



PHOTO CREDIT: BILL WINGLE

The Stirrup Region 3 Newsletter

July 2019

IN THIS ISSUE

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President's Message

from Dayna Morgan

Here's to a great riding season for NATRC in 2019. Three incredible rides under our belt in R3 with many beautiful rides to come! Congrats to all Ride Managers and their teams that make these events happen!

Participation appears to be up with each event! Folks seem to be taking advantage of the new Leisure division. I ask that each ride make an effort to include one where possible!

I want to thank our new volunteer members, including Hannah Clark taking on the Stirrup and Kat Bonham as Awards Chair. As we know, this sport would not be possible without our volunteers!

We are including R3 Board meeting minutes in the Stirrup going forward so please get involved and read. Any suggestions with a game plan included are always welcome!



Unofficial ride results will also be included so you can see who is rocking the rides this year!

We hope to see you all at Chicken Creek in July and Bayou Gulch in August!



For those of you who don't know me, I'm Hannah Clark. I found out about NATRC sometime around 2009, but I didn't get to compete until 2012. I only did one ride that year, and couldn't find a horse to make it back until 2015 (Aside: I didn't know that volunteering was an option!) I rode borrowed horses until I finally bought and trained my own, the little gray Arabian you see me on now.

I've found that I love this sport because I truly love trail riding! I take what I learn at each ride (and I do learn something new at every ride!) and use it and build on it at home.

By no means am I a professional editor: I'm a scientist by training. I picked up some advanced

Microsoft Word skills between grad school and my job. I mention this only to ask forgiveness for any errors I overlook based on my amateur status!

If you have any comments, suggestions, or (even better!) articles, please reach out to me at hcnatrc@gmail.com.

I'd also like to give Bill Wingle an extra special shoutout for making his ride photos so easily accessible: it's been a wonderful help in creating this! Thanks, Bill!

See you on the trails this summer!

Hello! I'm sure you've already noticed the new format of the Stirrup: that's because there is a new editor! I figure the new editor is completely allowed to feature herself on the cover of the newsletter, at least once!

TERRABERRY'S CORNER



Hi! I'm Terraberry.

I'm one of the [Willberry Wonder Ponies](#) and I've been adopted by Hannah Clark. I travel with her to all of the competitive rides she attends and occasionally have other adventures. I share them all on [Facebook](#) and I'm honored to have my own corner in the Stirrup!

My first ride adventure took me out of region to Kansas, in Region 6, to the Kanopolis Canyons ride. This ride has the famously deep water crossing. I spent the ride tied onto Hannah's saddle, so I had a front-row view of the crossing! It was indeed very deep, but not nearly as scary as everyone made it out to be. Hannah's horse loves water and plunged quite calmly through it, so Hannah and I both stayed nice and dry! Stay tuned for some adventures closer to home!

ADVERTISING NOTE

You may notice there are no ads in this issue of the Stirrup. I wanted to get this out relatively efficiently and easily, so I decided to forgo them for the moment.

However, we have decided to include them in future issues! Much like NATRC wouldn't survive without the support of its members, its members couldn't support NATRC without their day jobs! In light of this, we'd love to encourage you to support your fellow Region 3 members if you have need of a service one of us provides.

If you'd like to advertise your business in the stirrup, please contact Hannah Clark at hcnatrc@gmail.com with what you'd like to advertise. If you have a graphic prepared that can be copied and pasted directly into the Stirrup that would be best, but if not we can work something out! It's completely free: ads will need to be approved by Dayna Morgan (Hannah will take care of this), all we ask is that you support your fellow region 3 members if you can!

The number of ads will only be limited by space available in the Stirrup: advertising is NOT the primary purpose of the newsletter, so articles and ride information/results will take priority. If your ad cannot be fit into a specific issue, we'll make sure it's included in the next one!



Sharon Roper is a representative for Specialized Saddles and in addition to being available at rides for last-minute saddle adjustment, she rides Safety to keep us safe and on trail! She usually travels with a small tack shop, so if you forgot something, check with her!

Quick Tips for Saddle Fit

A regular feature for Region 3, NATRC written by Sharon Roper, Good for your Horse, LLC, Certified Saddle Fitter

Does my saddle fit my horse? As a saddle fitter, I get this question frequently. Many of you may have grown up riding horses like I did, and we used whatever saddle was available without thinking much about whether or not it fit the horse. I still find folks who say, "my saddle fits every horse I put it on." Really!?

Well, just think about that statement and ask yourself if you would like to take a 20-mile hike in my boots. Unless you have very similar sized feet, I doubt you would agree to such a trek.

There are some very simple things that each of us can do to check for good saddle fit. And, since this audience depends on good fit for the long trails ahead, it is good to check your saddle fit at least every spring and again in the fall (and in between if you notice some issues).

