



Hoofprints of the

Region Five Trail Riders Association, Inc.

Association, Inc.

50th Anniversary Preview
(see page 7)

What's Inside

President's Letter	2
Editor's Letter	3
Minutes	4
Election Ballot	5
Junior Rider Program.....	6
Ride Results	8
Spanish Trail	9
Uwharrie	11
Biltmore	12
National BOD	13
Ride Schedule	14
Membership Application.....	15
Hints.....	16



Photo by S. Renée Mayne
www.angryfilly.net

Spanish Trail
(24 years)



NATRC celebrates
50 years —
Region Five salutes
its longest running rides



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



Photo by Becky Pearman
Cowgirgoof@aol.com

Uwharrie Forest
(19 years)

President's Letter

from Gary Clayton

I just got back from the Faye Whittemore CTR in Jasper, Alabama. That was quite an experience. The temperature was mid 90's both days, with a heat index over 100. There were 22 signed up, 5 of which were one day riders, and 17 braved the second day. It was a real test for both horse and rider.



There were no major problems and all but two finished. That's what I like about this sport. We are exposed to such varied riding conditions and trails.

Five Region 5 riders made the long trek to Missouri to ride the Missouri Waltz. The weather cooperated and the trails were fantastic. Our riders did us proud, with Paula Riley (a Region 4 convert) and Tammy Lineback winning their class in Condition. Tammy's horse, Susie's Stardust, won out over Paula's horse, Swiss Mocha, for Open Sweepstakes. Terry Silvers placed third. Way to go, gals!

It's that time of year again to be thinking about election of Board of Directors members. We have an outstanding group willing to devote their time and sometimes their money to serve Region 5. Ted Curtis, Regina Broughton, and Tanya Kingsley (who finished out Carolyn Chapman's term when she resigned) have agreed to run again. Connie Driskell will be coming off the NBOD, and both Connie and Cathe McKinnon agreed to run for Regional Director. Mary Leslie will be rotating off. She has been a real asset to the Board and to Region 5. We will miss her hard work and expertise. Please use the ballot on page 5 as soon as you receive it and help keep our leadership strong and vital.

Things are progressing really well with plans for the 2011 National Convention. Kim Cowart and his committees have been working very hard to make NATRC's 50th Anniversary Convention the best one ever. Marty Finley has lined up a number of outstanding speakers and clinics. Wayne Tolbert has been busy working on publicity, Sallie Kudra is in charge of the Hospitality Room, and others such as Tammy Lineback, Cindy Keen, and Terry Silvers have been addressing our financial needs. Debbie Jones and Cindy Keen had a fund raising Equine Partnership Trail Challenge at Cindy's farm on June 19. We welcome

your involvement, by helping on the various committees and/or by coming to Nashville next February. Please check out the preliminary info on page 7 and let us know how you'd like to help. I know we'll all have a great time!



Region Five Board Members

<p>PRESIDENT Gary Clayton 12/11 6774 W Old Hayneville Rd Hope Hull, AL 36043 334-281-5509 gclay24251@charter.net</p>	<p>VICE PRESIDENT Wayne Tolbert 12/11 9598 Antioch Church Rd W Lenoir City, TN 37772 865-986-3333 vtolbert@usit.net</p>
<p>SECRETARY Regina Broughton 12/10 201 Sleepy Hollow Road Bristol, TN 37620 423-968-2303 broughton57@hotmail.com</p>	<p>TREASURER Connie Driskell 12/10 524 Mills Gap Rd Arden, NC 28704 828-684-5650 csdintrig@charter.net</p>
<p>Tanya Kingsley 12/10 1991 Greer Road Hillsboro, GA 31038 706-468-0794 twkings@gmail.com</p>	<p>Mary Leslie 12/10 4661 Sandy Creek Rd Madison, GA 30650-2721 404-434-1851 maryleslieart@gmail.com</p>
<p>Tammy Lineback 12/11 662 Mark Trl Woodstock, GA 30188 770-928-3012 tammylineback@yahoo.com</p>	<p>Cindy Keen 12/11 1620 Bellevue Rd Dublin, GA 31021 478-272-5097 cindytk@hotmail.com</p>
<p>Vince Harris 12/11 P O Box 3183 Daphne, AL 36526 nvharris@hotmail.com</p>	<p>MEMBERSHIP Sallie Kudra 12/12 220 Byrlie Way Seneca, SC 29678-5005 864-972-9125 kudra@clemson.edu</p>
<p>Ted Curtis 12/10 1024 Pine Grove Church Rd Sunset, SC 29685 828-777-7180 t.curtis@curtisequinetransport.com</p>	<p>NATIONAL DIRECTOR Connie Driskell 12/10 524 Mills Gap Rd Arden, NC 28704 828-684-5650 csdintrig@charter.net</p>
<p>REGIONAL ALTERNATE Linda Clayton 12/11 6774 W Old Hayneville Rd Hope Hull, AL 36043 334-281-5509 lindaclay@aol.com</p>	<p>NATIONAL DIRECTOR Gary Clayton 12/11 6774 W Old Hayneville Rd Hope Hull, AL 36043 334-281-5509 gclay24251@charter.net</p>
<p>REGIONAL ALTERNATE Joyce Lewis 12/10 8075 Mauney Rd Mt. Pleasant, NC 28124 704-836-6201 safehorsetraining@yahoo.com</p>	<p>NATIONAL ALTERNATE Sallie Kudra 12/12 220 Byrlie Way Seneca, SC 29678-5005 864-972-9125 kudra@clemson.edu</p>

**Next RFTRA Board Meeting: July. 17, 2010
 Contact Gary Clayton for details**

Editor's Letter

from Kathy Nicholl

Since May of last year when I was injured after my horse O. C. bolted with me, I finally was able to place him in a good home. But I haven't had success in finding a replacement horse. Funny thing was that I began to enjoy the experience of not having to worry about planning my life around horse chores. I planned a visit with our son in Florida in May, and have plans to visit our daughter in California in September. Making plans that didn't involve horses began to be very pleasing, and I wondered if I really wanted to find another new horse. One thing I decided was that I needed a well-broke, gentle horse—or nothing. And then, three fortuitous things happened.



First, just before husband Jim and I planned to leave for Florida, I got an email from Wayne Tolbert offering to let me lease "Chance" for the remainder of the year. For those of you who remember Gerald and Brenda Ferguson, "Chance" was Brenda's TWH, and she had offered him to me many years ago when I thought I was all set and couldn't handle another horse. So Wayne bought him. If there was an award for Most Co-operative and Best-Mannered horse, "Chance" would win it. Not that he is perfect, but for someone like me who needed to regain confidence in herself again, "Chance" seemed like a perfect therapy horse. So with much gratitude to Wayne (and Ginny), I accepted and arranged to pick up "Chance" shortly after returning from the May visit to Florida.

