



HOOFPRINTS

OF THE *Region 5*
Trail Riders Association



Want to give your time as a volunteer?

Contact a ride manager to
find out how you can help!

REGION 5 BOARD OF DIRECTORS 2020

Bill Moore – President

Sherry Garnes – Vice President

Marsha Howard – Secretary

Gary Clayton

Cindy Keen

Patty Lucas

Andrea Rogers

Kris Gray

Alternate:

Katie Ward

Paula Riley

National Board Members:

Esther Diaguila

Kris Gray

Alternate: Sallie Kudra

Please submit all information on upcoming rides, updates and anything additional you would like to have featured in the quarterly newsletter to lindaclay@aol.com or katcasey4@icloud.com by MARCH 15, 2020.

***Welcome to Region 5
New and Rejoining Members!
For a complete listing please visit
www.natrc5.org***

On the cover:

Riding Region 5 Map
photo: facebook
NATRC Region 5 Discussion Group

Photos, comments, etc in this edition of the
Hoofprints of Region 5 credit to NATRC 5
Discussion Group - Facebook

STARLIGHT FARMS
-MEDICAL BOARDING-

Victoria Whitehead, PhD

706/975-8414

whiteheadval6@gmail.com

Corner of Hwy 29 and Hwy 80 - Little Texas, AL



What's YOUR LUCKY# ?



Reserve
your
pinnie #
for 2020!

Contact **Linda Clayton**
lindaclay@aol.com
to check availability
and reserve your number!

NOVICE \$50

CP \$75

OPEN \$100



Region 4 Invites Everyone
to the
Hotel Valencia - Riverwalk
February 14-15

CONTACT

Annette Griffin
(214) 205-4441

natrcconvention@gmail.com

Fran Muench
(281) 728-3616

franmuench@yahoo.com

Simple Solutions

BY MAGGIE KNOX

Equestrian Troubleshooting:

Problem: My horse has only ridden in arenas.

Solution: Ride NATRC. Your horse will be super excited to go down the trail with his new friends, and we'll have a potluck afterwards.

Problem: My horse bucks.

Solution: Ride NATRC. So he's got spunk? Put him in Open Class. It's hard to buck when he's trying to keep up and navigating challenging natural obstacles.

Problem: My horse is spooky.

Solution: Ride NATRC. He'll get bored of spooking at leaves after the first five miles or so.

Problem: I have trouble sitting in the saddle for too long.

Solution: Ride NATRC. NSAIDs are only restricted in equine competitors.

Problem: I need to get my confidence back.

Solution: Ride NATRC. we will give you energy drinks* if needed. Also- we have safety riders.

Problem: My horse is green.

Solution: Ride NATRC. Your horse deserves an education. Are you really going to deprive him of that?

Problem: My horse rears.

Solution: Ride NATRC. He won't rear if his buddies are going to leave him behind.

Problem: I can't ride well enough.

Solution: Ride NATRC. It's distance trail riding, not the Olympics. If you can manage to stay on and avoid being a trail missile, you'll probably be fine. We'll help you with the details.

Problem: My horse won't load on the trailer.

Solution: It will only happen the first time. Once he knows how much fun he'll have he will run on.

In short: Ride NATRC and you and your horse will be happy

JOIN US

There's A New Pony in the Paddock

FEBRUARY 21-22, 2020

Registration Fee: \$15/person.
Banquet Cost \$50/person. (children 3-12 half price, children under 3 free)
Junior Discount is \$10/junior.
Early Discount of \$10 if paid in full by 1/21/20
Logo t-shirts are \$25.00 each



For more information, contact Paula Riley (903) 926-3950 or Gary Clayton (334) 313-0766

REGION 5 • MINI CONVENTION • KNOXVILLE, TN



TRAVELING Trophy Roundup

WE NEED TO GATHER UP ALL YEAR-END TRAVELING TROPHIES SOON TO BE ABLE TO GET THEM ENGRAVED BY THE MINI-CONVENTION IN FEBRUARY. PLEASE BRING TO THE NEW YEAR RESOLUTION OR CONTACT BELOW TO COORDINATE.
CINDY KEEN OR TANYA KINGSLEY.



