



*Hoofprints* ☺ *of the*

# Region Five Trail Riders

Association, Inc.

The Rain in Spain, ... er, Spanish Trail  
(see story page 6)

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Sharon Burckhalter, Janell Mount, & Joyce Lewis paddling back to Coldwater horse camp

photo by S. Renée Mayne, [www.angryfilly.net](http://www.angryfilly.net)



Region Five is one of six regions comprising the *North American Trail Ride Conference*

**President's Letter**

*from Gary Clayton*

Well, here we are at mid season already. How the time flies. We have had some great rides this year in spite of all the cycles of rain. Our first four rides had rain on at least one day, and two had rain both days. I would just get all my gear dried out before I had to leave for the next ride, and I didn't have any better luck out of region! Still, I love this sport and not knowing what kind of challenges I'll experience.



2009 has seen a significant drop (almost 20%) in R5's membership. I'm not sure what has caused this, but I know the economy has played a role, and there may be other factors as well. So I'd like to encourage everyone to check out the ride schedule and support this wonderful sport, as either a competitor or a volunteer. And don't forget our junior rider reimbursement program, which offers junior members \$50 for each ride in which they compete. Information about this program is on page 4 of this newsletter, as well as on Region 5's web site, [www.natrc5.org](http://www.natrc5.org).

Due to a recent by-laws change, an election ballot is in this newsletter (on page 5). The BOD has come up with a fine slate of candidates for the two-year term starting in January 2010, and I encourage all members to vote early. The official deadline is October 1, but if you put off voting for several months, you might forget to vote at all! Don't procrastinate—send your vote to Regina Broughton today.

There are a couple of new fundraisers coming up that should be a lot of fun. First, Carolyn Chapman (assisted by Lisa Scott and Elsa VanEysbergen) is hoping to put together a RFTRA cookbook—see information on page 4 of this newsletter. Carolyn needs submissions *now* to determine how feasible the cookbook can be—so please share your favorite recipe(s) with Carolyn.

The other fundraiser is a second Equine Trail Challenge put on by Joyce Lewis and Debbie Jones, and scheduled for October. This was a successful moneymaker last year, and Joyce did a great job as Master of Ceremonies for that event. Look for more details about this Challenge, and plan to attend and share in a fun time.

Happy trails to all,  
Gary



**Region Five Board Members**

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**Next RFTRA Board Meeting: Aug. 1, 2009**  
**Contact Gary Clayton for details**

Editor's Letter

from Kathy Nicholl

I have certainly confirmed what a wonderful group I belong to; thanks so much to everyone in RFTRA/NATRC for being the kind and caring "family" that you are. I found this out in what I can only say was a very bad way—by being seriously injured by my runaway horse, O. C., at Big South Fork near Oneida, TN. My husband Jim on his mare Misty and I were finishing a 6 mile pre-ride on Friday, May 1, 2009. When we were close to camp, O. C. suddenly bolted and started running towards Jim and Misty. I yelled "Whoa" and Jim stopped Misty sideways in the trail. I thought O. C. would stop, but he just seemed to "blow" past them and then he really picked up speed. When O. C. finally checked speed as we came to a turn in the trail, I pulled hard on the left rein for what I hoped would be a one-rein stop. However, O. C. just turned hard left, went up a small bank on the side of the trail and ran into a big tree. That's all I can remember.



O.C. and Me

Jim found me lying in the trail, then spotted O. C. in a nearby grassy field grazing; however, when Jim approached O. C., he came trotting up and allowed Jim to catch him and tie both horses to trees. Pretty soon, I was surrounded by caring people and had my first-ever ambulance ride.

At the hospital, I had so many x-rays and CAT scans that Jim said I would probably spend the night glowing in the dark. However, the end result was that I had fractured my tailbone and had a concussion. I asked how I could have a concussion when I was wearing an SEI-approved helmet and learned that, like shaken-baby syndrome, if

I hit my head hard enough to jostle my brain, then it was a concussion. In fact, it was a Grade 3 concussion since I had lost consciousness and couldn't remember exactly what happened.

I have been wearing a helmet for so many years, with only minor bumps that never seriously challenged my helmet's integrity. In fact, the first SEI-approved helmet I bought had 3 little holes for ventilation, which made it seem like it had originally been designed for use as a bowling ball. When my scalp sweated, the itching drove me crazy! After several years, I found a helmet with much better ventilation. The only mistake I made was ordering it in black, which I thought looked really spiffy. However, when competing at Florida's Spanish Trail CTR on a really hot day, I got to the second P & R and almost collapsed as I dismounted. Luckily there was a nurse doing P & R's who recognized heat exhaustion and helped me take the helmet off before dumping a small cup of ice water on my head. Whew—that saved me and had me ordering another helmet, only *this* time in white!

That white helmet is now at least 10 years old—certainly a bargain at an initial cost of about \$50. It's my understanding that even though it still appears intact, it needs to be replaced after a hard bump. I am happy to do that. I might even consider pink this time—nah, white's been a winner for too long!

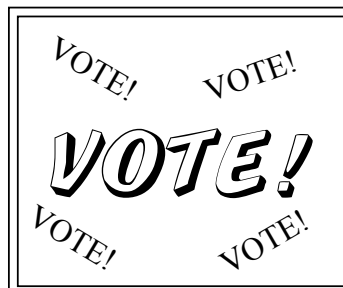
But I find myself reflecting very deeply about that helmet. I know how upset Jim was to find me lying unconscious in the trail. But what would it have been like if Jim had found me helmet-less, lying in a pool of blood, with the side of my head bashed in? It makes me shiver and feel nauseous just thinking about that. It's impossible to say whether my helmet saved my life, but it very obviously was much more than just a helpful item to have.

I'll end with some specific thank-you's to Lisa Scott and Gary Clayton—the "first-response" team that helped me, to the Horsemanship Judge's secretary at Big South Fork who took over the job I was supposed to be doing, and to the P & R crew member who took over husband Jim's job. And to all of you in the Region who don't just compete, but who look upon other members as a part of their own rather large and very eclectic "family," a very big thank you for all your kindness and concern. I hope to see you on the trail soon.

