

The Stirrup

Region III Newsletter

Kerry Bingham

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Aztec, NM 87410



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Jan., March, May, July, Sept. and Nov.



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the Stirrup

Region III Newsletter
November & December, 2006

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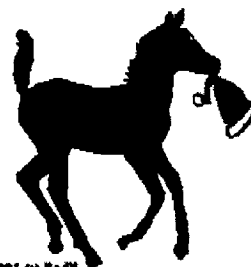
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A Note From Our President, Kathy Brown

Howdy!

Well, the time has come for my last President's message. Thank you all for allowing me to serve as your President these last two years, and as a board member for the last 4. I will stay on in 2007 per our By-Laws that allow the previous years President to stay on the board. Since I had one more year of my elected term, I resigned it and Olga Spanhoff will step in – this gives us an 'extra' member on the board for 07!

The last two years have gone by quickly, and thanks to a great membership and wonderful board of directors to work with, I am pleased to highlight some of our accomplishments:

A Balanced Budget!! Not all figures are in yet, but it is looking like a Black Christmas!!

The Best Mentor Program: We have developed an EFFECTIVE Mentor Program that serves as a model for other Regions.

Website: We have a beautiful website that celebrates our sport and features a ride calendar that can be updated through the year and the PinkBook, a guide to everything you need to know about CTR. ***Shannon Lynch*** will take this job over in 2007 – Thank you Shannon!

Awards!: The region 3 year end awards are now computerized thanks to Kip & Tracey Korthuis – a monumental task!

Membership Program: We have developed a systematic approach to follow-up with potential new members, which include sending letters to non-members that attend our rides. ***Jerry Sims*** will be taking the reins on this job in 2007 – thanks Jerry!

Ride Manager Support: We have more ways than ever to get info. About our rides out – in addition to our ride book, we produce ride flyers (thanks Cristy!), post them on the website and give up to \$50.00 to each ride for advertising. We also are proud of our Ride Start up/Emergency Bail out fund – a new ride or one facing an unforeseen disaster can access up to \$500.00 from our loan fund.

Publicity: For the first time in a long time, we have an active Publicity effort – both regionally and nationally!

Trail Advocacy: Sherri Halligan, Doreen Portner and Jan Cook continue to fight for our right to ride public lands. They have attended important meetings locally and nationally – they need your help though! Our elected officials listen to NUMBERS, not individuals – ask how you can help.

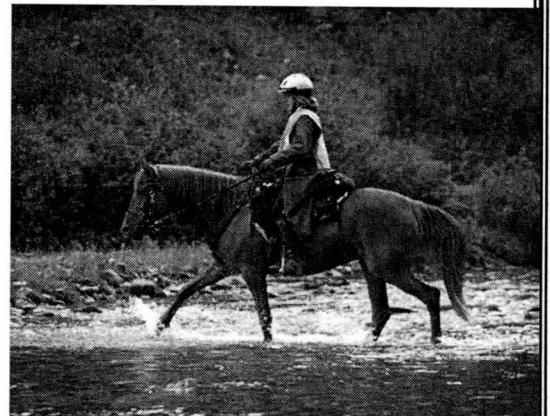
By-Laws, Rules, Etc: We have rounded up all the Regions administrative aspects. The By-laws and Standing Rules have been updated and corrected where necessary, and we are working on a complete "How To" notebook for every job and procedure necessary to run Region 3. We will have copies of the By-laws and Standing Rules at the awards convention – get one for yourself and a friend!

Welcome New Board Members: Lisa Bialy, Olga Spanhoff and Karen Smith join the team in 2007 – *thank you for serving.*

One more note – by the time you get this our Ride Book Deadline will probably have passed. Note that we have other ways to get ride info. out so if you want to do a ride in 2007, please continue with your plans. Last year the High Prairie ride was an afterthought and was one of our most successful rides!!!

Thank you again to all for making this an easy and enjoyable job, and please continue to support your Region and your hardworking Board of Directors!

Kathy Brown



Letter from the Editor:

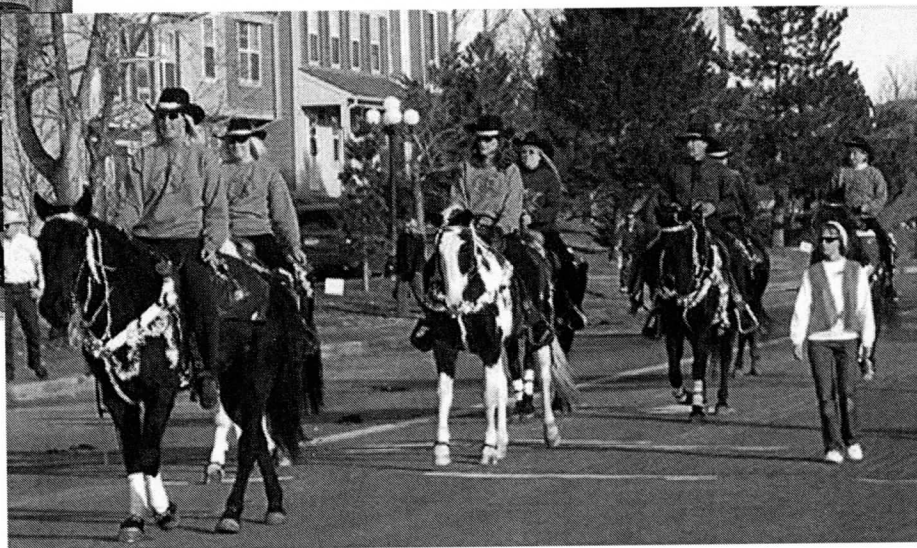
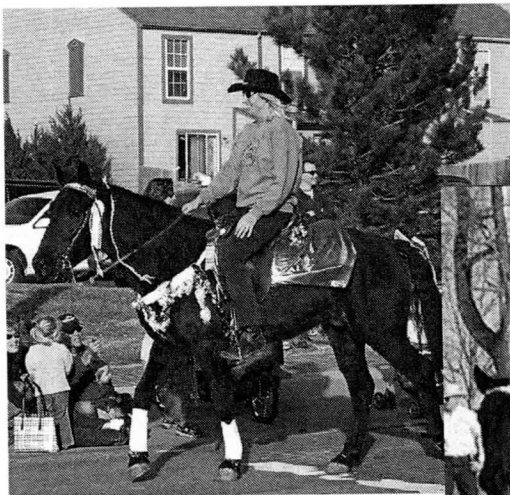
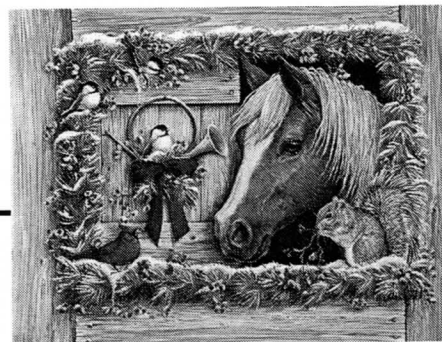


Dear Members,

Merry Christmas! Although this issue does not have the much anticipated ride results section it is probably my favorite issue so far because it is FILLED with wonderful stories from all of you! Thank you to all of our contributors. I hope that in the future, more of you sharpen your pencil (or typing skills) and submit a piece...short or long....tidbits or whole adventures! I am also excited about our want ad section....I have never seen such a nice variety of beautiful horses and slightly used tack at great prices! I hope all of you have a wonderful holiday season....give your horse an extra Christmas cookie for me!