Tip #1:

Stand directly behind your horse looking from the rump to the neck. Be sure your horse is standing on solid, even ground and is squared up in his feet. Now, observe both shoulders

and see if your horse is noticeably bigger in one shoulder. If the shoulders are not even, and usually they aren't, then your saddle may have a tendency to fall toward the smaller shoulder side. This is particularly noticeable if you find yourself always shifting your weight back toward the center.

Your horse will appreciate having the saddle adjusted or shimmed to accommodate for this imbalance and leveling your saddle for even contact and placement on his back.

My preference is to be able to shim the saddle to decrease the amount of movement between his back and the saddle. However, there are some great saddle pads available that can be shimmed and bring everything into balance. If you struggle to get your problem solved, be sure to consult a certified saddle fitter for assistance.

If anyone has a particular problem you would like to see addressed, please let me know by email at sjroper9345@gmail.com

Welcome New Members!

We have an amazing 52 new members as of June 2019!
If you've joined since then, we'll recognize you in the next issue!

Please give a warm welcome to:

Cynthia Allgood

Tim Allgood

Jacque Bishop

Ashley Blackmore

Kerry Boucher

Molly Grenier

Margaret Hamlin

Lindsey Hansen

Paula Howe

Jamie Joy

Caroline Kaeding

Jessica Kahn

Micahlynn Kaza

Maureen Lambert

Natalie Lang

MaryLou Langford

Robin Learn

Christina Martelon

Audrie McCauley

Devan Mills

Maria Cardona

Shannon Boucher

Melissa Bruch

Linda Daly

Brooke Danner

Andrea Engelstad

Dale Fastle

Ellen Francis

Jacque Franklin

Diane Gehrke

Jill Glover

Kate Steffes

Maile Wibbens

Pamla Wilson

Lisa Youngwerth

Tegan Brown

Connie Bishop

Barbara Cooke

Sara Fahringer

Cynthia Brackett

Elaine Miller

Stacy Hepp

Jennifer Deasaro

Terrie Heid

Jeanne Burdett

Lynette Feldpausch

Kira Van Lil



Rosie Mitchell

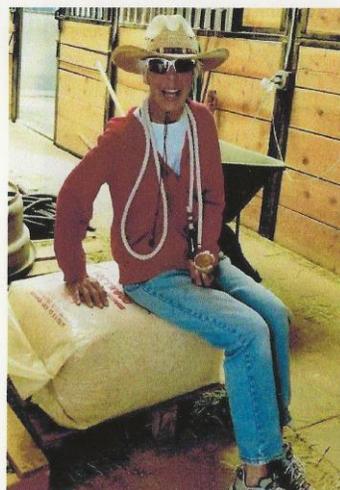
Cindy Morin

Janece Nissen

Charlen Perez

Meghan Salisbury

A Tribute to Susie Witter



“Susie”

Susan Gail Neros Witter

Hit the Trail

November 22, 1943 - Oak Park, Illinois

Rode Away

April 14, 2019 - Colorado Springs, Colorado

Celebration of Susie's Ride

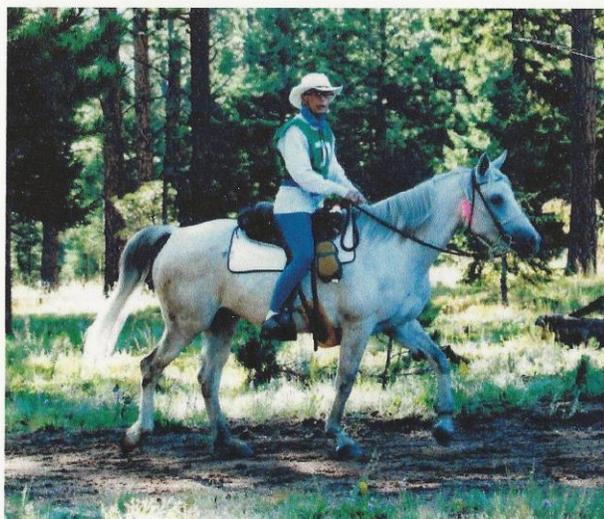
May 8, 2019 at 6:00 pm
Latigo Equestrian Center
13710 Halleluah Trail
Elbert, CO 80106

Contributions in Susie's memory

Colorado Horse Rescue Network
38705 Big Springs Road
Rush, CO 80833
coloradohorserescuenetwork.com
A 501 (c) (3) Non-profit organization

Susie Witter was a longtime NATRC Region 3 member and horsemanship judge. Likely drawing on her background as a special education teacher, she loved to educate riders, new and experienced alike! She felt that riding NATRC can provide an excellent opportunity for riders to evaluate their own personal growth and strengthen the bond between horse and rider. She was a tough judge with an infectious laugh, helping riders feel they earned their placings while having fun! Most recently, she stepped away from NATRC and gave her time to various local horse rescues. She never lost her love for the sport, and left a small amount of money to the region in her will. It will be used in part to sponsor what was formally called the “Most Improved Novice Rider” award, now called the “Susie Witter Memorial Award”.