Region Five Trail Riders Association, Inc. Newsletter — Published Quarterly	
Publication Deadline	For Issue
Dec 15	Jan/Feb/Mar (Winter)
Mar 15	Apr/May/June (Spring)
June 15	July/Aug/Sept (Summer)
Sept 15	Oct/Nov/Dec (Fall)

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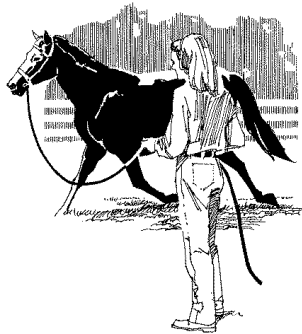


Official Ballot on page 5



**JUNIOR RIDERS**

Don't forget the  
2009 Junior Rider  
Assistance Program



Every Junior Rider who is or becomes a member of Region Five NATRC (by October 1, 2009) may be reimbursed \$50 for every ride started in the Junior Class of any Division in Region Five in 2009. You must apply for reimbursement no later than December 1, 2009.

Full details are in the Spring (April/May/June 2009) newsletter which may be viewed online at: [www.natrc5.org](http://www.natrc5.org) or contact:

Connie Driskell at 828-684-5650  
[csdintrig@charter.net](mailto:csdintrig@charter.net)

**RFTRA COOKBOOK**

Please submit your recipes and related information now!!! We need to determine if we will have enough to publish a Region 5 NATRC Cookbook.

Send your PotLuck Recipes and Rider Profile to:

Carolyn Chapman  
21550 Cotton Creek Drive, Gulf Shores, AL 36542  
Email: [duprechapman@hotmail.com](mailto:duprechapman@hotmail.com)  
(251) 967-2389 / (251) 752-4780

How do you get some of those great potluck recipes that your friends bring to the NATRC events? Would you enjoy knowing a little more about the people you ride with, camp next too, where they are from, and what helpful suggestions they might have to make your NATRC experience more successful?

Please join us in the publication of the RFTRA Cookbook by submitting your favorite potluck recipe. The Cookbook will also include your Rider Profile and some interesting facts about you and your horse.

Don't let this opportunity pass you by to become a published cook and to let you shine a little in glossy print! Looking forward to hearing from all of you!

**RECIPE:**

Please include the following with your recipe submission:

Your Name

Contact Phone Number or Email

Name of Recipe

Type of Dish: ( ) Meat ( ) Vegetable ( ) Salad ( ) Appetizer ( ) Dessert

Please try to include the following in your directions and description of your recipe:

- \* How many will it serve
- \* Can it be frozen prior to the Ride
- \* Ingredients
- \* Instructions & Prep Time
- \* How is it prepared (Oven, Grill, Dutch Oven, Microwave, Stovetop.)



If possible, please provide a picture of your covered dish with your recipe submission.

**RIDER PROFILE:**

Please include a short paragraph of your experience with NATRC. Include interesting comments about your horse, accomplishments, where you live, etc.

Please include helpful hints and or suggestions about the following:

1. Cooking Tip
2. Riding Tip
3. Travel & Trailer Tip
4. Camping Tip



Please include a picture of you and your horse or just your horse with your Rider Profile. Remember, if you use a photograph and a professional took it, you will need permission to use it from your photographer. Please submit the written permission authorization with your submission. Thank You.

BALLOT FOR 2010 REGION FIVE BOARD OF DIRECTORS

Jan. 2010 — Dec. 2012

Please vote for 4 candidates. If you have a family membership, please vote twice (use the spaces after the candidates' names for the second set of votes). Directors whose terms are expiring are: Sara Baldwin, Tammy Lineback, Vicki Murray, Wayne Tolbert, and Alternate Tanya Kingsley.

\_\_\_ Vince Harris (\_\_\_) \_\_\_ Tammy Lineback (\_\_\_)
\_\_\_ Cindy Keen (\_\_\_) \_\_\_ Wayne Tolbert (\_\_\_)
\_\_\_ Tanya Kingsley (\_\_\_)

Please sign your name so we will know who has/has not voted:

NAME: \_\_\_\_\_ MEMB. TYPE?: \_\_\_\_\_

E-Mail your ballot to broughton57@hotmail.com —OR— Mail your ballot to:

Regina Broughton
201 Sleepy Hollow Road
Bristol, TN 37620

If you have any questions, call Regina Broughton (Secretary) at 423-968-2303

DEADLINE: Oct. 1, 2009 (Bio sketches (below) are provided to help you know the candidates.)



Vince Harris is the husband of NATRC competitor, Elsa Vaneysergen. Ten years ago I met a girl with a passion for horses and we became friends. Five years later we were married and shared that passion for horses. When I heard of NATRC, it sounded perfect—a sport that encourages the care and soundness of the horse, along with safety. What keeps me coming back are the trails and the people. The trails are beautiful and the people care more for the horses and each other than the competition. I have never been involved in a sport where the competitors are so willing to help each other. My background is in teaching and business. I have taught music from junior high to college level. I am an adjunct professor at two colleges. My business background is in Information Technology. I currently own and operate an I.T. business where I am a consultant. I have served on the board of several community organizations, and would love to use my experience to serve NATRC.

Cindy Keen has been involved with NATRC off and on for the past 20 years. I have been competing in the CP division for the past 5 years, currently settling my favorite 7 yr old TWH mare. My daughter, Courtney Keen, has been riding NATRC since she was 8. We love sharing this mother/daughter time on horseback. I live in Dublin, GA, half way between Atlanta and Savannah on I-16. I own a 150-acre farm with a variety of unique animals and exotic poultry/birds. I do hands-on events with school and church groups. I hosted MEADOWCHASE FARMS CTR CLINIC this past March and recruited 5 new NATRC members that are doing quite well in their first rides. I would like to serve on the board and help bring a new ride to Middle Georgia.

