



PHOTO CREDIT: HANNAH CLARK

The Stirrup Region 3 Newsletter

Spring 2021

IN THIS ISSUE

Board Members and Contact Information

Please note, this may not be 100% accurate!

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Alternate: Sharon Roper

Committees:

Awards/Mileage: Kat Bonham

Worker Points: Dianna Thearin

Safety/Supplies: Lin Ward, Dayna
Morgan

Membership: Jim Ward

Publicity: Donna Dandy

Historian: Cristy Cumberworth

Stirrup Editor: Hannah Clark

Webmaster: Kerry Bingham

| | |
|---------------------------|----|
| Contact Information | 1 |
| President's Message | 2 |
| Editor's Note | 3 |
| Terraberry's Corner | 4 |
| Advertising Note | 4 |
| Quick Tips for Saddle Fit | 4 |
| Welcome New Members | 5 |
| All About Gaiting | 6 |
| Rule Changes | 7 |
| Meeting Minutes | 8 |
| Upcoming Events | 11 |

President's Message

from Dayna Morgan

Hello Membership from sunny downtown Monument, CO! Fresh 8 inches of snow and a balmy 25+! I wanted to update everyone on our recent discussions. We held a board meeting January 14, 2021.

Topics to highlight:

- Kat Bohnam is looking for input as to awards for the upcoming year! Do we want to stick with plaques or get more creative? Some are suggesting horseshoe art! Please let us know what you would like to see. If there is an artist you think we should contact, etc!
- Historian - Cristy Cumberworth is going to be hired by the Susie Witter fund to organize and digitize archived boxes of documents. These will one day be available on the R3 Website as the Museum Tab.
- Membership - Amelia Adair is to be reaching out to the membership to get those dues in! Please rejoin as we have rides coming up!
- Bill Wingle - See the minutes for rule changes from National.



Rides

- Thank you Cathy Cumberworth as she has Navajo Lake up for registration. If all goes well (with COVID Vaccinations and the NM Govt) this will be R3's first ride of the season on the weekend of May 8th and 9th! Thank you Cathy! Other rides currently include Colorado Trail and ChokeCherry in September and Caballo in October. Please note that once the vaccines are fully out, we expect to increase the number of rides over the summer!

Our new R3 website is coming along! Kim and I have been working on transferring the old one to the new and developing the Logo for R3! The new logos are below for your review! I have selected 4 to choose from. We are 5 states in R3 so that is why 3 of the 4 have 5 mountains. The original idea will show only two peaks but you can clearly see the 3 in the logo. The wording (on the logo) can be listed at the bottom for letterhead while the circular wording would be for T-Shirts and other logo needed items! Please let me know if you are interested in a vote on these! Otherwise, I'll be choosing!

Lastly, Susan Halterman and Pam Galchutt are planning a possible get together for the members. Unfortunately, this caters to those located near around Colorado Springs, CO! On April 24, the Friends of the Equestrian Skills Course are having a benefit! It will be a 5K poker run. We are hoping to get a number of NATRC folks there! We will be handing out old NATRC numbered vests. We can then also handout hard copies of NATRC that I can get from Sarah Rinne. We figured if we wear the NATRC vests folks will ask why and it allows us to tell our story! I think it is a great idea! More to come!

Thank you for being a part of this wonderful organization! Please contact me with any questions or concerns!

Please email Dayna at dayna.morgan139@gmail.com with the one you like best!



Logo 1



Logo 2

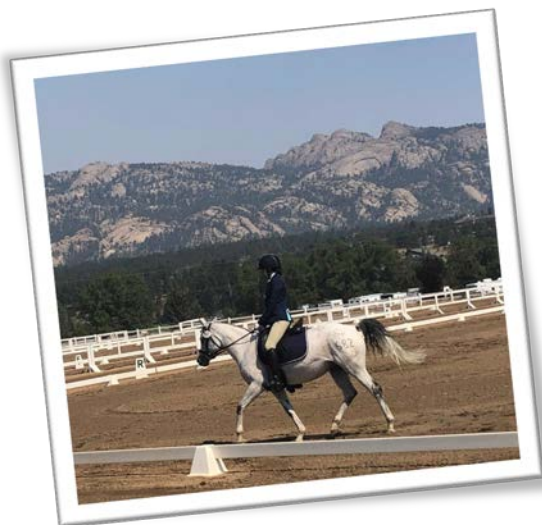


Logo 3



Logo 4

EDITOR'S NOTE...