Next time you can't find terrain or a rock/log/etc to mount, think of Susie: she was known for asking riders for a flat-footed mount because sometimes, there's nothing to use for a boost!



Final Ride

Don't send a golden chariot after me, Saint Peter, when I have
run my course.

Don't order down a band of angels either.

Send me a horse.

Just send me a flashing steed, shod with whatever can thunder
a final strain.

I want to hear loud hooves, beat down the weather and see a
flying mane.

Let the breed be what it may be – a painted pony or the pride
of a Turkish Bey.

Only send me a spirited mount for that last journey. **LET ME
GALLOP AWAY.**

Taking Care of the Rider

by Hannah Clark

As we head into the summer riding season, it's important to remember an unspoken but very important lesson from NATRC: good horsemanship means taking care of the horse AND the rider. Sometimes, that means the rider has to come first.

I was reminded of this on Sunday at the Air Force Academy ride. It was an unseasonably cool day, and while I carried my usual amount of (human) water, I didn't drink nearly as much as I normally do. I generally need to refill at least one bottle at each P&R, and I didn't refill at all. I also tend to have to force myself to eat at rides, but I just wasn't hungry, so my granola bar stayed tucked into my pack.

Fast forward 26 miles to the end of the ride. We're coming into camp, and I have a splitting headache (from not drinking water or eating food). It's all I can do to dismount my horse and walk her back to my

trailer, and I had 3 people along the way ask if I was alright: obviously I didn't look so good. I tied my horse to my trailer, somehow summoned the energy to at least throw her post-ride mash to her, and then retreated into my trailer.



I spent about 10 minutes sitting there with a bottle of water and the closest food item I could grab. I forced myself to finish the bottle of water and food, before I moved, because I've already learned what happens if I don't take the time for me when I need it: I nearly fainted at a ride a few years ago from dehydration and overheating because I thought taking care of my

horse after a ride was supposed to be my #1 priority. However, I'm no use to my horse if I've fainted, and wearing a saddle for a little bit longer won't bother my horse.

Don't forget to take care of yourself, both at competitive rides and when riding at home. That means something different for everyone, and even changes with the seasons. For me, in the summer that means drinking a ton of water, and in the winter it means tying my horse up while I go inside to warm my frozen hands before I unsaddle.

Perhaps most importantly, learn to listen to what your body is telling you. If you feel a headache coming on, eat something and drink some water. If you start to feel lightheaded, dismount and do what's needed to take care of yourself. Don't fall into the trap of "toughing it out", because a minor annoyance can turn into a major problem very quickly!

This sport is centered around the horse coming first, but that doesn't mean doing so at the expense of the rider. Take care of yourself so you CAN put your horse first!

Building a Foundation for Fitness

by Nancy Loving, D.V.M. Veterinary Judge, Region 3

Riders with the most experience in competitive distance sports are often the ones most reluctant to recommend a conditioning "program." There are too many variables. However, we can discuss some of the basic guidelines.

BASIC CONDITIONING PRINCIPLES

Fitness does not happen all at once.

Flexibility is a very important part of fitness and is often overlooked. It can be developed by such things as doing passive stretching exercises with your horse, enticing your horse to reach way back for a carrot, or doing dressage or other gymnastic exercises. A flexible body is more resistant to injury.

With a reasonable training program, the cardiovascular system might take 3 months to develop into a state of fitness, the muscle system 3 to 6 months, the tendons and ligaments 6 to 12 months, and the bones 1 to 2 years.

LSD Exercise

The foundation of any good conditioning program is LSD (long slow distance) exercise. This means walking and easy trotting (4 to 7 mph) over relatively level ground and walking up a few hills to start. LSD riding develops muscle and cardiovascular endurance and lays a foundation for building strength.

Many factors affect the level of preparation your horse has had: has he been in a box stall or on pasture or in training? His age -- is he 3 years old or 10? The

weather -- is it winter turning to spring or the middle of the summer? The terrain -- is there still snow on the ground? Is it hard-packed or rocky? Is it flat or hilly? A good starting point would be 30 minutes to an hour of walking and trotting every other day or 4 times a week. Then your horse should be asked for longer periods of trotting and the duration of exercise increased over time. If your horse goes 4 to 9 miles in an hour, he is probably working in his aerobic (oxygen utilizing) heart range of 120 to 150 bpm (beats per minute). The initial LSD conditioning could/should take 3 to 6 months.