Sincerely, Kerry Bingham
kbingham630@msn.com

505-327-1579



NATRC's own Lisa Bialy has done a great job organizing the Gaited Horse Club of Colorado and recently led her group in the Parker Christmas parade!

If interested in joining contact her at: lbialy@myedl.com

Team O Report

By Olga Spanhoff

A local horse -- and rider -- who spend most of their time helping others has earned a little national recognition. Obie and Olga Spanhoff, both of the San Juan Therapeutic Riding Program, took third place at this year's National Arabian and Half Arabian Championships competitive trail ride Oct. 21-22, held at Kanapolis State Park, Kan.

Obie and Spanhoff took on the trek of competing in the Arabian National Championships this year with a journey that began last summer, as they needed to qualify for the event to ensure a chance of completing the ride.

Our journey began in 2005 by winning the Region 8 AHA competitive trail ride held in Granby, said Spanhoff. So then the planning began.

The goal was to complete a full season of competitive trail rides in the North American Trail Ride Conference region, so the pair started competing in April. The last ride before the national championship was Oct. 1.

Spanhoff and Obie came together in 2002, and have been Team O since that time. One of the best parts of competing and training for distance sports is the true partnership you develop with your horse, and the beautiful county in which you ride, said Spanhoff. I truly enjoy the feeling of being a team, going down the trail and getting better at the job at hand with each ride we do. Obie's other job includes working for his upkeep as one of the Therapeutic riding horses for San Juan Riding Program.

Well with 800 miles of towing behind me, it was time to get ready for two days of competing, said Spanhoff. Obie looked good after the journey, she said, and was on his best behavior.

On Saturday we were not blessed with nice weather, said Spanhoff. In Kansas, when they have wind, it puts us to shame! Never again will I whine about our winds.

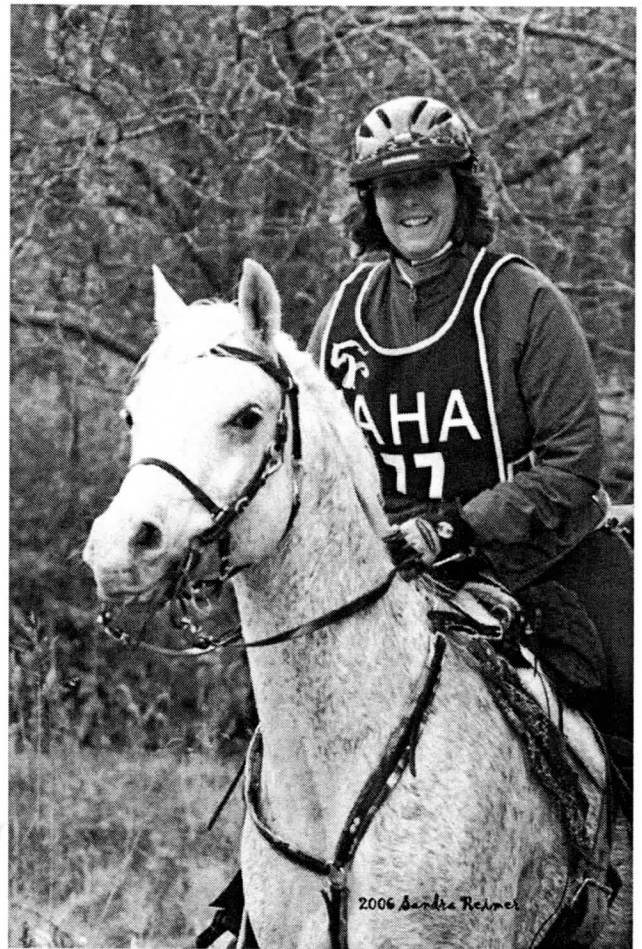
Spanhoff said they endured rain, sleet and 50 mph winds. Some even said it snowed, she said. I just tried to keep my focus on the task at hand. Of course thought of hot chocolate and Baileys did keep entering my mind!

The pair had 27 miles to ride before lunch, which included a vet check and two very deep, cold water crossings. But we got the job done, said Spanhoff. Now back in camp, a blanket on Obie, and coffee and some soup for me, then another nine miles to go and the water again. Spanhoff said at that point the ride manger came around and told them they were done for the day, due to the increasingly poor weather.

But on Sunday, the sun rose high and Obie and Spanhoff rode out of the frosty morning to no wind. The second day, 32 miles, was fully enjoyable..

This is the Nationals, I knew I was among some of the best in the country and it was a privilege to be able to compete at this level. I kept telling myself, she said. Most of the other riders were from Texas, and a few from Oklahoma and some from Kansas. We were the only ones from Colorado with winter coat and all! Not many competitors this year at the event but numbers doesn't always make competition harder it is the quality of horses and riders that make it tough.

Spanhoff said the pair trotted and galloped to keep up with the time they needed, as a few riders from Texas passed them, with Obie trotting and cantering in at the finish line feeling stong and



wanting to go some more. I was feeling tired and just glad to know that we completed this event, said Spanhoff. I knew I was riding among the best horses and riders in the country and that we finished such a tough and fast ride felt rewarding.

Team O earned a top ten placing third overall. Not bad for the little horse from Colorado! said Spanhoff, adding they hope to try the national again in the future, along with more endurance rides including the Tevis Cup. For now we will take some down time and enjoy being home.

Round-hoof'd, short-jointed, fetlocks shag and long, Broad breast, full eye, small head and nostril wide, High crest, short ears, straight legs and passing strong, Thin mane, thick tail, broad buttock, tender hide; Look, what a horse should have he did not lack, Save a proud rider on so proud a back." William Shakespeare

Team O would like to give thanks to everyone that helped make the dream come true. Thanks to my parents in N.H., Dr. Jon Michael Tucci, Rick Kauffam, Ken Miller, and my NATRC Family said Spanhoff, and to the Feterolfs for the use of their horse trailer for this adventure. Spanhoff will be hosting a competitive trail riding clinic in May; for information call 626-3018 or send e-mail to: ospanhoff@msn.com



IT'S A PARTY!!!

Mark your calendars for the

2007 NATRC Region III Seminar and Awards Banquet

This year's event will be held at the Hilton Hotel in the lovely town of Ft. Collins, CO (voted number 1 place to live in America) on

January 12-14, 2007

Your hosts are Kip and Tracey Korthuis (tkorthuis@aol.com) 970-613-9455.

The seminar will provide you with a wealth of education including topics on Equine Dentistry, Recognizing and Preventing Ulcers, Acupuncture, Chiropractic care, Equine Nutrition, Shoeing for Soundness, Colic Prevention and more! Information presented by instructors from the CSU Veterinary Teaching Hospital, DVMs and Certified Farriers.

The infamous Region III Hospitality Suite will be open Friday afternoon and evening and Saturday during breaks and for "Happy Hour" prior to the Banquet.

The Banquet promises to be the best party of the season including *music* for your dancing and entertainment pleasure!

All proceeds from this year's Seminar and Awards Banquet will benefit Region III. We will also be having a benefit auction, so any donations for the auction would be greatly appreciated. Clean out your tack rooms, donate a gift certificate, re-gift that unwanted Christmas present. Anything to auction off to benefit the Region will gladly be accepted (of course cash is never refused)!

Please send your checks (made payable to NATRC Region III) and dinner selections to:

Kip & Tracey Korthuis
443 Skinner Gulch Road
Loveland, CO 80537

(continued.....)

The Hilton has guaranteed our block of rooms through December 1, 2006 only, so reserve yours early. Ask for "NATRC rooms". The rates are \$98 for a standard room with two doubles or a queen bed. Deluxe king rooms are \$118. Pullout couches are also available.

