

SPRING  
2020

# HOOFPRIINTS OF REGION 5

*"MEMPHIS SQUIRREL"*

2019 HIGH POINT HORSE  
RIDDEN BY LISA NAUDITT



FEBRUARY CLINIC @  
HATCHETT VALLEY

MINGO TRAILS FAIRYTALE FUN  
2020 BENEFIT RIDE

MINI CONVENTION  
RECAP

[WWW.NATRC5.ORG](http://WWW.NATRC5.ORG) - REGION 5 TRAIL RIDERS ASSOCIATION

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**FREE**  
**HIGH COUNTRY PLASTICS**  
**USED PICK UP BED**  
**WATER CADDY - 63 GAL**

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Please submit photos and  
information you wish to  
have included in the next  
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## 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

*Welcome*  
**Region 5 new and  
returning members!**

Visit us @  
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# YOUR NATRC

## Let us know what you think.



A few weeks ago I planned to write an article for the newsletter on the importance of communication between our Regional Board of Directors (RBOD) and the general membership. I had intended this article to reach members who might not attend the same rides as I, where I planned to bring up these topics in person.

Recent changes have made this topic more important as we will not have the opportunity to meet in person before the topics I would like to address are voted on at the July meeting of the National Board of Directors (NBOD). Please look over and let us know your thoughts.

### TOPIC 1

#### Rule change Proposals for 2021

There are 9 rule change proposals. Complete proposals and information on the intent of the changes can be found on p.

**Changes to Section 4** - Divisions, Classes and Eligibility, specifically the Novice Division. The criteria requiring a rider/horse to move up from Novice after accumulating 5 first place ribbons will be removed. A criteria of 250 points accumulated in Open, CP or Novice will be substituted.

**Addition of an Experienced Class to the Leisure Division** - Classes for Experienced Adult and Junior riders will be added.

**Change Two Mile point to Forward Motion point** - Distance for Open, CP and Novice divisions will remain 2 miles, the Leisure division can be adjusted to 1 mile as course requires.

**Allow Lenience in Leisure Division Time Penalties** - to allow some judgement in assigning time penalties.

**Leisure Division - Sourcing of Judges & Evaluation of Overnight Stabling** - judges must be sourced from the approved list, stabling must be reviewed for safety to meet insurance requirements.

**Revise Leisure Division Placings and points distribution** - Placings will be to 6 places like all other divisions, with points adjusted accordingly.

**Add Out of Region requirement to President's Cup Criteria** - Horse must start in at least one out of region ride of any type.

**Recognize Overall High Point Novice on National Level** - Add national awards for High point Horse, Horsemanship and Team.

**Recognize Overall High Point Competitive Pleasure Team** - To keep in sync with existing / proposed national team awards in other divisions.

“None of us is as smart as all of us.”  
--Ken Blanchard

### TOPIC 2

#### Nomination of candidates for open Regional BOD seats

--There will be a number of seats on the Regional BOD up for election. Current members can run for re-election if they wish and any members interested in serving on the BOD are encouraged to run as well. If you are interested in running, forward your name and a 200 word bio to the RBOD for publication in the next newsletter.

### TOPIC 3

#### Nominations for 2020 Appreciation Awards

--The BOD needs nominees for Annual Appreciation and other awards. Below are descriptions of each award. If you would like to make a nomination, please submit the name and a summary of why you feel they are deserving of the award to the RBOD.

• **The Jack and Mary Britt Outstanding Service Award**  
The Jack and Mary Britt Outstanding Service Award is given to a RFTRA Volunteer who has shown ongoing involvement in the improvement of RFTRA and NATRC. The recipient is a person who has demonstrated exemplary dedication to serving the competitive trail riding sport and its participants, going above and beyond assigned duties. While exhibiting a positive professional attitude and high personal character, the recipient's generous efforts have made a significant impact on the well-being of the sport and on the individuals participating in it.

• **The Mary Britt Mentor Award**  
• **Shannon Memorial Deserving Junior Rider Trophy**  
This award is presented to a deserving Region Five Junior Member (but not necessarily a current junior rider) who has exhibited exemplary sportsmanship and integrity throughout the year, therefore setting the example of how all persons should behave, regardless of age or gender. This award is not necessarily given out every year.

• **Regional Appreciation Awards**  
• **National Appreciation Award for Region 5**

Together,  
our input  
shapes  
the future  
of NATRC.



