



## The Stirrup

Region III Newsletter  
Kerry Bingham  
630 CR 3000  
Aztec, NM 87410



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The Region III Newsletter is published bi-monthly. It is available by subscription to non-Region III members for \$10 per year.

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Non-members \$10/ad

Send all letters, articles, payments, advertisements, photos, etc., to:

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Deadline for articles, ads, etc. is the 1st of February, April, June, August, October, December



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## **the Stirrup**

Region III Newsletter  
May & June 2007

### Region III NATRC Board of Directors

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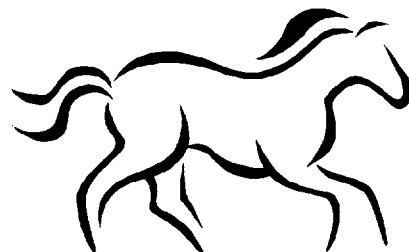
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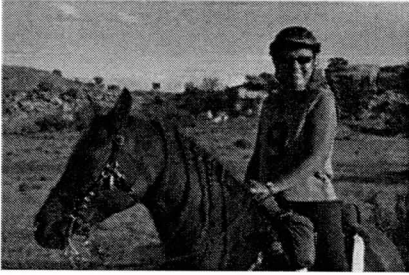
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sherry.halligan@natrc3.org



## *A Note From Our President, Lin Ward*



Lin and Huck's Last Love at Rabbit Valley  
~Photo courtesy of Cristy Cumberworth

*Dear Region III Members,*

Well, we are almost half way into the season. Four rides and they have all been great. Leslie Lingle did a wonderful job with her new Utah ride. Prizes and more prizes, and a perfectly timed and marked trail. Jerry and the San Juan Trail riders did their usual wonderful job at Pinon Mesa. Navajo Lake, the newly named Bill Smith Memorial Ride, is always a favorite with the fun Mother's Day trail. It was wonderful to have Rabbit Valley back, as I have said more than once it is my personal favorite and hope it continues. I want to thank all our ride managers and their "cast of thousands" that put on rides for all of us to

enjoy.

Linnell Miller has completed the new members directory. If you have a email she will send you a copy, if you want a hard copy please send Linnell Miller, 39664 E. Colorado Ave., Bennett, Co. 81013 1\$ to cover postage and printing and she will send you a copy. You can email her at [millerinman@esrta.com](mailto:millerinman@esrta.com) for an email copy. Thank you, Linnell for taking on this big project it is great to have a directory again.

I have started a list for ride sharing. If you can take someone, let me know and I will get you on the list. I need your name, phone, email, number of people, horses, sleeping arrangement and the shared cost. Email me at [jlward@ris.net](mailto:jlward@ris.net) with fuel prices sharing a ride and expenses just makes since.

This year's evaluations are an important tool to help ride managers put on the "Best Ever Ride". Please take the time to fill them out and be honest. If you put all 5's and you really don't mean it how can we make it better next year? We are going to start requiring you to turn them in with check out, so please remember to take a moment and fill them out so as ride managers we can give you the "Best Ride Ever". We also will have a copy on the Region 3 Web site so if you missed one early in the year, you can let us know how we are doing. Remember you don't have to sign it and know one will know who it came from.

Hope to see you all on the trail very soon.

Lin Ward

## **Letter from the Editor:**

I asked for photos and stories and boy, did I get them! Mostly photos, but that's great as a picture is worth a thousand words! Thanks so much to everyone who submitted items to share with the Stirrup....and keep up the good work! Those of you who receive the Stirrup via email will probably really enjoy these pictures....all in full color! Special thanks to Nancy Frank and Angie Rubenstein for the awesome photography. Also, did you know that you can view/print this newsletter from the Region 3 website?

Just go to [www.natrc3.org](http://www.natrc3.org) and click on the newsletter link.

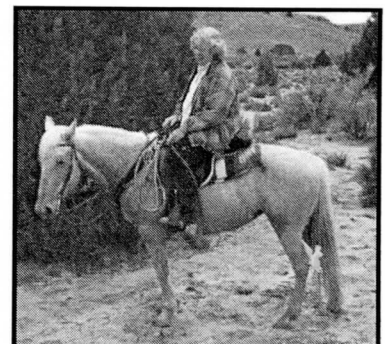
Well, I'm off to pack up my trailer. Heading to the mountains for the week-end to ride...can't wait! Hope you get to do something along the same line soon!

Sincerely,

Kerry Bingham

[kbingham630@msn.com](mailto:kbingham630@msn.com)

505.327.1579



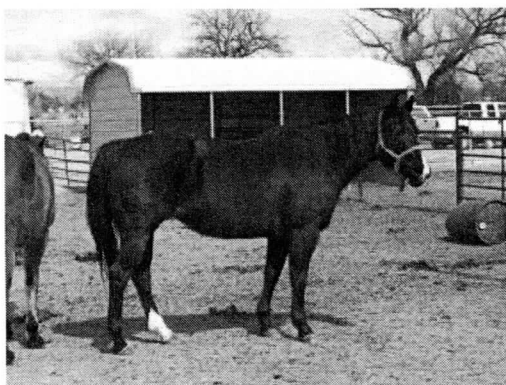
Kerry and her Kentucky Mtn. Saddle Horse, Golden Ambition, marking trail at Pinon Mesa

# News Bits & Barn Sales

## Princess – PMU Mare

Princess arrived at FCER in March, 2007. She is an ex-PMU mare from Canada. Standing about 16 HH, and 14 years old, Princess has been a riding horse at the PMU ranch, but it's been awhile, and she is out to the trainer for a refresher. Princess is not in foal. She is people oriented, although somewhat head shy, which is common in PMU mares. Her feet were in terrible shape when she arrived, but they've been trimmed, and she stood well for the farrier. Princess leads, loads, stands for the farrier, and is a very social girl, nickering whenever she sees people in the barnyard. We're confident that she will be an excellent riding horse!

Contact FCER at 334-7220 or email at [fcequinerescue@qwest.net](mailto:fcequinerescue@qwest.net).



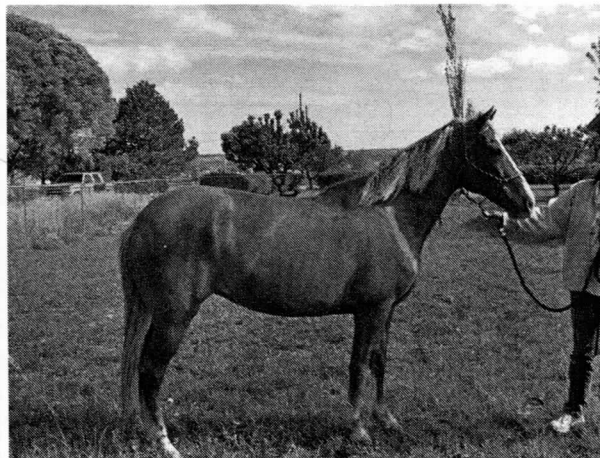
20 YO Dutch Warmblood for sale. "Duchess" is trained Level 3 Dressage, 17 hands & fairly quiet to ride. She has been an arena baby her whole life & I don't think she would have any issues with VERY short outings on the trail until she got into better condition. I have ridden her in the arena she is WONDERFUL to learn dressage on. She is currently barefoot. Asking \$1000 Please contact Shelly Green [showdoggal@msn.com](mailto:showdoggal@msn.com) or call 505 793 5417



1995 Paso Fino mare, Chestnut, 14.1 hands. 4<sup>th</sup> seasoned NATRC. 1<sup>st</sup> year took Sweepstakes Novice Lightweight 2004 Navajo Lake, High Point Paso 2004/4<sup>th</sup> 2006. Parades, loads, ties, baths, trusting and very willing. Not spooky. Experienced rider preferred.