May the holiday season
fill your home
with *joy*, your heart
with *love* and
your life with *laughter*



BROXTON BRIDGE

Roo and I had a fantastic time. Great job Angie with managing the ride - Sherry Garnes

Thank you for having the ride and stepping up to manage!! I had a very difficult weekend but I REALLY Appreciate everything and ALL my NATRC family and Jerry Varn at Broxton Bridge for helping me and Georgia this weekend . Georgia came up lame after we got to the ride then got out during the night and rode her own ride for 7 hours galloping down scary highway roads and cotton fields Lots of prayers and sweet support from all Thanks to each and everyone for your concern kindness! - Patty Lucas

SPECIAL THANKS

I am gong to write a short tribute to Nancy Shuys. I lost my saddle and she was the first to respond to my request to borrow one. I went to her place and we tried several until we found one to fit. Since this is only one of the many, many, many things she has done for me, I felt compelled to write a public note of thanks. I can write pages of what Nancy has contributed to me, and others (surrogate daughter Mikayla Nunn!), NATRC and AERC, and so many others, individuals and groups, but I'm just going to mention two things. First, it was in her kitchen that I first heard about an organization called NATRC. With her urging and support.....look where I am now. And second, I think I can sum up Nancy's contributions to all of us by relating something I told her at the end of the last Garrie Bates Memorial NATRC ride at the Virginia Highlands in Cripple Creek, VA. I looked at Nancy and said: "just like Garrie was your mentor; and you are so grateful to her for her friendship and incredible knowledge and well, just everything she did, so am i grateful for what you have done for me. Garrie was to you as you are to me.". I can't think of any greater tribute than that! Thank you, Nancy.

SOUTHERN TRAILS

Southern Trails - burrrrr cold nights but sunny dry days, , beautiful and challenging trails , lots of belly laughs, - thank you Victoria Light Whitehead and Patty Lovelady Lucas . - Carolyn Chapman

Congrats to all of the participants at Southern Trails this last weekend! It was a beautiful weekend for riding. Thanks to all the volunteers and the multitude of donations of time and talent. - Victoria Whitehead

UPCOMING - NEW YEAR RESOLUTION JANUARY 25-26, 2020

LOCATION: McCulley Farm, (386) 938-1147 ,
richard@McCulleyFarms.com 3019 McCulley Farm
Road, Jasper, FL
32052

RIDE MANAGERS:

Lisa Nauditt (980) 200-3622,
lnauditt@hotmail.com

2136 County Line Rd.
Kings Mountain, NC 28086 /
Esther Diaguila, (850) 509-4971
borncountry@skippinghorse.com,

285 Hollow Creek Ln, Havana, FL 32333

RIDE SECRETARY: Victoria Light, 706-975-8414,
lightva@gmail.com 759 Yarbrough Rd. Tuskegee, AL
36083

JUDGES: Vet – Dr. Susan Dent;
Horsemanship – Cheri Jeffcoat

RIDE DIVISIONS: A (2-day) Novice, CP, Open; B
(1-day) Novice, CP, Open

RIDE FEE:

NATRC Member \$90, Jr. \$75
Non-member \$125, Jr. \$110

RIDER LIMIT: 60

TRAIL TERRAIN: Flat, Sand, Soft ground

DISTANCE: Novice & CP approx. 19 miles/day;
Open approx. 27 miles/day

Paula's Pointers for Improving Partnerships with Ponies (and other equines)



A mentor who rode with me at a recent competition has urged me to share some of my tips for improving a horse's performance on the trail. These topics and techniques can take volumes, so I will attempt to distill them to something as short and concise as possible. So here we go...

Paula's Pointer #1: Find the 'Calm' and work there.

When a horse is excited, looking all around dancing, shying, etc, the instinctive side of his brain is in charge. No learning is taking place, only reaction to whatever stimulus is there. If you want your horse to focus on you and learn what you wish to teach or do, you need to remove the reactive stimulus and calm him down so the thinking side of his brain is at the forefront.

So, where do you find the 'calm'? It varies from horse to horse. You have to search out where this place might be. It might be with a favorite buddy. It might be in a round pen or stall. It might be in a favorite corner of the pasture. When you find it, start your training in that place. Once calm, receptive training becomes the norm in that area, you can then work on expanding the size of that place. If you happen to over expand and lose the 'calm', reduce the area and work there longer before expanding out again. You can even deliberately create reactive situations to help teach your horse that you can help him come back to his calm place. Somewhere along the line he will realize that there is safety in you, and he will look to you whenever he feels unsure or unsafe.