Hello!

Yes, it's been a while since you've seen a Stirrup, because there hasn't been anything to report. Region 3 held exactly one Leisure ride last year, at Colorado Trail. We had pretty good turnout, actually! But starting out on the trail at 10am had its drawbacks: I stopped counting after meeting 50 bikes on the trail.

I don't have time to supply content for the Stirrup. Just editing it is a weekend-long (or longer) task for me, and it's not the only thing I have to do on weekends. If you'd like to see more content in the newsletter, I need YOUR help to supply it! You don't even have to write it: if you read an interesting article somewhere, send it my way with proper credit to the source.

I used last year's absence of NATRC competitions to explore other disciplines, as well as our beautiful Colorado mountains. I spent a weekend at a Big Deal Dressage show in Estes Park, where my little Arabian proved to a lot of "dressage queens" that she could hold her own against their much "fancier" horses. I've been working on improving our jumping abilities as well, simply because we both enjoy it.

I also took advantage of a NATRC connection to try foxhunting! Long-term members will remember Judi Tobias as a horsemanship judge, and in more recent years she's volunteered in many different capacities at the Air Force Academy ride (and the Rush ride, remember that one?). But in the winter (and summer too, actually), she's a foxhunter. I've been dying to try it for years, but my horse wasn't ready and I didn't have a reliable way of getting to the hunt country (a solid 2-hour haul away). My horse has matured nicely and I have my own rig now, so I took Judi up on her offer to ride as her guest. It turns out, good NATRC horses make pretty good foxhunters too: they're steady, good over varied terrain, and can open gates! My horse and I both loved it enough to join the hunt club, and it's been a blast this winter! There's so much history associated with foxhunting as well, which has been really interesting to learn. Don't worry, this particular hunt club doesn't actually kill anything: the hounds follow the scent of coyotes, and

give chase until the coyote no longer wants to "play" and goes into its den or runs beyond the boundary of the land we are permitted to hunt.

I have a hidden point with my story: NATRC really is a HUGE family. We all trail ride, yes, but what else do we do? Many things! And chances are good that we'd love to share those things with our NATRC family. Even when we can't see each other or can't compete, we find ways to share our lives with each other. And if you know someone who does something cool, reach out to them: I'm sure they'd be happy to teach you.

If you are new to our family and haven't had a chance to compete yet, welcome. You've found yourself a great group of folks. We hope to see you at a ride this year, but if that doesn't pan out, we'd love to just share our passion!

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



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!

Well, it seems I was destined to rest my hooves for a while longer! I knew something was up when April and May came and went, and I still hadn't left my bookshelf. I don't mind, my bookshelf is quite comfortable, but seeing as I'm a "travelling" pony, it was a bit difficult staying put!

When I finally DID leave my bookshelf, we did not go far. Just a couple hours away for a camping trip for Father's Day. We spent a weekend at Mueller State Park near Colorado Springs and explored the trails there. They were quite pretty, lots of trees and aspen groves. It was a nice trip.

ADVERTISING NOTE

Since I've gone 3 issues now without any ads sent to me, I'm just going to handle them as/if they come in. The point here isn't ads anyway: it's fun information relevant to our sport.

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!



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

What about Gullet Width?

In our efforts to get the best saddle fit for our horses, it is very important to pay attention to the angle of the bars as well as the width of the gullet. If the gullet is too wide, this can allow the saddle to pitch forward and drop down onto the withers, and this will effect the angle of the bars as they rest on the shoulders. If the gullet is too narrow, the opposite is true. Therefore, it is important to not only check the width of the gullet for fit, but the angles which provide the support needed for the entire bar of the tree to rest on the back evenly.

Many times I see shimmed pads trying to accomplish better fit. This can work effectively, but certainly is not ideal if your saddle simply does not fit your horse. Another consideration with shimmed pads is if they are not placed correctly every time and/or they shift while riding, then the shim itself ends up being in the wrong place to provide support. This is true for fixing angles as well as for bridging problems. Another area of concern if you are using a pad that is 1" or more thick is that this adds too much bulk under your saddle, especially if you are using a saddle like

Specialized Saddles which you shim to fit your horse. In this case, the extra thickness causes your saddle to pinch much like wearing an extra pair of wool socks in boots that already fit your feet.