# 2019 Year End RFTRA Award Celebration

Marty Findley

From the first ride of the new year in the Florida pines of the Coldwater Recreation Area to the last ride in the late fall, groups of Region 5 riders flow in and out of competition. Every member is not present at every ride, we choose the rides we are able to attend and try to support those events each year. The sport is transitioning and choices have to be made, but we have been able to reward our membership every year in February with a celebration of their accomplishments for the past year.

February 22, 2020 we celebrated members who had reached goals, enjoyed camaraderie and learned more about NATRC. We had an opportunity to visit one of the premiere equestrian health and rehabilitation locations in the United States, the Equine Performance and Rehabilitation Center located on the campus of the University of Tennessee in Knoxville. We toured the surgery center, where we learned how horses are transported to surgery after anesthesia and managed during recovery from the surgery. We saw the underwater treadmill used to exercise recuperating horses and multiple evaluation locations within the structure. Returning to our hotel for the evening activities each member hopes they never have to take advantage of this incredible facility, but knowing what is available here in the heart of Region 5 is another way NATRC helps members be prepared for the circumstances that seem to be part of horse ownership.

The Crown Plaza Hotel prepared an excellent buffet and the ambience of the banquet area enhanced by tables and tables of regional awards to be presented created the perfect backdrop for this last celebration before the new ride season. Andrew Murray, as our master of ceremonies, steadily moved us through the program and the multitude of awards giving each recipient their moment to be recognized. Tanya Kingsley, our 20 year+ veteran of Region 5 award allocation, with help from Kris Gray, had expertly organized the awards to be both attractive and functional throughout the evening. Victoria Whitehead, our technical support superstar had the power point presentation with visuals for each award and it was altogether smooth and professional throughout.



One special presentation during the night pulled at the heart of our region 5 NATRC family. Gary Clayton, multiple President's Cup winner, former president of the national NATRC organization, as well as serving as president of Region 5 for many years was recognized and his number retired from our region.

It takes so many people to organize an event like this and special recognition goes to Paula Riley, chairperson for the event, Linda Clayton for managing the on-line and early registration, Sherry Garnes, Ginny Tolbert, and Victoria Whitehead for handling on site registration, and so many others who stepped up to make the evening a success.



# Celebrating Region 5



# My NATRC Journey

Gary Clayton

I want to thank NATRC for all of the wonderful memories, fun and learning over the years and for the challenges, both as a competitor, in management and in leadership. From Riverbend when the Tombigbee River flooded and Mary Britt was thrown off her horse into a flooded creek and Gerald Ferguson using his creativity to reroute and get enough miles despite all of the water to pot luck dinners at Coldwater, I am grateful for the experiences and time shared with my NATRC family.

I turned 63 in 1999 when I fulfilled my childhood dream of having a horse. Linda and I bought two Quarter horses and started trail riding. Mostly organized trail rides. It was fun, but I wanted something more challenging. I found the NATRC website and discovered there was a competitive trail ride about an hour from where we live. I called the Ride Manager, Michelle Goza, she encouraged us to drive up Saturday and see what it was all about. Everyone was extremely friendly, Shirley Sobol shared with us about her horse, Wing Tempo, and how she acquired him. Stephanie Ostrowski showed us around and introduced us. At the pot luck dinner, we were told the next ride would be in North Carolina at Edgemont. "Why not come and volunteer to help?", we did and ended up climbing Adams Knob with Mike Bridges. We were hooked!

We had been on a search for new horses and had found one...Linda's MFT, TJ. After entering the Benefit Ride (I borrowed a big TWH named Ghost), we were positive NATRC was something we wanted to keep pursuing. I needed a horse! I found a gaited Standardbred, Pleaser. Pleaser and I got off to a rocky start, but by the end of the ride year we had won our class and Pleaser was top Novice horse. My intention was to ride in the Open class the following ride year. Things were looking pretty good. I took him to a trainer friend in Tennessee. I took along another horse to keep Pleaser company. She told me the horse I won the Novice division with was not the one I could compete on a higher level with, but the ride along horse I'd brought along was the one. A TWH with a registered name of Generator's Magic Pride and a barn name of Magic. Reluctantly, I rode him the next year in the CP Division, not winning a single ribbon. I told him he had one more year to prove himself or he was gone. I made the decision to ride in the Open Division with the first event being Spanish Trail in Florida. To my amazement, Magic won third place! He then won first place at the next ride and we were on our way to the Presidents cup.