During all of your training levels, add variety to your workouts. If you are getting bored with the routine, so is your horse.

Increasing the Workload

After your horse can comfortably do one level of workout, you need to ask it to do more in stages to gain a training effect. Start by gradually increasing the time of the workout but keep the speed the same. It takes about 2 to 4 days to see good or bad effects of a workout, so stay at one level for a few days before asking for more. If you increase again too soon, not only will you not know where you are in terms of the horse's well-being, you could cause some damage. A good rule of thumb is to add 10 minutes about every 5 days. When you can comfortably do 2 hours, do a slightly faster pace or add more hills. You could ask for an incremental increase in duration or speed about every 5 days. Don't increase time and

speed at the same time; make one change at a time. The horse should walk down the hills; too much speed too soon down hills is hard on the legs and tires the back and shoulders.

Another rule of thumb is to not increase the workload by more than 20 percent a week. If you are going 10 miles this week, don't go more than 12 (10 x .20 = 2; 2 + 10 = 12) miles next week. Any increase in duration or intensity of training needs to be gradual. In the words of Matthew Mackay-Smith, D.V.M., rider, and medical editor of Equus magazine, "We are trying to develop eternal flames, not Roman candles."

After about 3 months of LSD work, adding increased hill work helps build strength in muscles, tendons, and ligaments as well as increasing the cardiovascular benefits. You could go up steeper hills, increase the speed going up moderate hills, or increase the number of times going up a hill. Again, make one kind of increase at a time, about every 5 days, and don't increase the work by more than 20 percent per week. Hill work 2 to 3 times a week should provide a strengthening effect while 1 to 2 times per week can maintain a certain level of fitness once it has been reached. Steady training over a 6 to 12 month period should double the strength.

Training Rides

Open division competition (50 to 60 miles in a weekend) requires that the horse sees some long training rides in preparation. Ideally, a long training ride of 20 to 30 miles every 2 weeks should be part of a conditioning strategy. Within that 2-week period, 3 to 4 short training rides should be incorporated around the long ride. To protect the musculoskeletal structures from

persistent concussion and strain, do not train more than 80 to 90 miles in a 2-week period.

Heart Rate

The heart rate of the horse is one of the best indicators as to how well it is adapting to the training schedule. During the LSD aerobic workouts, the heart rate should be around 120 to 150 bpm. If you are not using a heart rate monitor, right after a good workout (not after a cool-down), check your horse's pulse. This can be done by using a stethoscope to listen to the heart just behind the elbow on the left side or by feeling with your fingertips the artery that runs just behind the jawbone. Count the beats in 15 seconds and multiply by 4. Then recheck the heart rate after 10 minutes. By the time you jump off your horse to check the pulse, it will have fallen 20 or 50 bpm already, so that is not really a good indicator of the working heart rate.

The 10-minute recovery time is a good indicator of the level of fitness. At

10 minutes, the heart rate should be around 52 to 60 bpm.

The heart rate should not be above 64 after 10 minutes and certainly not after 30 minutes. At veterinary checks in endurance rides, the acceptable heart rate criterion to continue is usually 60 to 64 bpm; endurance ride criteria might be as low as 56 in hot, humid conditions. In most NATRC rides, if the heart rate is 64 bpm or less at the 10-minute P&R check, the horse can go on. The 64 bpm recovery value that indicates an acceptable response is based on scientific observations and the experience of many horsemen. If the horse's

heart rate is not recovering acceptably, back off to a previous level of exercise. Above normal heart rates can also indicate pain or illness. If it's broken, you'd better take time to fix it.

Metabolism Fitness, and Heart Rate

During the training process, the horse's aerobic capacity or efficiency is increased. The carbohydrates, proteins, and fats the horse eats are broken down into blood glucose, glycogen (glucose stored in muscles and liver), and free fatty acids (stored as triglycerides) for sources of energy. In aerobic metabolism, a continuous supply of oxygen is supplied to the cells for complete

Mental fitness is vital to your long-term goal.

burning of glycogen, free fatty acids, and triglycerides for energy production. Slow-twitch (slow firing, more sustained) muscle fibers operate during this type of activity. Sustained aerobic metabolism is the foundation for long-distance, endurance-type riding.

Anaerobic metabolism kicks in when the horse is pushed faster or harder than its training level or in sports that require short bursts of speed or intensity such as climbing hills. Oxygen demands exceed what can be provided, and other, less efficient, metabolic pathways take over. Working heart rates above 160 to 180 bpm usually elicit

anaerobic metabolism within the muscles. Fast-twitch (bulkier) muscles are the ones that fire without oxygen. Lactic acid is a by-product of metabolism, and it accumulates in the blood during anaerobic metabolism. Heart rates remain elevated until the lactic acid levels are reduced.