Tanya Kingsley started with NATRC in 1985. I have

competed in all divisions, but CP is my favorite. Although I haven't competed since 2003, I am still involved as R5 Points Chairperson, and I help out at several rides. I have served on the Board off and on for the past 15 years, and really like being involved. This is a great sport for families, as well as an excellent way of learning how to take care of your horse. I live in Hillsboro, GA. In the past I have done dressage and western pleasure, but I really prefer to just trail ride. I am (happily) retired and would like to continue serving on the Board, and would especially enjoy helping new rides.

Tammy Lineback has been a member of NATRC since 2002, when I did my first and only ride that year on my Quarter horse at Dawson Forest. I camped in a tent with Donnalee Millen and was hooked!! I placed out of Novice a couple years later with a Racking horse mare, and headed to the CP Division where I have trained and competed 3 horses for this sport. I now ride Susie's Stardust in CP, and hope to do well enough to someday ride Open. I have served on the BOD for a year as Fund Raising Chair. You will see me lugging the big boxes of T-shirts to every ride! I have helped at both rides and clinics, and enjoy serving in any way needed. I think this sport is a great way to learn safety and become a team with your horse.

Wayne Tolbert has been an NATRC competitor for 12 years. I have ridden almost 8,000 miles and have served one term on the BOD. I am a North Carolina native but have lived in Tennessee for the past 39 years. My wife Ginny and I manage the Ride The Edge CTR. I want to continue to encourage new riders to try our sport.



**Determination, Dedication & Drive**

Determination, dedication, and drive highlighted the March 14-15, 2009, Spanish Trail XXIII CTR. Competitors, organizers/managers, and volunteers were all amazing in their efforts to persevere to the finish. On a picture perfect, warm, and sunny afternoon we arrived at the Coldwater Recreation Area near Munson, FL, to check-in and set up camp. The Five Flags Arabian Horse Association (FFAHA)

*by Marsha Winegarner*



Photo by [www.angryfilly.net](http://www.angryfilly.net)

sponsored this CTR, led by Wendy Allen (President) and Medora Mullins as co-Ride Managers, Keri Sims as Ride Secretary, Janet Johns and Keith Allen as Trail Masters, Steve Andrews as Rules Interpreter, Walter Mullins as P & R Coordinator, and Victoria Dennis as Safety Coordinator. A number of volunteers also helped. FFAHA is certainly a strong club with a very active membership. Heather Colby, DVM (from Ohio) was the Vet Judge, and Kim Cowart (from Georgia) was Horsemanship Judge.

The Snack Wagon youngsters cheerfully distributed water, apples, and energy bars (donated by Walter Mullins) as we rode past them on the trail. A host of other volunteers took care of kitchen work, scorecard tallying, communication and coordination, awards and ribbons, and the many other tasks which made this such a successful event.

Now for the ride: it was a beautiful start after a light drizzle of rain, with 63 horses timing out. Obstacles included a downhill and uphill transition, and trot, stop and back. As the Novice and CP riders completed their 20 miles on Saturday, and cleaned and groomed their horses, the Open riders rode an additional 10 miles. For me, Saturday was the ride of a lifetime, when my normally well-behaved horse, Joy, erupted into a bucking gallop and did not want to stop. Even meeting a riding buddy didn't stop her outburst. When Joy finally calmed down, it became obvious that stinging insects were the cause of this behavior and I too had been stung. It was so nice to find myself still in the saddle after my scary ride. It was also good to get to the P & R, stop, and line up beside friends. It was a ride to remember.

Sunday it sprinkled early before the ride, and, once again, we headed out onto the sandy, rolling trails through the pine flatwoods, water oak and red oak forests with dogwood, persimmon, wiregrass, wax myrtle, and millet fields. It was a beautiful morning, even when it began to sprinkle



again. This was a challenge for the secretaries, who met it with plastic bags, raincoats, and umbrellas. It began to rain harder and harder, but everyone continued.

Riders did their best at obstacles, Judges did their best creating obstacles in the rain, and P&R workers somehow got rider cards filled out. It was amazing to see everyone continuing, regardless of the inconveniences. As we rode, water permeated helmets, ran down into protective garments, down our backs into the saddle and into boots. It was quite a unique movement of water, from head to toe! Volunteers were certainly even more vulnerable, because they did not get to move out of the rain. They had to stand there and get wet—which they did, with smiles on their faces. What a joy it was to see those smiles. Of course, how can you *not* smile at dedicated equestrians bathing their horses in the pouring rain to prepare them for presentation to two wet judges? It was cooler and the rain continued as we wound our way around the shed rows of the barns, waiting for our turn to trot out for the final check and return our soaking wet penny.

The awards ceremony followed. Most of us were dry by then, ready to celebrate the end of a challenging weekend. There were lots of awards from the many sponsors of the Spanish Trail, including handsome maroon cooler bags for 1st thru 6th place winners, and 17 special awards that included gift baskets, trophies, plaques, sculptures and gift certificates. There were also door prizes galore.

It was a wonderful celebration of a great weekend, even with the torrential rain. It was also a very special ride for Carolyn Chapman, who scored the full 100 points in Open Lightweight Horsemanship *and* Condition. Congratulations to Carolyn and Gypsy! Congratulations to all who attended and discovered new things about themselves, their friends, and their horses. There was definitely determination, dedication, and drive evident at NATRC's Spanish Trail XXIII CTR.

*Spanish Trail Photos by [www.angryfilly.net](http://www.angryfilly.net)*



*Tommy Mitchell*



*Lucy Jean Atkins finds a spot of refreshment*

Jeff Skaggs



Ramsey Joyner



Sara Jane Renfro

Spanish Trail Photos  
[www.angryfillly.net](http://www.angryfillly.net)

Mary Leslie



Carolyn Chapman & Elsa Van Eysbergen



Kathi Kilpatrick

### Spanish Horse on the Spanish Trail

“Excuse us, passing on the left. Thanks!” Those familiar words continued to come from my mouth as we swiftly trotted by fellow riders on our very first NATRC ride. My mare Gema stayed content and out of trouble, as long as we kept to a fast-paced trot.

