

My friend and I did ride into the town of Buffalo Creek from camp (a beautiful ride) and had a really nice dinner later. Everyone went out of their way to make me feel welcome and tell me of previous experiences they'd had. I still swear I am going to write an article titled "The answers to all the questions you never knew to ask." Most of my experience seems to be based on this fact. At any rate, I wish to bless the man and his wife

Judi Tobias would like to pass along this letter (found in a recent **Practical Horseman**) as reminder about helmets:

A Plea

My horse is being advertised "for sale" today – the dressage horse I waited what seemed to be a lifetime to find. My saddle is for sale, too; it came from Germany and was perfect for me. My bridle is for sale, the one with brass buckles. And my boots: Königs, never worn. I'd found a coach who produces champions. I'd gotten a job in the city. All my dreams were coming true, and all the work was paying off. I was even going to buy a good helmet with a safety harness next, to replace the one I'd ridden in for twenty years. But I had an accident while riding, wearing my old helmet.

Everything's for sale now and I don't need a helmet anymore. **Please** buy yourself a good helmet with a properly fitting harness, and wear it **every** time you ride. Don't let your dreams be for sale, and don't let my brain injury be for nothing. There's too much pain to let it be for nothing. – Liz Davis, North Little Rock, AR

(they had a beautiful baby boy) about a bazillion times. He also drove me out due to my still quivering nerves. Thank you to Region III for their hospitality and patience. I did join the region for one year, but I was unable to ride the last three rides because of family plans. So, this year I am going to try it again. Happy trails sports fans, I'll see you along the way and want to wish you all better luck this year!

One other thing to mention – if you haven't seen the NATRC video yet, it's excellent! I can't count how many times I've watched it. – Kathleen Villano

BITS AND PIECES

Region III renewal/newsletter subscription

If you haven't renewed your Region III membership, the cutoff date for receiving the *Region 3 Newsletter* will be June 1 of the same year. National only members will receive two complementary newsletters unless they join Region III.

Eligibility for Region III year-end awards

All national NATRC members who are dues-paying members to Region III NATRC are eligible for regional placings and awards. Requirements: Open horses and riders must enter three (3) rides per season and accumulate a minimum of 30 points to be eligible for year-end placings. Open horses/riders will be eligible for the Ruth Tyree High Average Horsemanship and Ken Burkdoll Combined High Average Horse/Rider awards if they enter a minimum of six (6) regional rides. All rides started (same rider and horse) will be counted. Competitive Pleasure horses and riders must enter two (2) rides per season and accumulate a minimum of 20 points to be eligible for year-end placings. Competitive Pleasure horses and riders will be eligible to compete for the High Average Combined Horse/Rider award but must enter a minimum of four (4) rides per season. The top horse in Competitive Pleasure shall be considered as a sweepstakes horse within the class and shall receive 2 additional points as done in the Open and Novice divisions. Novice horses and riders must enter two (2) rides per season and accumulate a minimum of 12 points to be eligible for year-end awards. Horses and riders receive 4 points for ride completion and a sweepstakes horse receives 2 points (18).

Memo to ride managers

Ride managers are requested to send the ride results to national within two weeks after the ride. Region III rider fees should be sent at the same time to the point chairman.

Verification of points and mileage

The point secretary keeps all Region III members' points and mileage each year. You must submit your own horse/rider mileage to the national mileage chairman for national NATRC records. Please verify points (after figuring your own, first) with the chairman by Dec. 1 of the current year, otherwise you must accept the points as calculated. Region III NATRC members who have not renewed their memberships by Mar. 1 of each year will have to pay an additional \$15 secretarial fee if they wish to have either their horse or rider points and mileage recorded. Contact Pat Jubb, 3455 Hartsock Lane, Colorado Springs, CO 80917, (719) 574-8522.

Breed award eligibility

It is the responsibility of the rider to provide a copy of horse's registration papers with the ride entry to be eligible for breed awards at each ride. The papers will be returned to rider the day of the ride.

Computerized membership mailing labels offered

Joyce Calhoun has the responsibility of the mailing labels various Region III activities. Her database can be categorized by districts, zip codes and includes people who have ridden in the past two years. They can be helpful to solicit participants for Region III NATRC events. Note to ride managers: Submit requests for rider lists with ample time for Joyce to prepare them, not at the last minute, please! The fee is \$5. Contact Joyce Calhoun at 761 W. El Portal, Pueblo West, CO 81007 (719) 547-3152.

When paying for newsletter advertising or mailing labels ...

When you use Joyce Calhoun's services for mailing labels, or if you are paying for an ad in the *Region 3 Newsletter*, please make your check out to NATRC/Region III.