The second fortuitous thing was that our local Senior Center offered a trip to Amelia Island and Saint Augustine, FL, right when we were heading to Cape Canaveral for our visit. It gave Jim and me the idea of doing our own tour. We had never heard of Amelia Island, and were intrigued with the idea of sampling some Fountain of Youth water

in St. Augustine. And then as I flipped through my latest *Southern Living* magazine, my eye was drawn to a travel ad for Amelia Island, showing two horseback riders riding along the beach. A Google search quickly located the Kelly Seahorse Ranch, a concession in Amelia Island State Park, one of only a few places in the United States where horses are allowed on the beach. A phone call got us booked for a beach ride!

The final really fortuitous event was my ride on a seahorse (well, actually a quarter horse, but why get picky?). I thought that a guided trail ride, totally at a walk, on a concession horse, had to meet my requirement for a well-broke, gentle horse. Jim and I showed up, signed our releases, and were asked to line up in the departure area. I was first in line, Jim was next, and Mr. Kelly mounted the first horse for a demonstration and instructions to all riders. The only thing was that the first horse looked like a clone of O. C.! And then Mr. Kelly said that none of the horses were broken down nags and that we needed to be riders, not just passengers of these well-trained animals. Uh-oh, I could barely concentrate on the instructions about how to steer and how to stop (luckily it isn't rocket science to a competitive trail rider!). I began to really dread having to climb up on what appeared to be a clone of my nemesis, O.C.. But then Mr. Kelly pointed to Jim and told him to come up and mount "Sleepy," while I was directed to horse number two—Blaze. A quarter horse never looked so good!

It turned out that we really could have been passengers, because those horses knew every bit about how to give a good, quiet ride. It was maybe half a mile or so to the beach where we turned and rode along the edge of the surf for about a mile, then turned around and rode the mile back before returning to the stables. The wind was blowing on a hot day (rain was due a bit later), and the sound of the waves breaking made it almost impossible to talk to anyone. I could hear Jim talking to Mr. Kelly, but I couldn't hear what they were saying, so I just lived in the moment, truly enjoying the sound of the waves and the wind, while Blaze quietly and competently carried me along.

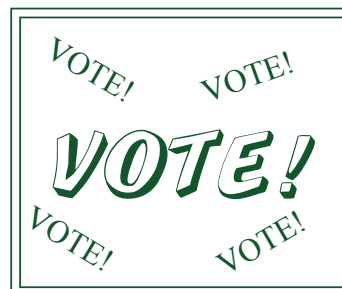
I know you'd probably like to see a picture of Chance and me, and I'm sure I'll have one for the next issue, but you may never get another opportunity to see someone riding a seahorse, so please enjoy my wonderful moment on Blaze, the seahorse, who provided a fine start for my return-to-riding therapy.

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)

Please send pictures and stories to:

Kathy Nicholl, Newsletter Editor
3454 Cullowhee Mtn Rd
Cullowhee, NC 28723
(828) 293-5835
k.nicholl@verizon.net

←---NEW Email!
←-----NEW Email!



Official Ballot on page 5



Summary of RFTRA BOD Meeting Minutes

Submitted by Regina Broughton, Secretary

Present: Gary Clayton, President
Connie Driskell, Treasurer
Regina Broughton, Secretary
Wayne Tolbert, Vice President
Tammy Lineback, Fundraising Committee Chair
Ted Curtis, Trail Advocacy Committee Chair

Not Present: Tanya Kingsley
Cindy Keen
Mary Leslie
Vince Harris

A voting quorum of five members was present at a special board meeting called by President Gary Clayton at the Springtime at Biltmore 2010 ride in Gary Clayton's trailer.

Gary called the meeting to order at 3:05 p.m.

The purpose of this meeting was to discuss a proposal presented to the Board by 2011 National Convention Chairperson, Kim Cowart. Kim's proposal is to have all of Region 5's 2010 fundraising earmarked to go toward funding the 2011 National Convention.

A discussion ensued, and members asked what fundraising efforts are being considered to fund the Convention. A list of the following was discussed:

1. All 2010 Region Five Store proceeds could be earmarked for the Convention.
2. A special Convention fundraising raffle is being held. Winner will receive: 2 night's hotel, full convention registration, including all speaker sessions, Friday fun excursion, Saturday night awards dinner and banquet with entertainment, and the Sunday Region 5 Awards Brunch. Value of winning package approx. \$450.00! Winner announced at the last ride of the season. Winner does not have to be present to win. Tickets on sale now: \$10.00 each or 3 for \$25.00.

Gary Clayton mentioned that this raffle needs to be advertised in all the different Regional Newsletters and also the Hoofprint national newsletter. Tammy Lineback and Wayne Tolbert (Convention Publicity Committee) will work on getting these advertisements out.

3. Cindy Keen has offered to have a special Trail Challenge at her farm.

4. There may be other small special fundraisers.
5. The convention silent auction and donated items at the Convention.

Gary Clayton told Board Members that Kim Cowart has also asked the Board

if, in the event of a profitable Convention, the Region is required to split the profits with the National Organization (NATRC). Connie Driskell told us that we are NOT required to split profits 50/50 between Region Five and National, and suggested that if we make a profit on the Convention, we give a nominal donation, e.g., \$500, to National.

Gary Clayton asked if all other Regions have typically donated money to the Convention coffers. Connie Driskell responded that, "No, but other Regions may donate items for the silent auction, for example." Wayne Tolbert suggested that we include a call for donations in our ad in the Hoofprint and the Regional Newsletters.

Connie Driskell asked if we really need a Motion for Board action on these issues, as the Region will fund the 2011 National Convention, regardless. Gary Clayton expressed the need to justify such a large expense, and considers the formal action of the Board as being justified since we are exposing such a large outlay of regional funds.

Members asked how much money we are talking about and Regina Broughton, Convention Co-chairperson responded that she did not have the Convention Budget on hand, but estimated that the total Convention costs would be around \$8000. (The Convention Budget per Regina's information looked up on Monday, 4/12/10, includes approximately \$5900 in un-covered—not directly paid by registration fees—costs. There may be additional costs if hotel guarantees, catering guarantees, etc. are not met.)

Connie Driskell also suggested that we do not offer convention registrants the option to make a deposit. Rather, they must pay all fees at the time of their registration.