\$3500 firm. 505-793-6471 or

[mvaughan80@msn.com](mailto:mvaughan80@msn.com)



15H 1997 Arabian Mare #0544926, Sweepstakes Nominated

Lil Liza CMF (Baskin X Kentucky Wings)

Dark dapple grey

Proven endurance horse, has completed a 25-mile and a 50-mile ride with more rides planned for the summer. She is steady and balanced on the trail and has excellent P&R. She was formerly in the show ring as a hunter pleasure horse, and she brings her collection and her manners to the trail. She would be a good endurance horse for a serious competitor or a good trail horse for pleasure riding. For more information or photos, contact [jo@milemakers.com](mailto:jo@milemakers.com) (303-249-7630) or [wk\\_kercheval@msn.com](mailto:wk_kercheval@msn.com) (303-790-8402. \$6000 Located in Castle Rock Colorado



# More News Bits & Barn Sales



**The New Members' Directory is completed!**

Your Region III Directory has been attached to your newsletter if you received it via email! If you require a hard copy you can request one by sending \$1.00 to cover the cost of postage. Send request to Linell Miller-Inman, 39664 E Colorado Ave, Bennett, CO 80102 or call 303.644.5895 or email her at: [millerinman@esrta.com](mailto:millerinman@esrta.com)



## Thank You....

Nancy, it was a pleasure to meet you and take part in the Rabbit Valley ride. Nancy and I both had a good time. I tried to thank the many people who made the ride possible but I did not find or know all of them. Please forward this email to those that you have addresses for. I want all to be aware of how much we appreciate their effort and hard work.

Thank you,  
Don Foster

## Found

Part of a high tie system....I think it was at Spring Training. Call Kerry at 505-327-1579 or email at [kbingham630@msn.com](mailto:kbingham630@msn.com)

Grooming: (v.) The process by which the dirt on the horse is transferred to the groom.

My horse is very quick. So quick that he sometimes leaves me behind!



Braided Mane at Rabbit Valley ~photo by Nancy B. Frank

## A Message from Cristy Cumberworth Photography

You can now see Piñon Hills CTR, Navajo (Bill Smith Memorial CTR) and Wickenburg online! Share with friends/family far away (or buy enlargements!) [www.cristycumberworth.com](http://www.cristycumberworth.com)

Sandy Hollis wants all ride managers to know that she is available to help with rides as a safety rider or anything else they may need. Please call at 928 231 0414 or email at [sandy-ho5@earthlink.net](mailto:sandy-ho5@earthlink.net)

*Did you know about the CTR discussion group on Yahoo? Many of our members do! Just go to Yahoo, click on groups, do a search for "ctr" and there you go! You have to be a member to post or reply. You can also subscribe to the list and receive a daily recap of discussions. Have fun!*



# Upcoming Rides!!!

## Donkey Derby Days!



Cripple Creek, CO  
June 24, 2007  
Novice and CP Only  
CTR Clinic June 23rd

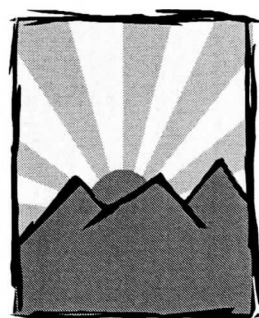
Chair: Jill Talbot  
719.748.4725  
Secretary: Lynn Darnell  
17210 Lovaca Dr.  
Peyton, CO 80831 or email

## Purgatory CTR

Durango, CO  
July 21-22

**Join us for unequaled  
beautiful mountain trails!**

Chair: Steve Ancell  
Secretary: Theresa  
Ancell  
337 CR 217  
Durango, CO 81301  
970.247.9717



## What: Colorado Trail CTR

**When:** August 3,4,5, 2007

**Where:** Buffalo Creek, Co in the Pike Natl. Forest

**Why:** To HAVE FUN & share a common interest  
in trail riding! :-)

**Who:** Contact Angie Rubenstein  
therubes@earthlink.net  
720-261-8137

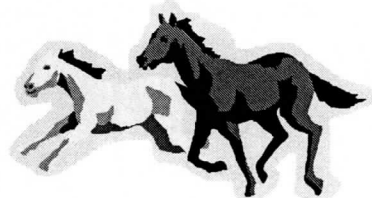
**Horsemanship Judge:** Frank Keeran

**Veterinarian Judge:** "Doc Pat" Regier, DVM

See ride book or Region 3 web page for more de-  
tails...see ya there!



## For The Love of Horses



West-

cliffe,

CO  
August 18-19

Vet Judge: Donna Johnson  
Horsemanship Judge: Kathy Shanor

Ride Chairs: Jim and Lin Ward  
jlward@ris.net  
719-783-9645

## Remembering Bill Smith Memorial CTR—Navajo Lake, NM

After the Rendezvous ride was cancelled in region 6, I decided to make the trip to NW NM for the Navajo Lake CTR in region 3. I was in that area last fall for Chokecherry Canyon and really enjoyed the whole experience. I arrived on Friday afternoon around 1 pm and found a friendly face with the first name of Jim who gave me advice on parking. Got my rig parked, Hollywood unloaded, and camp set-up. The area looked a great deal like the Chokecherry region which isn't too far away. Having done Parrie Haynes Ranch the previous weekend in nice cool weather for Central TX, I was expecting this area, at an elevation of around 7000 ft., to be the same. WRONG,,,it got HOT each afternoon. Check in went smoothly,,,so I saddled Hollywood for a short afternoon ride. A short distance from camp, I encountered a fairly steep downhill with rock ledges that required drop off maneuvers. This gave me a small preview of the weekend to come. Rain drops and thunderhead clouds were threatening so I headed back to camp after only a mile or so. No serious rain resulted,,,just a few sprinkles. Evening briefing went pretty much as expected,,,times, maps, etc. Patsy Conner (HMS) and Ron Stuber (VET) gave their judges talks. The evening turned cool so I was happy I had a heater for Saturday am. NM time is an hour earlier than TX time so I got to sleep in an extra hour on Sat. and had plenty of time to get every thing ready for the trail. For once,,,I felt like I hadn't forgotten to pack anything. The ride started on time and a very short distance out of camp, we came to the first obstacle. A high drop off into a gully, then immediately up a steep bank and over a large log at the top.

Now Hollywood is a LITTLE horse and this was a BIG bank to drop off. He stuck his nose down as usual to survey the terrain,,,then looked back at me as if to say,,, "you want me to do WHAT"??? A little nudge and he hopped down, as he really tries to do what I ask even though sometimes I know he questions my judgment as he was doing now. As he dropped off, I sort of felt like I was on a steep sliding board instead of my saddle. He stumbled a bit in the loose footing as he started up the bank but, we made it through OK and headed out for a fun day in gorgeous country.

