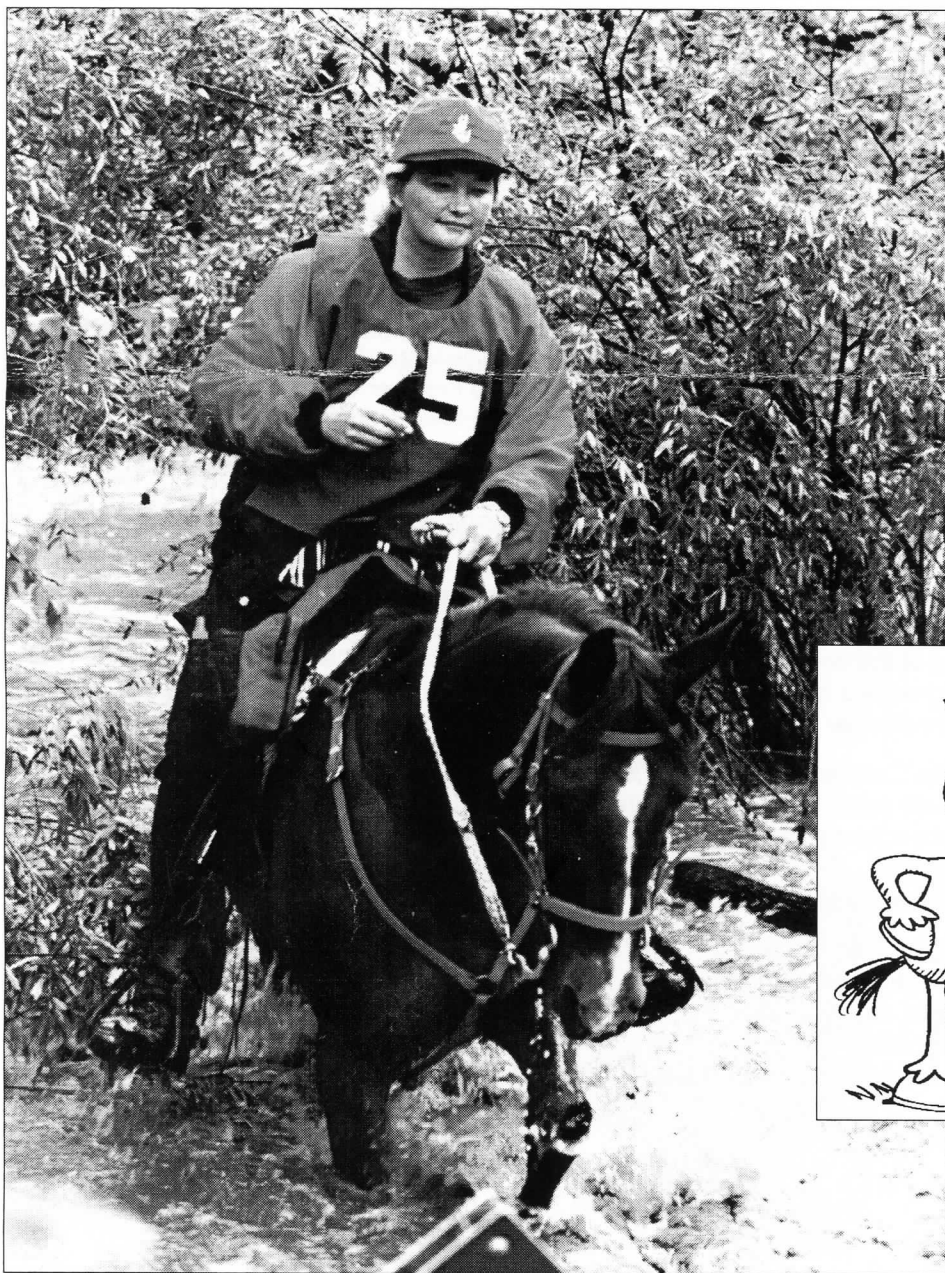


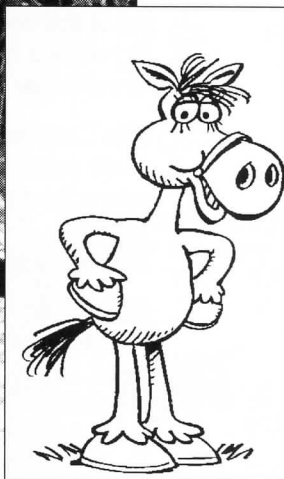
Region 3

May – June • 1998

Smith Finishes in top Form



Jenny Smith and her Foxtrotter gelding, Wood's Rawhide Ace, capped their successful year by winning the Bev Tibbitts Grand Champion Award as the high-average competitive trail horse in the U.S. The award was presented at the awards banquet of NATRC in Santa Rosa CA on Feb. 22, 1998. The Farmington, New Mexico team also garnered the Region 3 Ken Burkdoll Award competing in the Open Heavyweight division. (Photo: Holly Ulyate)



*Way to go Jenny!
Congratulations
to the lady who
always has a
smile for
everyone!*

NORTH AMERICAN TRAIL RIDE CONFERENCE

Region 3

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Send all letters, articles, photos, etc. to Dan Fredal, 17945 Hwy 83, Colorado Springs, CO 80908, 719 481-3071 or email to danf@col.hp.com.

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PRESIDENT'S MESSAGE

Sorry we missed getting you the February issue of the Region 3 Newsletter. Our wonderful longtime editor of the Newsletter Lisa Sowell had lots of trouble with sick toddlers etc., etc. and was unable to continue being the editor. By the time we got a new editor on board and up to speed much time passed. The new editor is Dan Fredal, a long time rider and super person. I'm sure he will work hard at keeping up the quality of the newsletter. Many thanks to Lisa Sowell for all the years of an excellent newsletter. Our newsletter and ride book have been an inspiration to all the other regions and most of them now try to emulate us. Lisa is the working mother of twin toddlers so it has taken heroic efforts for her to be our editor. Thanks again Lisa.

Much to my surprise I am the Region 3 president this year. I do appreciate the board's confidence in me and hope it is justified. We really do need to give Bill Smith the outgoing president a huge thanks for the great job he has done getting communication going between all the Region 3 districts. Hopefully we can keep it going. I would like to also thank other outgoing board members: Carol Beumer and Karen Laden for their