Kim Cowart has also asked that Connie Driskell set up a special checking account for use specifically for Convention deposits and spending. This way, the Convention funds will be kept separate from general Region Five monies.

The Board Members concluded their discussion and a Motion was made by Connie Driskell that:

Any Region Five 2010 fundraising activities up to a maximum of \$7000 will be earmarked to support the 2011 National Convention.

Wayne Tolbert Seconded the Motion.

All members were in favor of the motion and the motion passed. Gary Clayton will contact Kim Cowart and advise him of the Board's Decision.

Regina Broughton made a motion to adjourn the meeting at 3:40 p.m. Wayne Tolbert seconded the motion and the meeting was adjourned.

To obtain a complete copy of the minutes, please contact Regina Broughton at broughton57@hotmail.com.



BALLOT FOR 2011 REGION FIVE BOARD OF DIRECTORS

Jan. 2011 — 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: Regina Broughton, Ted Curtis, Tanya Kingsley, Mary Leslie, and Alternate Joyce Lewis.

___ Regina Broughton (___) ___ Tanya Kingsley (___)
___ Ted Curtis (___) ___ Cathe McKinnon (___)
___ Connie Driskell (___)

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, 2010 (Bio sketches (below) are provided to help you know the candidates.)



Regina Broughton has been a member of NATRC Region 5 since 2005. She currently serves as Region 5's Secretary and is the Co-Chairman of the 2011 National Convention Committee. Regina rides a grey Appaloosa gelding named Tommys Impressev Ace (Tango). Starting out with Tango was not easy. Although Regina was always an avid trail rider in her Bristol, Tennessee, area, Tango was anxious and high-strung in competitive situations. Regina has spent years working hard to improve Tango. Finally, for the past year, Regina and Tango have been riding in the Open Division. Regina loves the sport of Competitive Trail Riding, and wants everyone she meets to "catch the disease!" Regina is also an active member of the Back Country Horsemen of East Tennessee. She participates in many hours of trail-clearing and maintenance work with this organization.

Ted Curtis retired from the US Fish and Wildlife Service in 2002 after 24 years as a Special Agent/Pilot, Division of Law enforcement. He served in the US Army (active for 3 years, 10 months), and Army Reserves, rank of Captain. Ted was an active member of the Henderson Co. (NC) Mounted Patrol, a volunteer organization, for 9 years and served as the training Director for 7 years, concentrating on rider safety and the safety of the general public in proximity to mounted patrol activities. Currently Ted and Karen operate Curtis Equine Transport, hauling horses throughout the eastern United States. Ted has competed in NATRC the past 3 years, first in the Novice Division and the past year in Competitive Pleasure. Ted has been a member of the Region 5 Board of Directors since Feb. 2009 and strongly supports the philosophy of NATRC: rider safety within the competitive environment, maintaining safe trails, and

developing higher horsemanship skills, with emphasis on horse soundness. Ted Curtis will be very honored to continue to serve on the Region 5 Board of Directors.

Connie Driskell I would be pleased to continue serving the needs and wishes of the Region Five membership by running for re-election to the Region Five Board of Directors. For the past 12 years I have served as your Regional Treasurer and would be honored to have the opportunity to continue serving another term on the Region Five Board of Directors. I am very proud to be a member of NATRC and Region Five and feel that there needs to be as much continuity and history as possible among the members of our Region Five Board of Directors. If elected, I will promise to represent the wishes of our membership to the best of my ability. Since 2010 will be my last year to serve on the National NATRC Board of Directors, I would be delighted to continue serving NATRC and our Region, the best Region in the United States, in whatever capacity that I am needed within Region Five. Thank you.

Tanya Kingsley I have been competing since about 1985. I have ridden all Divisions and enjoy CP the best. I also helped put on the Billy Bonds ride for years and also have helped in all aspects of many other rides. I enjoy NATRC since it teaches you many things about your horse, and all the folks are very nice. I am Points chairperson for our region. I want to see us keep up the good work, and I would like to remain an active part of it all.

Cathe McKinnon was introduced to NATRC in the early 1980's and competed at Dawson Forest, Sumter Forest, Horse

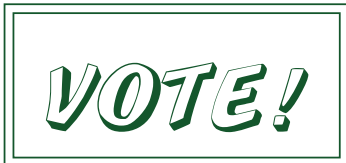


(Continued on page 6)

Creek Valley, Clemson, Winston Seven Oaks, Turkey Mountain/Belmont Estates, and Chattooga River. After the demands of her work gave her less time to compete, she began volunteering to ride safety and did so at Dawson Forest, Sumter Forest, Hutchings Mountain, Talledega Forest, and Pigeon Mountain. Since retiring and moving back to her home in Carrollton, GA, in 2007, she has renewed her involvement with NATRC, making an effort to be as involved as possible in many different volunteer capacities—safety rider, P&R worker, P&R coordinator, check in assistant, timer, go-fer, etc. For many years Cathe has been an “unofficial ambassador” for the sport, encouraging horse enthusiasts she has met to consider volunteering or competing in NATRC rides in order to experience all that partnering with your horse can offer. She has always valued NATRC’s commitment to fostering a true partnership between horse and rider, commitment to education, commitment to safety and sportsmanship, commitment to family and to youth, and commitment to trail development and preservation. Cathe would be delighted to offer her talents and abilities to serve on the NATRC Region 5 Board of Directors.

VOTE!

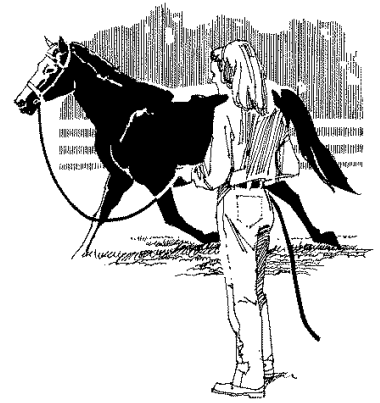
VOTE!



VOTE!

VOTE!

JUNIOR RIDERS
 Don't forget the
 2010 Junior Rider
 Assistance Program



Every Junior Rider who is or becomes a member of Region Five NATRC (by October 1, 2010) may be reimbursed \$50 for every ride started in the Junior Class of any Division in Region Five in 2010. You must apply for reimbursement no later than December 15, 2010.

Full details are in the Spring (April/May/June 2010) newsletter which may be viewed online at: www.natrc5.org or contact:

Connie Driskell at 828-684-5650
csdintrig@charter.net

YAHOO! GROUPS

*** NEW ***

Discussion group for Region 5 of
 The North American Trail Ride Conference (NATRC)
 An online place for NATRC Region 5 members and
 others to post: Information on rides

- Conventions updates
- Items to sell or buy
- Ride stories
- Pictures
- Directions
- Mentor
- Be mentored
- Promote this great sport
- Stay in touch with your NATRC
 Region 5 friends

AND IT IS FREE!