I sighed with relief as I thought well we have the BIG one out of the way early. WRONG,,,this was only a small sample of the terrain we were to experience over the next two days. By Sunday afternoon,,,Hollywood would have not questioned jumping into the Grand Canyon. I asked this little TX flatland horse to go places, and he went willingly, over terrain that would challenge a goat. Many thanks to Terry Smith who guided me down the section of trail appropriately named "Goat Trail". I'm not sure I would have made it safely on my own.

If any of you want to see if you really have a TRAIL HORSE,,,try a few of the region 3 rides. You will quickly see why all the "silly" things you are asked to do at simulated obstacles in flat country are important. You simply can't negotiate some of this technical trail safely without good skills, and good control of a horse that hopefully has a really good mind. Often, I had to rely on Hollywood to figure out how to best get through particularly rough sections. Sometimes,,,I couldn't see a good way, but he figured it out and was becoming a pro at being a mountain horse by Sunday afternoon.

I know to those who ride regularly in this kind of country,,,the whole thing was probably a piece of cake, but for me and my flatland horse,,,it was an experience!!!!

We had a fun celebration of Mother's day on the last part of the trail Sunday afternoon. Management hung Mother's Day gifts in the trees along the trail. Riders were instructed to each take a gift which could possibly be exchanged for something different at awards. There was everything from ladies underwear, pin wheels, scotch tape, bags,,,all sorts of things. I seriously considered taking a pin wheel, but didn't want to press my luck. As good as Hollywood had been all day,,,I'm not sure he would have happily carried a spinning, singing pin wheel the rest of the way to camp. I chose some particularly sexy underwear which got me a huge lovely Mother's Day card at awards.

I have to give extra KUDOS to the trail markings at this ride. You could literally ride from ribbon to ribbon. Every mile was marked with a pie plate mile marker so you knew exactly where you were on the trail at all times. Signs marked turns that might be confusing. Probably the best marked trail I've ever ridden.

We had some outstanding food at pot-luck on Saturday night,,,with left overs for lunch on Sunday. There are some good cooks in region 3!!!!

I would like to say a big THANK YOU to all the folks in region 3 who makes these rides happen. Because of the dry terrain,,,almost all the water the horses get is hauled to various spots on the trail. No small TASK!!!! The water bearers even had apple slices floating in the horses water buckets as special treats for the horses at each stop. There was plenty of bottled water to take with you on the trail and snacks for riders at each water point as well. Lunch on the trail on Saturday was provided by management. I felt really pampered. I do UNDERSTAND and APPRECIATE the amount of work management put into this ride,,,no small amount!!!!

This was a great ride and one that will stand out in my memory.

Hollywood came through with a perfect score on soundness and condition. He lost a point for stumbling on the first drop off and one at an off side mount to end up with a score of 98,,,not too bad for a tiny TX flatland Arabian. I'm really proud of this little horse with a HUGE mind and heart.

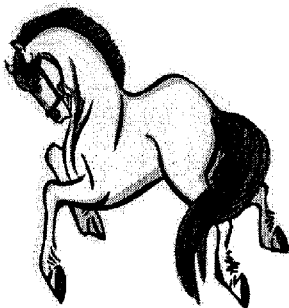
THANK YOU REGION 3.

Linda Courts

## NAVAJO LAKE CTR

I need to start with back-tracking a bit. All of you know I lost my mare Matisse (Emagine If) last year and had gotten a new gelding to take her place. Nate is a  $\frac{1}{4}$  Arab,  $\frac{1}{4}$  American Saddlebred that just turned 10 years old this spring. He hadn't had much training beyond being started as a 2 or 3 year old, and then he spent the next several years in leisure in the Kansas City area. With the winter weather being what it was this year, training had been at a minimum. I had not really planned on going to Navajo Lake, but after talking with several friends and hearing about how nice a ride it was, I decided to go and introduce Nate to CTR. I met up with Gary and Linell Inman and we caravanned south together on the Thursday before the ride. We stopped in the cute town of Chama for the night at the fairground. The next morning, it was an easy 2 hour drive into camp for the ride. We had a nice day to set up camp, and go for a ride before check-in. On Saturday morning, the judges had the first obstacle barely 500 feet out of camp! Pretty sneaky! It was a down and out of a shallow ditch and I believe we had to step across a log on the other side. My body position was a bit off here and I lost points here. The obstacles throughout the weekend were the normal up hill and down, step over logs, and mounting. Nate invariably would take a step when I would get on him in front of the judges. Don't you know that anytime else, he was perfect and never budged! I'm also working hard on body sway coming down a hill. That has been my nemesis for years. I'm trying out a new suggestion that Jerry Sims gave me and we'll see how it works on the next ride. The only obstacle that we *really* blew was on Sunday afternoon. Dr. Stuber caught us on a trot to P&R, and had CP come over and do a back up a somewhat steep hill. Nate was a little fired up since we were trotting and then the Novice horses got to go around us. That didn't suit him at all and he would not back, in fact, he reared up and thankfully I "kept the big one on the bottom"! I found Navajo to be a bit of a challenging ride with the constant up and down of the trails, winding around rocks and trees. It was also a bit warmer in NM than we had been used to in CO, so I was a bit worried about P&R's. Nate did excellent as far as conditioning and soundness went that weekend. He never lost a single point in either category. My intention of this ride was to just finish and we managed to place 6<sup>th</sup> & 6<sup>th</sup>. I was very proud of Nate and his first time at a CTR, not bad for a horse as green as he is. None of us would have completed this ride if it had not been for the wonderful water crew. They met us at several locations on each day and had plenty of water and apples for horses and drinks and snacks for the riders. My most heartfelt thanks to all the volunteers on this ride, you were all outstanding. A couple of the safety riders had a little more excitement than they bargained for when one rider was thrown and his horse took off. After several hours of following this horse and a few times of almost getting the horse caught, it finally found its way back to camp. I've not heard how either fared on this misadventure and hope they were both ok. The safety riders that had this adventurous afternoon were hot, tired and in need of cold drinks that were quickly provided. I heard mutterings about wishing they had had a gun but thankfully, they didn't! Russ and Linda Jones did a great job of managing this ride and I hope to go down again next year.

My mis-adventure on this ride started on the way down as my truck started sounding and feeling weird. I try to always carry my R3 membership directory with me and I got Jerry Sims on his cell. He called the Ford dealership in Farmington and thought we had an appointment for Monday morning. On Sunday afternoon, I followed Jerry and Beth to their house since they had very kindly offered to put me and Nate up. We took my truck in and found we didn't have an appointment and maybe they'd get to me that day. Jerry knew another mechanic in the area and he told us to bring it on in. They spent the whole day Monday working on my truck and finally found a broken bracket to the air intake system. It was nothing major but it sure didn't sound like it when I was on the road and I didn't want to drive all the way back to Denver that way. Jerry's friend and mechanic were great and I would highly recommend them to anyone needing car repair in the Farmington area. I spent another night with Jerry and Beth, she and I even got out and went for a little ride Monday evening. That was a nice treat and I am so appreciative of their hospitality. I know it has been said that NATRC people are like family and it has been proven to me. If anyone ever needs a place to stay or help in the Denver area, let me know! I left early on Tuesday morning and made it home with no problem. As usual, we have things to work on for the next ride. See you all out on the trail! ~submitted by Sherri Halligan



### All I Need to Know in Life I Learned From My Horse

1. When in doubt, run far, far away.
2. You can never have too many treats.
3. Passing gas in public is nothing to be ashamed of.
4. New shoes are an absolute necessity every 6 weeks.
5. Ignore cues. They're just a prompt to do more work.
6. Everyone loves a good, wet, slobbery kiss.
7. Never run when you can jog. Never jog when you can walk. And never walk when you can stand still.
8. Heaven is eating for at least 10 hours a day... and then sleeping the rest.
10. Eat plenty of roughage.
11. Great legs and a nice rear will get you anywhere. Big, brown eyes help too.
12. When you want your way, stomp hard on the nearest foot.
13. In times of crisis, take a poop.
14. Act dumb when faced with a task you don't want to do.
15. Follow the herd. That way, you can't be singled out to take the blame.
16. A swift kick in the butt will get anyone's attention.
17. Love those who love you back, especially if they have something good to eat.