There is a shuttle available for people flying into Denver International Airport or Ft. Collins/Loveland Airport. Call the Hilton for Shuttle information.

Hilton Hotel
425 West Prospect Avenue
Ft. Collins, CO 80526
(970) 482-2626

Friday Afternoon/Evening – Join us in the infamous Region III Hospitality Suite! We will have snacks and beverages for your enjoyment.

Saturday 7:30 – 8:45 a.m. – The hospitality suite will again be open for light morning snacks, coffee, tea and cocoa. Get a snack to take to the seminar. Or, if your taste runs to the extravagant, there is a Starbucks in the hotel lobby.

Saturday 9:00 a.m. – 4:30 p.m. – Seminar with a variety of speakers and subjects (see previous information). A gourmet Italian Buffet will be served at lunch.

Saturday 4:30 – 6:30 p.m. – The hospitality suite will be open for "Happy Hour" and snacks prior to the banquet.

Saturday 6:30 pm until?? Dinner Banquet and Awards Ceremony!!!

Saturday Seminar and Lunch (Gourmet Italian Buffet)	\$59
Saturday Dinner and Awards Ceremony	\$69
Saturday Evening Awards Ceremony only	\$35
Package Deal (includes Lunch, Seminar, Dinner and Awards Ceremony)	\$115
Package Deal for early registrations <u>received no later than December 1, 2006</u>	\$99

(the package deal w/early registration saves you \$29!!!!!!!!!!!!)

Dinner Banquet will offer a choice of salad, complimenting starch and seasonal vegetables, rolls w/butter, coffee, dessert and entrée choice (choose only one)...

- Ø Chicken Marsala w/ mushrooms in a marsala reduction
- Ø Broiled Salmon Filet w/Lobster Sauce
- Ø Vegetable Wellington. Roasted Vegetables wrapped in puff pastry with tomato sauce.

(deduct \$2 from your total if you choose the Vegetable Wellington)

Name(s): _____ Phone: _____

Rocky Mountain Dream CTR—The ride that almost wasn't!

By Sherri Halligan

This year's ride almost wasn't due to weather, in different situations. The weather forecast was calling for rain/snow mix in the higher elevations this ride weekend and they were correct this time. The first event that almost cancelled the ride was that the plane our vet judge was to fly in on was struck by lightning while on the tarmac. Needless to say, that flight was cancelled and the only other flight wouldn't have gotten him in until Friday night and that would have been impossible. Our ride manager, Jane Young, got on the phone in a panic making calls to try and figure out a solution. She happened to call Kathy Shanor who just happened to know that Dr. Donna Johnson, who was to have been in route to Iowa for a ride and didn't go since her mare was lame, was at home. Donna was called and fortunately for us and maybe not so fortunately for her, she agreed on Thursday night to be our judge. If not for that, the ride would have been cancelled. Thank you so much Donna for coming up on short notice and judging! Check in on Friday evening went well and the chili supper was great. There were several different types of chili and I'm glad I didn't have to pick the winners. Jane had made cute aprons for the winners of the four divisions of chili:

Mean and Green, Good and Red, Mild and Wild, and last but not least, Hot to Trot. The names, as well as the aprons are pretty creative as well. Saturday

morning was overcast and there was a misty rain. I decided to go ahead and wear my rain gear over all the layers I already had on just in case it started raining harder. The morning started out well, we had the first obstacle right out of camp, but it was an easy log crossing. Not too far out of camp a moose was sighted by a rider just ahead of me but it was either gone or well hidden because I didn't see it! As the morning progressed, our rain turned to snow. It was coming down very hard and footing was getting more and more treacherous. The poor judges, Donna Johnson and Pat Montgomery were having a hard time even seeing us on the trail since the snow was coming down so hard. We were brought back into camp for



lunch and Jane met us at the timer. It was decided to cut the day short because of the weather. To make the day count we had to go back out for one more P&R after lunch. I decided my wet socks could wait that long to be changed. It was great to get in my camper and get the heater going and get some soup and hot chocolate in me to warm up. I didn't pull my saddle off to help keep Cayenne warm, I just loosened it and covered her up with two horse blankets and gave her mash and hay. Luckily, the snow let up some and we were able to get in another P&R with no trouble. Pat and Donna both had a couple more obstacles as well since they could actually see us. We called it a day then and I was finally able to change into dry socks! That evening at briefing, we took a vote on whether or not to go back out the next day and have shorter ride or to quit and call it a "B" ride. Several riders had already packed it in that day and had gone home as soon as they were back in, but us hardy souls or poor fools, however you want to call it, voted to go back out on Sunday on a shortened trail. There was no snow the next morning but it was COLD!! The overnight temperature was in the 20's so there was lots of ice on the water buckets to try and break for our horses to be able to drink. Footing on the trail was slippery as the ground was frozen pretty firm, so we had to really take our time and be careful. Everyone got out and back with out any mishap so all was well. When we got back to camp, Jill Talbot and her friend had been smoking beef brisket and pork loins for us. The smell of that meat cooking just made your mouth water and the taste was awesome! No restaurant could have done better. What a nice treat to have after a cold day of riding.

Although it was disappointing to not have gotten to ride all the trails we would have ridden had the weather not been so bad, it was a great job on Jane's part to have kept it going and to have gotten as much of the ride in as we did. I'm also grateful to our poor judges and secretaries who stuck it out in that cold to do the obstacles and check metabolics on our horses. Donna was very worried that horses would colic under these conditions but I think all horses came through pretty well. Thank you to all that were a part of making that ride happen even though the weather tried to beat us!



Spring Ride!



Desert Hills Competitive Trail Ride
March 10-11
Wickenburg, AZ

It can't snow two years in a row!
Mark your calendar...more info coming soon!

HEAR YE! HEAR YE! HEAR YE! HEAR YE!

HAVE YOU HEARD THE NEWS?
THERE'S A NEW RIDE IN REGION 3!

NAME: SPRING TRAINING
WHERE: SOUTHWEST OF ROOSEVELT, UTAH
WHEN: APRIL 14 & 15, 2007
COST: \$75.00 PER RIDER,

1/2 OF RIDE ENTRY FEE FOR FIRST 3 FIRST TIME RIDERS TO PRE REGISTER

TERRAIN: PEBBLY SAND TO SMALL ROCKS

FOOD: LUNCH WILL BE PROVIDED ON THE TRAIL ON SATURDAY AND IN CAMP
AFTER CHECKOUT ON SUNDAY. POT LUCK DINNER ON SATURDAY NIGHT

CONTACT: LESLIE LINGLE, RIDE MANAGER:

435-454-3020 (home) 435-733-0400 (cell) rl@ubtanet.com

SHERI CATMULL, SECRETARY:

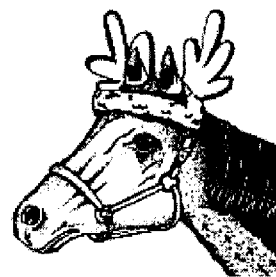
435-335-7480, bmr@boulderutah.com

BYOH (bring your own horse!)

COME AND SUPPORT THIS NEW RIDE. ENJOY LOTS OF FUN! ENJOY GREAT
COMPANY! AND A NEW PLACE TO RIDE!!

