

SPRING - SUMMER
2023

HOOFPRIINTS OF REGION 5



Date	Ride	Classes
Sept 9-10, 2023	Ride the Edge , Jamestown, TN Ty & Debbie McCullough Ty (785 313-3144) & Debbie (785 313-1143) tdmccull@gmail.com ,	A&B (Sat Only): O N, CP LeD Sat & Sun Confirmed
Sept 23-24, 2023	Welcome to the NATRC Family , Hatchet Valley Farms, Rockford, AL Sara Baldwin and Douglass McConnell, 256 377-2656. forestowners60@wildblue.net .	Clinic plus LeD: Jr, Adult, Exp Sat & Sun Confirmed
Oct 7-8, 2023	French Broad Classic , Asheville, NC Sherry Garnes, 828 400-7402, sherrymgarnes@gmail.com	A&B (Sat only), O N, CP LeD: Sat & Sun Confirmed
Oct 21-22, 2023	Kings Mountain , Kings Mt, NC Connie Fike, 717 781-3236, clfike26@gmail.com	A&B (Sat Only): O, N, CP LeD: Sat & Sun Confirmed
Nov 4-5, 2023	Southern Trails , Alexander City, AL Victoria Whitehead, 706 975-8414, whiteheadva16@gmail.com	A&B (Sat Only): O, N, CP Confirmed
Nov 18-19, 2023	NATRC Clinic & LeD Ride , Camp McClellan Horse Trails, Anniston, AL Sandy Pegram 205 492-2309 sandypegram205@gmail.com Patty Lucas, 205 999-7580, patricialoveladylucas@gmail.com	NATRC Clinic Sat LeD Sunday Confirmed
	2024 Ride Season (preliminary)	
Date	Ride	Classes
Dec 9-10, 2023	Christmas in the Pines , Munson, FL Sara Baldwin, 256 377-2656, forestowners60@gmail.com	A&B (Sat Only): O, N, CP Confirmed
Jan 27-28, 2024	New Year Resolution , Jasper, FL Esther Diagulia, 850 509-4971, Borncountry@skippinghorse.com	A-O, A&B N, CP Confirmed Clinic/LeD Sat & Sun Tentative
Feb ???, 2024	R5 Mini-Convention , Marsha Howard, 615 513-9371, mrhmail00@gmail.com	TBD
Mar 9-10, 2024	Spring into NATRC LeD , Tuskegee, AL Victoria Whitehead, 706 975-8414, whiteheadva16@gmail.com	LeD: Jr, Adult, Exp Saturday & Sunday Confirmed
Mar 23-24, 2024	Region Five Benefit Ride , Toombsboro, GA Cindy Keen, 478 290-3868, cindytk@hotmail.com Theme: TBD	A&B (Sat Only): O N, CP Tentative
Mar 30-31, 2024	Easter Weekend	
Apr 5-6, 2024	Spring in Dixie , Camp McClellan Horse Trails, Anniston, AL Patty Lucas, 205 999-7580, patricialoveladylucas@gmail.com	A&B (Sat Only): O N, CP Tentative
Apr 20-21, 2024	H Cooper Black Ride in the Pines , Cheraw, SC Angie Lindberg, 919 633-3277, whatasunnygirl@gmail.com	A&B (Sat Only):-O, N, CP Confirmed
May 4-5, 2024	Virginia Highlands , Iron Mountain Horse Camp, Ivanhoe VA Ride Mgr: TBD	A&B (Sat Only): O N, CP LeD: Sat & Sun Tentative

Hello REGION 5



The ride numbers for 2023 are up from last year. I ask everyone to keep promoting the sport to friends, riding groups, and your local barns. One of the best forms of advertising is word of mouth, by sharing with our friends the experience, excitement and joy we receive from coming to a ride, it becomes intriguing to them. Contact me if you need NATRC R5 flyers to post at any event or on social media.