Continue expanding the calm area, until the world, and all that is in it, becomes your horse's calm place. Finding and keeping the 'calm' is a lot of work but has great rewards in the resulting partnership. And is the foundation for everything else.

By Paula Riley
Summer 2019

say cheese



Check out the photos
from Southern Trails!

Thank you **Chelsea Hollis!**

Beautiful job capturing the
spirit of Region 5!

[click HERE to view](#)



For all of you who
let me weigh your
horses at
various rides
around
Alabama, here
is the end result.
There is now a
specific category
for your gaited
breeds!
- Betsy Wagner



CHECK OUT THE APP HERE...

[IOS](#)

[ANDROID](#)

To use the app, owners and professionals select the equine breed type and enter the equine's height, body length, and neck and girth circumference and the app will estimate the horse's bodyweight and ideal bodyweight. The Healthy Horse app is sponsored by Purina.

Region 5 Business

MINUTES FROM JULY 20, 2019
OF THE BOARD OF DIRECTORS
REGION FIVE TRAILRIDERS ASSOCIATION, INC.

Below you will find highlights from the NATRC Region 5 Board Of Directors meeting held on July 20, 2109 at the Hampton Inn in Norcross, Ga.

The scheduled meeting of the Region Five Trailriders Association, Inc. Board of Directors was called to order by Bill Moore, President.

The meeting was held on Saturday starting at 9:00 am. There were 8 board members present. Regional Treasurer, Linda Clayton, National Alternate, Sallie Kudra. Paula Riley and Lori Allen were also present for the board meeting.

Sherry Garnes was recognized for the secretary's report. The minutes of the board meeting held on February 15, 2109, were previously distributed to the members of the board and reviewed. Bill Moore moved for approval of the minutes and Esther Diaguila seconded, which motion was on voice vote carried.

Linda Clayton provided a Treasures Report. There was a \$6,180.94 net income to date for 2019. There is \$3,248.24 in the Ride Managers Fund. A discussion was raised if it was cost effective to continue with the printed edition of Hoof Prints. Kris motioned to discontinue the printed edition, Esther seconded. All was in favor.

Esther judged the Pony Express ride where 2 way radios were used with ride management's key people. Esther will gather more information for region 5 to further investigate if we could benefit from the radios.

Lee's Retreat was a new ride on May 17-19. for the Region. Andrea Rogers reported it came off relatively well.

Kris Gray discussed ride managers making sure they are following protocol. Bill suggested having someone in management stay in camp to be more accessible in case of an emergency. The board discussed management and volunteers being friendly and helpful to the riders.

Cindy Keen gave the Fund Raising report for 2019.

\$2,450.00.00 First In Line

\$1,875.00 Number for the year

\$3,347.42.00 Benefit Ride

\$1,358.00 Store Sales

"You can lead a horse to water but you can't make it drink...but you can make sure it's thirsty before you make the bet!" - Pat Parelli

Victoria stated Renegade boots are sent out to every ride manager to be raffled at their ride.

Kris Gray gave a report on rider participation by number and state. The number of riders as of Virginia Highlands in 2018 were 245, 2019 were 244. The goal is to have a strong fall season and boost the rider numbers for 2019. Alabama and Georgia is where the majority of the riders are coming from according to the report.

Kris reported there are 6,000 following the weekly post on the national Face Book page. Kris motioned to update the Region 5 website. Sherry seconded the motion, all was in favor. The quote for the renovation is \$1,500.00.

Sallie Kudra gave the membership report. 16.9% of the free membership of 2016 renewed in 2019. Andrea is going to explore further into the statistics.

Paula presented a horse trophy to offer for awards, the cost is \$25.00 per trophy. The BOD agreed to purchase four.

Esther Diaguila presented the NBOD Report. Key points from the meeting were;

1. A rule change for RI is up for consideration
2. Dogs are required to be on leash at all times due to safety issues.
3. Any accident should be reported.
4. The ride averages are going up due to LeD
5. LeD horses are subject to drug testing.
6. LeD will have placing's 1-6, judges will place 1-10.

National discussed not having a LeD ride on the same weekend as Mini Convention and free members would not have voting power.

Bill suggested having the RI follow up with any rider or horse injury after the ride.