Interval Training

After a strong foundation of LSD riding (3 to 6 months), occasional short periods of anaerobic work can help raise the aerobic capacity: the level at which aerobic metabolism still functions. Horses (or humans) are not designed for sustained anaerobic activity, and too much will cause structural failure. Judicious use of short intervals (2 to 3 minutes) of flat gallops or canters and trots up hills followed by good recovery periods (5 to 20 minutes) can be a useful, advanced training tool.

During all of your training levels, add variety to your workouts. When you're walking down the trail, detour up and down some banks. Weave in and out of some trees. Back between two rocks. Take a different route. Go a different direction. Fartleks (based on a Swedish word for speed play) are unstructured, brief periods of alternating fast and slow types of activity designed to be fun for horse and rider. Fartleks break up the monotony of a training session and can have a beneficial training effect. Any fast efforts should be followed by slow periods of at least equal length. This is a great way to work on your obstacles!

[continued on page 9]

Other Considerations

A horse should be rested one day for every 10 miles of competition. Rest means being turned out, then light walk/hack riding after 4 to 5 days off. If your horse has a slow but consistent (1 to 2 times per week) winter schedule, you could expect to attain the previous level of fitness within 2 months. However, if the horse is not ridden at all in the off-season, this would take longer.

While the heart rate is one of the best indicators of the horse's progress, it is only one of the indicators. There is a saying that for every mistake you'll make for not knowing, you'll make 10 for not looking. You must look at the whole horse. Check for puffiness or heat, which can be indications of over-exertion, in the legs and joints. Look for the bright sparkle in your horse's eye.

Pay attention to the horse's attitude and appetite. A horse that turns from happy to grouchy, eager to reluctant, alert to mopey, an eager-eater to lacking interest in food, or from having a shiny coat to a dull coat can be suffering from over-training.

You must know your horse as an individual; you must know what the signs are that your horse is healthy and happy; you must watch for deviations from that. You have to know what's normal before you know what's not normal.

The character of the sweat usually changes during the conditioning program. Sweat contains certain proteins that act similar to detergents to help the sweat spread over the hairs for good evaporative cooling. This action makes the sweat look frothy. With increasing exercise and fitness, there is less protein, and the sweat takes on a more normal thin, watery appearance. The salty residue left on the

horse after the sweat dries represents the electrolytes lost during exercise.

Warming Up and Cooling Down

You must warm up the horse and cool it down. Go easy for the first mile/15 minutes. Walk back the last mile or two. Many riders prefer to leave the saddle on for a while before taking it off, but your horse will cool out faster if you remove all the tack. In warm weather sponge or hose the sweat and dirt off the horse. In cooler weather it might be more appropriate to put a cooler on the horse until it dries off. Think about how fast you chill when you have worked up a good sweat and then stop and stand around for a while. Brush the horse when dry; fluff up the coat, especially in colder weather. Not only does it feel good to the horse, the hair loses its insulating properties if it's matted down.

Setting Goals

It's good to have goals. If you plan to do your first ride in June, you need to start conditioning before May. But it is hazardous to have a rigid schedule. There are always interruptions-bad

weather, you or your horse has an "off" day, your sister comes for a visit, your horse throws a shoe, and on and on. You can't train as fast on rocks as you can on good footing. Your horse won't perform the same if it's hot and humid as when it's cool and dry. Every horse has a weak link, and the whole horse can progress only as fast as the weakest point. If you fret about getting "behind" and push to catch up, you are heading for disaster.

Julie Suhr, the first (and for a long time the only) person to complete the Tevis Cup 100-mile Endurance Ride 20+ times, said, "Ignorance and enthusiasm are a bad combination." She did not mean ignorance in a derogatory sense, but rather in a sense of a lack of experience. Don't get overly enthusiastic and push your horse into the classic training errors of too far, too fast, too soon. That's when injuries and breakdowns occur. On the other hand, don't be too conservative in training only to push too hard in competition. There are guidelines to help you progress, but there is no sure recipe for success. As with anything related to horses: ask five experienced distance riders how to condition and you'll get eight different answers!