Let’s rewind a bit. My name is Cindy Woodhead, and I am a “snowbird,” with a winter home in Pensacola, FL, and a summer home in Aurora, CO. My horse is a 9-year-old Andalusian mare named Gema Mor (pronounced “Hema,” Spanish for Gem). She is very athletic, but prone to temper tantrums, dominance, and boredom since I acquired her as a two year old. Her belligerence did not allow for us to do much except varied arena work until she was 8. When I began inquiring about new activities for us and came across NATRC, it sounded like CTR’s provided a constantly changing environment, with obstacles, loads of fun, and supportive people. It seemed like the perfect fit, so I joined NATRC in November 2008.

When I saw a notice about Spanish Trail, I registered Gema and me for both the Clinic and the CTR, before

ever going on a trail ride. Upon arrival in Florida I began looking for people to ride with, and soon met Victoria Dennis, who became our NATRC mentor and friend. Victoria worked with me on obstacles during our pleasure trail rides and helped increase Gema’s (and my) conditioning. Gema did well with everything, causing us to joke that she might already be an Open horse!

On March 13, 2009, we checked in at the posh Coldwater Recreation Area in the Backwater River State Forest. After Friday night’s ride briefing, I set my alarm for 4:30 AM and anxiously went to sleep. I felt guilty about waking Gema so early, but she had no quarrels that her breakfast was being served. Shortly after 7AM, we saddled up and hit the trail.

We started out in the back of the Novices, but Gema wanted to trot or canter. Thus, the “Excuse us, passing on the left. Thanks!” began. Gema’s exaggerated, elevated gait looks elegant, but often frightens horses she passes. Despite my efforts to alert them, I unfortunately did frighten a few other horses, and I apologize for causing



(Continued on page 8)

difficulties. After gliding through our first 3 obstacles, we began to relax into a medium trot.

When we reached our first ever P&R, Gema calmed down and did fine. After the P&R, Dr. Heather Colby (Vet judge) and Kim Cowart (Horsemanship judge) stopped us for a Vet check and a mount. But immediately after this we came to a pie plate that we couldn't pass until about 20 minutes elapsed. Gema and I snacked on apples and watched riders we had previously passed go by. As we finally got to proceed, it did not take more than 30 seconds before I began to resume my "Excuse us, passing on the left. Thanks!"

It began to rain. I could get Gema to walk when no one was in sight, but otherwise we trotted. After a second 20 minute pie plate wait, the "Excuse us, passing on the left. Thanks!" resumed. My fellow riders were astonished when Gema passed them for a second time with all the energy and enthusiasm that she had the first 2 times. They laughed encouragingly, made witty comments, and were thankful that their horses would walk. By our last P&R, the rain became a torrential downpour. We were required to trot a good 100 yards or more before the second P&R. With Gema going at a fast trot the whole time, I was worried that she would not have good vitals, but she had no P&R problems.

We waited awhile at the 2-mile marker before riding the longest and slowest 2 miles we had ever ridden, and for the first time, other riders were passing us! It was a great learning experience for both of us.

The following morning initially gave some hope that the rain was stopping as we headed out. A rider behind me called out, "I am going to pass you" followed by, "She [Gema] looks calm today." But as soon as she was passed, Gema's competitive ember flared and we quickly caught up to the lady who had passed us, once again warning, "Excuse us, passing on the left. Thanks!"

Our first obstacle was the hardest one we would encounter on this ride. We were to descend a 3-4 foot bank into a ravine, turn sharply to the right, then walk up another 3-4 foot bank between 2 flags. We had to wait nearly 15-20 minutes, but Gema took small, well-placed steps down the embankment, turned on a dime, and easily climbed out of the ravine. It was exhilarating for us both.

We did fine at our next P&R, and then had to walk in-hand to the judges, who asked riders to pick up their horse's



Photo by www.angryfilly.net

near hind hoof. We then mounted and trotted on. We passed two CP gentlemen who tried to keep up with Gema, but Gema kept going and out trotted them. We met a spotted stallion who fell in love with Gema at first sight! We kept together for quite some time, trotting and cantering with each other, almost like a game of tag. Eventually we began passing the Open Safety riders until we finally reached our last judged obstacle—a simple map, knife, and hoof pick check. Gema, though, would not stand still and her jiggling resulted in point deductions. We left and continued at a trot.

Unfortunately, we had burned up the trails, though it was nice knowing we could relax at the 2-mile marker for about 40 minutes. Passing riders asked if we were OK, and I assured them that we were great and enjoying our rest. As I remounted, fellow riders again heard "Excuse us, passing on the left. Thanks!" It was raining hard, but Gema had energy to spare as she jiggled into camp.

It was a great experience, and I gained confidence in both myself and Gema. We placed 4th in Condition and 3rd in Horsemanship. We couldn't have dreamed of anything better for our first ride. I've signed up for 3 more NATRC Novice rides in Colorado. Thank you all so much for a wonderful time—hope to see everyone next year at Spanish Trail XXIV. Maybe by then we will be ready for Open Division, and most riders won't have to hear "Excuse us, passing on the left. Thanks!"

**GAMBLER'S RIDGE**  
GOLD HILL, NORTH CAROLINA  
Natural Horsemanship Facility  
HOME OF

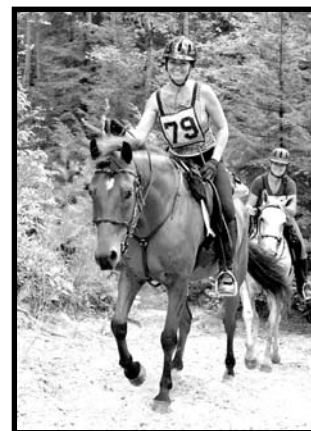


Photo by Linda K. Toups

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[www.safehorsetraining.com](http://www.safehorsetraining.com)



## A Special Uwharrie Blessing

by Kari McGirt

When I first heard about competitive trail riding, I thought that it sounded a little extreme, even for me. I grew up in Cary, NC, riding quarter horses at J & H Stables, and could never get enough of being at the ranch—especially being in the saddle. Last December, my husband and I moved into a cottage on the Hartness farm in Monroe, NC. Thanks to Marilyn and John, we have come to realize that acquiring horses and land to house them is definitely something we want in our future, and NATRC will also be a part of that.