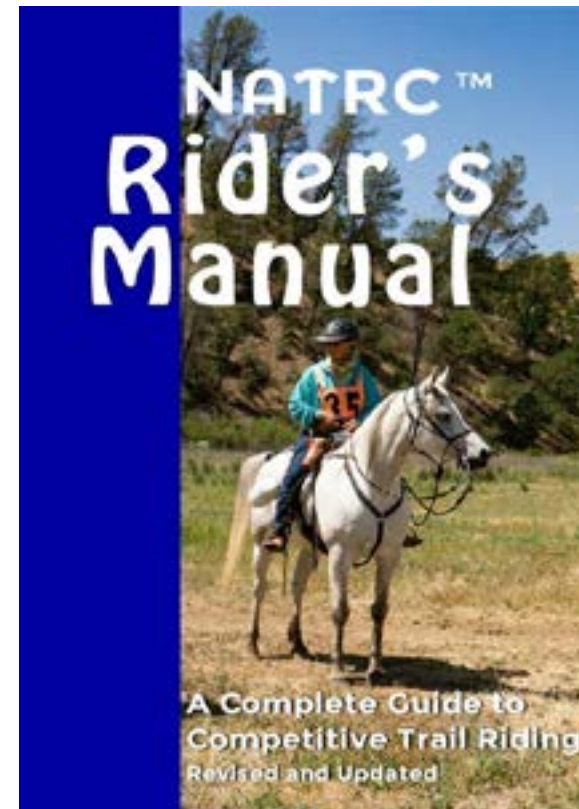
The 2024 National Convention will be hosted by R3 and will be combined with AERC on February 23-25, 2024, at the Embassy Suites by Hilton, Albuquerque, NM. **Region 5 will host the National Convention in 2025!**

Look over the **2024 Proposed Rule Changes** below and let Esther Diaguila & Kris Gray know your vote for the proposed changes.

1. Allow the Heavyweight and Lightweight to combine into an Adult class for the 2024 season.
2. Leisure Division will receive National awards.
3. To allow Topical agents, including ophthalmic, otic, dermal, wound ointments isopropyl alcohol, and liniments, if they do not contain prohibited substances.
4. Allow Omeprazole (GastroGard, UlcerGard, Prilosec, Losec) administered at a preventive dose no higher than 1mg/kg day.
5. Allow neutralizers (Maalox, Neighlox)

Linda Clayton, Connie Fike, and I will offer a Ride Managers Clinic at Ride The Edge this year. If you have ever thought of being a part of a Management Team for a ride or starting up a new ride this will be a perfect learning opportunity for you. My philosophy is, we have all been given gift's and this is a great way to give back to the sport that has given so much to all of us. **Thank you for being a part of such a wonderful family and community!**

See ya out there-
Sherry Garnes



Members: login [here](#) to download your copy
Not a Member: visit [here](#) to Join or Renew

Photos / Articles / Ride Info

Please send any info you would like to submit for
the next Region 5 Newsletter to:
Linda Clayton at lindaclay@aol.com

Cover: Photo credit - Patty Lucas (Alabama Trail
Scamper - Tuscumbia, Alabama)

2023 REGION 5 BOARD OF DIRECTORS

Sherry Garnes, President
Marsha Howard, Vice President
Patty Lucas, Secretary
Cindy Keen
Sandy Pegram
Paula Riley
Patricia Petelle

Alternates:
Sara Baldwin
Victoria Whitehead

National Board:
Esther Diaguila
Kris Gray

Alternate:
Sallie Kudra

SWEET SUMMER

Taking the time to become more familiar with signs of heat related illness and a quick action plan can save your horse from dangerous complications and even death resulting from overheating.

[The American Association of Equine Practitioners](#) recommends applying the following management practices to keep your horses healthy and cool in the summer heat...

1. Good ventilation
2. Encouraging water intake
3. Carefully planned exercise
4. Active observation for signs of heat stress

For more information on recognizing heat stress, proactive management of risks and quick response to heat illness, check out the following sites or ask your vet for tips to keep your horses safe and ready for the trail.

[American Association of Equine Practitioners](#)

[EQUISEARCH](#)

[UC Davis Veterinary Medicine](#)

[University of Minnesota Extension](#)

Horse Heat Index

As temperatures hit record marks, awareness and risk management are major factors in keeping our horses safe.

A quick calculation can make the difference when deciding when hot is “too hot” to ride.

Temp (F) +
Percentage Relative Humidity =
Horse Heat Index

< 120

130 - 150

>180

For more information and full article visit
<https://www.aqha.com/-/heat-stress-in-horses>

Quick Shower, Anyone?

Sprinklers outside the pasture fence directed to easily accessed areas can give your horses a way to cool down and offer a fun distraction from the hottest days. Give one of these top choices a try.



1



2



3



1) [Orbit T-Post Fence Sprinkler](#) 2) [Orbit Impact Sprinkler - Tri-Orbit 3-Arm High-Rise](#)

[pod Base](#) 3)

FUN FACTS

According to Horses Only, latest U.S. data (updated May 2023) reports the horse industry contributes **\$122 billion** annually to the United States economy.

Approx **16%** of people who participate in horse-related activities do not own a horse.

A study conducted in 2021 showed the **average U.S. horse owner to own 6 horses**.