excellent work. The ride season is now underway, thank goodness. Last season I only got to ride one ride and Chairman one ride and sure did miss seeing all of you the rest of the year. I do believe the most important component of our sport is the fellowship, camaraderie, making friends, what ever you want to call it. Camping and riding all weekend with people who are just as crazy as we are is an amazing bonding experience.

This year I would like the board to work on increasing membership and ridership. We will be exploring ways of encouraging this at the next board meeting at the El Jinete ride. If you have any ideas you would like the board to discuss please either call your local board member or me or come to the board meeting. We always welcome members' interest.

Golden Gate ride has volunteered to be the Region 3 benefit ride this year. This is the major fund-raiser for Region 3 and traditionally receives lots of donations and help. We use our funding to promote the sport through various advertising like providing the ride book and other informational brochures and pamphlets, plus covering the normal expenses of supplies and postage, rider, horse and mileage awards etc., We try to have lots of extra fun going on at the benefit ride so please plan on attending. The Golden Gate ride is scheduled to occur at the peak of fall colors and has been mind blowing, spectacular in the past.

Kris Cummings did a great job as chairman of our Horse Expo booth. We really appreciate her work and planning. Many thanks to Kris and all of you who volunteered to man the booth and get the word out to riders about NATRC. I'm always amazed at how many people have never heard of our wonderful sport.

Editor Dan and I have been talking about a series of articles on the different obstacles we might be asked to perform and the why and how of it. I have been asked by several novice riders lately, why did they make us back up. If some of you experienced riders and judges have a favorite obstacle would like to write some of these articles please contact Dan or me.

Looking forward to seeing you "on the trail" this year.

Judy Wise Mason - President.