As a quick guide on gullet widths (keeping in mind that saddle makers vary a little in how they measure):

- Semi-Quarterhorse bars: 6" to 6 1/4"
- Quarterhorse bars: 6 1/2"
- Full Quarterhorse bars: 6 3/4" to 7"

One other area to examine for gullet width is the entire channel down the spine of the horse's back. Many English saddles (especially the older ones) narrow considerably through the midsection and follow through narrowly at the back over the loin. The spine needs plenty of room in order that pressure doesn't affect the nerves that run through the channel. There should be at least 3 - 4" of no contact down the center/channel running the full length of the gullet front to back. Any less will put undue pressure on those spinal nerves and create pain possibly leading to lamenesses, dropped or swayed back, behavioral issues,

and high head carriage to name a few of the issues.

Check your saddle for fit at least every spring and again in the fall as our horses may have changed weight and muscling/conditioning. Don't hesitate to use a good certified saddle fitter if you feel you

cannot effectively evaluate your fit. Most of us are available either for an in-person evaluation or a virtual fitting.

Sharon Roper, owner Good for your Horse, LLC
Rep for Specialized/TW Saddles
Rep for SaddleRight Pads
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Grand Junction, CO 81507
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Welcome New Members!

This is the place we normally call out new members by name: problem is, with last year being totally virtual, it's nearly impossible to determine who is new and who has been a member for a bit!

Instead, we'd like to hear from YOU! How did you find out about NATRC? Why did you decide to join? Where should we look to find more new members? What do you like most about your experience so far? If you'd like to get in touch and let us know, drop an email to hcnatrc@gmail.com. We might even feature your thoughts in a future newsletter!



All About Gaiting: A clinic with Ivy Schexnayder

By Lori Wickes, longtime R3 Member
from Hesperus, CO

Let me start this article with a confession or two.... Yes, the posting trot escapes me. Yes, rhythm skipped a generation, mine! If I could assign a negative number to my level of rhythm, I would. I literally cannot sing & clap at the same time in church. There is a reason my kids always ran to youth group! So this article will literally sing (no clapping involved!) the praises of the gaited horse. Kudos to all of you who embrace the trotting breeds, I admire you! But, this article is for riders like me, who are still wondering if they are on the right diagonal.

From the first time I swung a leg over a Tennessee Walker I have been slightly obsessed with the breed, and truly, all gaited breeds. So when given the chance to co-host a gaited horse clinic, I was more than up to the challenge & thrilled to just be a part of it.

The 3-day clinic is whole heartedly structured around gaiting. Literally, nothing else unless you ask for it. The nice thing about working with Ivy, she was open to whatever we needed or wanted out of the time we had with her. She also rode our horse on day one. I found this valuable in that she could feel what

participants feel on their horse. I really recommend this clinic for gaited horse owners that need help with gaiting only. This is where Ivy really shines and that is what you pay for when you sign up for her clinic. I took my MFT mare on day one & since she gaits beautifully, we ended up working on what else.... obstacles for NATRC. But you are missing an opportunity here if you go to an Ivy clinic for obstacle work, her expertise is gaiting. I ended up swapping Velvet out for my 20 year old TWH, Stanley. He paces as much as he gaits and his preferred method of movement is to canter. He is perfect for this clinic. Ivy is well versed in all of this, so the breed is



irrelevant, all gaited breeds welcome!

A lot of folks do not understand the various gaits and that is absolutely fine! Do not be discouraged. You do not have to readily recognize a 4-beat gait or a foxtrot if you can recognize when your horse is NOT doing it. If your horse is trotting, you know it. So just start there. Ivy has lots of videos on how to correct a

horse that is trotting or pacing. First, the trot. If your gaited horse is trotting, you simply lift your hands/reigns up while moving forward. The minute your horse gets a gait/stops trotting, you stop your horse and praise. Ivy likes to “treat” the horse with horse treats or carrot bites, etc. And she does this a lot.