Photo by Becky Siler

During the past 6 months, I have learned a lot about blessings—how to recognize them, how to give and receive them. One of the blessings most meaningful to me is the relationship that has blossomed between a very special Arabian, Cairo, and myself. This is the story of my very first NATRC experience on March 21-22 at Uwharrie Forest near Apex, NC.

Once Marilyn planted the seed in my head about distance riding, I began contemplating the idea. I knew I loved riding more than almost anything, but 6 straight hours on horseback?! I was doubtful and nervous, maybe even a little unconvinced, but I decided to give it a try, especially after Marilyn told me how much Cairo loves it. My husband agreed to go along for the adventure. I had to work late on Friday before the ride, so planned on vetting in early Saturday. I arrived late Friday and had time to eat something, tend to Cairo, make it to ride briefing, and then pull out all of our blankets and settle into the back of our Ford Explorer Sport Edition for some sleep. I've never seen such a sight! The other riders had so many luxuries in their horse trailers, it was like we were in a posh trailer park! But I was still comfortable sleeping in our truck, even if there wasn't enough space to stretch out our legs! We bundled up and tried to get some sleep.

At 6 am, our cell phone alarm went off. It was time for me to wash up and get into my riding gear! First, I took a flashlight and went down to feed Cairo. He gave me the notion that he had enjoyed a great night. He was ready! I began to feel more energized for him than for myself. I had a few worries though ... afraid that I'd be sore, hungry, get blisters and sunburn, and be thirsty. But I was afraid to drink too much, where I'd have to use the restroom too often. I fueled up by eating two croissants, an apple and sipping a bottle of water. I packed my bag with a knife, string for emergency use, my new lucky hoof pick, a sponge, some athletic tape, and a tube of Chap Stick. I felt ready, dressed in layers ready to be removed at the first sign of warmth coming over the hills. I also had my brand new Ariat boots that matched my brand new riding helmet. My

goals were to make sure my horse was safe and cared for, that we each had a fun and valuable experience, and that I learned as much as I could.

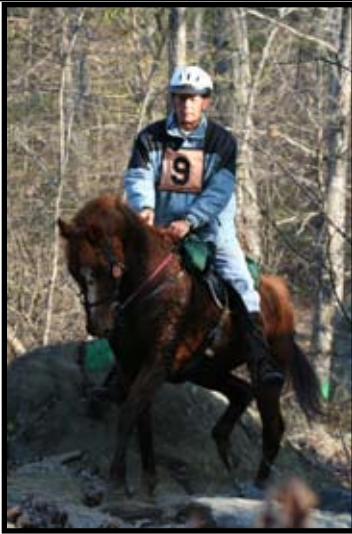
Boy, did I discover I still have a lot to learn! I had been told about obstacles being set up for us along our 20-mile journey, and I was looking forward to them. At one of the obstacles, though, I realized that my supply of common sense wasn't all that common or extensive! Our instructions were to take a few steps forward into the woods, tag a tree, and then back out onto the trail again. I thought, "Boy, this will be easy." Well, something should have told me to check behind us before backing! I'm still not sure why I didn't do this, but I must have figured, "I came from there where there was no bush, so why would there be a bush now?" I was astonished and embarrassed as I backed Cairo right into a bush! Boy, did I feel dumb! But making that mistake was a great lesson for me, and I could blame no one but myself. I always thought I was a cautious rider, but Uwharrie's stony trails, obstacles, and distance have made me an even more careful rider. I now wear a helmet at all times, something that was never important to me before this ride.

Another thing I learned was the importance of my horse's diet. Not too much grass, hay that isn't too rich, some apples and electrolytes along the way, and lots of water. Cairo couldn't have been happier; he obviously loves these rides and trips with his best equine friend, Haley. You should have seen how eager he was to get going—I had a mini parade horse! He would stand still with his front toes on the ground and alternately pick up each front heel like he was prancing in place, but his feet never came off the ground! To me this weekend was not about being pretty, perfect, or winning the competition. It was about being open to blessings, and there were tons of them.

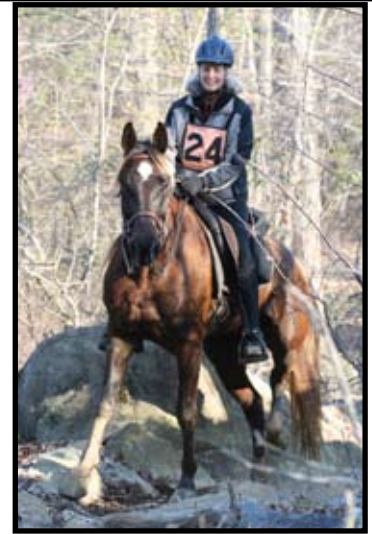
My experiences with the judges and other riders, as well as the weekend as a whole, made me realize that I had found a blessing worth holding onto. I wouldn't hesitate to recommend NATRC to anyone who loves horses and especially trail riding. I was so thankful for the whole weekend. NATRC is not only wonderful for mature and experienced riders, but also for young riders and those just starting out. It taught me the importance of correct care for my horse, through vetting in and out and P & R's, as well as horse and rider safety, and how to be prepared for injuries or emergencies. I'm so happy I had the experience of such an endearing horse with a most infectious personality. I love coming home from work each day to find my husband, our puppy, our cat, and Cairo all greeting me. I know that these blessings have truly been planned and were waiting just especially for me. See you at a CTR soon!



Wayne Tolbert



Tommy Mitchell at the crack of dawn!