## Spring Training

4/14-15/07 Region Three-UT

A-O/N/CP Total Riders: 34

Chairman: Leslie Lingle

Judges: Ron Stuber DVM, Janine Ancell

Open Sweepstakes: Huck's Last Love/Ward, Lin-100

Novice Sweepstakes: Snap/Ferganchick, Brandy-99

### Open Heavyweight

- 1/2 Touche's Yeller Gold/Inman, Gary
- 2/1 Rocky Top II/Ward, Jim
- 3/3 Dee Bar/Westmoreland, Cheri
- 4/4 Obie Won/Spanhoff, Olga
- DO Rock'n EZ Royal Tee/Ancell, Steve

### Open Lightweight

- 1/1 Huck's Last Love/Ward, Lin
- 2/2 Summer/Wolgram, Betty
- 3/3 Denniss The Menace/Wilson, Pat
- P Brown-R Dawud/Mason, Judy Wise

### Novice hHeavyweight

- 1/4 Chama/Bingham, Kenny
- 2/3 RB Karnival Kalypso/Soroka, Donna
- 3/1 Sienna/Green, Shelley
- 4/2 LT/Catmull, Gary
- 5/6 Charles/Cochran, Bob
- 6/5 Kelpie/Hugelen, Darrall
- Jiminey Cricket/Harmston, Phillip
- P Golden Ambition/Bingham, Kerry

### Novice Lightweight

- 1/1 Snap/Ferganchick, Brandy
- 2/6 Sirius/Cochran, Sioux
- 3/5 Einstein/Lojko, Laura
- 4/2 Boone's Whimpy Bar/Boardman, Lori
- 5/4 Skid/Campbell, Andrea
- 6/3 R Houdini/Deans, Dixie
- Emily Te/Brown, Gwen

### Novice Junior

- 1/2 Millie/Cochran, Dawz
- 2/3 Kahlua/Lojko, Deni
- 3/1 Cowboy Bee King/Hardman, Cheyenne
- 4/5 Passey/Cochran, Cru
- 5/4 Sysco/Young, Breann
- 6/6 Seven/Almeraz, Zachary

### Competitive Pleasure

- 1/1 Spike Supreme Fox/Yates, Terry
- 2/2 Blue Spruce Shanta/Howell, Perran
- 3/4 Perfections Dusk Til Dawn/Morgan, Ole
- 4/3 Ace Of Hearts/Miller-Inman, Linell

## There's <sup>FUN!</sup> in them, thar hills!

Join us for a fun-packed weekend up in Golden Gate State Park near Golden, Colorado, featuring meandering trails set in sweetly-scented conifer forests, inviting meadows and the Continental Divide as a backdrop. Keep a sharp lookout for the Golden Horseshoe Treasure and win a cool prize. Enjoy a complimentary Saturday night barbeque cookout, while trying your voice on for size with a few rounds of Cowboy Karaoke.

# Golden Gate

Remember to mark Sept. 14-16, 2007 down as a must-do on your ride calendar. This ride is limited to 45 riders, so get your entry in soon!

For more info, contact Jim Thibod, Ride Manager 303-494-2531 or Lisa Sover, Ride Secretary at 303-465-3621.

Email: [golden-gate-ride@comcast.net](mailto:golden-gate-ride@comcast.net) to request entries electronically or by snail mail.

## COMPETITIVE TRAIL RIDE

## Chokecherry Canyon

Chokecherry CTR



Farmington  
New Mexico

*Last Ride of the Season!*  
*Join us for beautiful autumn*  
*riding, friends and fun!*

Chair: Chuck Foutz 505.632.8482

Secretary: Kerry Bingham

630 CR 3000 Aztec, NM 87410

505.327.1579

[kbingham630@msn.com](mailto:kbingham630@msn.com)

## Pinon Mesa

4/28-29/07 Region Three-NM

A-O/N/CP Total Riders: 33

Chairman: Jerry Sims

Judges: Kay Gunckel DVM, Kathy Budd

Open Sweepstakes: Brown-R-Dawud Mason,  
Judy -99

Novice Sweepstakes: Snap/Ferganchick, Brandi-97

### Open Heavyweight

- 1/3 Touch's Yeller Gold/Inman, Gary
- 2/ Kauriss/Bulcock, Debbie
- 3/2 Obie Won/Spanhoff, Olga
- 4/1 Charley's Mr Nickers/Ancell, Steve
- 5/5 Ali Selene/Bulcock, Bob
- 6/4 Dee Bar/Westmoreland, Cheri
- /6 Rock'n EZ Rey/Walker, Bruce

### Open Lightweight

- 1/2 Brown-R-Dawud/Mason, Judy
- 2/1 Fraidy Cat/Smith, Terri

### Novice Heavyweight

- 1/4 Harley/Shelton, Ron
- 2/3 Riddler/Anderson, Marti
- 3/1 Winters End/Fiala, Robert
- 4/ Sienna/Green, Shelley
- 5/5 Chama/Bingham, Kerry
- 6/ Lukachukai/Zahrt-Brewer, Anne
- /6 Black Hawk Down/Bialy, Lisa
- /2 All that Jazz/Stewart, Ruth
- Buddy/Lakies, Debra
- P DT Keepashoeing/Thomson, David
- P Dancer/McNiel, Debbie
- P Windwalker/Foutz, Ann

### Novice Lightweight

- 1/1 Snap Ferganchick, Brandi
- 2/2 LKA Bold Print LaRue, Susan
- 3/3 Emily Te Brown, Gwen
- 4/4 Rosabella De Carmin Vaughan, Mary

### Competitive Pleasure

- 1/3 Independence Dai/Fitzpatrick, Sena
- 2/1 Bonanza's Rebel G/Sims, Beth
- 3/4 Lawyer's Pride/Sinnett, James
- 4/6 Windwalker/Whitman, Benedikte
- 5/5 Ace of Hearts WDG/Miller, Linell
- 6/2 Ginger/Greenhaus, Liz
- Sam's Diamond Lil/Frane, Vonnie
- P WA Cimatation/Schumack, Laura

## Remembering Pinon Mesa

Well, here I am laying in bed in my horse trailer...Saturday night, April 28, 2007. I'm at the Pinon Mesa Competitive Trail Ride in Farmington, NM. I'm trying to lull myself to sleep by pecking away on my trusty laptop...almost always works! I think Farmington set record highs today...it was probably in the low eighties....I guess it was nice to complain about it being too hot.....after a whole long winter of complaining about it being too cold. I have a whole new appreciation for folks who ride non gaited horses in the sport.....and heaven knows there are a bunch of them. I rode my husband's quarter horse, Chama today, after deciding to give my horse (a gaited Kentucky Mtn. Saddle Horse) some time off to heal an injured back. My horse is so nice and smooth....and Chama...well, she is not. I expected to have a sore back from bouncing around all day, and perhaps sore legs from staying out of the saddle more....but what I didn't expect were sore areas I never dreamed would be sore...this is a family publication so I won't go into details!