If you have a pacing horse, you get them to drop their head. A pacey horse moves laterally, but too laterally. Meaning both the front leg and back leg on the same side are moving in synchrony. This is usually not a comfortable gait, but in some horses can be super smooth and therefore, sometimes hard to notice. Which begs the question “why change it, I like it?” This is not an efficient gait nor is it balanced, so it is considered unhealthy for the horse. Ivy has several “head down” videos on her Facebook page and once that head drops just a bit, you have a very nice gait. I won’t get into all of the specifics here about head down, because Ivy is a fantastic resource for this and offers her knowledge and videos mostly for free.

I also have had several folks ask for this clinic more often and with enough interest, I am happy to host another! Ivy has agreed to come to Durango anytime!

Her Facebook page is [Ivy's Glide Gait](#) & her website is www.lvshorses.com, she also offers a subscription service that is affordable & lifetime.

The other fabulous thing about this clinic....We all made new lifelong friends!

Rule Changes

There are quite a few rule changes up for consideration. You can review them in the latest Hoof Print, found [HERE](#).

Please review and send any feedback you have to our National Board representatives, Bill Wingle (wwingle@uncert.com) and/or Laurie DiNatalie (laurie.windhorseranch@gmail.com), letters can be sent to either or both of them. The National Board will vote on these rule changes at their Summer meeting (usually held in July). Bill and Laurie's purpose on the board is to represent the region and voice any opinions from regional members, so please don't hesitate to give them your opinions. Having sat in on a couple board meetings myself, I can personally say that the Board representatives really DO speak up for their regions!

Below is a letter written by Dr. Donna Johnson, DVM, one of our Region 3 Veterinary Judges, printed with her permission, as an example of an opinion shared with the National Board.

Dear Members of the National Board,

Once again I feel compelled to write a letter of concern over the proposed rule change to allow leg wraps. The last letter I wrote about ice boots I feel fell on deaf ears. I will start this letter out slightly differently. Let me remind you all of the philosophies of NATRC because I am under the impression most BODs in the past 12-15 years have forgotten them.

PHILOSOPHIES

1. To stimulate greater interest in breeding and use of good equines possessed of stamina and hardiness and qualified to make good mounts for trail use.
2. To demonstrate the value of type and soundness in the proper selection of equines for competitive trail riding.
3. To learn and demonstrate the proper methods of training and conditioning equines for competitive trail riding.
4. To encourage good horsemanship as related to trail riding.
5. To demonstrate the best methods of caring for equines during and after long rides without the use of artificial methods or stimulants.

Rules have been changed so many times in the past going against these philosophies. Years ago I was against the shoeing rule being changed. But the membership was told we would gain more riders. We did not. I said at the time this was slippery slope we were headed down but was assured our philosophies would remain intact. Then it went from allowing any type of shoe with or without pads to allowing hoof boots. I expressed severe concern and was told it was to increase membership. Again, it did not.

Move forward some years and the idea of allowing ice boots came up. I wrote a very opinionated letter to the BOD about this idea and the rule still passed. Again, being told ridership would increase and once again, it did not.

Now here we are one more time going strictly against our philosophies. Any type of leg wraps or boots are "artificial methods". If a horse cannot stay sound without any type of leg wraps, then said horse does not have the "stamina or hardiness to make a good mount for trail use". Of course I understand the medical reasons behind the use of leg wraps but they can be used after the competition is over. NATRC is asking horses to go ONE ride without the use of artificial aids or stimulants. If a mount cannot go ONE day without help then philosophies #2 and #3 should be stricken from our sport.

I am once again vehemently opposed to more rule changes going directly against our philosophies. I urge the BOD to vote against this rule change. We are not gaining riders by changing all these rules. Actually through friends I have met over the years we have lost riders because they, like I, feel we have dumbed down the sport. So you may look at why the "old timers" do not compete any more vs trying to get endurance riders into our sport.

Please take a long hard look at our sport and philosophies prior to making your final vote. Should you choose to vote in favor of this rule change then you MUST change our philosophies as well.

Respectfully submitted,
Donna L. Johnson, DVM

Meeting Minutes

From the Regional Board Meeting on January 14, 2021

Editor's Note: Minutes were copied and pasted, no content editing occurred.