Type [http://sports.groups.yahoo.com/
 group/natrc5](http://sports.groups.yahoo.com/group/natrc5) in the address bar of your
 internet browser and

Come Join in the fun today!!!!



SAFE HORSE TRAINING
 with
JOYCE LEWIS

Specializing in Obstacle Negotiation,
 Despooping, and Overall Horsemanship Training



www.safehorsetraining.com
 704-836-6201

2011 NATRC NATIONAL CONVENTION!

FEBRUARY 10 - 13, 2011 NASHVILLE, TENNESSEE

REGION FIVE VOLUNTEERS NEEDED IN NASHVILLE!

Don't miss out on any of the fun in Music City, USA. Be in on *everything!* Contact any Region Five Board member (see table with contact information on page 2) and tell them how you'd like to help. Then join the celebration February 10 - 13, 2011 in Nashville, Tennessee.



MAKE PLANS NOW TO ATTEND OUR 50TH ANNIVERSARY CELEBRATION!

EMBASSY SUITES NASHVILLE APRT HTL
\$109.00//NT +TAX FOR 1-4 GUEST
FOR RESERVATIONS 1-615-871-0033

\$70.00 ALL SESSIONS (FRI AND SAT)
\$40.00 FRI ONLY \$40.00 SAT ONLY
\$50.00 SAT AWARDS BANQUET/DINNER

**SPECIAL PROGRAMS AND SITE VISITS TO
LOCAL ATTRACTIONS!**

**\$110.00/ALL INCL. REGISTRATION FOR
EARLY BIRDS! BOOK BEFORE NOV 1**

**FOR MORE INFORMATION CONTACT KIM COWART KCNeverRestRanch@gmail.com
678-773-6038**

NATRC 50th Anniversary Convention Raffle

NATRC 50TH ANNIVERSARY CONVENTION RAFFLE

HOWDY ALL!

WIN A FREE TRIP TO THE 2011 NATRC NATIONAL CONVENTION IN NASHVILLE, TENNESSEE!

ONE LUCKY WINNER WILL RECEIVE:

- 2 NIGHTS HOTEL
- FULL CONVENTION REGISTRATION, INCLUDING ALL SPEAKER SESSIONS
- FRIDAY FUN EXCURSION
- SATURDAY NIGHT AWARDS DINNER AND BANQUET WITH ENTERTAINMENT
- SUNDAY REGION 5 AWARDS BRUNCH

VALUE OF WINNING PACKAGE IS APPROXIMATELY \$450.00! WINNER TO BE ANNOUNCED/NOTIFIED AT THE LAST RIDE OF THE 2010 RIDE SEASON. WINNER DOES NOT HAVE TO BE PRESENT TO WIN.

TICKETS ON SALE NOW: \$10.00 EACH OR 3 FOR \$25.00

MAKE CHECKS OUT TO R.F.T.R.A. AND INDICATE HOW MANY RAFFLE TICKETS YOU ARE BUYING, THEN MAIL YOUR CHECK TO TAMMY LINEBACK, 662 MARK TRAIL, WOODSTOCK, GA 30188. MAKE AS MANY COPIES OF THIS FORM AS YOU NEED AND FILL OUT ONE FORM FOR EACH RAFFLE TICKET YOU WISH TO BUY. BE SURE TO PROVIDE THE FOLLOWING INFORMATION:

NAME _____ PHONE: _____
ADDRESS: _____
EMAIL: _____

Ride Results

Uwharrie Forest A
3/27-28/2010 Region Five-NC
A-O/N/CP Total Riders: 13

Chairman: Joyce Lewis
Judges: Stephanie Ostrowski DVM,
Richard Stone

Novice Sweepstakes: That's My George/
Rand, Emily-95

Open Sweepstakes: Windstorm Sienna/
Tolbert, Wayne-100

Open Heavyweight

- 1/1 Windstorm Sienna/Tolbert,
Wayne
- 2/2 CJ Garnet Reflection/Mitchell,
Tommy
- 3/3 Red Bird's Ransom/Clayton,
Gary

Open Lightweight

- 1/6 Loco Motion/Baldwin, Sara
- 2/2 Tommys Impressev Ace/
Broughton, Regina
- 3/1 Khapital/Jones, Debbie T.
- 4/5 Prime Sensation WH/Jeffcoat,
Cheri
- 5/3 Swiss Mocha/Riley, Paula
- 6/4 Just a Little More/Williams, Lori
Lee 2

Novice Lightweight

- 1/1 Roxy Ash Moro/Perrin, Anne

Novice Junior

- 1/1 That's My George/Rand, Emily

Competitive Pleasure

- 1/1 My Noble Ambition/Rand, Lori
- 2/2 Gator 3/Lathrop, Lynn

Uwharrie Forest B
3/27/2010 Region Five-NC
B-N/CP Total Riders: 26

Chairman: Joyce Lewis
Judges: Stephanie Ostrowski DVM,
Richard Stone

Novice Sweepstakes: Scatoaks Major
Jake/Hall, Julie-99

Novice Heavyweight

- 1/3 Samurai/Hamilton, Laurie
- 2/5 Dements Allens Ace/Cozzolino,
Susan
- 3/2 Goose/Allison,
Allison
- 4/4 Maarsadda/
Wood, Laurie
- 5/1 Joker 3/Cohen,
Barbara



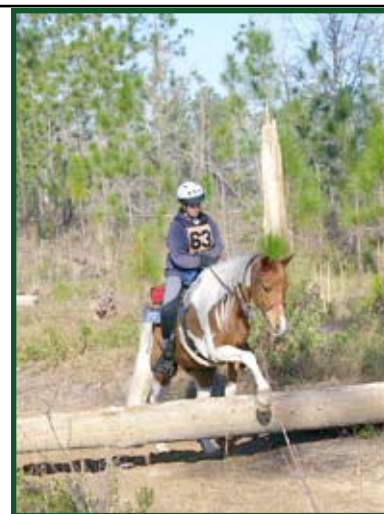
- Novice Lightweight
- 1/3 Scatoaks Major Jake/Hall, Julie
 - 2/6 Fanci's Sharzam/Kingshill, Susan
 - 3/ Cypress Forte/DeRosa,
Charmaine
 - 4/4 Traveler's Gray King/Phillips,
Ditte
 - 5/ Shadows Best yet/Ray, Amy
 - 6/ LaDonnahh/Dold, Mary
 - /1 Moses/St. John, Marston
 - /2 Cairo/Lee, Kristi
 - /5 Shuuting Star/Moffett, Rita