1998 Region 3 Seminar

What a fabulous treat

The Region 3 seminar was held Jan 11-18 in Taos NM. The blue skies and mild weather were a welcome sight for the weary folks from Colorado who had endured a snowy winter. The Sagebrush Inn offered wonderful Southwest ambiance with the adobe architecture, fireplaces in the corners of the rooms, beamed ceilings and tiled floors. All that and a full breakfast each day.

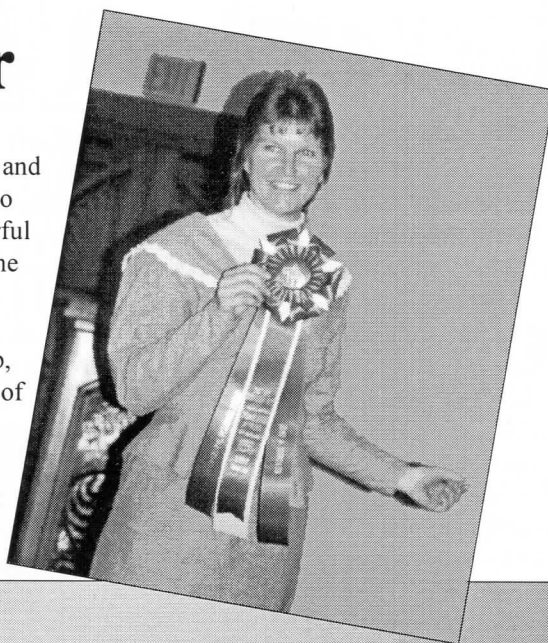
Bob Santistevan had worked hard to make the weekend a memorable one. Friday evening had a presentation on helmets in the hospitality suite, with Bob, Larry Tobias and Dan Fredal telling personal stories of the lifesaving benefits of helmet wear.

On Saturday morning, Mike Reiger DVM gave a dynamic, funny, and knowledgeable presentation on many topics of horse health care. After an all-you-could-eat lunch buffet, Marty Marten talked about partnership with the horse. Both speakers gave the seminar attendees plenty to think about. After the annual membership meeting, everyone adjourned to prepare for the awards banquet. What a feast it was! A fajita bar and delicious flan were true tastes of the Southwest. Then the awards.

Lots of the folks gave themselves time on Sunday to explore Taos and shop at the square taking home ristras and other mementos, while the more ambitious tried the ski slopes nearby. All agreed it was the perfect weekend getaway.

Angie Rubenstein (above) shows off her 1st place in Region 3 CP Horsemanship.

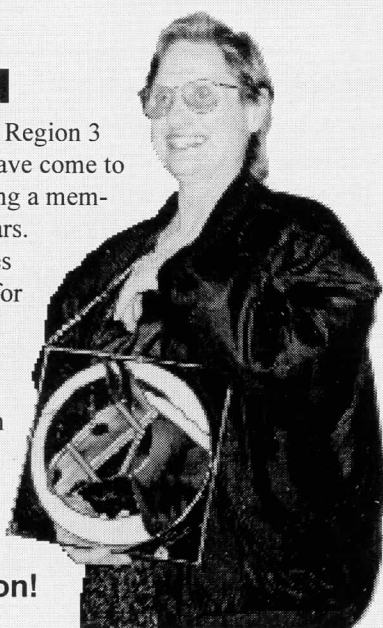
At left are the Region 3 Appreciation Award recipients. Bill Cumberworth accepted for the San Juan Riders, Ike Mosgrove for the Cavalier Trail Riding Club and Larry Tobias for him and Judi Tobias.



Goodbye Lois, You will be Missed

Lois Arbour received her farewell gift at the Region 3 seminar with the same enthusiasm that we have come to know from her on the trail. Region 3 is losing a member who has served it well for the last 20 years. Lois rode safety at most of the Region's rides for that time and served as safety chairman for 4 years. As you might guess from her gift, Lois became known for the mules she rode for the last seven years, first Molly and then Rosie. In fact they call her the Mule Lady in her new region, Region 6. Lois expects move to Petersberg Illinois by the end of June so that she can be close to family.

Good luck Lois in your new region!



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To Force or not to Force?