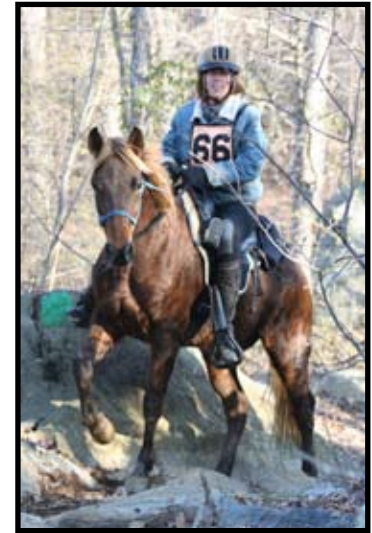
Kathy Hardin

Uwharrie Photos  
by Becky Siler  
Cowgirgoof@aol.com

Cindy Keen



Nancy Shuys and Ditte Phillips



Victoria Eriksson

**My Experience With Founder**

by Marilyn Hartness

In May 2008, as I went to feed my two horses, I was shocked to see my gelding Cairo in a slanted backward stance, as though he did not want to put weight on his two front feet. He attempted to walk, but could only limp a few jerky steps, as if he were walking on eggshells. I immediately called my vet, who met me an hour later at the barn.

Dr. Christina Law, from South Ridge Animal Hospital in Kannapolis, N.C., took one



Photo by Kathy Nicholl

look at my sad little Arabian and said that Cairo had laminitis, or founder. Hoof testers showed that his hooves were sore and his soles were hot. She started treatment by pumping DMSO and phenylbutazone into his stomach, using

a tube inserted through his nostril. Quietly tolerating this told me how badly he was feeling. Dr. Law said Cairo looked overweight and had probably become insulin resistant. Certainly, he had excessive fat around the crest of his neck, tail, and rump, and his belly was bulging and much too rounded. When I told her that Cairo had unlimited time on grass pasture, Dr. Law kindly told me that Cairo had been allowed to eat too long on the rich new spring grass.

Dr. Law also told me that it was going to take concentrated effort over a long time to heal Cairo. No unlimited pasture grazing. Lose belly fat by eating much less. Her prescription was the following meals twice a day: (1) Feed a flake of fescue hay after soaking it for at least 30 minutes to remove most of the starch and carbohydrates, (2) Feed 2 pounds of Purina Well Solve Low Starch grain plus 1-1/2 cups of Purina Enrich 32 grain. I added 1 tablespoon of corn oil because I noticed his manure was very small and dry. I also added a tablespoon of apple-flavored electrolytes, then I poured water into this mixture and put it into his feed trough. This "diet" would take weight off of my fat boy and help his body metabolize the



extra fats in his system.

Cairo could have no grass for the first two weeks. Just hay and grain. Luckily he had a nice dirt corral to walk around in, and he did not have to be confined to his stall. He could socialize over the fence with his buddy, Haley. Dr. Law came out two more times to give Cairo DMSO by nose tube.

X-rays of Cairo's front hooves revealed the laminitis had caused one of his coffin bones to rotate 8 degrees, but the other was sound. Initially, his hooves hurt so badly, he had to have special padding. I was instructed to keep the front hooves cushioned with a homemade protective bootie made with duct tape. Before the farrier came to assist with this, I used baby diapers and good old duct tape to encase the front hooves and make them comfortable for Cairo. Later, a farrier used hoof-packing material. Slowly Cairo began to move about more naturally and his excessive weight began to leave.

In June, I was allowed to hand graze Cairo for 15 minutes a day. The farrier kept the front hooves padded on the underside through July. Another complication with the hoof's healing was a severe case of White Line Disease. The hooves were packed by my farrier with a medicated filler. Meanwhile, the diet of wet soaked hay and low starch grain continued. By August, Cairo seemed comfortable at a walk. The farrier put his shoes on backwards to provide support at the heel and decrease pressure on the toe, and I was encouraged to ride him at a walk.

In September and October, I continued to soak the hay morning and evening, and Cairo was allowed 30 minutes of grazing time each day. Most of that was hand grazing, so I could brush and talk to him. Cairo was getting better and showed some healthy new growth on his hooves. In October, frost had killed most of the pasture grass, which allowed Cairo to graze for one hour a day. In late October, another x-ray showed that corrective shoeing was realigning the coffin bone properly with the hoof wall. His hooves were healing! By the beginning of November, I stopped the lengthy hay soaking procedure—a joyous event. This spring at the barn, he prances with excitement as he allows his grazing muzzle to be put on so that he can have a half-day of grazing on lush pasture.

The entire healing process was long and tiring, but I remembered what a very good buddy Cairo had been for me during the lengthy cancer treatment that I had endured. Now was my chance to repay him. I did all I could to help this special animal in his time of stress and pain, encouraging him in a quiet and cheerful way, with devotion similar to that which he had shared with me a few years ago.

I now realize that allowing my horses to eat our pasture grass in unlimited amounts is not a good way to show my

love for them. I have learned so much about horse care and good nutrition from this first-hand experience with Cairo and laminitis. Cairo is back in NATRC competition, thanks to his wonderful vets, a talented friend who exercises him, and my determination to provide a healthy diet.

### Big South Fork 2009

by Debra Porter

It was good to come back and visit our NATRC friends on May 2-3, 2009, to enjoy the beautiful Big South Fork National Recreation Area, and to remember why our family has always enjoyed competitive trail riding in Region V. It has been two years since Kendall, Carrie, and I have had the opportunity to "Enjoy the Fun." Carrie had finished her second year vet studies at NC State and wanted to do a ride on her horse, Junuh.



Neither she nor Junuh have had a lot of time for riding and were not in great condition. But, good old Big South Fork provided the perfect solution: continuous rain showers to keep horse and rider cool! You know the saying, "What doesn't kill you will make you stronger." She and I tested that saying over the weekend. Lots of Aleve and Advil got us through it all.

You know, even now, I am still in awe of Open riders. I know we used to compete in the Open division but, honestly, I don't know how they do it. Heck, *every* rider that put on rain gear and rode out on Sunday morning is pretty darn tough. But everyone was still smiling even though they had to be wondering how in the world they were going to get their trailers out of that rain saturated field after awards. Thank goodness we had parked with a down hill advantage, have a big 4 x 4 Ford truck with locking differential, and our own fearless driver, Kendall Porter. All that still made for some excitement leaving on Sunday. Carrie and I just got out of the way and watched as he put the pedal to the metal. I didn't really relax until we were through the gorge and headed home.