Novice Junior

- 1/4 Jerico/Tutterow, Brittany
- 2/3 Jabez/Riehl, Sabrina
- 3/2 Scout 5/Bostancic, Molly
- 4/1 Easy Hitter/Infaniti, Christina
- 5/5 Two Socks/Ray, Cody

Competitive Pleasure

- 1/3 Naomi/Land, Carol
- 2/6 Docs Skip N Rock/Ford, Gail
- 3/ Scarlet 2/Wertz, Jennifer
- 4/2 Fletcher Wildflower/Findley,
Martha
- 5/1 CMF Hallel/Hartness, Marilyn
- 6/4 Gracie 2/Ault, Carol
- /5 Ebony's Golden Splash SSH/
Featherstone, Sarah



Glenda Davidson



Emily & Lori Rand

Sheryl Ann Wood
"Split Eyes"



Spanish Trail Photos
www.angryfillly.net



Jordan Sims



Stephanie Ostrowski
Metabolics Check

Our First Open Ride: Spanish Trail XXIV

by Melissa Molaison

When my horse Dot (Painter's Polka Dots) and I placed out of Novice in 2009, I decided it was time to give Open a try, and registered us for Spanish Trail. I spent all winter battling awful weather, rarely getting a chance to ride, just like everyone else in the southeast. By the time March arrived, I was a nervous wreck worrying whether Dot was fit enough to handle the Open ride distance.



Photo by www.angryfilly.net

I got to the Coldwater Recreation area, settled my horse in, and set up camp by late Thursday, March 11. On Friday morning, I went for a ride with the Lineback family, complete with Gary jogging (on foot!) in the lead and making obstacles for us to practice! Dot vetted in without incident, and although I was still apprehensive, I felt much better about our chances of completing the ride.

Saturday morning, Dot was in high spirits, and we paired up with Dr. Stephanie Ostrowski. We were the second and third teams out of camp, which I immediately loved! We moved down the trail at a very nice speed. I was able to really enjoy my TWH's smooth gaits, and before I knew it, we'd made it to our first obstacle. We were asked to step over a rather high log and stand still for 5 seconds before proceeding—a tough obstacle right out of camp! The log was high enough that my 14.3 hand horse had some minor trouble getting off the log after our stop, but we did fine. It did wonders for my confidence to have a successful first obstacle. Our first P&R had me really nervous, too, but I shouldn't have worried—her P&R was fine. The rest of the morning loop just flew by—before I knew it, I was back in camp for lunch—feeling great and with a pretty fresh horse! I had dreaded having to go back out after lunch, but it wasn't a big deal at all. Dot didn't complain, and we got started on the afternoon loop. We saw Shirley Parker, the Horsemanship Judge, pretty quickly after leaving camp. Then about 15 minutes later, there she was again! And then again! And again! We saw Shirley a total of 13 times on Day One! I don't know how they did it. At the last "obstacle" they just all stood around in a group, watching us pass by, laughing at us I guess the obstacle was to see how we handled being laughed at!

I was tired, but no more tired than after a Novice ride—the faster pace made the distance much easier for me to cope with. Having a smooth-gaited horse made it a very

enjoyable ride, and I was left wondering why I'd been so worried! Dot was feeling fine at the finish and dove into her dinner with gusto. All her metabolics were normal and I was very happy with her. There were a couple of obstacles we had struggled with—I knew we weren't able to back around a tree while keeping one of my hands on the tree, but I did give it a try! We got some good pointers to try at home from Wayne Tolbert, too. He made it look easy! Despite a couple of obstacles that really stumped us, we had a fun day and I was proud of her performance.

I had a pretty restless night—my space heater quit! It was cool, in the 40's, and I wound up putting my riding clothes on and getting back in bed fully dressed to stay warm enough.

Day Two started off with Stephanie pulling her horse due to some soreness issues, leaving me without a riding buddy. I think almost every other Open rider must have invited me to join them. Everyone was so friendly, helpful, and supportive. I appreciated the offers but decided to give riding solo a try, and soon decided I liked riding in our own little pocket just fine. I was able to have more control over Dot's gait and had an even smoother ride as a result! Shirley Parker had seen us so many times on the first day, that on Day Two she'd almost run out of ideas! We had an invent-your-own-obstacle obstacle, which was tougher than if she'd given us a task to do! Then immediately after that, Dr. Bridges, the Vet Judge, asked us to name-it-and-claim-it! I'm still trying to decide what they hoped to see—did they want us to try something challenging or would something simple have been okay?

Day Two's ride didn't fly by as quickly as Day One—riding alone is nice but it's also kinda lonely, and the time doesn't pass as quickly when you have nobody to visit with! We rode the last mile or so in company with Gary Clayton, and the four of us were the first riders and horses across the finish line. I was thrilled to have completed the ride!

Dot vetted out sound and with normal metabolics. I was so proud of her! We stayed for the awards ceremony, where I was thrilled to receive a fourth place in Horsemanship with a score of 96.5% and a third place for Horse with a score of 98%. I am still not sure which score makes me happier—we struggled with our Horse scores in Novice competition, so I was thrilled with such a great score. But, to have seen the Horsemanship Judge for 16 separate obstacles and only lose 3.5 points was just incredible! It's a great feeling to do so well on a horse I trained myself.

I had a great ride—the weather was gorgeous, and, as always, Spanish Trail was so well mapped and organized that I was able to just relax and have fun. I will definitely be back out competing Open



(continued on page 10)

again as soon as I can manage! It was a great introduction to Open riding, and although other rides may be more difficult due to weather and terrain, now I am confident we can do it! I would encourage anyone who's considering giving Open a try, to do it, or you'll never know the fun you're missing!

Wayne Tolbert & William Goza



Spanish Trail Photos
www.angryfillg.net



Lori Lee Williams & Tommy Mitchell



Emily Rand



David Chapman & Tony Reeves



Junior Cody Ray

Uwharrie Photos
by Becky Pearman
Cowgirgoof@aol.com



Junior Brittany Tutterow



Junior Christina Infantit

Barbara Cohen



Kristi Lee



Sara Baldwin



My Uwharrie 2010 Ride Song

by Regina Broughton

Uwharrie Ride Song

(Sung to the tune of America
the Beautiful)

Each springtime in
Our Region Five,
We come to Four B Farm.
For rocky trails
and hilly ground,
Uwharrie Forest Ride!
We've done this now,
for twenty years,
Survived the rain and snow.
Uwharrie means
Crazy Weather,
Of this I truly know!