Apologies if any names were misspelled.

Dayna told the Board to keep Lindsey Matthews in their prayers. Her husband is in hospice. [He has since passed]

Meeting was called to order at 7:06pm

Attendance: Dayna Morgan, Chuck Smith, Linda Conne-Johnson, Kerry Bingham, Kay Gunckel, Jordan Junkerman, Laurie DiNatie, Bill Wingle (also sitting in for Diane Wingle), Cathy Cumberworth, Devon Daney, Juleen Feazell, Kat Bonham, Megan Monahan, Tammy Beyerle, Dee Overholt

Call to Order:

Secretaries Report: Dayna went over the Minutes of last meeting 09/17/20

Treasurer's Report: Chuck Smith - Chuck reported that there was not much to report due to club's inactivity due to Covid. We have had very few bills. At the end of December, 2020, we had \$33,890 in our checking account and reserve checking has \$18,400. Dayna asked that the treasurer keep track of the Susie

Witter fund: With those monies, we send in a bill and then the trustee reimburses us. It has to be used within a time frame, and we have 3 years left. Hence, the push in advertising. (Susie's wish for the money she donated). The first phase of developing our new website was around \$2500. The main effort right now is the new website. Dayna was talking about how if any of us want to go to a convention or other horse related activities and need money to support our sport, we can use the Witter money, since it would be considered advertising. Are there are new National pamphlets or advertising materials that we could use that are new and fresh for people to pass out? Bill said that a few years ago they did update their pamphlets. They are available through Sarah at National. Ms. Thoreson, the trustee, said that we should send suggestions through the board... as she would prefer minimal suggestions. Dayna will look for the end date of the fund. She believes we have three years, but will check on the actual date.

Committee Reports:

Awards Report: Kat Bohnam - Kat asked what we would like to see. She said people enjoy ribbons, glasses (except that wine glasses are hard to engrave on?) Tammy B. said that in July she took some glassware for another member....finally many months later she contacted the member to give her the glasses. She came by, and when Kat gave her the glasses she burst into tears. The horse she earned them on had been retired and she became unhinged on two rocks glasses! Dayna also discussed with Kat about RC Gorman horse statuette. We discussed horseshoe art, the NATRC board game. Facebook Page: Cathy Cumberworth - No news. When the new website comes out, instead of having Cathy posting on FB, and Hannah doing email, the new software that will be applied to the website will automatically generate the FB and email content. She needs stories!

Historian Report: We have been looking for someone to take over the Historian job with no luck. Dayna suggested that we hire Cristy Cumberworth to undertake the task. The vision is to create a "history" tab on our new website. Cristy, who is a walking encyclopedia of NATRC history and knowledge, will

digitize important pieces from our boxes and boxes of memorabilia and create a history tab. We would pay her an hourly wage and to digitize documents. She does a lot of graphic design, she knows how to use a computer, if there is anyone that can do it, it's Cristy. It will be a month to month.

Membership Report: Amelia Adair will be taking this over. Linda Conne said that until we get the website going she is going to contact members and make sure they get their dues in. A question was raised whether or not we could do anything for new members who didn't get much out of 2020. Well, it is a National level. National actually had positive cash flow for last year....money coming in but no expenses. The virtual challenges brought in about 8K, about 10% of our cash flow. Dayna will talk to Amelia about calling people to get signed up for 2021.

National Board Members Report: Bill Wingle/ Laurie DeNatale : We have a positive cash flow. We are continuing the virtual obstacle and mileage obstacles. This round wasn't as popular as last one, probably because it was winter. We are restarting the webinar series....Winter camping and travel coming up. Upcoming webinars on colic. If you have anyone who would be willing to talk in front a camera and conduct a webinar meeting, please let Bill know.