The question of electrolyte usage, by Joe Quintana, DVM

The issue of forcing electrolytes has been a very controversial one. There is great concern that NATRC riders understand what is involved. That is why Dr. Quintana's Hoofprint article has been reprinted here. You should also be aware that there is an article by Dr. Loving, DVM in the current issue of Hoofprint that expresses a differing viewpoint. That article will be reprinted in the next issue of the Region 3 newsletter. *Editor*

“To force or not to force”, that is the question. When we asked NATRC veterinary judges that question, the majority said, “NO”! By one vote the National Board recently and unceremoniously allowed the administration of oral electrolytes by syringe to horses competing in NATRC sanctioned rides. The call then went out for electrolyte education. In the August 1997 cover story of “Life's Brew” appearing in “The Horse”, Michael Bell D.V.M. talks about “Fluids, Electrolytes, “Life's Curious Brew”. He further states “understanding the balance of water and electrolytes in your horses body, and what happens when things go wrong, might keep your horse alive”. In the November 1997 issue of “The Horse,” Heather Smith Thomas wrote an excellent article on “Electrolytes”. A new text book by Stephen M. Reed D.V.M. “Equine Internal Medicine” has an excellent section on “Body Water and Electrolyte Balance”.

An electrolyte is a substance that dissociates into ions (individually charged particles) in a solution, thereby becoming electrically conductive. It is agreed the major electrolytes in the body are Sodium, Chloride, Potassium, Bicarbonate, Calcium, Magnesium, and Phosphate. It is impossible to talk about electrolytes without mentioning water. Water accounts for 60% of total body weight. (300 liters or about 70 gallons of water in a 500 kilogram or 1100 pound horse). The water is divided intracellular, within cells and extracellular or outside the cells of the body. 50 gallons are intracellular and the remaining 20 gallons are extracellular. Horses consume on the average 20-30 liters (5-10 gallons) of water per day. Electrolytes are provided in feed, water, and dietary supplementation. Electrolytes are lost in urine, in feces

and in sweat. Horses that eat mostly hay or green pasture ingest excess Potassium and Chloride. On the other hand Sodium intake is variable and with some diets may be marginal. A maintenance requirement for Sodium for a 500 kg horse is 6-12 grams per day. There are also maintenance figures for the other electrolytes. When we bring them into the equation, it is very easy to become confused. I will leave them out.

As an equine athlete exerts himself, he sweats in order to cool himself. Reportedly a horse trotting at 7 mph can loose up to 1.5 gallons of fluid per hour and the equivalent of about 3-4 tablespoons of electrolytes. The horse by his evolutionary nature is designed to conserve heat.

The horse is

not especially well designed to handle hot temperatures, so unless WELL

CONDITIONED to work in a hot environment, he is susceptible to heat exhaustion. Reportedly a horse trotting 10 mph for 1 hour will generate enough heat to boil 25 gallons of water. 2/3 of this heat is dissipated via sweat evaporation. The good news is that horses can be conditioned to be more efficient sweaters. Blood vessels in the skin gradually multiply and dilate during hot weather training thus bringing more blood to the surface for cooling. Exercise can build heat tolerance in any horse. Then the well conditioned body can be very

efficient and might not sweat as much as the unconditioned body.

To restore fluids lost through sweating, the horse must increase water and electrolyte intake. The trigger that says “drink” comes from 2 main stimuli: increased thirst and hypovolemia and plasma osmolality. Electrolytes are not stored in the body per se. There is, at any one time, a reservoir of electrolytes in the GI tract. If a horse is eating a balanced diet and is not experiencing extreme electrolyte losses (heavy sweating or diarrhea) the benefit of electrolyte supplementation is questionable. If electrolytes are administered when the body is in balance, they will be viewed as excess and the kidneys will get rid of them. If a horse is given supplemental electrolytes continually, his ability to adjust to short-

ages is impaired. He becomes dependent upon the supplement, the kidneys open up their channels for getting rid of the additional electrolytes instead of shutting down

If a horse is given supplemental electrolytes continually, his ability to adjust to shortages is impaired.

those channels for conserving the needed salts. In the flushing process he uses up some of his water reserves. The impaired conservation can lead to a wasting of water reserves.