The American Horse Council reports the annual cost of owning a “recreational” horse is an estimated **\$7896.00** per year.



Which division is right for me?



		LEISURE	NOVICE	CP	OPEN
Number of Days		1	1 or 2	1 or 2	1, 2, or 3
Shortened 1-day Format		X			
Distance (miles)	1 day	8 - 12	15 - 24	15 - 24	25 - 35
	2 days		30 - 40	30 - 40	50 - 60
	3 days				80 - 90
Average Pace (mph)		3 - 4.5	3.5 - 5	3.5 - 5	4 - 6
Horse Minimum Age		4	4	4	5
Classes		Adult Junior Experienced	Lightweight Heavyweight Junior	Lightweight Heavyweight Junior	Lightweight Heavyweight Junior
Leg Protection Allowed		X			
Judging Observations		Up to 5	Varies	Varies	Varies
Number of Judges		1	2	2	2
Scorecards		1	2	2	2
Scoring Type		Positive	Negative	Negative	Negative
What is Scored	P&Rs/day, scored	1, X	2 (min), X	2 (min), X	2 (min), X
	Trail Ability & Manners	X	X	X	X
	Equitation & Communication	X	X	X	X
	Safety & Courtesy	X	X	X	X
	Soundness	Go / No Go	X	X	X
	Condition	P&R Only	X	X	X
	Tack	Eval* Safety	X	X	X
	Stabling	Eval Safety	X	X	X
	Grooming		X	X	X
	Trail Care		X	X	X
National Year-end Awards			X	X	X
Mileage Tracked & Awards		X	X	X	X

+ Eval means Evaluate

Take Pride in Your Ride - Come Ride With Us!

NORTH AMERICAN TRAIL RIDE CONFERENCE

Region 5 Board of Directors

Meeting Minutes

R5 BOD minutes

3/17/2023

Hilton Garden Inn and Suites , 2631 Highwood Blvd , Smyrna Tn. 37167 4:10pm CST

The scheduled meeting of the Region 5 was called to order by President Sherry Garnes.

Attendees present : Sherry Garnes , Marsha Howard , Patty Lucas, Sara Baldwin (alternate), Kris Gray ,Esther Diagula, Sallie Kudra, Sandy Pegram, Patricia Petelle, Cindy Keen , Linda Clayton , Victoria Whitehead (alternate for Paula Riley). Also present and welcomed Barry Garnes stepping in for Bill Moore who resigned his post this month.

Secretary report : Patty Lucas minutes were distributed previously by email and passed around for review . Sherry motioned to approve minutes . Marsha seconded.Minutes approved by voice count with no changes .

Linda Clayton : **Financials and budget** . Region 5 has changed to a bank closer to Linda . We are now using Renaissance Bank . YTD revenues for the three months ending March 31 , 2023 was \$3017.50 . Total expenses \$4,628.21. (1610.71). Jackets for 100% club Cindy is going to look into ordering for R5 instead of Elaine Swiss , who has ordered them in past . The Jr rider money by anonymous donor paid out \$1350 for 2022. This was for 4 riders . A/B rides only.

Having some membership issues with rider's information getting lost . If you do membership online be sure to do with credit card for immediate result and record of transaction . Kris brought up that some the problems might be from the core ware passwords expiring or too many attempts to log in . Regular mail in very slow , so encouraging online and email for sanctions and membership. Encourage riders that are new to use the rms helper we have on our rms system for Region 5 . It walks you through step by step . Kris to put on Facebook in a pdf form for those having difficulty registering. Victoria suggests using L1 , L2 for LeD instead of B1 , B2. Ride manager support fund has just the two managers that received money in 2022. Ride managers are to immediately send scorecards to Linda after ride (by Tuesday at the latest) This is to ensure we get the scorecards checked by Linda and sent to National asap. Linda to email us the dates of when the Newsletter articles are due . Sallie Kudra: **Membership** Fan membership for all Vets are done . E news goes out to non members. Only members get the emails . If a person ever a member then their information is in the database .