Magic had just turned five, the minimum age for Open competition. He had a lot to learn and the progress was slow. In 2006, I felt he was ready for the adventure, of pursuing the coveted "cup." He had a great year amassing 225 points; however, he finished in second place with the following year ending very much the same. Year 3 in open, Magic performed like the true champion he was and won the prestigious Presidents Cup. Along with the cup, we won the high team award, the Jim Menefee award. Along with the path to the Presidents Cup, Magic won many regional and national honors; 3- 2nd place standings Nationally in the Open Heavyweight class, 4- National Championships, and accumulating over 4,000 Competitive Trail miles.



While Magic and I were traveling the country, I was elected to the National Board of Directors where I served for 8 years. During that time I served one year as Vice President and two years as President. I was also a member of the Region 5 Board of Directors and was elected President, serving 8 years. Following our adventure, Magic came down with COPD and I was no longer able to compete with him. With the help of Carolyn Chapman I was able to find him a good home at a youth camp in the mountains of North Carolina where the summer weather is not so severe.

I found my next horse, a MFT, Redbird's Ransom AKA Blaze. I enjoyed the next few ride seasons with him. I had hopes he would develop into an Open horse and he did. He won a National Championship and finished 4th nationally. He accumulated over 1,000 CTR miles. He was a strong horse that was eager to go and had an amazing, smooth gait. A high pulse rate prevented him from being competitive on a consistent basis. I knew moving forward, if i wanted to compete on the higher level again I would have to do it on a different horse.



The same trainer that "found" Magic had a TWH with a barn name of Amos. I took him home in hopes he would be the horse I was looking for. I knew he would not be a Magic, but i would give him a try. I entered him in the Novice Division for his first CTR. He left the starting line bucking, he did not place...he lost 15 points. 14 of which were trail ability and only one for metabolic. The next ride he won Sweepstakes and went on to be top in the Division! I knew I had found the horse I was looking for. Over the next few years Amos performed like the true champion he was, winning many National honors. Among the honors, finishing high nationally numerous times in the Open Heavy class, 5- National Championships, second for the Jim Menefee award and accumulating 4,000 CTR trail miles. I also won many Region 5 awards in horsemanship. I was truly blessed to have had wonderful horses!





I finished my last ride in the 2018 ride season at the age of 82. Amos finished second in his class nationally and 3rd overall and winning his 5th National Championship. I finished with a 2nd overall in horsemanship and surpassed the 10,000 mile milestone. I also finished runner-up too the Polly Bridges high average horsemanship award with an average of 99.47%. Amos, at the age of 21, and I had a contest going between us to see who could last the longest. He won, but I haven't told him yet.

The last 20 years have been wonderful years that I would not trade for anything. North American Trail Riders Conference has been a big part of my life. The greatest reward in all has been the privilege of meeting and competing with so many wonderful riders, nationally and especially, our Region 5 family. There have been so many people, riders and volunteers that stepped up in so many ways. I am honored to have the friendship of Patty Lucas, Sara Baldwin and Sandy Pegram who have been close friends and riding buddies. The good Lord knew what he was doing when he put Linda Hodges and Paula Riley in my life. Linda who bossed me around at P&R's, making me sit and drink water while she tended to Amos, and Paula who has been a dear friend, co-worker and riding partner. I have truly valued all of the friendships over the years. Thank you, to my wife, Linda. She played such a huge roll in helping me achieve my dreams and supporting me along the adventure.

While my #7 pennie may be retired, I look forward to continuing to contribute where I am able and proud to be involved as a member of the Region 5 Board of Directors. Thank you, friends for the support you have given me through the years you have given me through the many years of competing. Always know that I might not be on the trail with you now but in my heart and mind I am right there – every obstacle and every P&R, I am traveling with you.

# 2020 Fairytale Benefit Ride

## Mingo Trails - Toomsboro, GA



“ A journey is best measured in **friends**, rather than miles.”  
- Tim Cahill



# Hatchet Valley Clinic

## TOP 10 STEPS

## to SUCCESS

March 7, 2020 was a great start to our riding season (little did we know what was coming!). Three President Cup Winners, Sara Baldwin, Victoria Whitehead and Wayne Tolbert joined together to put on a great gathering at Hatchett Valley in Rockford. The group consisted of seasoned riders as well as folks new to NATRC. After a cold winter, folks were ready for the day with warm sun and clear skies, - even the horses seemed to be enjoying the great weather.