Studies further have shown that most water is drunk within the hour after feeding. Feeding high dietary levels of salt and or electrolytes to stimulate and encourage water consumption have not proven to be 100% effective. Therefore, if you feed electrolytes to a horse during a trail ride before he drinks, assuming the electrolytes will make him

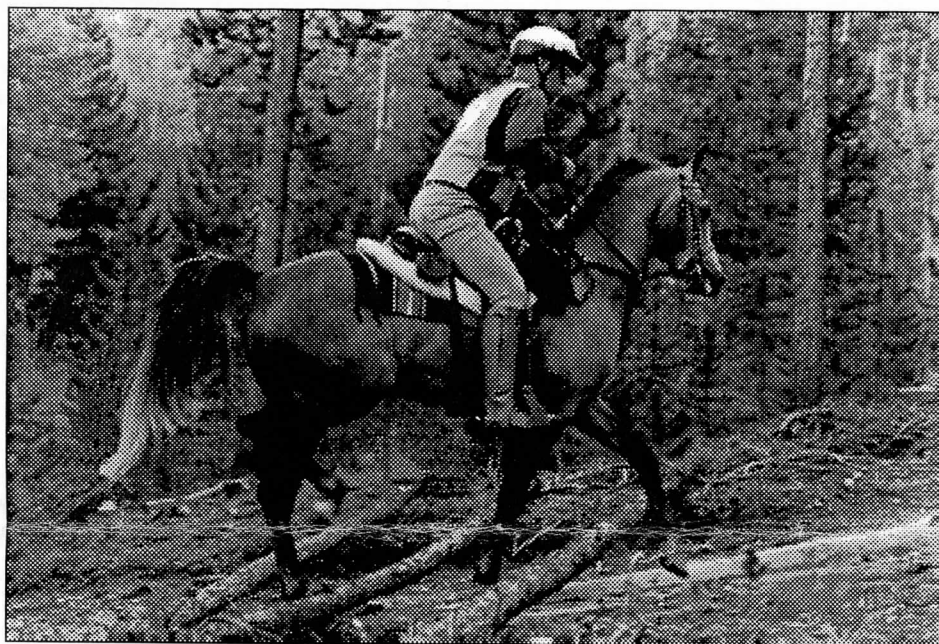
(Continued on page 6)

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REGION 3 CLINICS

Clinics this year suffered from spring weather

Judd Adams and Jill Talbot-Hicks had to limit their clinic to an indoor session with the trail ride being postponed.

The Cavalier Clinic was rescheduled, because the entire front range suffered from several inches of snow on April 18th. The clinic was held two weeks later, with a full complement of riders. The weather cooperated beautifully and a good time was had by all.

We have not received a report from Linda Fisher's clinic in Aurora. She has always had a good crowd, though.

If you'd like to put on a competitive trail ride clinic, contact Bobbie Chenoweth, our Region 3 clinic coordinator at (303) 499-5252.

Ride Managers note:

Mailing labels for the regional membership list are available through Iris Mosgrove for \$5.00 a set. Contact: Iris Mosgrove, 10590 Egerton Road, Colorado Springs, CO 80908-2906. Phone – (719) 495-2906
Email – Mosgrove@kktv.com

Hard at work, at right Ross Eckel and Kris Cummings in the Region 3 NATRC booth.

Region 3 Booth at Denver Horse Expo

Expo draws more than 10,000 people, our "Come Ride with US" booth gets great exposure.

Kris Cummings headed up the group who worked at the Region 3 booth at the Denver Horse Expo April 3-5. Kris and her "trail buddy" Angie Rubenstein, had a really attractively decorated booth, complete with a map showing where all the rides in Region 3 are located plus a plywood cutout figure of the NATRC rider created by Sue McKelvey. The Expo this year had over 10,000 visitors, many of who stopped by to watch the trail riding videos, talk to our folks, and pick up information on competitive trail riding. Each year this event gets bigger and better and Region 3 is a great addition to the show.



Support the Championship Challenge!