Colorado Trail Adventure

By Sue McKelvy



This past summer, for a week in early August, several of us took off on a mini-pack trip covering over 100 miles of the Colorado Trail. Dee Overholt, Cathy Moore, Paul Engelbreit and Sue McKelvy rode from a trailhead north of Durango to one just above Creede. Sue's husband,

"Saint Jack", agreed to act as chief cook and hay hauler to support us and met us nightly at various spots as close to the trail as he could get with a truck, camper on top and 2-horse trailer towed behind full of hay and feed. We were hung up with other responsibilities but joined the other 3 riders a day later at Hermosa Creek campground behind the Purgatory Ski area north of Durango and set up camp before they rode in after dark. Seems some of the trail markings are a bit gone or hidden so miles were ridden on wrong trails before the error was discovered. That problem happened twice to us during our journey...but we did not have GPS which might have addressed the off-trail issues better.

We were a party to behold with 5 horses (one to pack if necessary), 5 dogs and 4 riders. Our horses, thanks to miles of riding in conditioning, were in good shape...so were the accompanying dogs. All dogs were fairly controllable from the saddle with shouted commands and they loved going with us.

We rode from Hermosa Creek up a two-track road to join the Colorado Trail about 6 miles, then turning north on the trail with altitudes between 10,400 and 11,200 feet, the views were tremendous. Cameras clicked often to capture scenery and wildflowers as we went over Blackhawk Pass after crossing Straight Creek and remained on high trails past Hermosa Peak before the decent to meet Jack and the truck, camper, and trailer at Celebration Lake. Jack had a harrowing tale of driving up 12 or 13 switchbacks so acute that truck tires came dangerously close to the edge before he cut to the inside of each curve. We got horses set up just in time as a thunderstorm opened up with driving rain and hail.

We left camp the next day bound Little Molas Lake campground following a trail which soon became a rough track (road?) that kept going west toward the old mining town of Rico. A sense of not going the right direction soon had us all checking the maps to discover we were again off trail. We corrected our direction, backtracking to find we had missed the sign close to Celebration Lake and then covered miles more trail while viewing the San Miguel Mountains and Lizard Head Pass.

Moving across a high saddle into the Cascade Creek drainage with lovely views of Grizzly Peak and Rolling Mountain. Trail was between 11,000 to

12,000 feet and we kept wary eyes on the building thunderheads west of us. Soon we put on slickers and I learned my cute pink raincoat was no match to a high country storm as my boots slowly filled with water. Will certainly look for one cut a lot longer for next summer!

We traveled across the Lime Creek valley where streams and rocks showed the effervescent effect of alkalai waters. We noticed that our horses did not want to drink from those streams.

We rested on day at Molas Lake and celebrated our journey thus far by visiting nearby Silverton to do laundry and walk around town. Horses and dogs were thankful for the day off as many had covered over 60 miles. We discovered that two horses had saddle sores from ill-fitting gear and one had lost a shoe. We added an easy boot to Cathy's mare,

Diamond's front foot and jerry-rigged a saddle pad for Paul's mare, Alex, to cushion her sores. We crossed US Hwy 550 at Molas Pass and headed into the Winnemuche Wilderness. We leashed all five dogs as traffic moved at a high speed and visibility at the crossing was limited. Riding through meadows of wildflowers and copses of fir trees we gradually descended to the rim of a canyon. Below, churning into white waters was the Animas River and we dropped down over the lip of the escarpment on a narrow trail that wound down the cliff face taking several miles and 32 switchbacks! Trail wise and experienced horses kept us relaxed in the saddles even as our eyes told us this was quite a trail! At the bottom we rode along the tracks of the Durango-Silverton Narrow Gauge Railroad. Not wanting to meet a train, we soon crossed the tracks and took the trail up hill for another 20 plus switchbacks.

We lunched at Vestal Lake which is movie set pretty even in light rain.

A cone-shaped peak arises above the lake which is ethereal green and beautiful! We continued uphill to the Continental Divide and crossed it moving past Beartown Mining district with old buildings and machinery in disrepair. Trail turned shaley and hooves clattered in talus slopes even as we rode into a narrow cleft. Steep was a good descriptive word!

After meeting Jack and trailer and spending the night above Rio Grande Reservoir, we again climbed back up to the Continental Divide and traveled northwards toward Creede. Cathy's mare was lame from the easy boot and mileage traveled the day before so she saddled the pack horse, Ray the Gray. We loaded Diamond into the trailer to travel with Jack to the next camp.

Above timberline after lunch at Carson Mining District area we had views of Lake City area to our west and of the foothills leading down toward Creede on our east side. Dogs took every advantage of a pause in our travels to lie down...all were tuckered! The trail along the tops of the mountains soon disappeared in a minefield of rounded lava rocks and it was dicy to pick one's way through them..we were guided by pylons of rocks in a line-of-sight pattern. Slow going especially at a 5 foot drop into shale at one point. All dismounted as no one wanted to become unbalanced as their horse jumped down and wind up flailing in the shale!

The trail continued through the tundra before we descended into conifer forests rich with mushrooms to Spring Creek Pass where we camped again with Jack.

Due to the exhaustion of our dogs, the saddle sores, lame horse and tired riders, we all decided to quit and pick it up next summer. We are looking forward to following the Colorado Trail northward to Marshall Pass and the University Peaks at that time.

For those who might be interested in doing this kind of trip, we planned to cover between 12 and 30 miles per day and often wound up doing more miles than that due to missed turns of the trail. Meeting a support crew proved difficult due to lack of trail heads and rough roads to the ones that were indicated. If traveling with dogs, it is best to allow a day's rest for every two days on the trail and limit your trip to 6 or 7 days. Scenery and beauty of Colorado's high country made all hardships worth while.



In retrospect....

Several things in retrospect regarding the story There are no maps for the Colorado Trail that cover it from South to North...everything written is from Denver to Durango. This made for some interesting problems in figuring out which way to turn or what landmarks to expect. People thinking of doing the trail from south to north would be wise to read the information and re-write it to fit the direction they are planning to travel. We will be doing this next summer! Secondly, my pictures from the trip came out pretty dark due to a malfunctioning camera and the cloudy often dark conditions in which we rode during the monsoonal season. Thirdly, we only met one or two horseback riders during our trip. All were just day-hikers or riders and one was out with a guide. We did haul blankets for our horses and we used them several nights after cold rains that lasted long enough to soak everything and chilly nights at the higher elevations. They seemed to really appreciate it. If traveling with a pack horse hauling all gear, then blankets would become a "frill".

Those who slept in tents found that early starts from the camp were generally impossible as it took several hours to dry rain that fell on tents off enough to store in stuff sacks for the next evening use. Sleeping bags need to be somewhat waterproof and warm enough to withstand temps in the 20's...as we had frost and even ice skim on water buckets some mornings! Jerk lines or high lines were used to tie up our horses but we found some animals grew cantankerous with their neighbors tied next to them so take several lines and tie only those animals who have been together (from the same corral) near each other. We wound up putting two geldings on either side of the horse trailer to keep the peace. I'll be taking my own line to tie up my horse next summer...alone between two trees.