Joyce Lewis, new
Ride Man-a-ger,
Had everything well planned.
Her sis, Jannell,
Assisted her,
And son Dakota, too!
The sun, it shone,
As we checked in,
But cold came overnight.
We woke up to
A chilly ride,
But beautiful clear skies.



Regina Broughton



Junior Molly Bostancic

Our judges were,
Vet Stephanie
And sneaky Richard Stone.
They watched us ride,
And scored us well,
Through mud, o'er rocks and hills!
We ate Pot Luck,
And gave awards,
To those who rode one day.
And went to bed
With hopeful dreams
Of a rain-free sunny day!

But Sunday came,
With cloudy skies.
We brought our best rain gear.
And drizzle came,
As we rode out.
Please, please God, not this year!
Our dream came true,
The rain held off
And riding was so nice.
The thirteen hardy
Two day steeds
Came in with smiling eyes.

Uwharrie, we
Give praise to you.
For keeping us in tow.
We bring our all,
Equipment-wise,
Be-cause you never know!
We could have rain,
Or snowy trails,
Or even sunny days.
But fore-cas-ters
Are often wrong,
Uwharrie will A-MAZE!

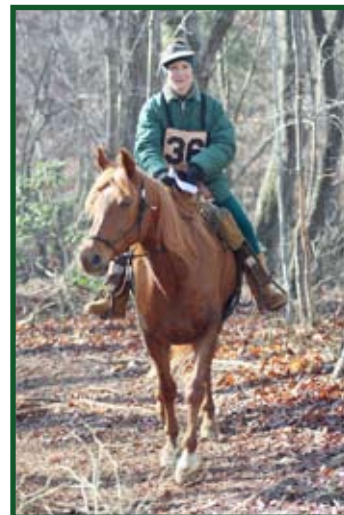
Uwharrie Photos
by Becky Pearman
Cowgirgoof@aol.com



*Marston
St. John*



Wayne Tolbert



Lynn Lathrop



**A little red mare, a fast ride, and a nervous rider ...
Are we ready to go Open?**

by Tammy Lineback

My first Open ride with my little red Missouri Fox Trotter mare, Susie's Stardust, was April 10-11, at the Springtime at Biltmore CTR. Originally I had planned to try Open at the March 13-14 flat and sandy Spanish Trail CTR. Susie and I have won



Tammy Lineback & Marlene Buttrey

Competitive Pleasure top honors nationally three years in a row, and many had urged me to give Open a try.

However, when I talked to my daughter, Marcy, she said she really wanted to take her mare Princess to Florida too, but Princess wasn't ready for the Open speed or miles. So I said I would wait to do Open, since riding with my daughter is the real reason I started doing this sport anyway! Marcy and I thoroughly enjoyed competing together that weekend on Susie and Princess. But just one week later, Marcy's beloved MFT mare "Princess" unexpectedly died, truly devastating our whole family.

Without Marcy and Princess, things just seemed too gloomy, and I didn't really have a desire in my heart to go to the Biltmore ride. Then I remembered, ... I am the one who has to sell the T-shirts for the Region 5 fundraiser. Dang, I guess I was going to the ride, and I might as well ride Open! I was just a little panicked—what have I done? Traveling to the ride alone, selling T-shirts, and riding Open—who wouldn't get stressed and anxious?

I arrived Thursday and set up camp in the pouring rain. Both Susie and I got soaked, but better Thursday than rain during the ride. On Friday, I sold T-shirts before checking in. To my surprise, I weighed in as a heavyweight rider. (I'm sure my saddle and tack had gained the weight, not me!)

I also had Vet-in jitters, thinking, "Oh, great. I get to ride against two President's Cup winners, Gary Clayton and Wayne Tolbert!" But then I told myself, "Who cares how I place at the end of the ride? I'm just going to think of this as a fun training ride for Open!"



Earlier, I had talked to Marlene Buttrey about riding Open. (I didn't really know if I was ready or if Susie could do the miles and speed.) Marlene said Biltmore was fast, and there would be no time to waste. However, she volunteered to be my mentor and offered to ride with me. I was very thankful for

her offer, yet a bit hesitant. Susie is gaited, while Marlene's horse Delight is an Arabian. I wasn't sure how compatible our speeds would be, but I was sure Marlene would be a great mentor. At Friday's ride briefing, I learned that Open pace was 5.5 MPH for minimum time. This was right at the maximum speed that Open competitor and friend Lisa Brooks had recommended for my first Open ride. Yikes, there was no turning back now.

Marlene and I rode out early Saturday morning. She said that Delight does better in the front, and I was glad that Susie likes in front or behind equally well (or so I thought). Marlene and I quickly found that we were losing time, so Marlene sped up to a good working trot, and Susie did a nice fast fox trot. We were moving out well on the flat ground when we got to the first obstacle.

Horsemanship Judge Bill Sherfessee was waiting for us. Marlene was first. She trotted until told to stop. Then he checked tack and told her to ride on. Oh, darn, I was the last rider, and my horse was now getting pretty anxious about being left behind. Sure enough, Susie didn't care for the "Whoa" for the judge, nor for the standing still for a tack check. She did it, but both she and I realized, "This isn't CP any more!"

We headed down the trail, losing time and starting to worry. Marlene was saying we had to pick up the speed. Plus Ride Manager Connie Driskell would see us at different intersections and would say (every time), "You'd better pick up your speed, or you won't make it!" I thought, "Pick up the speed? I feel like we're flying already!" Also, Susie kept tripping, trying to keep up with Delight's Arabian trot. One time Susie fell to her knees, tripping over tree roots on the back trails. Marlene decided

Photo by Connie Driskell

SPECIALIZED SADDLES
The One with the Adjustable Fit

"THE ANSWER" for thousands of endurance, competitive trail, team penning, barrel racing, and pleasure riders worldwide. Free DVD and brochures. Demo program available.

• www.mysaddlefits.com •
Julie Capaldi, Authorized Rep.
PO Box 424 • Pickens, SC 29671
864-420-1635 • julie@mysaddlefits.com

to slow down through the roots, but we'd really have to make up time on the smoother stretches.

I was getting so stressed out that after about 17 miles, I thought I would have to pull. I actually thought . . . I hate this! Susie, on the other hand, was really enjoying the fast pace.

Another obstacle—mount your horse, then walk to a gate, open it, go through, all with the horse in front trotting off! Again, Susie is wondering why Marlene and Delight are trotting away! So, the same problems—the job got done, but Susie is not focused on me.