This year's Challenge ride will be held near Independence Kansas, on the weekend of 31 Oct. For it to be the best ever, your support is needed. Volunteer your time for the preparation of the ride or to work the ride itself. What a thrill to be there to watch these great riders in action. Contact Steve Lindsey at 316 336-3634.

If you cannot support the ride with your time, support it financially. Show the other regions in NATRC the commitment of Region 3 to our sport. Make your checks payable to Championship Challenge and send them to c/o Cheri Jeffcoat, RT. 2 Box 14, Sterling NE 68443.

Junior Sponsorship Program

Here is your chance to help our sport grow.

Region 3 members Tracy Scarlett and Diana Makris recently made donations to the Region's Junior Sponsorship program. We really appreciate their support of this program, which gives junior riders a chance to experience competitive trail riding at a reduced cost.

Through the Junior Sponsorship program, a junior rider can get a Region 3 membership at no cost or can have half the entry fee to two Region 3 rides paid for. We need more junior riders, both to fill our junior classes and for the future of our sport.

If you would like to make a donation to the Junior Sponsorship program or are a junior rider or know of a junior rider who would like to participate, contact any Region 3 board member or get in touch with Terri Daugherty at 719 599-7038.

Let's make our Region 3 junior program the most active in the country!

(Continued from page 4)

Electrolytes

thirsty and want to drink, is physiologically erroneous. Feeding the electrolytes in a cookie that he likes and will eat is more normal physiologically and perhaps would better "squeeze" the drink trigger. When a horse who is slightly dehydrated is force fed electrolytes without water, he becomes moderately dehydrated.

All references talk about the "average" horse. I must confess I have never met the "average" horse. Every horse is an individual. Every horse has his own genetic aptitude for electrolyte conservation. Some horses will require electrolyte supplementation if used strenuously, while others can adjust to the stress and manage fine with just access to salt or free choice electrolytes.

Gulp down a handful! of salt sometime and experience the ultimate Joy of electrolyte rape. The result is a very predictable and uncomfortable bout of vomiting. The horse does not have that luxury. He must experience the ultimate Joy of bowel irritation as he happily carries you down the trail.

It has been shown that horses who willingly eat along the trail and at all

stops perform much better than those nervous, fussy horses who do not eat at every opportunity.

We need to adhere to the philosophies of NATRC, which are:

1. To stimulate greater interest in the breeding and use of good horses 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 horses for competitive trail riding.

3. To learn and demonstrate the proper method of training and conditioning horses for competitive trail riding.

4. To encourage good horsemanship as related to trail riding.

5. To demonstrate the best methods of caring for horses during and after long rides without the aid of artificial methods or stimulants.

Thus, one needs to select a horse who is responsive to your needs and wants, who eats well, is calm and collected about everything, can be trained, will haul, will drink, has a strong back, good feet and legs, and loves to go on trails. A horse that is sound and will do well under aerobic exercise, is not fat or unbalanced will fit nicely in an NATRC stable. One needs to learn what a good training and conditioning

plan is for that special horse and do it. There are no substitutes for hard work and good training techniques. There are no easy answers in a tube, in a pill or a tonic. You need to condition the horse for the work he is going to do. You need to learn his individual idiosyncrasies and what is normal for him and what isn't. How does he act after a 5 mile trot? What is the character of his sweat? How easily does he sweat? How much water does he drink? How much hay does he eat? Will he graze on the trail? Does he eat salt and electrolytes free choice or in his feed? If you can answer these questions intelligently, your horse is in better hands than if you are asking what brand of electrolytes in a syringe should I buy so I can rape him along the trail.

If your horse gets too tired and is not responding on a ride like you now know he should be, pull from the competition. Don't make a bad situation worse by forcing something down the horse he doesn't need. Cool him out, feed him, water him and odds are he will be fine. In any event, by knowing what is normal for your horse, you can easily call for help.

Good horses, good riders, good training and good feed are still hard to beat

Insurance is a Personal Matter

After all you've heard about the NATRC requirement for ride insurance, it may come as a shock to everyone to learn that **riders** are not covered by the policy. The NATRC policy is to cover ride management and the national organization and landowners from liability claims or litigation arising from accidents or property damage during the ride. Riders must carry their own insurance to cover any medical costs to themselves or their horse that they might incur during the course of the weekend. Sometimes, you may be covered by your homeowner's insurance, but you should check with your agent. So, be sure your medical and life insurance covers you at rides. It's a good idea to have your insurance card or the policy number with you when you go to rides as well as a list of your medications and allergies.