None-the-less, it was a beautiful day. Jerry Sims served as ride manager and was to be found in various spots along the trail, always with a smile and friendly greeting. The trail was awesome.....beautiful views from the top where you could indeed see all four states of the "Four Corners". We could see the La Plata mountains in Colorado, the Lukachukais in Arizona and the Blue Mountains in Utah. The trail meandered through scenic, rocky washes, along ridges with breathtaking views, pinon and juniper forest alive with brightly colored foliage of various spring flowers. Hawks, vultures, cotton tailed rabbits, and enormous jack rabbits were numerous. The trails were well marked despite problems of cows eating the ribbons, the wind ripping ribbons away, and sadly, other humans taking them down. The judges, in my opinion, ROCKED! Both of them, Kay Gunckel vet judge, and Kathy Budd, horsemanship judge, took their roles as educators seriously. They encouraged us to ask questions and freely gave advice that made sense! For example, Kay encouraged riders to apply cold water to the horses legs upon return to camp to keep the legs from swelling, and to take them on little walks to keep them from stiffening up. She compared it to humans.....after a long walk, doesn't it feel good to soak your feet in the river....and if you sit down and don't move, you tend to get stiff...right? Well, I certainly could relate to it. While at an obstacle I was having problems with backing and Kathy gave me a few pointers that will really help me in the future.... I appreciate their advice. I do hope to learn new things when I go to NATRC rides, and these two judges made sure I did! Not to mention that they emphasized safety and having fun....!

We were served lunch on the trail courtesy of Jeff and Kathy Brown. And the water stops were efficiently managed by Russ Jones and his son Cameron. They even put apple quarters in the water for the horses....I know Chama really appreciated it! Saturday night we had a great Mexican pot luck....

To make a long story short, Chama checked out great at the end of the ride, and the judges even commented that my gait (as in my own two legs) was a little more extended than at check in! That little quarter horse is one rough ridin', extremely willing, and sturdy little mare...not only do I appreciate gaited horses more...but I appreciate good ol' western quarter horses more too. ~submitted by Kerry Bingham

Horse sense: (n.) Something that horses have that keep them from betting on humans....

# Rabbit Valley

## Rabbit Valley recap

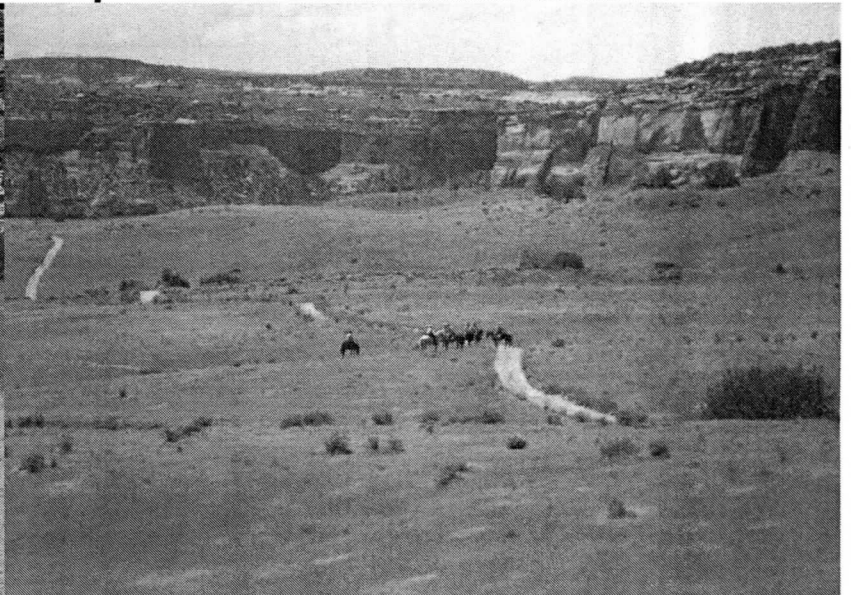
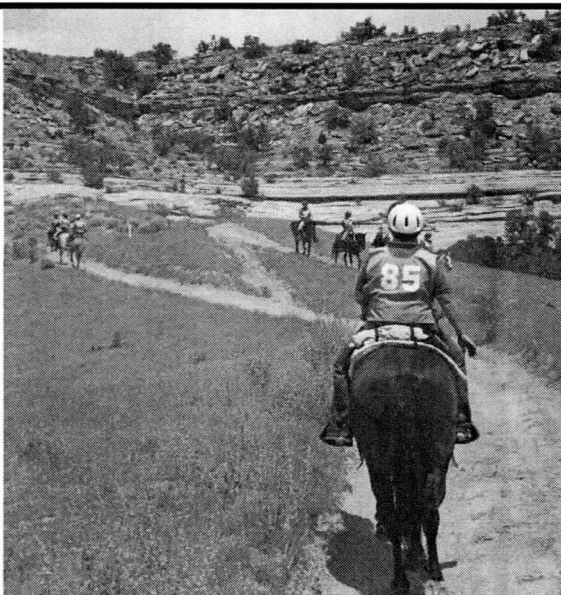
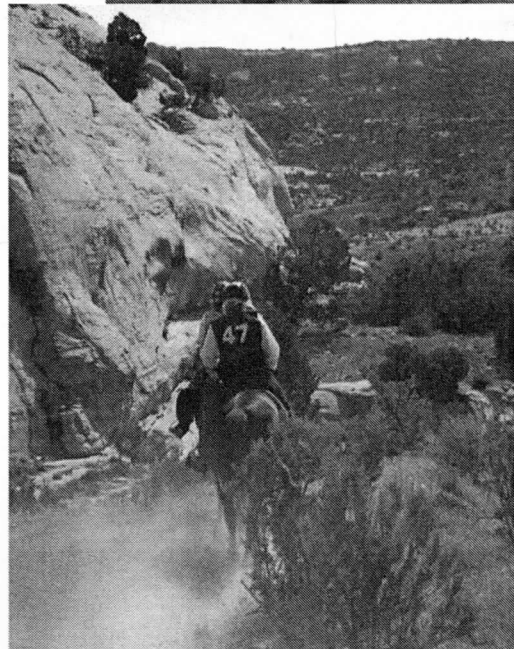
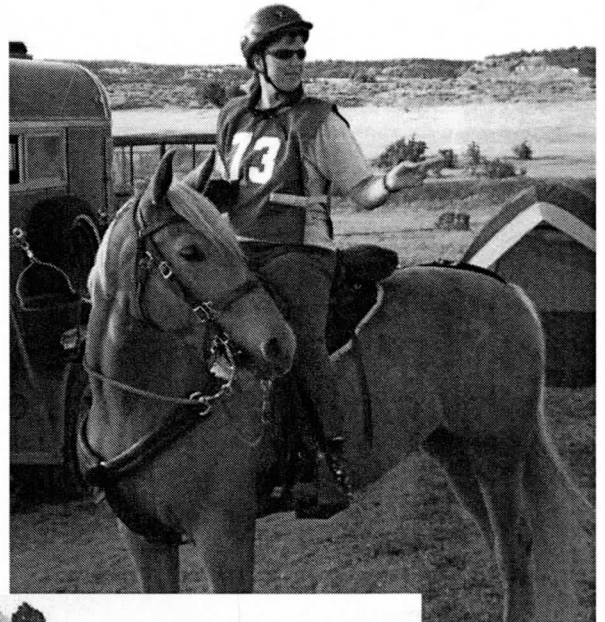
Here are a few photos I took of other riders while riding my horse at Rabbit Valley. One showing where a loop trail met up and riders had to pass each other and another where riders are waiting at a mandatory forward motion to P & R.