Sue



Uruguay Ride

By Nancy B. Frank

It's obvious that we Competitive Trail Riders love horses, but if you also love to travel, a wonderful, intimate way to experience a country and its culture is to combine those two loves. There are a number of equestrian travel companies who specialize in this kind of travel; Equitours, Cross Country International and Hidden Trails are some examples, all 3 of which have delicious catalogues that you need to order and put next to your bedside for dream reading. There are rides all over the world. I have now taken 5 of these horsebackriding trips; Andu-

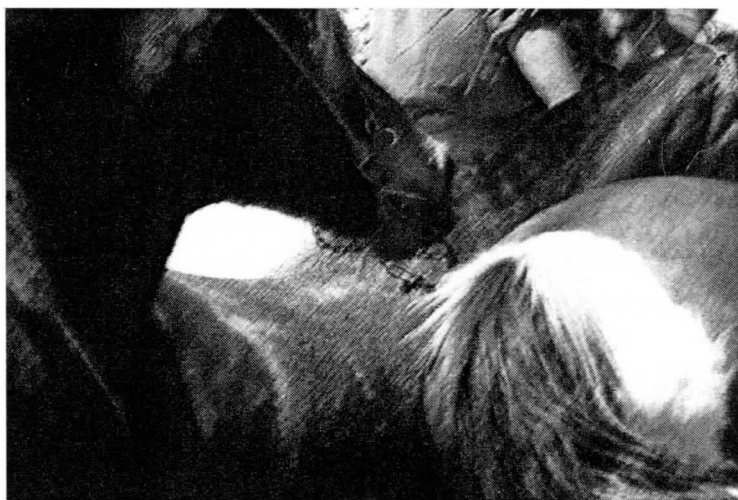


lucia, Spain; Connemara, Ireland; a riding school in York England (Yorkshire riding school through X Country International), riding from Hacienda to Hacienda in Ecuador, and just recently, riding along the Atlantic ocean in Uruguay.

Although you can not and should not compare trips, I just LOVED Uruguay. Uruguay is a country about the size of North Carolina tucked in between Argentina and Brazil, in South America, on the Atlantic Ocean. It is across the River Plato from Buenos Aires and houses only 3 million people, with one million of those living in the capital city of Montivideo. I was impressed. Because of the lack of population, it did not feel like a third world country in any way. There is mostly middle class and there is no theft. It is a flat country with forests of indigenous palm

trees, and low marshlands. There are 400 species of birds, mostly waterbirds, like the Southern Screamer and the Roseat Spoonbill along with egrets, herons and storks. The country is agricultural, raising lots of beef and sheep, and growing rice. It also boasts the riviera of Punta del Este, a beach playground for the European rich and famous.

We rode 9 days, from estancia to estancia where we stayed each night. My favorite was the working estancia where our host proudly showed us his home and where we rode through long pampa grasses on his ranch horses. It was as if we were riding the plantation, checking the grounds. But my very favorite part of the trip was galloping on the beaches, where we saw some dead penguins who had lost their way washed up onto the shore, and a right whale breaching off the beach. Although I live in the mountains, I am distinctly a water person, so when I can combine ocean with horse, the only muscles I felt at the end of the day were my smile muscles! There is nothing better than galloping full tilt along the breaking waves (and don't look down, you'll get vertigo).



The horses were big, beautiful, well built and well cared for. They were responsive to neck reining, but not to leg aids, because of the gaucho saddles, which were a little challenging as the stirrups are very far forward and one has to sit back with your legs practically wrapped around the horse's shoulder, with no weight really in the stirrups. It is quite comfortable if you control the horse's gaits. Our group decided that the criollo horses, which were gorgeous and large and had quarter/arab/barb mixes, were the prelude to a gaited horse because their trots were little geisha girl gaits so that they were quite comfortable. It was the same with the canter if you got just the right speed. It was difficult to get up and out of the saddle to post so that your back does take the motion, which is how the gauchos ride. (practice your pilates before riding gaucho saddles)

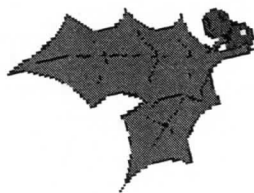
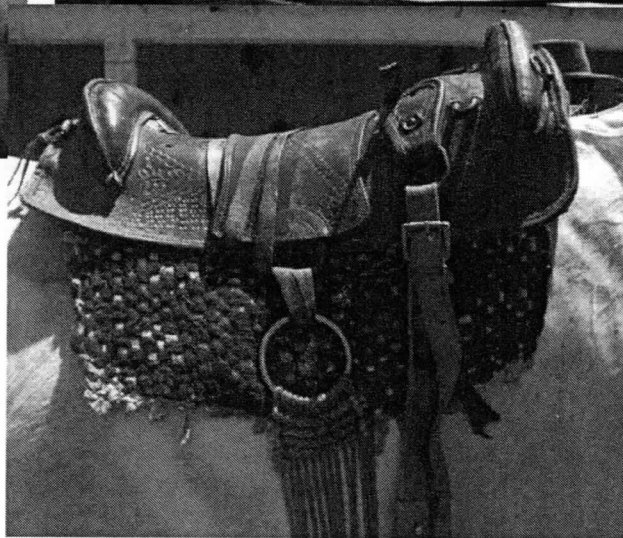
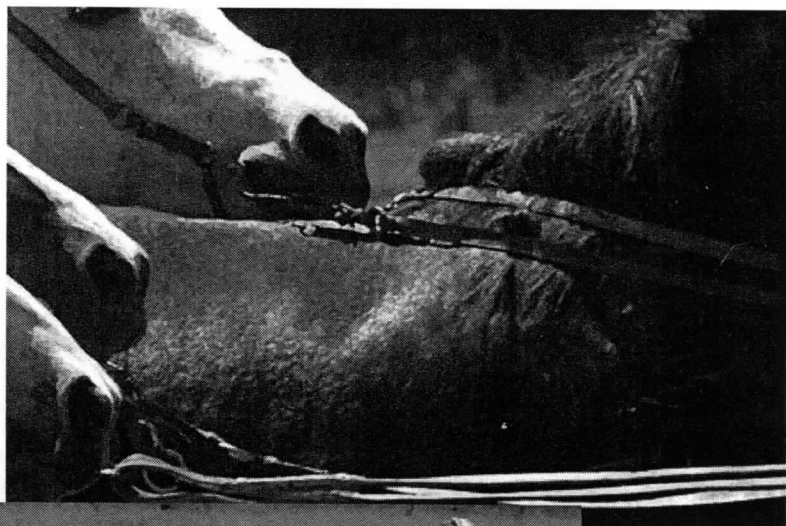
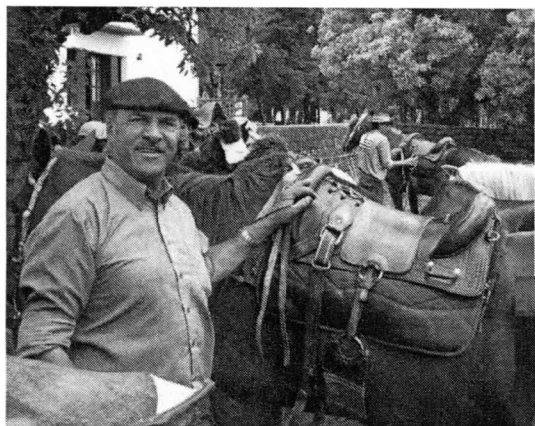
As our leader Sally said, "tuck in your tailbone and get loose".

There was no "shopping" or markets or indigenous people and crafts like in Ecuador because the land was either marshy or farmland, so that we saw no civilization for the 8 days of riding. On the last day we went to a feed store/tack shop and some of our group then had a "shopping frenzy", buying authentic gaucho pants, gaucho belts, gaucho knives, gaucho hats and sheepskin saddle covers. It was hilarious; retail therapy.

We flew through Buenos Aires which I also loved. The dollar is 3:1 and the shopping there IS fabulous. Clothes/leather mostly, with some very sophisticated design.

My only criticism of the trip was TOO MUCH FOOD! Lunch was a full dinner, and then dinner was a full dinner, with flan for every dessert. Add all that food to the gaucho saddle jig and off we went, flying down the beaches.