BARN SALE

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Bounce products for distance riders. Cantle and wither bags, etc. For free catalog, call 970 858-7323 or write 647 "R" Road, Mack CO 81525-9724

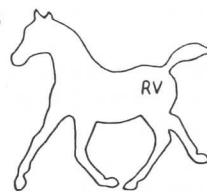
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OFFICIAL RIDE RESULTS

Rabbit Vally

April 25-26, 1998

Sweepstakes:

Open: Brown R Dawud/Judy Wise Mason

Novice: BVA Amira Wazir/Roxann Lane

Open Heavyweight:

1/3 Fox's Charming Prince/L. Keckler

2/2 Wood's Rawhide Ace/J. Smith

3/ MLA Raj Bahabas/J. Adams

4/6 Lady's Charlie B/J. Ancell

5/4 Sir Love/M. Baker

6/5 June's Lucky Mac/B. Smith

/1 Judith Bengfort

Open Lightweight:

1/ Brown-R Dawud/J. Mason

2/ Poppy/B. Wolgram

3/ Sky/K. Morris

4/3 Quickly/K. Wolgram

5/ Mahra Khan/M. Parish

Open Lightweight:

6/ Apple Blossom/B. Brining

/1 Terri Smith

/2 Donna Schriefer

/4 Terry Yates

/5 Joanie Feldman

/6 Debbie Zinkl

Open Junior:

1/1 Dutchess Royal Duke/C. Smith

Competitive Pleasure:

1/5 Tara Shameol/J. Wagner

2/ Ruthie/T. Brady

3/4 Golden Cnty Sunshine/R. Beumer

4/ Renegade's Dandy/S. Weber

5/1 MKS Fancys Folly/K. Shanor

6/ FiremansSwtRevenge/C. Beumer

/2 Kary Woltman

/3 Marc Shanor

/6 Terry Woltman

Novice Heavyweight:

1/2 Alea/D. Crooks

2/1 Tai Knight Dancer/K. Fraser

3/5 Dusters Image/D. Dye

4/6 Pollyanna/D. Budd

5/ Tilly/L. Hoth

6/ Avalon Charge Card/S. Nelson

/3 Bob Santistevan

/4 Jane Oest

Novice Lightweight:

1/1 BVA Amire Wazir/R. Lane

2/3 Rowdy/T. Mease

3/6 Khasta Spell/D. Thearin

4/4 Rambo/E. Camp

5/2 Star/E. Chavanon

6/ Fooler/K. Nash

/5 Carla Jesse

Novice Junior:

1/2 Banjo/S. Tweedy

2/1 Captin/K. Stinecipher

Navajo Lake

May 9-10, 1998

Sweepstakes:

Open: Wood's Rawhide Ace/Jenny Smith

Novice: Duster's Image/Darrell Dye

Open Heavyweight:

1/1 Wood's Rawhide Ace/J. Smith

2/3 Fox's Charming Prince/L. Keckler

3/4 Quickly/K. Wolgram

4/2 June's Lucky Mac/B. Smith

5/5 MLA Raj Bahabas/J. Adams

6/6 Halcyon Hurricane/T. Bengfort

Open Lightweight:

1/1 SA Boomer/T. Roberts-Smith

2/5 Mahra Khan/M. Parish

3/2 Sierra Blue/D. Schriefer

4/3 Brown-R Dawud/J. Wise-Mason

5/4 WSA Desert Wind/A. Taylor

6/ MS Khema Marie/S. White

/6 Patti Embree

Open Junior:

1/1 Quixote Poco Man/L. Daves

2/2 Dutchess Royal Duke/C. Smith

Competitive Pleasure:

1/ April Celebrity/S. Benjamin

2/3 Tara Shameel +1/J. Wagner

3/1 MKS Fancy's Folly/K. Shanor

4/6 FiremansSwtRevenge/C. Beumer

5/2 Ginger/L. Greenhaus

6/4 Golden Cnty Sunshine/R. Beumer

/5 Steve Wheeldon

Novice Heavyweight:

1/2 Duster's Image/D. Dye

2/1 Tai Knight Dancer/K. Fraser

3/3 Bairiy?? Star/B. Jones

4/4 Moeft/R. Santistevan

5/ Galahad/J. Rekart??