Rule change: There has been talk of allowing people to be members in multiple regions. They are thinking that whatever monies normally go to a region....they will have to also pay monies to the other region. There was some language about northwest territories. There is a bookkeeping language about this year novices being eligible for national awards..... needs to be changed. There are about 7 different things saying you can't be in novice. if you have too many points, too many miles, if you're a judge, if you take 1st through 3rd nationally... you are not eligible for Novice. Also concerning Leg protection....if you're riding DO or Leisure you can wear leg protection. The new one that is causing issues is "protective devices such as boots....its saying that when you come in at the end of the day you can put on ice wraps, but they need to be off when the vet comes. After the vet comes you can put on standing wraps. So Dr. Kay said that means you can wrap the legs....you can wet it, and put compression wraps on. **Laurie said we need feedback from members.** There was quite a bit of discussion on keeping our sport true to the founding principles, or adapting to modern times by allowing more care to our horses. Laurie also said that Bill was elected Vice President of the board! He is also in charge of the Rules Committee. Bill said that they are working on getting the RMS merged with the National Website. It's a work in progress. He's been putting quite a bit of time on it. Angie Mereshnekoff is still the president. Cathy C. suggested that Bill or Laurie send Hannah a letter to the membership requesting input on the National Board topics. There is no National convention this year. There has been some talk of doing a national raffle. 2022 National Convention is scheduled for Omaha.

Publicity/Advertising Report: Dayna Morgan – Dayna has Kim payed to work on website with Phase 1. She hopes to update the board in a few weeks about Phase 2. She and Kim went through the big plan Mikayhla put together for us. Kim said the previous advertising plan was a said it was a 100K plan. It was very complicated and well written....but a multi person job. She suggested focusing on the website, and get it up and running so that you can run all of your other activities through the website.

Ride Book/Ride Coordinator Report: Diane Wingle - Bill spoke for Diane. We have Navajo, Colorado Trail, Chokecherry and Caballo Canyon planned for this year. Hopefully Chicken Creek as well. Air Force is up on the air depending on Covid. Dayna said that a few people are considering hosting Leisure rides. LED rides are great....low contact....COVID friendly....easier to put on. No camping, no food...LED saved a lot of the regions last year. If we can sneak some of those in, the better. Diane will start putting the ride book together. She was thinking about going online only, but if we have money we might print. The question arose about year end awards if we only have four rides. He said maybe not do the 100% club, but stick with the basic format since do have four rides at this point.

Stirrup Editor Report: Hannah Clark - Please submit photos and stories!

Supply/Safety Report: Dayna Morgan - our two safety bags have disappeared. They cost a lot of money! Where are they???. Please keep your eye out! Dayna bought them with her own money. They were black cattle bags....they were in a safety tote.

Webmaster Report: Dayna Morgan - see advertising/publicity report

Worker Points: Dianna Thearin - Dee Overholt will take over this job in the next few weeks. They will have points through 2019 done.

Officer positions: Dayna talked about maybe not counting this year for "term limits". Will Tammy look at board members and see who is up for what?

Old Business:

New Business:

1. Articles for the Stirrup and the new website. Bill has created a dropbox that people can use to submit articles for the Stirrup and our website. It will eventually go on the new website.
2. Renew FB \$25 per ride AD Fee for 2021 – any others for review? The board agreed that it is something Susie Witter's money would be applicable for as it is not a great expense. Cathy will submit an invoice to Chuck.
3. Membership kick off – Get those dues in!
4. Recruitment of Ride Managers/Rides : Need to recruit ride managers and rides. Morgan has stepped up, Jordan might do something... Be thinking of possible rides!~ LED rides! Anything after June 1st would be great? Who can help us?
5. Spring Fund Raiser? is anyone interested in organizing this? Maybe on online auction? Or a spring meeting where we do an auction and we the worker point awards? Virtually through the website? You get so many days, bid on Premier Parking, etc. We need one person to think of a spring or summer fundraiser for the group. Also, look for local sponsors that may want to contribute.
6. Volunteers for Phase 2 rollout categories – to include Board to submit articles and pictures thru the Drop Box for posting

8:48 adjourned

UPCOMING RIDES/EVENTS**Friends of the Equestrian Skills Course Poker Run**

April 24, Colorado Springs, CO

*NOT an official NATRC event

Contact Dayna Morgan

dayna.morgan139@gmail.com

Navajo Lake ("A" ride only, subject to change)

May 8-9, Aztec, NM

Manager/Secretary: Cathy Cumberworth

cathycumberworth@yahoo.com

UNOFFICIAL RIDE RESULTS

None at this time. See

www.natrc.org for official results.