Marketing committee : Sandy Pegram magnetic car tags suggested . Sandy also to get quote for NATRC cards for the ride managers and board to hand out . Flyers were made with a template for us to use to put up at various locations to promote NATRC. **National** report : Financial Kris Gray . Net \$23,000. Much improved . Scholarship operating fund \$178,000.Drug testing fees have increased. There was a problem with getting supplies is the reason drug testing was not being done. NATRC will be testing 7 rides in 2023.7-8K budgeted for testing .Next National meeting May 4, 2024 at 6 pm Central . There is a sheet in all the Ride / secretary packets to copy with bright paper to go in rider packets with the pilot program for vetting in . This updates the riders on what the veterinarian is looking for in scoring the horse. There is a u tube video to be put on Facebook with this new information. R5 will continue with "NATRC now". To update our membership of what is going on in National .**Fundraising**: Cindy Keen For Mingo trails Benefit ride the bridge is open so should be easier to get there without the detour. Lost a few trails . Trails are redone with different colors. Catered dinner \$25/ person Southern Heritage bbq Dr . Maddie to do Chiropractic for people / horses . \$ 100 a unit . horses will be Sunday after the ride . Judges are Kathy Shanor , Tamera Gull . 16.5mi Novice /CP , Open 27.3Silent auction items some might be saved for the National Convention . Microchipping will be available for \$50 for horses or dogs . We have 25 chips . Victoria bringing scanner.

Big thanks to Tanya for the awards ! She kept within budget for the mini convention .

Schedule change possible Clinic / LeD October 14 instead of Faye Whittemore.

LeD is 50 percent of our ride entries according to National looking at the big picture .

Mini Convention tickets are at regular ticket window under North American Trail Conference . Registration 6:30 . Ceremony at 7 pm .National Convention we are hosting in 2024 . We are looking at hosting this in Nashville. More research to be done . Kris has suggested a company to do research on best Hotels and venues for best price .She will be glad to research if needed. Lodging , Food , transportation and shuttles need to be looked at .

NEW YEAR RESOLUTION

McCulley Farms
Jasper, Florida

Esther Diaguila



The New Year Resolution CTR is in the books! This year, we not only had the normal A/B ride, we included a clinic on Friday morning and an LeD both Saturday and Sunday.

Saturday afternoon, there was a demonstration by Dr. Madi on equine chiropractic technique. Dr. Madi’s approach is a bit different as she adjusts your horse and YOU! After the demonstration, there were quite a few riders lined up for an adjustment, and some horses and riders (no longer in competition) had adjustments as well.



Quite
the
BUSY
weekend!

Riding Florida

Carol McCulley is already
taking reservations
for next year’s ride and
spots are **filling up fast!**

Friday

The clinic on Friday was managed by Sherry Garnes and Marsha Howard with help from Wayne Tolbert, Kathryn Barclay, Patty Lucas and Jennifer Mulligan. Stations were set up for the riders and their horses to learn different skills needed for competitive trail riding.

McCulley Farms has an extensive playground for horses to learn ranging from bridges, to gates and even a tunnel. By all accounts, the riders had a great time and fun was had by all.

Saturday

Saturday morning dawned bright and clear and riders were eagerly awaiting the call to time out. LeD was timed out a couple of hours after the A/B riders and traveled a total distance of 9.3 miles through beautiful palmetto covered ground and along the Withlacoochee River. As they came back into camp, there were smiles all around.

Awards for both the LeD and B riders were held together and well attended. Saturday evening, management provided a spaghetti dinner for all. Several others supplied salad, garlic bread and desserts. This would not have been possible without the help from winter residents and the McCulley’s. **They are an amazing group of people!**

Anyone who attended the ride last year, remembers how cold Sunday morning dawned (18 degrees). This year, Sunday morning was MUCH warmer, although a tad rainy. However, the rain cleared out about 10:30, and the rest of the ride was warm and dry. Jackets and sweatshirts were shed throughout the ride and we had quite a stack of winter gear on the lost and found table.

R4 had quite the representation this year! Six riders from region 4 came to play with us. Fran and Gayle Muench, Patti Hicks, Cynthia Mettes, Deanne Prusak, and Val Snow, welcome! We hope you will come back next year.

This year, Julie Gauthier apprenticed with Linda Galbraith. Julie judged the open riders and will be a huge asset as a vet judge for R5. Wayne Tolbert did his usual awesome job as horsemanship judge and Sara Baldwin worked hard for two days as our LeD judge.

If you have not enjoyed the Florida winter, I encourage you to put next year’s New Year Resolution on your ride calendar and come join the fun. I do not guarantee the weather, but I do promise you will have an awesome time!





McCulley Farms

Year around camping, miles of trails, electric/water hookups, hot showers, pet friendly, how much better can it get? How about the beauty of the scenic North Florida landscape, modern conveniences intertwined with landmarks of days long passed? McCulley Farms has it all. A modern, operating farm, family owned since 1915, the McCulley's opened up for year around camping in 2009. Give them a call and plan your trip, you won't be disappointed!