6/5 Gajala ANA/G. Inman

/6 Linell Miller

Novice Lightweight:

1/1 Sunrise Tequila/S. Larue

Novice Junior:

1/1 Bornes/C. Jones

! VOLUNTEERS NEEDED !

Golden Gate 1998
(September 19-20)

Region 3 Benefit Ride

Your help is very much needed to make this year's benefit ride a success. Donna Schriefer, the ride's manager, has been accepted to Colorado State University's Vet school. She will need all the help she can get to pull off school and the ride.

Vet school is very demanding, so Donna must line up enough volunteers by Aug. 21st, to go ahead with the ride.

Please call Donna at 303 462-0828 to offer your help.



Be sure to congratulate Donna when you see her. She should make a great Vet with all her equine experience.

N.A.T.R.C. MEMBERSHIP APPLICATION

NATRC offers six membership plans (check plan desired):

- | | | |
|---|------------------|---|
| <input type="checkbox"/> FAMILY membership | \$40.00 per year | Household of 1 or 2 adults & children under the age of 18 as of Jan. 1 (one vote) |
| <input type="checkbox"/> SENIOR membership | \$35.00 per year | Single adult member (one vote) |
| <input type="checkbox"/> JUNIOR membership | \$25.00 per year | Single Junior member under age 18 (no vote) |
| <input type="checkbox"/> ASSOCIATE membership | \$50.00 per year | Equine-related groups or businesses (no vote) |
| <input type="checkbox"/> SINGLE LIFETIME membership | \$350.00 | Any person of any age (one vote) |
| <input type="checkbox"/> FAMILY LIFETIME membership | \$400.00 | Husband and/or wife at the time membership is obtained & any children under the age of 18 as of Jan.1 (two votes) |

Yearly memberships are for twelve months from date of receipt

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

PLEASE LIST ALL FAMILY MEMBERS:

Name(s) _____

Street _____ City, State, Zip _____

Phone (_____) _____ Birthdate of Junior(s) _____ \$ enclosed _____

NATRC Specialties*

- | | |
|---|---------------------------|
| <input type="checkbox"/> Lapel Pin | \$3.00 |
| <input type="checkbox"/> Patch (inc. w/ membership) | \$1.75 |
| <input type="checkbox"/> 10" Decal | \$2.00 |
| <input type="checkbox"/> 4" Decal | 2 for \$1.50 |
| <input type="checkbox"/> Hat | \$4.50 + \$2 P&H 1-5 hats |
| <input type="checkbox"/> Jacket | \$30.00 + \$3 P&H |
- Sizes ☐ S 34-36 ☐ M 38-40 ☐ L 42-44 ☐ XL 46-48

NATRC Manuals*

- | | |
|--|--------|
| <input type="checkbox"/> Rule Book (inc. w/membership) ... | \$2.00 |
| <input type="checkbox"/> Judges' Manual | \$5.00 |
| <input type="checkbox"/> Riders' Manual | \$4.00 |
| <input type="checkbox"/> Management Manual | \$4.00 |
- (plus P&H \$1 per manual)

NATRC Videos*

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

Contributions to NATRC are tax

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

☐ \$10 ☐ \$25 ☐ Other

How did you learn about NATRC?

Former membership information: _____

*All prices subject to change without notice

*All manuals available to anyone, regardless of membership

Make checks payable to NATRC (U.S. funds only) and mail to:

NATRC, P.O. Box 2136, Ranchos de Taos, NM 87557-2136 (505) 751-4198

REGION 3 NEWSLETTER

North American Trail Ride Conference

Dan Fredal

17945 Highway 83

Colorado Springs, CO 80908

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