The group was divided into 3 groups: seasoned riders, intermediate riders and those experiencing NATRC for the first time. Obstacles had been set up earlier by the host and hostess (Doug McConnell and Sara Baldwin). Each group would work on their set of obstacles with guidance from the instructors. After an hour or so, the group would move on to the next set of obstacles with a different instructor. A lot of hands-on individualized education was accomplished and each rider was able to have some one on one help.

Lunch was provided by our Great Chef Doug McConnell while we all reviewed our accomplishments and, again, enjoyed the weather. After lunch, folks were invited to ride some of the beautiful trails.

Our thanks to the instructors and our host/hostess. It's gatherings like these that develop and continue our family-type connections with NATRC.



# Skyy's MRI

Some of you may remember that even though I was at the Kings Mountain ride this Fall, Skyy was not. Patty Lucas and I had traveled over the day before. When I tried trotting Skyy out (practice vet in) Friday morning, my heart stopped --- he was dead lame front right. This had NEVER happened in the 15 years I've had him. Dr. Bridges gave him the technical eye and yes, Skyy would not compete.

After arriving home, I took Skyy to our big vet clinic between Birmingham and Atlanta (Pell City). Coosa Valley Equine. The staff (Dr Ed Murray, Dr. John Sudduth and Dr. Jody Wagner) is recognized not only in the southeast but across the country for their equine knowledge, especially regarding the legs.

The leg was blocked and x-rayed in several areas. Nothing broken, but unable to identify the problem. Skyy was on limited running and playing for a couple weeks, then we redid x-rays. Still no bone issues.

Options were discussed. John and I decided to wait for a while and see if nature could work out the problem. After 6 weeks, no real change. We did, however, reshape the front feet and did cold laser therapy. But, still, no noticeable improvement.

In order to identify the problem, we decided on doing an MRI. That is like taking your yearly vet budget and spending it all in one morning! However, there was no other way to figure out the problem. John and I are not rich; but luckily we both worked hard for many years and are not big spenders. We don't do country clubs, boats, second homes, etc., our \$ is where our family and animals are.

Worry, worry, worry! An MRI on a horse??? Dr. Murray discussed the process and what the MRI could supply. Based on the results, we could wind up doing PRP, IRAP, bone marrow aspirate concentrate ("stem cells") or ??

I took Skyy over Monday night and, of course, worried. He is my NATRC horse but more so, he is my buddy. Through all MY leg rehab, he was there and so patient with an old lady and her limitations.

At 8:30 a.m., it started. NOW I know why it is so expensive. Anesthetizing a horse, laying them down (wow!), lifting them up to put on table, prepping leg for machine (about the size of a small fridge), oxygen and tons more. Then there's about 75 minutes of sleepy time for Skyy, complete with soft lights and music while data is transmitted to Colorado radiology specialist for interpretation (between 600 to 800 "slices"). Dr. Sudduth stayed with him the WHOLE process, monitoring air, heart, etc. At one time, there were 3 vets, 3 techs and 3 support folks there for him. About 2 hours after the sedation, he was wheeled into a totally padded recovery room, laid back down on another mat on the floor, and still Dr. Sudduth was there the WHOLE time. It took Skyy about an hour to get up on his feet with some stabilization. Another drunk horse roaming around the room! His head and tail were attached to support structures to keep him from getting hurt!

Continued p16





# Our time with Bentley

John & Sandy Pegram

Bentley (aka Piggy, Booger) came to us in January 2016 after we lost our Emme due to COPD. We'd been several months since she had gone, and started looking in early January. A friend in Montgomery owned Bentley and was cutting back a bit. I had seen him 3 or 4 years earlier when sister Donna had him in training. LaNeil saw my facebook request almost within the first hours and about a week later, Bentley came to live with us.

Always a sweet boy and full of foolishness. Loved throwing his head before a good run. Going in our direction was not always his choice, but he soon agreed to cooperate. About a max of 15 hands and a bit overweight, he soon won our hearts. We got him as John's horse and an extra for whoever needed a ride.

Over the years, he carried and let love him a lot of folks, especially the children. He participated in an at-risk youth group and several summer rides in the inner city. He was a hit! Small, stocky and very pretty. He was my back up horse and we spent a number of hours together and, of course, Bentley carried John safely whenever we needed.