After 25 miles, Open came in for a 45-minute lunch break, followed by another 10 mile loop. We came in on maximum time, not even a minute to spare! But at least I had made it to lunch! I thought, I survived the first 25 miles (thanks to answered prayers), so I guess 10 more miles won't be that bad! I fed Susie beet pulp and applesauce, and then we were on the trails again.

I decided to try something new—I asked Susie to trot instead of gait. I have trained her to trot over cavaletti by my standing balanced in the stirrups. So I stood, hung on, and asked her to follow Delight over the roots and rocks at a nice trot. But I wondered, "Wow, am I ruining my nice smooth-gaited horse?" Trotting sure isn't as easy on a rider as fox trotting.

Susie was actually doing very well over the difficult terrain now, and I was no longer being jolted by her tripping. I was even starting to enjoy the speed. I felt like I was a kid, back riding my barrel horses, training in our apple orchards again! "Yee-haw! Cowgirl up!"

Still more obstacles, with the judge having the first rider trot off while the next rider did the obstacle. We soon realized, this is the way he judges, and we will just have to deal with it!

Finally, Saturday was done! I survived and Susie came in with energy to spare. I was so proud of her. When the Vet checked her, she didn't lose any points at all.

Sunday morning Vet Judge Dr. Mike Bridges found Susie had a slightly sore right loin. I wonder if this was a result of all the cantering we did to make up time lost on Saturday? However, Dr. Mike said she was fine to go out. (Darn, I was secretly hoping for a reason to pull!)

Sunday was a much better day. We knew to keep our pace up, the trails didn't seem to be as hard, and we had a lot more flat areas for making up time. With Susie able to fox trot the flat stretches, and trot the rougher trails, we finally got into a nice rhythm.

Marlene was the best mentor. She really knows Open and kept us on time at a good speed. Our horses seemed to hit it off well, and both mares did a great job, trying hard.

When we came to our last obstacle. I asked Marlene if I could go first. It was a complicated one and seemed a little dangerous for an inattentive horse. We had to trot over cavaletti, leap over a high jump at the end, stop at the

judge, grab a rope and pull a dead tree toward our horse without allowing our horse to back, turn or walk off, then, trot to the P&R, leaving the horse behind you trying to do the obstacle. Marlene agreed. She said it was fair since she had ridden first at all of the obstacles before this final one. Susie did great, and Delight, being a seasoned Open horse, did a great job for Marlene too.

Finally, we completed the ride. Susie did such a good job! At Vet out, she had slightly sore suspensory ligaments. When I asked what I could do to help her legs. Dr. Mike said, "Just ride her." Then he picked up a hoof and said, "Get rid of those suckers!" He was talking about her small heel caulks, which I thought would help keep her gaits smooth. I have since taken them off, and she is gaiting great and not even tripping on roots as often.

Much to my surprise, Susie placed second in Horse and I placed third in Horsemanship. For our first Open ride, I was thrilled! One thing I wound up liking about Open was that I wasn't as tired or sore as when I ride CP. I think a slow pace is actually harder and more tiring.

I guess I enjoyed my first Open ride, because I just finished my second Open ride in Black, Missouri, at Region 6's new Missouri Waltz CTR. Susie scored a 100 at the end of that ride, winning first place in Horse and taking Sweepstakes against some of our sport's top Open riders from Regions 4, 5, and 6! She is fit and really likes the speed. She has also stopped worrying about where the other horses are. She is truly a special mare, and I guess she has convinced me that we can be Open NATRC competitors! I just need to stop worrying so much about the Open speed and enjoy riding my wonderful little red mare!

Become a Director on the National Board

Would you like to travel the country, most or all expenses paid, representing Region 5 of NATRC? If you have been a voting member of NATRC for at least two full fiscal years and have been active as a competitor, as a judge, or in Ride Management or NATRC Management, then consider running for the position of Director on the NATRC national Board of Directors. As a member of the NATRC Board of Directors, you will be expected to attend the Board meetings held three times a year. Your term as Director will last for three-years, starting January 2011.

If you are interested, please contact Gary Clayton (gclay24251@charter.net) or retiring Director Connie Driskell (csdintrig@charter.net) and ask for a copy of the (1-page) Resumé/Nomination Form which must be filled out and returned to the NATRC Nominating Committee Chair by August 1, 2010.



Region Five Remaining 2010 Ride Schedule

July 10-11	Virginia Highlands CTR Judith Shrum, 1364 Laurel Creek Rd NE, Pilot, VA 24138 Email: jshrum@vt.edu	Ivanhoe, VA	A-O,N,CP/B-O,N,CP 540-651-8492 540-320-0499
August 14	East Fork CTR Clinic Wayne Tolbert, 9598 Antioch Ch. Rd. W. Lenoir City, TN 37772 Email: vtolbert@usit.net	Allardt, TN	865-986-3333 865-363-7563
August 21	Evergreen Farms CTR Clinic Linda Clayton, 6774 W Old Haynesville Rd., Hope Hull, AL 36043 Email: lindaclay@aol.com	Thorsby, AL	334-281-5509 334-567-6766
September 4-5	Region Five Benefit Ride Cindy Keen, 1620 Bellevue Rd., Dublin, GA 31021 Email: cindytk@hotmail.com	Dawsonville, GA	A-O,N,CP; B-N 478-290-3868 478-272-5097
September 11-12	Ride The Edge Virginia Tolbert, 9598 Antioch Ch. Rd. W. Lenoir City, TN 37772 Email: vtolbert@usit.net	Allardt, TN	A-O,N,CP; B-N 865-986-3333 865-363-7563
September 25-26	Heart of Dixie Linda Clayton, 6774 W Old Haynesville Rd., Hope Hull, AL 36043 Email: lindaclay@aol.com	Troy, AL	A&B-O,N,CP 334-281-5509 334-567-6766
October 8-10	Autumn @ Biltmore Connie Driskell, 524 Mills Gap Road, Arden, NC 28704 Email: csdintrig@charter.net	Asheville, NC	AA-O; A-O,N,CP; B-N 828-684-5650
October 23-24	Sweet Halloween Sara Baldwin, PO Box 414, Rockford, AL 35136 Email: forestowners@wildblue.net	Rockford, AL	A-O,N,CP; B-N,CP 256-377-2656
November 6-7	Kings Mountain CTR Mary K. Britt, P O Box 725, Hazelwood, NC 28738 Email: marywildfillie@aol.com	Blacksburg, SC	A-O,N,CP 828-456-7554

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.