BASIC CONDITIONING GUIDELINES:

- **Basis of a good conditioning program is long slow distance exercise;**
- **Gradually increase the workload;**
- **Cardiovascular system takes 3 months to develop;**
- **Muscle system takes 3 to 6 months;**
- **Tendons and ligaments take 6 to 12 months;**
- **Add variety to your workouts.**

UPCOMING RIDES/EVENTS

Chicken Creek (R3 Benefit Ride)

July 20-21, Mancos, CO
 O/N/CP- A, Novice only-B
 Cheryl Jarrett, 505-269-3025-
 mobile & 970-565-2046-home;
 Cathy Cumberworth, (505)-419-
 8870

Bayou Gulch

August 3-4, Parker, CO
 O/N/CP-A, N/CP-B, Leisure
 Bill Wingle, wingles@uncert.com,
 303-279-1290; Diane Wingle,
 diane.wingle@gmail.com 303-
 847-7006

Music Meadows

August 17-18, Westcliffe, CO
 O/N/CP-A, B, Leisure
 Chuck Smith, chuck-
 smith@earthlink.net, 505-215-
 2625; Lin Ward,
 jimlinward@gmail.com, 719-
 371-6008

UNOFFICIAL RIDE RESULTS

See www.natrc.org for official results. Editor's apologies if names are misspelled!

Please note: Some pulls and DO riders were omitted because they weren't provided to the editor at the time of "print".

Caballo Canyon

April 27-28, New Mexico
 O/N/CP-A, Leisure
 Chair: Kenny Bingham
 Judges: Jerry Sims and Dr. Lucy Hirsch, DVM
 Open Sweepstakes: Lonesome LadyBug-Terri Smith (92.0)
 CP Sweepstakes: Not a Chance-Sydney VanPoolen (92.5)
 Novice Sweepstakes: Sun-Rays Becca-Shannon Boucher (94.5)

Open Heavyweight:

1/2 Stars Colton Bay/
 Gunckel, Kay
 2/1 Gen's Rockin
 Shadow/Ward, Jim
 3/3 Foxhaven's Medicine
 Man/Morgan, William

Open Lightweight:

1/1 Lonesome Lady Bug/Smith,
 Terri
 2/4 Ra Zil Abask/Ryan,
 Amanda
 3/2 Rushcreek Darline/Clark,
 Hannah

4/3 Turner's Wild Card/
 Ward, Lin

5/5 Treasor/Ryan, Daniel
 P/P BR Elusive Flame/Jarrett,
 Cheryl

CP Heavyweight:

1/4 Rockin Sylver
 Splash/Bonham, Kat
 2/1 Pride's College Boy/Bray,
 Sherrie
 3/3 Copper's Comet/
 Cumberworth, Cathy
 4/2 Mariah 3/Wingle, Bill

CP Lightweight:

1/1 BJ Studmuffin J/Bingham,
 Kerry
 2/3 Dakota Cole/Olson, Calleen
 3/4 Solid Country Gold
 Skye/Conne, Linda
 4/2 Eduardo el Negrito Knight/
 Wingle, Diane
 P/P MSA Chloe/O'Brien, Wava

CP Junior:

1/1 Not a Chance/Vanpoolen,
 Sydney

Novice Heavyweight:

P/P Dukes Radical Bo/Harris, Tia
 P/P Pushin' Colors of
 Chance/Wickes, Lori

Novice Lightweight:

1/1 Sun-Rays Becca/Boucher,
 Shannon

2/4 MacaRoaniReina/
 Junkermann, Jordan
 3/2 Echo Affirmed/Glover, Jill
 4/5 Little Joe 2/Langford,
 MaryLou
 5/3 Dino 2/Hager, Scarlett

Navajo Lake

May 11-12, New Mexico
 O/N/CP-A, B, Leisure
 Chair: Bill Cumberworth
 Judges: Patsy Connor and Dr.
 Boyd Emond, DVM
 Open Sweepstakes: Turner's
 Wild Card-Lin Ward (98.0)
 CP Sweepstakes: Eduardo el
 Negrito Knight-Diane Wingle
 (94.0)
 Novice Sweepstakes:
 MacaRoaniReina-Jordan
 Junkermann (88.5)

Open Heavyweight:

1/1 Tezuby/Jonni Jewell
 2/4 Gen's Rockin Shadow/Jim
 Ward
 3/5 Stars Colton Bay/Kay
 Gunckel
 4/2 FoxHaven's Medicine
 Man/Bill Morgan
 5/3 Regal ET/Gayle Muench

Open Lightweight:

1/3 Turner's Wild Card/Lin Ward
 2/4 Rushcreek Darline/Hannah Clark
 3/2 Giacomo/Fran Muench
 4/1 Lonesome Ladybug/Terri Smith
 P/P Tres Beau/Jennifer Poulton

CP Heavyweight:

1/1 Copper's Comet/Cumberworth, Cathy
 2/2 Cheri's Gypsy Traveler/Westmoreland, Cheri
 3/5 Pride's College Boy/Bray, Sherrie
 4/3 Mariah 3/Wingle, Bill
 5/4 Rockin Sylver Splash/Bonham, Kat
 6/6 MSA Chloe/O'Brien, Wava

CP Lightweight:

1/6 Eduardo el Negro Knight/Wingle, Diane
 2/2 Hershey 5/Adair, Amelia
 3/5 Solid Country Gold Skye/Conne, Linda
 4/1 BJ Studmuffin J/Bingham, Kerry
 5/4 Okie Proud/Beyerle, Tammy
 6/8 Butterfly/Vanpoolen, Hannah
 7/3 Dakota Cole/Olson, Calleen

CP Junior:

1/1 Not a Chance/Vanpoolen, Sydney

Novice Heavyweight:

1/2 Pistolero/Wiltshire, Diane
 2/1 Melanie Del Azur/Wommer, Nikki

Novice Lightweight:

1/3 MacaRoaniReina/Junkermann, Jordan
 2/4 Joey 7/Donaldson, Tammy
 3/2 Buggy/Vanpoolen, Kirt
 4/5 Echo Affirmed/Glover, Jill

5/1 Sun-Rays Becca/Boucher, Shannon
 P/P Dino 2/Hager, Scarlett

General Albert P. Clark Memorial (Air Force Academy) – A Ride

June 8-9/Colorado
 O/N/CP-A, B

Chair: Dayna Morgan

Judges: Lin Ward and Dr. Donna Johnson, DVM

Open Sweepstakes:

Giacomo/Fran Muench (100)

CP Sweepstakes: Rockin Sylver Splash/Kat Bonham

Novice Sweepstakes: Rocco Sunup/Jamie Joy

Open Heavyweight:

1/2 Star's Colton Bay/Gunckel, Kay
 2/1 Foxhaven's Medicine Man/Morgan, Bill

Open Lightweight:

1/1 Giacomo/Muench, Fran
 2/4 Rushcreek Allie/Messick, Brenda
 3/6 Khaleesi/Feazell, Juleen
 4/2 Rushcreek Darline/Clark, Hannah
 5/5 Focus Jesse/Smith, Helen
 6/3 Halcon/Queen, Kelly

CP Heavyweight:

1/5 Rockin Sylver Splash/Bonham, Kat
 2/3 Cheri's Gypsy Traveler/Westmoreland, Cheri
 3/4 Travelin Ziggy/Colby, Lou Ann
 4/2 Duke's Eternal Gold/Holder, Sharon
 5/1 Pride's College Boy/Bray, Sherrie

CP Lightweight:

1/2 BJ Studmuffin/Bingham, Kerry
 2/1 Princess Diana/Payne, Debbie

3/3 Dakota Cole/Olson, Calleen
 4/4 Solid Country Gold Skye/Conne, Linda
 5/5 Okie Proud/Beyerle, Tammy

CP Junior:

1/1 Not a Chance/Vanpoolen, Sydney

Novice Heavyweight:

1/4 Rocco Sunup/Joy, Jamie
 2/2 Rain is a Good Thing/Johnson, Amanda
 3/1 Delia Ghost Dancer/Monahan, Meaghan
 4/3 Reign/Galt, Jenee
 5/5 The Peacemaker/Johnson, Susan

Novice Lightweight:

1/1 Sun-Rays Becca/Boucher, Shannon
 2/4 Mr. San Puppy/Ehrich, Louise
 3/- Echo Affirmed/Glover, Jill
 4/3 Joey 7/Donaldson, Tammy
 5/- Hollywood Dreamgirl/Albert, Leighann
 6/5 Cooper/Hager, Scarlett
 -/2 Jill Strandquist
 -/6 SarahGennie Colazio

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General Albert P. Clark Memorial (Air Force Academy) – B Ride

June 9/Colorado

O/N/CP-A, B

Chair: Dayna Morgan

Judges: Lin Ward and Dr. Donna
Johnson, DVM

Open Sweepstakes: Sparkling
Plenty/Ken Wolgram

CP Sweepstakes: Eduardo el
Negrito Knight/Diana
Marquardt

Novice Sweepstakes: Buckshots
Unforgiven/Renee Lang

Open Heavyweight:

1/1 Sparkling Plenty/Wolgram,
Ken

CP Lightweight:

1/2 Eduardo el Negrito
Knight/Marquardt, Diana
2/1 DM's Sweet Chilly
Pepper/Wingle, Diane

Novice Heavyweight:

1/1 Buckshots Unforgiven/Lang,
Renee

Hey Leisure Riders!

We didn't forget to include you! Due to a delay in accessibility of Leisure Division results, we've decided to do a special Leisure-Division-Specific mini-Stirrup later in the summer.

I'd love to hear from a few of you about your experiences and share them with the region! Please email me at hcnatrc@gmail.com with anything you'd like to share.