....and me on GoGo Sunday a.m.  
Short story:

My experience for the Rabbit Valley ride was finding my Foxtrotter mare, Pearl, had a bent shoe Friday morning when I got her out of the pen to bathe her before leaving...this was the last thing I had to do before leaving. My choices were not to go or take my husband's 4 yr. old mare who had not yet experienced a NATRC CTR. I had taken extra time off from work for this ride...so I bathed the 4 yr. old, GoGo, a golden palomino, Missouri Foxtrotter and we loaded up and headed out....just a little later than planned.

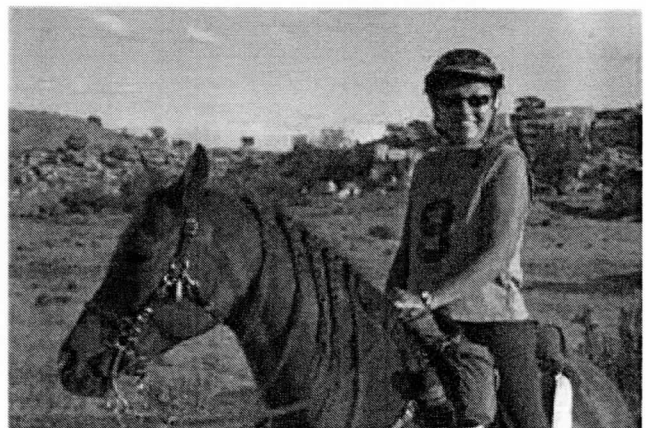
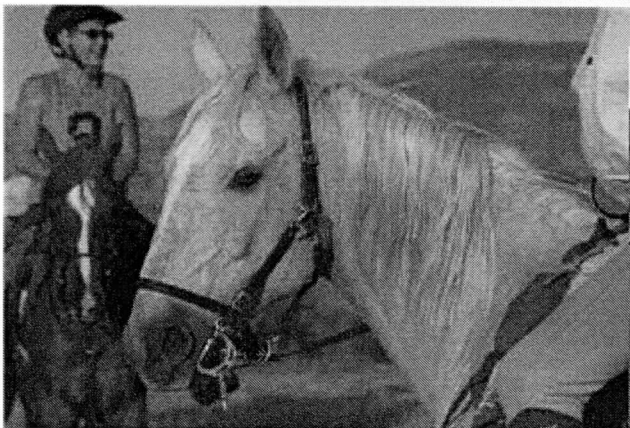
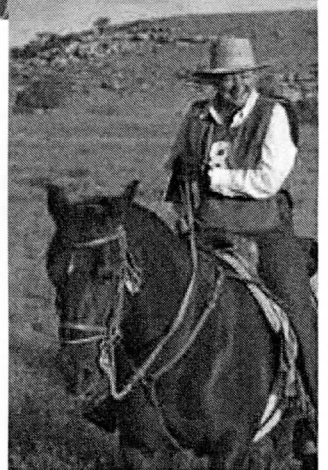
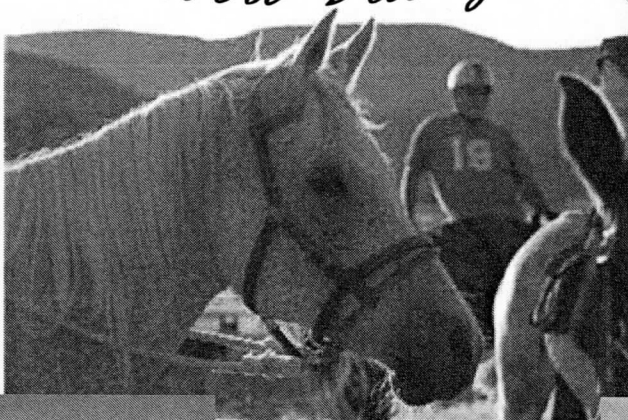
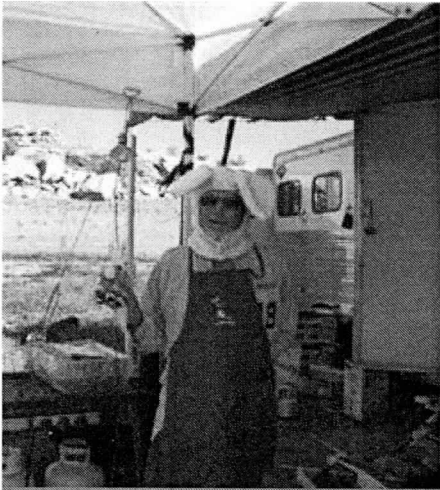
GoGo and I had a great, relaxing weekend riding in the hot desert with other competitors (hot for us mountain folk anyway). She didn't get a ribbon but it didn't matter because it was such a great learning experience for both of us! It was great feeling just to finish the ride.

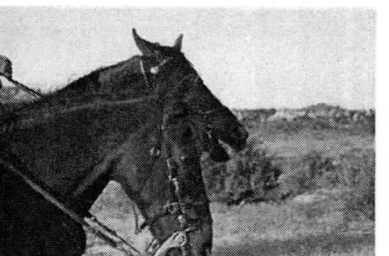
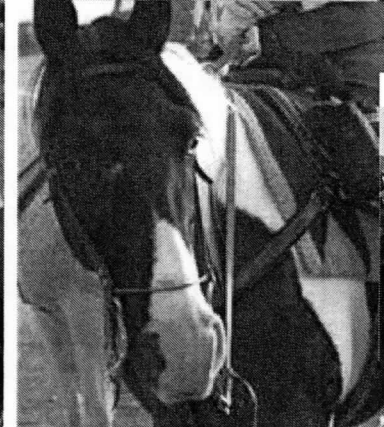
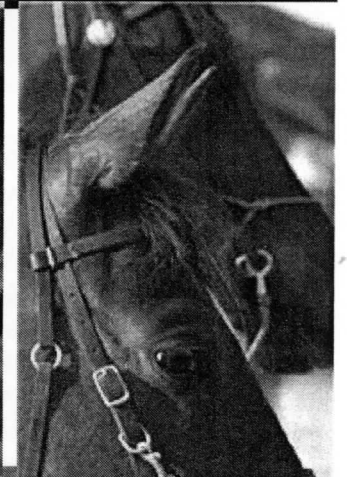
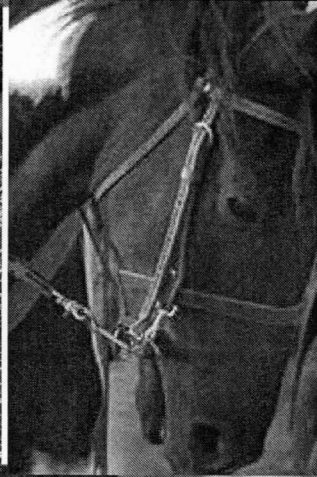
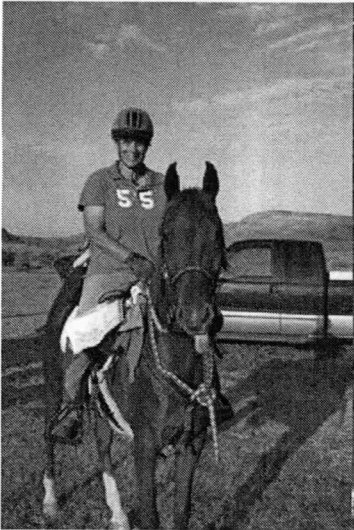
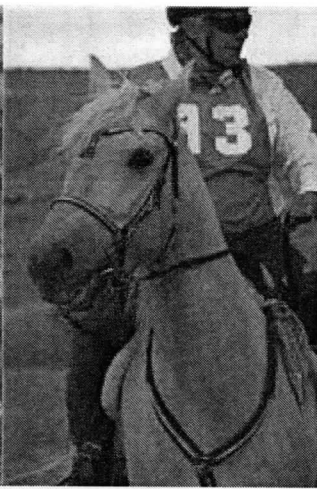
Angie Rubenstein  
NATRC CP competitor  
& MSFTA President, '07