Ride critiques in Region III

Everyone in Region III benefits when you take the time to fill out and return the ride critique form included in the rider's packet, thank you.

Deluxe English Cattle Bags

Price: \$55

Shipping/insurance: \$5

Collapsible Buckets

Price: \$13

Shipping/insurance: 3

Pommel/Wither Bag

Bag only: \$65

Bag/2 water bottles: \$70

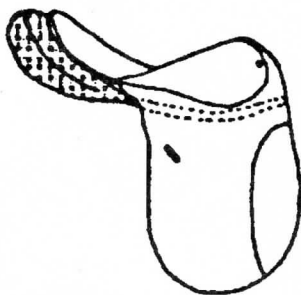
Bag/2 water bottles/snap on heart monitor pocket: \$80

Shipping/insurance: \$8

Haunch Heater

Price: \$55; Ship./ins.: \$5

With removable Polar Plus lining: \$105; Ship./ins.: \$8



People Slicker (over 40 colors)

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Slicker/Hood: \$120

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Detachable cape: \$40

Shipping/insurance: \$8

Aussie style: \$205

Shipping/insurance Aussie: \$10



Troxel EQ Helmets

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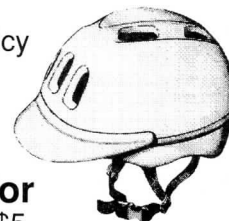
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NATRC Membership Application

NATRC offers six membership plans (check plan desired):

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|--|--|
| <input type="checkbox"/> 1. FAMILY membership | (\$35 per year) Household of one or two adults and children (one vote) |
| <input type="checkbox"/> 2. SENIOR membership | (\$30 per year) Single adult member (one vote) |
| <input type="checkbox"/> 3. JUNIOR membership | (\$20 per year) Single junior member under age 18 (no vote) |
| <input type="checkbox"/> 4. ASSOCIATE membership | (\$45 per year) Equine-related groups or businesses (no vote) |
| <input type="checkbox"/> 5. SINGLE lifetime membership | (\$250) Any person of any age (one vote) |
| <input type="checkbox"/> 6. FAMILY lifetime membership | (\$350) Household of one or two adults and children (two votes) |

Membership is for twelve months from date of receipt

All NATRC memberships include: rule book, membership card, club patch, ride schedule, newsletter, eligibility to compete for NATRC annual high score awards and championships, rider and horse mileage awards and reduced ride entry fees.

PLEASE LIST ALL FAMILY MEMBERS

Name(s) _____

Street _____ City, State, Zip _____

Phone (____) _____ Birthdate of junior(s) _____ \$ enclosed _____

NATRC Specialties*

- | | |
|--|---------------------------|
| <input type="checkbox"/> Lapel Pin | \$3.00 |
| <input type="checkbox"/> Patch (incl. w/ membership) | \$1.75 |
| <input type="checkbox"/> Poster | \$1.00 |
| <input type="checkbox"/> 10" Decal | \$2.00 |
| <input type="checkbox"/> 4" Decal | 2 for \$1.50 |
| <input type="checkbox"/> Bumper Stickers | \$1.50 |
| 2 for \$2.75; 3 or more \$1.25 ea. | |
| <input type="checkbox"/> Hat | \$4.50 + \$2 P&H 1-5 hats |
| <input type="checkbox"/> Jacket | \$30.00 + \$3 P&H |
| Sizes: <input type="checkbox"/> S34-36 <input type="checkbox"/> M38-40 <input type="checkbox"/> L42-44 <input type="checkbox"/> XL 46-48 | |

NATRC Manuals*

- | | |
|--|--------|
| <input type="checkbox"/> Rule Book (incl. w/ membership) | \$2.00 |
| <input type="checkbox"/> Judge's Manual | \$5.00 |
| <input type="checkbox"/> Rider's Manual | \$4.00 |
| <input type="checkbox"/> Management Manual | \$4.00 |
| (plus P&H, 1-3 manuals) | |

NATRC Videos*

- | | |
|---|---------|
| <input type="checkbox"/> Vet Judge Video | \$20.00 |
| <input type="checkbox"/> Horsemanship Video | \$20.00 |
| <input type="checkbox"/> Both Videos | \$35.00 |

Contributions to NATRC are tax deductible. If you wish to show your added support by contribution to our Foundation, Awards, Student Loan or General Funds, please increase the amount of your payment and direct how you wish it to be used.

☐ \$10 ☐ \$25 ☐ \$ Other
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Former membership information

1-95/REGION 3

REGION 3 NEWSLETTER

North American Trail Ride Conference

Iris Mosgrove
10590 Egerton Rd.
Colorado Springs, CO 80908

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