I can't wait to go back.



Horse Tracks

By Jerry Sims - Membership chairman of region III

This will be the first of a series of articles for new members and not so new. Congratulations to all the new members. You have become a member of one of the unique equine organizations in North America, NATRC. With each competitive trail ride you entry you will learn more about your riding skills and your horses ability to compete and complete a ctr. Remember there is no end to training, it is a life time commitment, which brings you and your horse together as one.

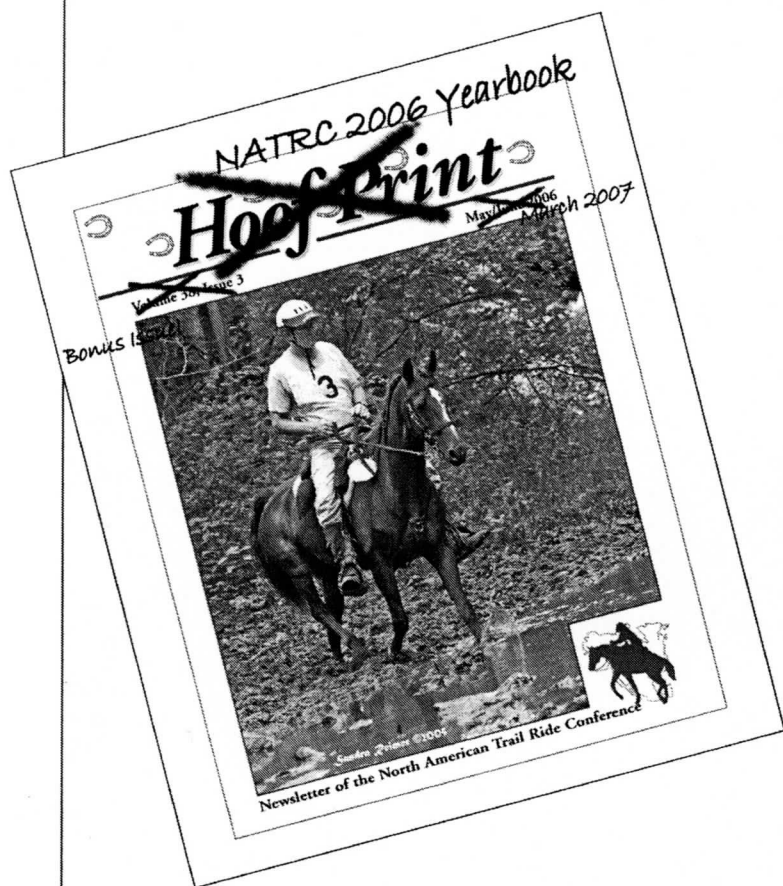
In the coming articles, I will tell you about people I have talked to, Vets. horsemanship judges, trainers and long time members of NATRC. Keep an open mind and listen to what their message says. First of all we can all help with membership. Ask yourself how did we all become members of NATRC? We probably had a friend introduce us to a ctr. Think about your circle of friends. If we all could recruit one new member, look at what our membership would be. But what do we do after we get them and how do we keep them? Region III has one of the best first time riders Mentor programs in existence, but we have to improve our relationship with these new members if we are going to keep them and we have to improve on helping them as new members. Now on with the series I promised.

Have you ever noticed in some rides there are several who pull their horses? Most of the horses pulled are in the Novice class, not many in CP or Open. Plus, most of the horses pulled in Novice, are first time riders. Why is this? Think of yourself as having to walk 40 miles in two days carrying a backpack weighing 40 to 50 pounds. If you didn't train to do it, you are going to get yourself in trouble along the way. It takes some training to get you and your horse in shape to go 40 miles in two days also. So here we go.

How do I get my horse in shape? by Kathy Shanor

I start my conditioning each year usually a couple months after ride season. I like to give my horses time to recuperate after the ride season. I figure we all need a little time apart, and time to get ourselves back in work mode. I condition each year at some surrounding areas like Chatfield and Bar Lake. The mountains are a little hard to get to. We do a 10 to 20 mile ride on the weekends once a week, weather permitting. When I am not doing this, I take them around my 2 miles of greenbelt and practice obstacles. I have logs, sand wash, hills and in and outs. This keeps my horses mind working and still gets him some exercise. When conditioning at Chatfield we usually try to do a walk trot mix, and keep a 4.5 to 5 mph pace to build the wind, and help work the long muscles, and build them slowly. I work the sand washes at a walk for the first couple of weeks and then I trot them slowly to build the tendons and ligaments. I only do this a couple times a week, and not two days in a row. This is hard on legs if you do it to fast. Slow and Steady is the key. Then keeping them up, so that you don't strain things as you ride. Horses are no different than we are. They need to build their conditioning just like we do. When the Weather gets a little warmer and we can get up the bigger hills easier, then you can start doing the long slow climbs, and the level at the top. You need to do a few hill climbs thrown in with flat work. I don't condition 5 to 7 days a week. I ride maybe three times a week, and mix up what I do. Sometimes it is all flat and paced at 4.5 to 5 mph, depending on weather and footing. Then I might find a ride that has some hills later in the week and due 4 to 10 miles of this to build the climbing muscles in the butt and shoulder. Then I may just do my obstacle work and a light ride later in the week. Many people think you need to ride all week or long distance all the time to condition your horse. Once your horse is in condition from a ride season, they are pretty good at keeping their condition with light to moderate workouts. Each horse and breed differs, but many people think they have to ride everyday or lose condition. I try to get together with friends in the winter and ride on the flats, and then we are fortunate enough to have a mountain cabin at 10,000 feet to ride and condition during the summer. You can gage your own horse as you ride. You need to pay attention to what your horse is telling you. I know my horses are tired or stressed when they don't immediately pick up the gait you ask for willingly, and they may show you other signs, like not wanting to walk out at their normal pace, or if they lead the pack, they may not fight to lead, but prefer to hang back. If you are aware of your horses normal habits of drinking and eating then you can tell they are stressed by not drinking or wanting grass or treats when offered. The more you work with your horse and ride together the more you are aware of these signs. Many of us know how to check Capillary refill time, and gut sounds etc. Those who don't gage their horses by what they are doing as far as showing you they are tired or unwilling to be pushed anymore. I know my horse get tired riding open pace sometimes and we watch for signs of tiredness and slow down. My horses are always raring to go in the morning and are really willing to trot and canter and head down the trail. In the afternoon you can tell they are about halfway or more through the ride, and they start slowing down, and not wanting to trot as easily, also they can get a little crabby. Gage your speed and don't do all fast in the morning, but try to let them trot some get the energy out, and then walk for a little while and let them catch their breath. We try to find a good intermediate trot pace, and keep that for a while, then walk, then pick up the trot again. Learning your horses pace is the key. I also like to let my horse canter a little on the trail and stretch out their muscles. Conditioning is important, but over conditioning isn't good. Start slow and build. Put yourself in your horses place, and think about what your asking your horse to do. We ride the horse, so don't often think about what they must feel like when we ride as far as we do. Have a good ride and don't push your horse to hard. The object is to finish with a horse that still has enough energy left that he could still easily do a few more miles beyond what you have to ride. The other thing is you want to finish sound and with a horse that isn't over stressed. Placing is fun, but not worth risking you and your horse. Ride with care, and have a happy and sound horse at the finish.