Honestly, coming back and watching how the Big South Fork Ride Management overcame all the rain inconveniences makes me thankful for the many dedicated and giving volunteers that help put on a ride. Just think about the timers, point riders, ribbon teams, safety riders, drivers, Rules Interpreter, Secretaries, Judges, and so many others behind the scene. Let's give a huge thank you to the P & R crew and their coordinator, Gail Milner. We all know there would not be a BSF ride without Vicki and Andrew



(Continued on page 12)

Murray, along with her right hand aide, Ginny Tolbert, and Trail Boss, Marty Findley. What a fantastic team!

As for *our* BSF ride story, when Carrie and I took a little detour and had to hustle to make up some time, it was like we had trotted back in time and were once again riding Open, side by side, on our former horses, Cisco Kid and ChicAPea. Those sweet memories will always be special to us. So I'd simply like to say, "Thank you, everyone in Region V, for giving us such wonderful and treasured memories."



Photo by Linda K. Toups

Patti Reed & Michelle Daniels chillin' out



Photo by Linda K. Toups

Julie Nathan

Sweet Home Alabama/Hatchet Valley  
photos by Linda K. Toups  
(assisted by Tessa South)



Photo by Tessa South

P & R Stop



Photo by Linda K. Toups

Regina Broughton



Photo by Tessa South

Michelle & William Goza



Photo by Tessa South

Charles Kaarlie & Stephanie Ostrowski  
at road crossing

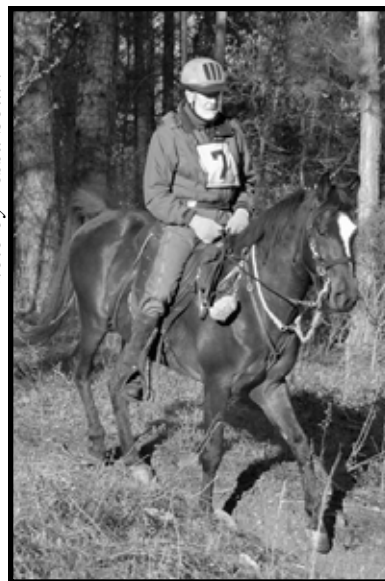


Photo by Linda K. Toups

Gary Clayton



Photo by Linda K. Toups

Carolyn Chapman



**Stall Card**

*by Sandy West Pegram*

*Editor's Note:* Sandy uses her word processor to make a stall "card" on 8-1/2" x 11" paper which she prints and puts inside a sheet protector and tacks up on her horse's stall or paddock at a ride. It can also be printed on a 4" x 6" index card which would be sturdy enough that a sheet protector would not be needed (although if you can locate a loose-leaf photo album for just 4" x 6" pictures, you could remove one page and insert the index card in one of the photo pages). Sandy used this at Spanish Trail and I made the sample (on right) to illustrate her great idea.  
-- Kathy Nicholl



**Owner: Kathy Nicholl**  
**3454 Cullowhee Mtn Rd**  
**Cullowhee, NC 28723**  
**(828) 555-1555 (cell)**  
**(828) 293-5835 (home)**  
**Vet: (828) 627-9100 (N.C.)**  
**Dr. David McCracken**

**"O. C." # (CTR Rider number)**  
sorrel gelding                      **Campsite:** \_\_\_\_\_

**Emergency Contacts:**  
**Name1 phone1**

**Other friends here:**  
**Name1 phone1**  
**Name2 phone2**



*Photo by Jennifer Robinson*

**Region 5 Horse Makes Acting Debut**

*by Jennifer Robinson*

What do NATRC horses do when they're not at rides? Well, they star in school plays!

Zena of Cedar Creek traded in her trail dragon personality to become the new favorite horse to the sixty-four students at Buladean Elementary School. The fifth grade class, together with teacher and NATRC rider, Jennifer "Ms. J. Ro" Robinson, put on a performance of Marguerite Henry's Justin Morgan Had a Horse. Zena graciously allowed herself to be cast in the role of the colt, "Little Bub," who would grow up to be Justin Morgan.

She took it all in stride and willingly snuffled any child who came within nose distance. She happily consumed all the apple treats she could carefully lip off of little hands. When the students deserted her to run yelling and screaming to the playground, the most exciting thing Zena could think to do was to whinny for them all to come back.

It's nice to have a horse so well-seasoned to things going on around her, that you feel comfortable bringing her to an elementary school. Thanks, NATRC!



*Jennifer Robinson's mare Zena enjoys her apple treats*



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## Region Five 2009 Schedule of Remaining Rides

July 4-5	<b>Holiday Lake Summer Ride</b> Donna S. Whitmer, 1450 Tower Rd., Pamplin, VA 23958 Email: <a href="mailto:appyhappy@earthlink.net">appyhappy@earthlink.net</a>	Appomattox, VA 23958	A-O,N,CP/B-N,CP 434-248-5386
August 15	<b>Clinic @ Evergreen Farms</b> Linda Clayton, 6774 W Old Haynesville Rd., Hope Hull, AL 36043 Email: <a href="mailto:lindaclay@aol.com">lindaclay@aol.com</a>	Thorsby, AL 36043	334-281-5509 334-567-6766
September 5-6	<b>Region Five Benefit Ride</b> Mary Leslie, 4661 Sandy Creek Rd., Madison, GA 30650 Email: <a href="mailto:maryleslie@pstel.net">maryleslie@pstel.net</a>	Dawsonville, GA 30650	A-O,N,CP/B-N 404-434-1851 706-342-7813
September 12-13	<b>Ride The Edge</b> Virginia Tolbert, 9598 Antioch Ch. Rd. W. Lenoir City, TN 37772 Email: <a href="mailto:vtolbert@usit.net">vtolbert@usit.net</a>	Allardt, TN 37772	A-O,N,CP/B-N 865-986-3333 865-363-7563
September 26-27	<b>Heart of Dixie</b> Linda Clayton, 6774 W Old Haynesville Rd., Hope Hull, AL 36043 Email: <a href="mailto:lindaclay@aol.com">lindaclay@aol.com</a>	Troy, AL 36043	A&B-O,N,CP 334-281-5509 334-567-6766
October 9-11	<b>Autumn @ Biltmore</b> Connie Driskell, 524 Mills Gap Road, Arden, NC 28704 Email: <a href="mailto:csdintrig@charter.net">csdintrig@charter.net</a>	Asheville, NC 28704	AA-O/A-O,N,CP/B-N 828-684-5650

AA=3 DAY RIDE A=2 DAY RIDE B=1 DAY RIDE O=OPEN CP=COMPETITIVE PLEASURE N=NOVICE

Ride schedule is subject to change, so be sure to contact the Ride Manager for specific ride information.