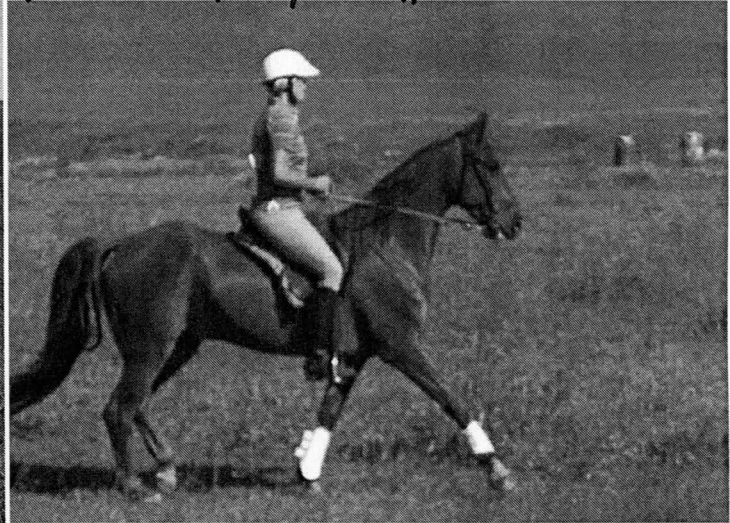
# *Rabbit Valley*







## ...other horse adventures...



Lisa Bialy and her Tennessee Walker gelding, Hot Invitation ("Strider"), were the first gaited horse team to compete in a British eventing competition called "JumpCross". This was the first time JumpCross has been done in the USA. JumpCross is a cross country ridden event over knock-down show jump type fences instead of solid obstacles that won't fall. They are dressed in leaves or are a neutral color, to add to the feel of riding a cross country course. Divisions are Pile of Poles, Elementary cross rails, Beginner Novice, Novice, Training, and Preliminary. This event was put on by local eventing trainer, Carol Jones, B.H.S.H.M., of Windy Ridge Thoroughbreds in Kiowa, Colorado. Carol is EAGALA Certified Level 1. She is certified through the British Horse Society and has received the Certificate of HorseMastership as well as Instructor level certifications from England. She was also trained in Germany for three years in the art of dressage with Juergen Bauch and Harald Reitbauer. She was trained in the US with Karen Reuter, Torrance Watkins-Fleischmann, Denny Emerson, and Karen O'Connor. She has competed professionally in Europe on the jumper circuit, and has achieved year end combined training and dressage awards, and competed up to the preliminary level and school to intermediate level.

This event was Strider's first attempt at any type of jumping, so they entered into the Pile of Poles division with 9 other riders. Strider came in first place, with no hesitations or refusals. "He showed such a willingness to do this course, which included jumping over piles of poles, crossing a narrow dam road with a large pond on the side, jumping small hurdles, into water, up one-foot embankments, and going in between the blue barrels which were our mandatory crossings. After completing our run, we were sent out to check on a rider who went down, and he went out there at a easy gallop, willingly leaving his new horse buddies behind. At the end of the day, we rode the course with a young, novice rider, and he was a perfect gentleman. We look forward to more eventing competitions and clinics, and another JumpCross event in the Fall."



Lisa and Strider have done competitive trail with NATRC. This requires many hours on the trails to build up stamina, and lots of obstacle work. "I believe this experience gave Strider an advantage in the eventing competition. He is a very willing horse, and even when he is nervous, he will do what I ask him to do. He is very athletic and competitive."

Lisa and Strider are involved in the Gaited Horse Club of Colorado's Drill Team, and are preparing for performances this Summer at the Colorado State Fair TWH/RMH Show, and also the FOSH National Championship Show. They will also be riding in several parades, including the Elizabeth Stampede Parade, Pikes Peak or Bust Rodeo Parade in Colorado Springs, and the City of Parker Christmas Parade. They are also taking gaited dressage lessons from local trainer, Jody Pugh.

For more information on JumpCross, go to <http://www.jumpcross.com>. ~submitted by Lisa Bialy

## Little Girls Either Love Dolls or Horses

I wasn't only a horse crazy kid, I thought I was a horse, snorting as I trotted 'round the playground. My best friend Peggy and I had model horses, drew horses, we galloped around the dining room table on our hands and knees and we galloped around the block with scarves stuck in our pants as if they were tails. When we passed a horse farm about a half hour from home, I would hang myself out the car window, yelling, "mommy, mommy, look, horses".

Years later, when I moved to Colorado, I bumped into Buck, a born and bred cowboy, rodeo rider and horse trainer who was just starting an outfitting business. I was one of his first customers. I seemed to be OK with run-aways and steep mountain terrain, and Buck commented, "that little gal can ride a horse better than she says".

Five years went by and I became not only Buck's buddy, but I helped cook in hunting camp, helped set up his camps for horse back riding tours and overnights, found him clients and went elk hunting. Because I was helping Buck outfit and riding his horses, I wasn't looking to own a horse, but one day a friend stopped by and suggested we go over to a fancy barn where the caretaker had a horse for sale. I thought it was a fun idea.

Out of the stall walked this beautiful little horse. My stomach literally did a flip flop and then I heard myself offering money for a 4 year old, green broke x stud, gelded at 3.

But first I had my buddy Buck ride the young horse. "Yup" he said, "that little horse has all 3 criteria; good heart, good judgment and athletic ability, but it's too much to pay for a horse". I told Buck that if he never ever mentioned what I paid for that horse, I would never ever mention that he had just bought a new used truck that didn't work, and he's never mentioned it since.