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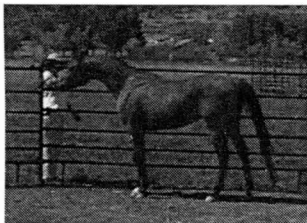
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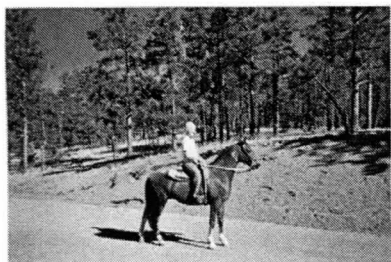


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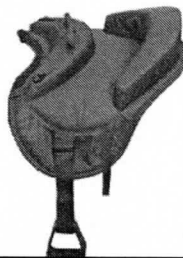
SPOTTED TENNESSEE WALKING HORSE GELDING for sale. 6 yr old 14.3 hands, gentle, quiet nature, excellent ground manners, easy loader, clips, bathes and good with farrier. Solid trail horse with lots of endurance and desire to go. Would be an excellent prospect for CTR. Sure footed, goes through water, mud, you name it. Has also been shown once or twice and placed well. \$3,800. Pictures emailed upon request (719) 749-9311 Colorado or email patlmontgo@aol.com.



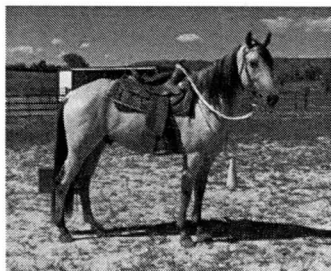
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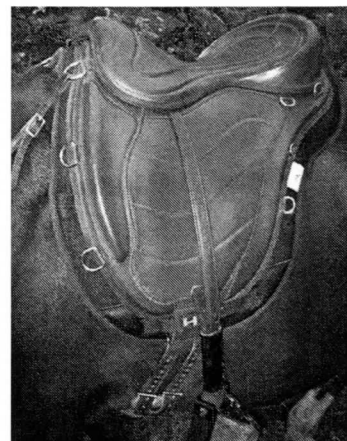


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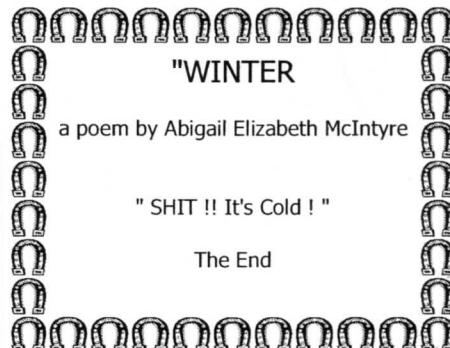


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"WINTER

a poem by Abigail Elizabeth McIntyre

" SHIT !! It's Cold ! "

The End

Region 3 Board Meeting - November 12, 2006

In Attendance: Kathy Brown (KB) Tracey Korthuis (TK) Doreen Portner (DP) Jerry Sims (JS) Lin Ward (LW) Jim Ward (JW) Kay Gunkle (KG) Sherri Halligan (SH) Susie Witter (SW)

Meeting Called to Order by Kathy Brown

Minutes from last meeting (sent by e-mail) accepted by Jim Ward

Seconded by Doreen Portner

President's Report

Report had been e-mailed to everyone prior to meeting. Only addition to report is that Bill Smith will receive the Jim Menefee-Lifetime Achievement Award at the National convention. (Bill was in San Juan regional Hospital at time of meeting and recovering from brain surgery) Christy Cumberworth is doing a Hoof Print yearbook. Ad space is available for purchase.

Treasury Report

Treasury needs to be broken out to see where money is coming from. The raffle and silent auction that was held at Island in the Sky benefit ride was a great success and good contribution to treasury. On going fund raising needs to keep being done. JW suggested having some kind of raffle at rides. (Contributions need to be made to TK for her auction to be held at January's R3 Convention) These raffles shouldn't compete with anything the ride manager may be doing. No fund raising is being done in our region. JW volunteered to do fund raising and publicity for our region. Kathy Brown accepted his proposal, no motion or vote. Doreen Portner is doing fund raising for her trail ride and saw conflict there. We need to work together in fund raising. Susie Witter mentioned to start doing a vest deposit again to help make more money. This would be a refundable deposit although most people will allow it to be kept as a donation. This money would be used for awards, ride expense, or go back to general fund. Discussion: Our ride fees are highest in nation although R6 is going to raise theirs. We need to be cautious about another fee. An explanation as to why the need for the fee; that we are building our funds and that this is a RE-FUNDABLE expense. People that give the fund as a donation could have their names put in a drawing for a prize at each ride. Lin Ward moved that a refundable \$2.00 vest deposit be used and if the monies are donated, that person would be eligible for drawing at the ride. Tracie Korthuis seconded the motion. All in Favor, none opposed. It was decided that Jim and Lin Ward and Kathy Brown would work together on details of this decision and let Carla know before deadline of ride book. San Juan Valley Trail Rider's are trying to get the \$500.00 ride deposit back to R3. Other ride hadn't refunded the \$500.00 deposit as of meeting. Lin Ward brought up the fact that premiere parking spaces that have been bought as a fund raiser, needs improvement. Some rides have done a great job with the premiere spot and others have done little. She would like to get a rug with NATRC on it—everyone should get "red carpet" treatment. Each spot should have a flower pot, Tracie was given a basket of wine and cheese at a ride. KG mentioned that each spot needs to be staked off, have a sign. DP mentioned asking WalMart for donations to that end. Find the "green person" in each store and ask for food donations. We could send letter from the Region with our non profit #. TK said that a designated person should help do the spots so ride management doesn't have to. KB wants to have box of items to pass to each ride. JW proposed that at each ride to designate \$20.00 back to whom ever was responsible for buying basket goodies. TK and KG volunteered to see that box gets to rides. JW is going to contact Hickory Farms for certificates for food. Kathy Brown asked for motion. Lin Ward nominated Kay Gunkle to be in charge of premier parking with a \$20.00 budget. Jim Ward seconded the motion. Discussion: Jerry said that Kay should contact management to see IF they want to take care of it or let TK or KG handle it. All in favor, none opposed. JW- Ideas for T-shirts, cups, etc. to have for sale at each ride promoting Region 3. Have T shirts specific to ride, also do colored shirts for rider numbers.

Junior Riders Report

Kay Gunkle will send all Juniors a letter regarding up coming rides. Not all riders are on our mailing list to receive ride books. More publicity re Jr. riders needs to be on web site. We should offer ½ price for Jr. riders with an accompanying riding adult. Discussion: JW- Jr's should be free if with parents. DP-if Rabbit Valley CTR happens, she will offer free Jr. fee with a riding parent. There is a loss of revenue to ride management so parents have to be there. SW-Rides are having to give up the money (\$20.00) for parking, now free Jr.'s, we need to be conservative. Jr. rider free only w/parent or other hosting person. TK—We are giving away too much money, it should be ½ off with parent. JS—there are not that many Jr. riders so not losing that much. We had 5 Jr.'s last year. SW—Does region reimburse discount? Answer: Yes SW—then discount should still be ½ DP—Doesn't think Region should reimburse that expense. Motion: TK—1/2 off no matter what JW—Free, ½ hasn't worked that well KB—Reimburse ½ unless management concedes it. JW—Jr rider would be free as long as there is an adult rider with the Jr. DP—Seconded Motion Discussion:

Not reimburse lost fee, there has to be an accompanying adult rider on a one to one ratio. There can not be an unlimited number of kids.