**All rides need volunteers! Register for rides online at [www.natrc5.org](http://www.natrc5.org).**



### A special thanks to all Region 5 Photographers

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**Memberships run from January 1-December 31. NATRC offers six membership plans (check plan desired). All Single Adult and Family plans may add an additional Platinum upgrade (see upgrade information below).**

- FAMILY MEMBERSHIP.....\$60.00 per year Household of 1 or 2 adults and children under the age of 18 as of Jan 1 (2 votes)
- SINGLE ADULT MEMBERSHIP.....\$50.00 per year Single adult member (one vote)

**Platinum Upgrade is available for the above 2 membership plans, as well as for Lifetime Memberships. Platinum member benefits available through Association Resource Group-ARG. Platinum members receive personal excess liability coverage with a \$1,000,000 policy limit.** Coverage is for claims brought against members of NATRC (Platinum) arising from the use and /or ownership of a horse and for horse-related accidents involving third party bodily injury or property damage. Coverage will apply when engaged in any horse related activity, and coverage is in excess of any existing valid and collectible insurance. There is no deductible. Professional Liability is not included, and business exposures are excluded. Other Benefits include:

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- Accuconference Conference Calling: Customer Service 1.800.989.9239
- Wicked Smart Apparel: Email Dave at [Sales@wickedsmartapparel.com](mailto:Sales@wickedsmartapparel.com)
- Hotels.com: Visit our website [www.associationresource.net](http://www.associationresource.net) then follow the Hotels.com link seen on the member benefits page.
- IMS Printing & Signs: Email JJ at [jjheim@imscolorado.com](mailto:jjheim@imscolorado.com)

**Platinum Upgrade may be purchased each year for the following additional cost (check plan desired):**

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- ASSOCIATE MEMBERSHIP.....\$50.00 per year Equine-related groups or businesses only (no vote)
- SINGLE LIFETIME MEMBERSHIP.....\$600.00 Any person of any age (one vote)
- FAMILY LIFETIME MEMBERSHIP.....\$800.00 Husband and/or wife at the time membership is obtained and children under the age of 18 as of Jan.1 (two votes)
- HOOF PRINT subscription only.....\$15.00 per year US and \$20 foreign

All NATRC memberships include: Rule Book (**upon request**), newsletter, eligibility to compete for NATRC annual high score awards and championships, rider and horse mileage awards, and reduced ride entry fees. **Rulebook can be downloaded at [www.natrc.org](http://www.natrc.org)**

**NOTE: All membership fees include both national and regional dues - when you join NATRC you are automatically a member of your respective region.**

**Please list first & last names of all competing family members, we especially need to know if family members have different last names:**

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NATRC: Phone 303/688-1677 Email: [natrc@natrc.org](mailto:natrc@natrc.org)

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- Judges' Manual..... \$6.00 inc P&H
- Management Manual..... \$5.00 inc P&H  
Also Downloadable for free from our website [www.natrc.org](http://www.natrc.org)
- Introduction DVD.....\$8.95

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Amount:  \$10  \$25  \$50  Other: \$ \_\_\_\_\_

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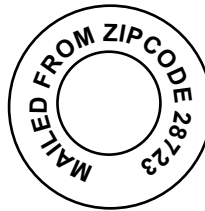
# Classifieds

**For Sale** (\$2800 negotiable) or lease to NATRC-type home: Naczeslaw ("Naz") is a calm and competent 14.2H, 15-year-old Polish Arabian gelding who is looking for a Novice/CP home with his very own full-time rider. He is a substantial fellow with big feet and solid bone. This photo shows him at Biltmore a couple of years ago being ridden by R4 Horsemanship Judge Doanna Gross. Check out this web page with more photos and videos at: <http://www.horseofyourdreams.com/Nazphotopage.html> Naz has logged 580 NATRC competitive miles (including a couple of blue ribbons in CP in 2008) under several different riders and did some AERC multi-day ride mileage as well (2002 Michigan Shore to Shore; 2005 Pony Express Trail across Nevada). He loads, travels, and camps well. Some Parelli work; Naz also did over two years of regular schooling in hunter/dressage while leased to a Jr. rider (can do a schooled canter as well as 3 speeds at the trot). This guy is a confidence builder, with terrific manners who would be great for a lady or junior rider (advanced novice to advanced intermediate). Stands absolutely still for mounting, and waits until you tell him to move off. You can lead him around with a hay string at home. Good to clip and bathe. Lowers his head and opens his mouth for the bit. Nice with the farrier. Very experienced with the full range of NATRC trail obstacles (traffic, gates, bridges, backing, side-passing, crossing water, mud, and ditches, hanging ribbons, and clearing trail). He is well-mannered, both alone and in a group. If you (or someone you know) are looking for a safe, sane, and uncomplicated Arabian gelding who also has the substance, style, and grace to perform in hunter or lower-level dressage, as well as ride out on "technical" trails, please consider Naz. Stephanie Ostrowski, DVM. Whitesburg, GA (Atlanta area). 770 832-9599 (home) or 404 427-8886 (cell)



**For Sale:** Registered Paint mare, 14.2H, 7-years-old. Great ground manners, easy loader, clips, bathes. Good with farrier and Vet. Experienced rider. \$2500 (negotiable) Janet Comrie, Cullowhee, NC. 828 293-5884

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