Andrea discussed having an equine liability sign posted at check in for the individual state NATRC is competing in. Cindy agreed to purchase the signs.

Bill brought up concerns about the NBOD balance sheet. There is an educational and a foundation account on the balance sheet that should not be there, producing inflated profit.

Paula and Andrea are taking over the Scheduling Committee from Courtney Woodall.

Sherry, Cindy, Bill, Patty, Victoria, and Sandy are up for re-election in 2020.

Bio for re-election needs to be into Linda by the end of July.

Paula Riley was nominated for Regional LeD Coordinator, all was in favor.

Mini Convention was discussed the attentive plan is for February 29, 2020 at Crowne Plaza in Knoxville, TN. The theme of the convention is "There's A New Ride In Town." The cost of the room does not include parking or breakfast. There is a city garage close and the parking is free. Paula is checking on pre-booking 20 rooms if the conference room will be comp. Registration fee is 20.00 Jr. fee is 10.00. There will be a 10.00 discount for registration if paid in full by Jan. 28. Linda Clayton is handling registration and penny sales. Andrew Murray is the MC, Victoria is doing the power point, and Bill is printing the award program.

Schedule for the weekend;

2/28 4:30 R5BOD Meeting

2/29 9:00 Forum including the LeD Ride and Accident Reporting

10:45-12:00 General Members Meeting

Vet Tour of UT in afternoon

5:00-6:00 Happy Hour

6:00-7:00 Banquet

7:00-10:00 Awards

Paula presented to the board documents of her plans for the LeD rides. Her objective is for the LeD rides to be standalone, not with an A&B NATRC ride, and to sandwich them in between the NATRC rides. There was discussion on having an obstacle challenge and clinic at the LeD ride and getting the entire event adequately covered by an insurer. There was a show of hands that was showing interest in the event.

Cindy announced March 14, 2020 for Benefit Ride, the location is Mingo Trails Toombsboro, Ga.

.

The next BOD meeting will be held at Norcross Hampton Inn, 477 Technology Dr. Norcross, GA. Starting at 9:00 am.

The meeting was adorned.





-UPCOMING EVENTS-

January 25-26, 2020	New Year Resolution Ride Esther Diaguila, 850-509-4971, borncountry@skippinghorse.com	Jasper, FL	A-O; A&B-N,CP
February, 29	Clinic @ Hatchet Valley Sara Baldwin forestowners@wildblue.net		
March 14-15	Region Five Benefit Ride Cindy Keen, 478-290-3868, cindytk@hotmail.com	Toomsboro, GA	A&B-O,N,CP
April 4-5	Spring in Dixie at Seven Springs Patty Lucas, 205-999-7580, patty2014@aol.com	Tuscumbia, AL	A-O; A&B-N,CP
April 18-19	Carolina Derby Andrea Rogers, 803-992-3178, 803-658-6017, carolinalluck@yahoo.com	Whitmire, SC	A&B-O,N,CP
May 2-3	Stinkin' Jim's CTR / LeD		
June 20-21	Garrie Bates Memorial at Virginia Highlands Cripple Creek, VA Nancy Sluys, 336-351-4753, minglewood@surry.net		A&B- O,N,CP
September 12-13	Ride The Edge	Jamestown, TN	A-O; A&B-N,CP
September 26-27	Kings Mountain TBD	Blacksburg, SC	A-O; A&B-N,CP
October 10-11	French Broad Classic Sherry Garnes, 828-400-7402, sherry.garnes@sbgdigital.com	Asheville, NC	A-O; A&B-N,CP
October 24-25	Fall at Broxton Bridge Paula Riley, 903-926-3950, parrides@aol.com	Ehrhardt, SC	A&B-O,N,CP
November 7-8	Southern Trails CTR Victoria Whitehead, 706-975-8414, whiteheadva16@gmail.com	Alex City, AL	A&B-O,N,CP

A=2 DAY RIDE B=1 DAY RIDE O=OPEN N=NOVICE CP=COMPETITIVE PLEASURE LeD=LEISURE DIVISION

Check for updates and REGISTER for each CTR (Competitive Trail Ride) at www.natrc5.org.

Also, join our "NATRC Region 5" Facebook group for more details.

SPONSORS



We appreciate and applaud our sponsors. Their support helps us succeed. By purchasing products and services from these companies, you are supporting the sport you love!



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