Other CTR's and Clinics may be offered in 2010

Please check the web site www.natrc5.org for current information

NATRC thanks our 50th Anniversary Sponsors

Gulf Coast Trailer Sales
www.gc4star.com

The saddle with the adjustable fit
www.specializedsaddles.com

Be one with your horse
www.ActionRiderTack.com

The only patented flex tree saddle
www.bozsaddlery.com

Horse fencing, barns, stalls
www.cameofencing.com

Your source for Witez II bloodlines
www.chiggervillefarm.com

Top quality Beta Biothane horse tack
www.thedistancedepot.com

EasyCare hoof products
www.easycareinc.com

For the Trail Horse and Rider
www.LongRidersGear.com

Rock your Ride: Saddle Tunes
www.saddletunes.com

English & Western Safety Stirrups
www.sidestepsafetystirrups.com

Complete source for the Trail Horse
www.slypnergear.com

Practical, durable riding pants made especially for womens' comfort
smoothstride.com

Trailer tethering system
www.tilt-tie.com

Wireless Trailer Monitoring System
www.trailereyes.com

Essential Gear for Distance Riding
www.trailwise.com

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

YOU CAN ALSO RENEW, JOIN OR PURCHASE ITEMS ONLINE! www.natrc.org

NEW FOR 2010: RECRUIT A NEW MEMBER AND RECEIVE A 10" TRAILER STICKER FOR YOUR EFFORTS! THE CURRENT MEMBER RECRUITING THE MOST NEW MEMBERS FOR 2010 WILL RECEIVE A COMPLIMENTARY REGISTRATION (MEALS NOT INCLUDED) FOR THE 2011 NATRC 50TH ANNIVERSARY NATIONAL CONVENTION IN NASHVILLE, TENNESSEE!

New member must list you as the one responsible in helping them in their decision to join NATRC.

Memberships run from January 1-December 31. NATRC offers ten membership plans: six Regular, two Platinum and two Lifetime Annual Platinum Upgrades. The Platinum plans receive all the benefits of the Regular plans plus personal excess liability coverage with a \$1,000,000 policy limit.

CHECK PLAN DESIRED

REGULAR MEMBERSHIP: All NATRC memberships include: one Rule Book (upon request) or as many rulebooks as desired downloaded from www.natrc.org, newsletter, eligibility to compete for NATRC annual high score awards and championships, rider and horse mileage awards, and reduced ride entry fees.

Memberships include both national and regional dues. When you join NATRC you are automatically a member of your respective region.

- FAMILY..... \$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..... \$50.00 per year Single adult member (1 vote)
- ASSOCIATE..... \$50.00 per year Equine-related groups or businesses only (no vote)
- JUNIOR.....\$35.00 per year Single Junior member under age 18 (no vote)
- SINGLE LIFETIME..... \$600.00 Any person of any age (1 vote)
- FAMILY LIFETIME..... \$800.00 Husband and/or wife at the time membership is obtained and children under the age of 18 as of Jan.1 (2 votes)

PLATINUM MEMBERSHIP: Platinum members receive insurance benefits 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.

- FAMILY..... \$100.00 per year Household of 1 or 2 adults and children under the age of 18 as of Jan 1 (2 votes)
- SINGLE ADULT..... \$70.00 per year Single adult member (1 vote)
- ANNUAL UPGRADE TO SINGLE LIFETIME...\$20.00annual fee
- ANNUAL UPGRADE TO FAMILY LIFETIME...\$40.00 annual fee

HOOF PRINT SUBSCRIPTION ONLY: \$15.00 per year US or \$20 foreign

NATRC Specialties (Optional)

- RULEBOOK..... \$5.00, free with all memberships. Or save NATRC \$\$\$ by downloading from www.natrc.org
- Patch (*inc. w/new membership*).\$5.00
- 10" Round Sticker with NATRC Logo... \$5.00 **Back in stock**
- 4" Round Sticker with NATRC Logo.... \$3.00 **Back in stock**
- NATRC Introduction DVD \$8.95

Colorado residents please add 2.9%

\$ enclosed _____ Please make checks to "NATRC" and mail to: NATRC, P.O. Box 224, Sedalia, CO 80135

Questions? Call 303-688-1677 or email to: natrc@natrc.org

Please list first and last names of all competing family members. We especially need to know if members of the family have different last names:

Name(s) _____

Street _____ City, State, Zip _____

Phone (____) _____ Email: _____ Birthdates of Junior(s) _____

If you are a new member, can you share with us how you find out about NATRC? _____

If you are a new member, is there a current NATRC member that helped in your decision to join NATRC? If so, please list them _____

Also available: RFTRA Newsletter Subscription only\$15 per year (January through December)

Make checks payable to RFTRA and mail with information listed below to: Mary Britt, P.O. Box 725, Hazelwood, NC 28738

Name(s) _____

Street _____ City, State, Zip _____

Phone(s) (____) _____ Email: _____



Helpful Hints

Dr. Jerry Weil, DVM, has offered this hint to various riders at rides where he has been the NATRC Veterinarian Judge. He suggested using raw eggs to treat a sore back, a sore girth, or other pain caused by swollen tissues putting pressure on the horse's nerves. You take an egg, crack it open, spread it on the horse's back, and let it dry. If one egg isn't enough, you crack open as many as you think you need, beat them up, then spread them on the horse's back. After the egg dries, wash it off (this may be a little hard to get off, but it is well worth the effort).

The egg works by simple osmolarity: water moves to the most concentrated ion density across cell membranes. Egg is much more concentrated than tissue fluids, so the fluid moves from the swollen, sore area to the egg. When the pressure on the nerves is removed, the pain and swelling is lessened. While any poultice might work, egg is natural and you should not get in trouble over medication issues with it. (Although Epsom salts would work, they are not approved, and the granules work into the hair and make the back more sore if not properly and completely removed—safer to try this at home.)

I don't know how many riders carry raw eggs to a ride, but maybe eggs belong on our CTR checklists. Could they be all they're cracked up to be? ~K.N.

ADVERTISING RATES:

Classified: Free to R5 Members,
\$5 to non-members

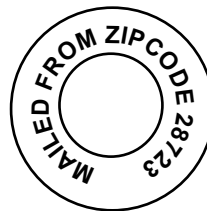
Business Card (3 1/2" x 2"): \$10

1/4 Page: \$15

1/2 Page: \$25

Full Page: \$50

Region Five Trail Riders Assoc., Inc.
Sallie Kudra
220 Byrlie Way
Seneca, SC 29678-5005



_____	PRSR STD U.S. Postage PAID Permit No. 35



Photo by Linda K. Toups

RETURN SERVICE REQUESTED

"See Something Funny?"