*Lots of fun and learning at the
Greenland Open Space
clinic!*



MEETING MINUTES

NATRC Region 3 Board Meeting**June 7, 2019****AFA Ride****Minutes****Call to Order** 11:45pm

Attendees: Dayna Morgan, Bill Wingle, Sharon Roper, Juleen Feazell, Kerry Bingham, Lin Ward, Laurie DiNatalie

Guests: Jill Glover

Review of prior Meeting Minutes:

Bill Wingle said that under National Board report we need to amend the Ad Budget. It mentions the figure of 8K and Bill said it was not an accurate number.

Juleen Feazell motioned for approval

Lin Ward 2nd

Treasury Report

Chuck will email and attach to minutes.

Committee Reports

- Awards - Juleen said Kat Bongham has agreed to take over the awards! Thank you Kat!
- Facebook - No report. We think Facebook has been effective, but would like to see some numbers.

Historian Report

Dayna and Chuck are looking for a scanning service (see Laurie D. or Patsy C. for name

as they have been doing this at a national level) to that we can digitalize and downsize our collection.

Membership Report

Jim said he has been contacting people but is having a hard time getting called back or emailed back. Out of 50 people called he had two responses and a couple of emails. Lin has been emailing new people with some basic tidbits for their first ride.

National Board Report-Bill Wingle

- Ride structure committee has been formed and Bill is on it. Some of the new things coming up is the idea of National Awards for Novice. They're leaning on recommending 1-6 Novice. Best Region team awards and best national novice team awards which would be based on average of scores. Bill thinks it should be based on high points like Open and CP.
- The National Board has been talking a lot about the Leisure Division. Bill suggested that Leisure be divided by experienced/not experienced, using competition miles as the gauge.
- They've also been talking about Facebook marketing and membership. Membership is looking better with the addition of Leisure and Free membership.

- Next National Meeting is July 6th or so in San Antonio.

Nominating Committee

Lin said we don't have anything to do until Fall, but we do need to think about filling vacancies for this fall. It would be nice to start approaching them in the future. Will need District 1 rep, and 2 at large.

Ride Book

Lin said she would like to see what Region 6 does....its just basically paper. The whole ride book can go out as a PDF. Some of the older members really enjoy the hard copies whereas newer younger members probably like the digital version. From advertisers point of view, the hard copy is much nicer. Bill will talk to Diane about creating a PDF version. Also, be sure every ride manager has a stack of ride books to give to first time riders.

Stirrup

Hannah has taken over the Stirrup. She has a draft for the next newsletter which she has given to Dayna. Please send stories to Hannah or Dayna!

Supply/Safety

Lin reported that we had cantele bags stuffed with safety supply. They vanished. They reappeared. They have been refilled and they are back among the living. They need to go from ride to ride! We need a small vet kit with banamine to travel. (Chuck has one for the

SJVTR rides) Lin will talk to Donna about it.

Webmaster Report

Kerry reported that all is well. All ride descriptions have been posted.

Worker Points

Ride managers should find it easy to submit worker points to Dianna Thearrin on her new nifty spreadsheet. We are staying on schedule so far!

Old Business

- The board continued the discussion of changing the By-laws to increase the number of board members. Lin moved that we increase the numbers from 2 board members to 3 board members from each district to go in effect in 2020. Sharon seconded. The change needs to be published and we can approve it and then vote for a seat.
- Events Region 3 should attend....Bill and Dayna presented our sport with several riding groups in their areas. Dayna isn't sure that Horse Expo would be worth our time. Juleen said that the last time she went it was not so great. Dayna continues to work on this. If members have a 4H group or any other equestrian group they could talk to, please do so!!! Bill has a Powerpoint he would be happy to share.

- 503c Colleen is still working on this with Amelia and Chuck
- LeD ribbons were voted on and were purchased for all rides.

New Business

- Welcome Hannah as our new Stirrup Editor!
- Welcome Kat Bonham as Awards Chair!
- Dayna went to Susie Witters memorial at an indoor arena and there were many NATRC people. A wonderful tribute and send off. She has left Region 3 money...in 8 or 9 months after the estate is settled, we will know what she has left. We need to maybe some kind of end of year award. Juleen said perhaps it could be the Susie Witter Most Improved Novice Award. We talked about traveling trophies and plaques. We will see how much money we have and make a decision later. Hannah and Kay have been funding this award and it would be nice to take this over from them.
- Dayna wants us to pay for ribbons for all divisions. We also would need a person to take charge of all of this. Dayna estimated that it will cost around \$300 per division. So by the next meeting we will have a more accurate cost to make a decision and person to head it up.
- Dayna let us know that she has access to a \$500

discretionary fund. She has not spent any of it.

- Kerry was offered advertising through the Cloverleaf Connection....a barrel racing group... Kerry will send info to board about it.
- Our region's convention will be in March, hopefully in Taos!

Adjourn 1:00 pm 6/07/19

Next meeting at Chokecherry 9/19/19

Respectfully submitted by Kerry Bingham