Amended: 1 free child per paying adult. KG-seconded Motion All in Favor—6, Oppose—1, Abstain—1

Awards and Convention

Tracie Korthuis has results for rides compiled. No Junior riders were qualified for awards but is going to give Jr. awards anyway to keep up encouragement. Needs inventory of awards to be able to get what is needed. KB—Issue of CP award, the 75% vs the 50% in ride book. 75% would be 6.38 rides. BOD had previously voted via email to follow standing rules, not the ride book. Under 75% rule, only one horse will qualify for CP High Point Average. Convention: TK—Invitations sent out, wouldn't post it in the Stirrup as personal is much more inviting. Will have award designation in the invitation so hopefully rider will come. Awards will NOT be mailed. A \$10.00 sponsor award is being taken for any person on membership list or that attended a ride. Would like to make enough to cover award expenses. Jim and Lin will do auction for parking spots.

Need for contributions for silent auction. TK has sent out letters for donations, looking for large donations. Auction will be done during convention (not award dinner) so people there can purchase. A job description of work and ideas will be put together for future use in planning and running convention.

New Rides

Lois Deitrich is planning on doing "B" rides after endurance rides on 4/29 and 9/30. Possible conflict with Choke Cherry ride. Doreen Portner is hoping to rejuvenate Rabbit Valley ride. It has to be Memorial Weekend as it's too hot to do later. Pat Montgomery is not doing High Prairie ride. New ride management team is there to help people do new rides. Help would be available to do auction, raffle, etc. The \$500.00 is available as a start up fund. JW—All food could be made available at rides with \$20.00 increase in fees. He is considering purchase of a portable cooker to do ride meals. Good profit to be made in providing meals. Ride Descriptions: Jr. riders fee with parents, charge late fee for after certain date registration, have early registration discount. DO option, rider can do one day (1st day only) and get mileage credit. Profit of ride will first have to go back to repay \$500.00 start up if used. JS—Charge \$15.00 extra if entry not done 2 weeks prior to ride date. He also mentioned using local saddle clubs for safety riders.

Publicity

JW—asked for feedback on the ½ off rider fee for any new riders. Did it work? Needs new publication ideas; magazines, etc. Adults are our market. Need ads in Hoof Print, Stirrup for discount for new riders. It would be the first two, first time riders and they would have to mention the ad for discount. Net publicity or Horse TV is asking for news bits to put on their shows. Get any bits to KB to send on to TV. Possibly video a ride next year to send in. Ride Book: There is no difference in cost per book for 500 vs 750. 500 were done last year. Books will be mailed to members as well as anyone inquiring. A worker point page will be put in. Ride books are good recruitment tools. **SW**: Motion to print 750 books. Funds to be taken out of Sue Bretag account if needed. Money has been in there since 1986. Discussion: **JW**—we don't need that many books. The web site is a good tool, we need someone to take over web site as Jeff Brown can't do it anymore. We need to sell more ads to cover cost. Amended Motion: **KG**—print 600 books. Seconded by Susie Witter

By Laws

KB—verbal proposal (has been done by e-mail) to change board meetings from 4 to 3

Appointing alternates—have 3 to represent each district. **JW**—Motion to accept

TK—Seconded Discussion: How to appoint alternates? They need to be brought to meetings, included on e-mail lists, give them hand book copy. Alternates can be available when elections come up. They also have to be voting members. All in favor.

Mentor Program—no new #'s

National Board report by Susie Witter

Judge Forum—discussion of Obstacle vs Observation rule change has been shelved for another year. Phrasing needs to be more clear. Frequent flier miles that people have can be donated to NATRC to help with expenses for transportation to meetings, or for judges to get to rides. This should be put in an article in newsletter or HoofPrint Magazine.

If a region is recruiting donations, they can't use NATRC as non-profit status. Use the non profit status of a local ride. A bank account should be opened in your SSN. Rule Changes—The Championship Challenge will be kept, CP's will not be included.

Withdrew stabling issue this year. Elevation of B to A ride: A rider can't change from a B to an A ride. Protest File: The deposit to file a formal protest has been raised from \$50.00 to \$100.00 (there were none in 2006) Protest will be published after a resolution is reached. A rider can't be bumped from a ride if they signed up for DO or HDC. No portable corrals can be used for a DO or HDC rider. DO will be used on a trial basis for another year. Nationally this year there were 15 HDC riders, 67 DO riders. There have been a couple of non-reported accidents during rides. Management has to fill out accident reports. The Safety chair or Secretary of a ride should report. National Treasury report is good. Open High Average—in the past, if riders wanted to be eligible for OHA, they had to declare themselves. Now, they don't have to be declared. New Judges have to be approved by National Board.

Trail Advocacy Report by Doreen Portner

(Sherri Halligan to be put on Advocacy list) Doreen attended the National Trail Symposium this year in IL. It is held every other year. Horse groups haven't been represented in the past but there were 6 vendor booths this year for horses. NATRC not represented except in IL trail rider booth. There was lots of interest at the booth. We need to be more visible at this kind of convention to help resolve conflict of interests. Horse groups could be helpful to hiking groups.

Management Recognition by Doreen Portner

Doreen can do bags for about \$20.00 each to give to ride managers and secretaries. **JW** doesn't want to do anything for management since they make money from rides. He suggested giving them a certificate at convention. (Mark Shanor has an estimated one thousand in expense for ride management recognition.) For 2007 we should replace individual awards with an award for ride evaluations. Susie Witter made motion for 2006 to spend the \$20.00 per bag for ride manager and secretary. Seconded—TK

Oppose-JS/**JW** **SW**—award to be given at convention. Let them know that an award will be given at convention and to please be there.

Ride Evaluation

Ride evaluation has been being developed by Lin and Jim Ward. A precursory evaluation was brought to meeting and following suggestions were made. Add DO. Re-word line 7 from Mentor Program to organization Ask the question, "How did you hear about the ride?" This would be a good way to see if ads are working. Do we send evaluations to rides to print themselves or bring to a ride. Would ride management print them if they had them? For the first year, they should be brought to rides. Evaluations would need to be turned in and gotten to Kathy Shanor. There would be a Best Ride Recognition in ride book. A traveling plaque would go to the best ride each year and a smaller plaque be given to management to keep. **JW** & **LW** will manage ride evaluations for the first year. They need to be kept discreet. Managers not see them; make an envelope or box for them to be put in to be kept confidential. A summary will be sent back to management. Keep as a critique, don't let management feel as if they're being criticized. Make announcement that this will be implemented in 2007 at ride manager meeting at convention. Evaluation sheet will also have lines for parking spot, trail marking and timing.

Miscellaneous

EXPO—The Grand Junction Expo was a flop, the Durango one did well. CLINICS—the board reimburses \$100.00 for clinic expenses Dee Overholt is resigning as supply chair.

KB still needs job descriptions.

Old Business

Election Results and Awards: Kay Gunkle had list of Region 3 Appreciation awards and the Sue Bretag. The Jones family will receive the Sue Bretag award, and Region 3 appreciation recipients are Kathy Brown, Linell Miller, Kip & Tracey Korthuis. Board members Jerry Sims and Tracey Korthuis were re-elected.

New Business

Doreen Portner is taking on Rabbit Valley CTR as ride chair. It is not going to be benefit ride Job Vacancies: a list was sent out to see if someone will volunteer for these open positions: Supply Chairman; Membership Chairman; Webmaster; Budget Committee

NEXT MEETING: Board of Directors Meeting: 7:00-8:30 am, Saturday, at the Regional Convention. Membership Meeting 4:30-5:30 pm Saturday/maybe earlier Sunday

Meeting adjourned