In September when Skyy was injured, Bentley was my "go-to" horse. At first, he preferred ruling the pasture and just being home. Following a couple of long distance trips and one NATRC ride for Christmas in the Pines, he actually started liking and enjoying the new ventures. He surprised me during the Christmas ride and I felt we were actually developing a deep attachment. I came to realize he was a lover of people and – to his mind at least – a leader of horses!

Monday, December 29, we had a short but really good ride in the woods with a friend. Back to the house, quick brush off and turn out to the pasture with Skyy and Bubs. Gave them all some afternoon hay and I was back into the house.

A couple hours later, John noticed Bentley literally upside down, legs folded upward, in the pasture. A colic, yes, but not the normal type. Dr. Koepp came out, gave him some pretty strong drugs, checked him over good. Less than 2 hours later, it was apparent he was still in major pain. We called Coosa Valley Equine and they agreed to see him. We were there in an hour.

## Epiploic foramen entrapment

refers to the displacement of a segment of small intestine through a small hole or foramen that separates the omental bursa from the peritoneal cavity. This form of obstruction accounts for between 2% and 8% of horses undergoing exploratory laparotomy for colic and is one of the most common forms of internal hernia in the horse.

**“Treasure all that is yours. That which brings you sorrow, once brought you joy.”**

Initial thoughts were we might be okay. After about another 20 minutes, not so. Even in his major pain, Bentley was so accommodating. He'd let me love him, rub him, then give to his pain and roll up on his back, legs folded upward. Then he'd roll back to a tucked position and let me love him.

Within the hour, Bentley was in surgery. All three vets were there along with CVE major assistant. They treated him with such care and respect. What Bentley had was a small intestine colic which could have been repaired. My heart jumped! John and I had discussed the surgery cost, rehab, etc., earlier and we were prepared. But, within the gastric area, there is an area where 3 "components" come together and it's a very small "v" hole (maybe finger size). On Bentley, it was fist wide (EPIPLOIC FORAMEN ENTRAPMENT or EFE). The epiploic is a "void, a black hole" and nothing should be in there. Because Bentley's was fist-wise, my understanding is that it "sucked" in the intestine and therefore the colic cause. The problem was that it could do it again, a week, a month, a year later – who knows. And then Bentley would have to go through the same pain and procedure. I've seen colics; but this one had its own torture. There was no choice. I kissed and rubbed him and headed home. John suffers as did I.

I left him at Coosa Valley that night and on the way home called Danny Thornburg with Equine Burial Services. He had had plans for Tuesday; BUT his love for horses and their owners allowed Bentley to come home Tuesday. Danny picked Bentley up at CVE and had him here at home by 10.

Bentley looked beautiful, shining in the sun, his coat so soft but..... I took Skyy and Bubs to see him before we buried him. Skyy touched and nuzzled Bentley's ears, his eyes, his face. Then I took Skyy to Bentley's other side and Skyy nuzzled Bentley's feet, licked his legs and gently moved Bentley's feet. He knew! They were buds and Skyy knew.

The whole burial process, moving Bentley off the trailer and over to the site, digging a deep and perfect hole, gently lowering Bentley down and covering him with respect and gentle care. There is a definite burial "mound" and it is, again, done with love and care.