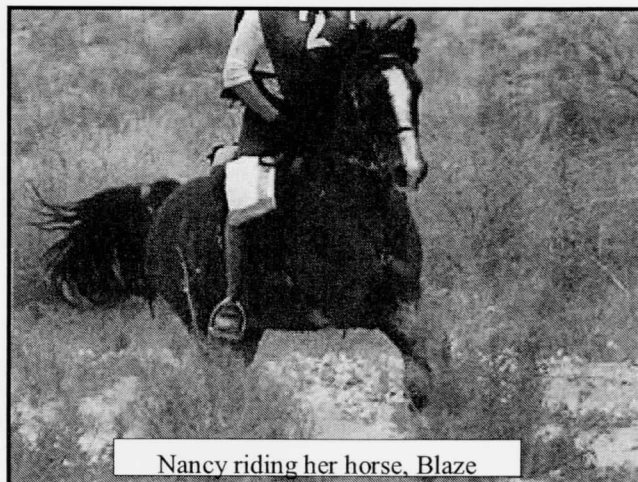
Buck figured you were a pretty good rider if you were still on by the end of the day and I loved riding with Buck. He is a mountain man, loves being in the woods and takes horses up and down terrain you wouldn't think four legs could handle. I've always had more guts than sense, but once I bought that little horse, I quickly learned, ignorance is bliss. I didn't have a clue about riding except to hang on. I had bought a project that was way above my ability.

The little horse turned out to be a Lippitt Morgan, and when I looked up his registration, I found that CR Blaze of Glory was born and bred in that very barn we passed when I was a horse crazy little girl yelling out the car window, "horses!"

Blaze turns 16 next week. 12 years later, we have become a true partnership. I have learned more about relationship from my horse than from any human. More than once, though, my girlfriends looked me in the eye and suggested it was time to sell that little project. . But I always knew that Blaze had an enormous heart and I wouldn't give up on him. I found some trainers, switched to English riding, we've taken dressage and jumping lessons, and then we discovered Competitive Trail Riding.

Thus, we began to learn things like manners, saddle fit, conditioning, pacing, metabolics and nutrition, besides having the fun of traveling to beautiful places to ride and meeting other horse folk. Never did I realize that when I bought a horse, he came with a social life. After an eventual 5 wins, Blaze and I were forced to leave the Novice division, which is a good rule, because otherwise, we'd still be there. In our first year we won the perpetual trophy, "best trail horse in NM" in the Novice division. Finally, we had progressed from an "accident waiting to happen" to an accomplished, and safe, team.

This summer will be our 7<sup>th</sup> season in CTR. We have also expanded our program to some multiple day limited distance endurance rides (25 miles). It takes the stocky, muscled Lippitt longer to condition than the predominate Arab, it takes longer for the Morgan to cool down, and their heart rates, although low, are not as low as an Arab's, generally. But we don't have leg issues like some of the Arabs because of that big leg bone. Once conditioned, Blaze has the heart to compete in the Open division in CTR, and one day, we may even do a 50 miler together. ~submitted by Nancy B. Frank



Nancy riding her horse, Blaze

## The Bugs are Here!

Here is a great recipe for home-made fly spray. I use this on my horses and also on my dogs. You can adjust up or down the amount of SSS and Citronella as needed....if they are really bad I double the citronella and add another oz. of SSS.

### SKIN SO SOFT FLY SPRAY

- 1 oz. Citronella Oil
- 1 tsp. Eucalyptus oil
- 2 oz. Avon Skin-So-Soft
- 1 c. apple cider vinegar
- 1 c. water

Mix in a large spray bottle. Apply liberally to horse and watch those flies scatter! The SSS will also condition your horse's coat and helps to repel ticks. Safe for dogs and people too! Have not tried it myself but I've also seen this recipe with 1 Tbls. Of DAWN dish soap and folks that make it that way swear that makes a BIG difference...

~reprinted with permission from Region IV newsletter





# Horse Tracks

By Jerry Sims - Membership chairman of region III



We all get our horse in shape each year before the ride season. Some of the new riders who have to pull their horse or themselves is usually because they didn't spend enough time conditioning before they enter a ctr. There is a big percentage of these first time riders that we never see again, they become discouraged. Most of us have ask these people to come and ride in a ctr and we are hoping to grow our membership. I think we need to consider helping them even further. Give them your knowledge. If you or a new member or a long time member of NATRC, send me an article, "How I get my horse in shape," also, "How I use Strategy", during a ctr. The more we help the bigger we grow! email me, [jsims@acnet.com](mailto:jsims@acnet.com) Veterinarian, Kay Gunckel and horsemanship judge and one of the most friendly judge's in NATRC, has sent me this article on how she gets her horse in shape. Hope to see all my friends soon. Jerry Sims, membership chairman

## Conditioning the Horse for CTR

By Kay Gunckel, DVM  
Region III Vice President  
10 year competitor in CTR

Conditioning the horse for CTR is a difficult subject because the horses that can do CTR are so different. We have breeds ranging from Arab, to quarter horse, to gaited horses, and even mules. These horses have all sorts of different occupations coming into CTR, from show ring, to backyard rider, to other performance disciplines. How to get all these horses ready for a CTR is greatly going to differ depending on breed, age, mental stability (readiness) and training level.

The conditioning of these horses is also going to depend on the rider wishing to compete on these horses. We have riders that have ridden for years but this riding was always been in an arena and trail riders that consider a long ride to be a couple of hours.

In order to condition a horse for CTR the goal should be to get all the horse's body systems ready. The heart, the lungs, the muscles, tendons, and bones, as well as the mental and training all have to come together to bring a well conditioned horse to CTR.

There are some basic rules of thumb we all should try to follow. Then each rider needs to learn what works best for them and their horse. The basic rule of thumb is to start slow and work up to longer rides. Not changing speed, distance, or steepness of terrain at the same time.

I had a horse that was injured in the fall and after extensive wound healing and major loss of condition we set forth a spring training conditioning program. Not wanting to push her too hard, I made myself stick to a set conditioning program.

Once the equine surgeon gave us the OK to ride, I started with her on flat, short (one hour) rides only at the walk for approximately one month. Not wanting to stress her recovering joint, I increased the length of the ride first. I kept to the walk and on a flat terrain. I started with a short ride (one hour) and worked up to 4-6 hour rides. This helped to start developing her muscle tone, heart conditioning, and starting to put some stress on her tendons and ligaments without over stressing them.

Each ride I assessed how she was doing from her way of going, her willingness, and of course her soundness. When she was ready to move on we headed to the mountains. We started with slight climbs and rode mostly at the walk. Over time we were able to do challenging accents and decent working mainly at the walk and some at the trot.

Once I really felt she was ready we did some developing wind with some cantering. We also stressed the recovering joint with trotting on uneven terrain and soft footing.

After months of planned conditioning I felt we were ready for our first CTR back from the injury.

I hope this example will serve as a good guideline. But remember conditioning varies depending on so many factors. If your horse is overweight, hasn't been ridden regularly and is older it is going to take much more time and long slow rides to get the conditioning program working. If your horse is an young Arab that you ride regularly in the arena your progress through the conditioning program will proceed at a much more rapid pace.

Knowing when to proceed to the next level is the challenge. The main point to keep in mind is to keep a close eye on what your horse is telling you. Is he ready for the next level or is he still struggling with even the shortest climb in the first hour of your training ride. If you aren't sure when to proceed to the next level feel free to ask the CTR folks. We have many experienced riders/horseman in this sport that can give you support and suggestions.