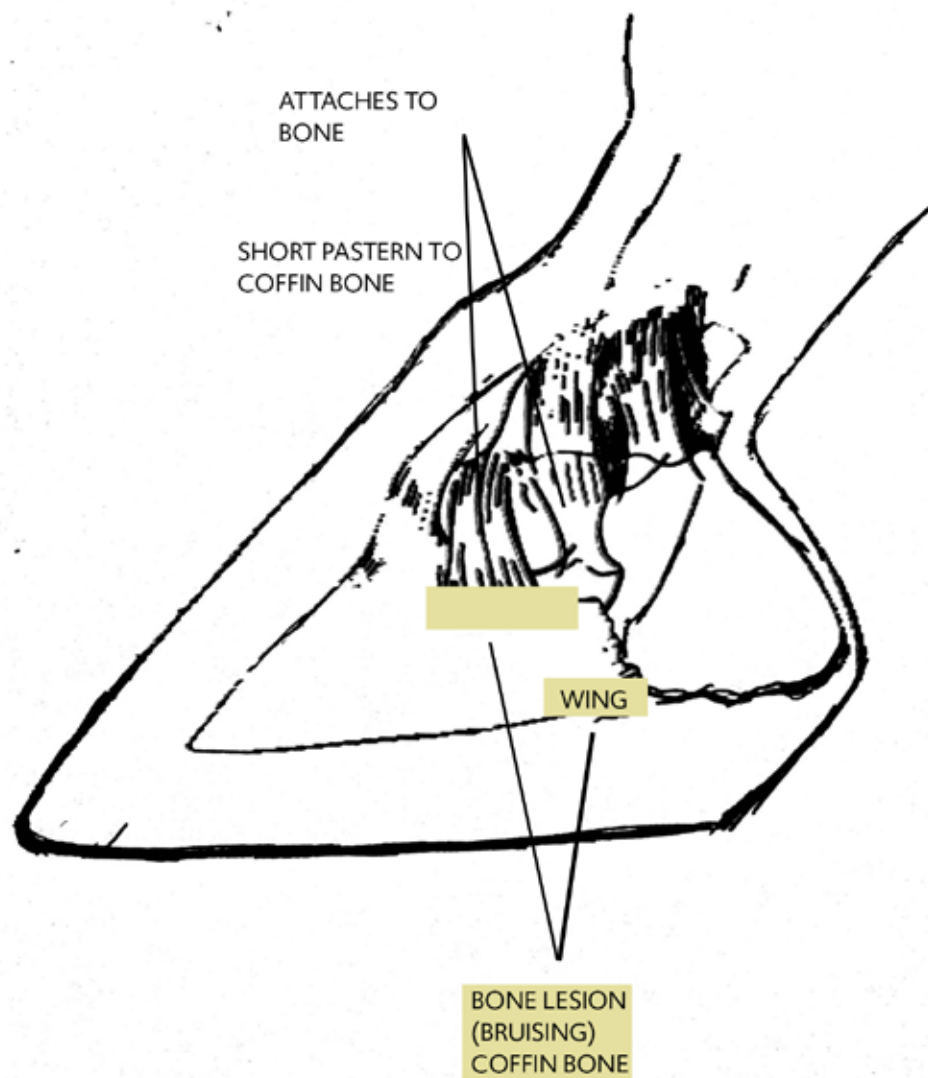
In less than 8 hours, Bentley went from a happy, sweet horse to gone. We have lost other friends before BUT never in such a short unexpected painful time. I know the decision was right but it is sooo hard to understand why. I'm grateful for the last several months that I had with Bentley - we were becoming a real team and partners. Had it not been for Skyy's injury, I would have missed this wonderful time. We are thankful for Dr. Koepp, Coosa Valley Vets, Danny Thornburg and that Bentley did not suffer any more.

Of course, John is suffering too; but you all know, I'm the writer. I just can't talk about it. When my uncle (who raised me) died many years ago, I received a card that says it all. "Treasure all that is yours. That which brings you sorrow, once brought you joy". Meaning: It wouldn't hurt soooo much if it hadn't meant so much. And, there are some song lyrics, "I wouldn't have missed it for the world"; and I agree.

As to your offers to help, here's a suggestion: please love not only your ponies but anything that means so much to you. We are blessed with our normal happy days and we should value and appreciate the things that give us those days. Our time and their time is so precious. Bentley reminded us of that.







By 12:00 he was back in his stall, still not all together but able to stand. About 90 minutes later I would say he was pretty much himself. By Wednesday p.m., Skyy had front shoes back on and was ready to go home (had to take shoes off for MRI). The front right shoe has a metal plate on the inside right to protect the foot. His diagnosis is torn collateral ligament of the coffin JOINT and bone bruise lesion on wing of coffin bone. He has 90 days of "don't do too much (so no frolicking with the others) and an anti-inflammatory med.

Time will tell on how Skyy does (PLEASE keep fingers crossed and prayers going). Right now, he is certainly comfortable and doesn't mind being the "patient". John and I are glad we spent the money. Had we not found the problem, I am sure the injury would have only worsened. This way, at least, we are spending our time looking forward.

I'm just sharing this experience because it scared me (money and physical wise for him) but I now know the value of information. It may be costly but you can't work forward unless you know where to go.

Thank you Dr. Murray and staff for giving us this chance to get back.

Sandy Pegram





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