MARK YOUR CALENDARS... COME RIDE, BRING A FRIEND

SEPT 9-10
JAMESTOWN, TN

OCT 7-8
ASHEVILLE, NC

NOV 4-5
ALEXANDER CITY, AL

SEPT 23-24
ROCKFORD, AL

OCT 21-22
KINGS MT, NC

NOV 18-19
ANNISTON, AL



meeting minutes continued

Marsha suggested fire safety talk , search and rescue talk , and farrier as possibilities. Round table discussions on Friday . Annual meeting on Saturday, T shirts . suggest Cindy and Patty for table decorations and t shirts . Tanya will do awards . Sara B volunteered for National committee .

Possible date for convention February 17-18 . 24-25th is another option .

Zoom call Regarding National Convention May 24, 2023 6pm EST.

R5 board meeting July 22 by Zoom . 10 am EST.

Motion for meeting to adjourn Sherry Garnes . Meeting adjourned .

Region 5 Benefit

Mingo Trails Saddle Club
Toombsboro, Georgia

Riding Georgia



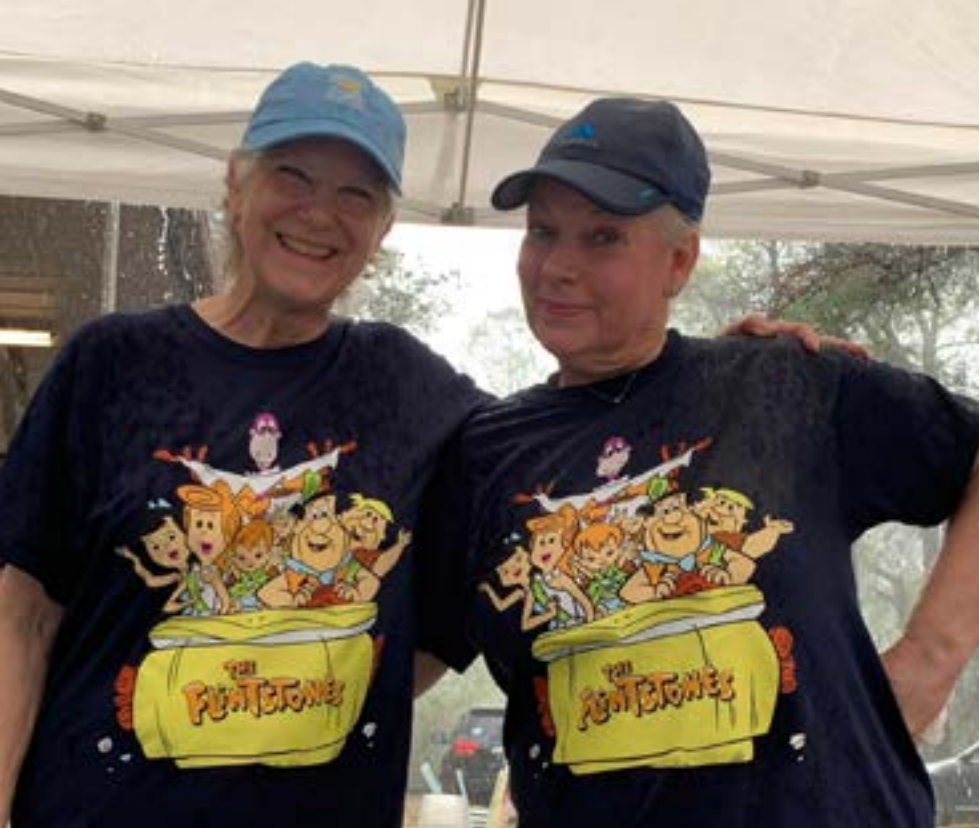
First time competitors in Toombsboro, Georgia



The Region 5 Benefit at Mingo Trails is the Region’s largest fundraiser. Held in Toombsboro, Georgia, full of great riding, great friends and so much fun! 2023 theme - Retro TV. Check out the awesome costumes!

Thank you, Cindy for all of the time and hard work on another fabulous event!





SPRING IN DIXIE

Camp McClellan Horse Trails
Anniston, Alabama

Riding Alabama



Thank you so very much R5 for your warm hospitality at Spring in Dixie. You were all so kind and helpful all weekend. I so enjoyed this beautiful venue and fantastic, challenging, scenic trails. I was blessed to get to come ride with your region again and make new friends and get to know others better and even catch up with some old friends . Thank you to a fabulous ride management team and amazing group of volunteers. It was awesome to see that big group of juniors and first time competitors. Looking forward to seeing some of you in R6 at Kanopolis and hope you get to visit an R4 ride soon.
We are all one family. NATRC strong!

Patti Hicks - Region 4



5 first time competetitors at Spring in Dixie!

This is a PROUD Meadow Chase Farms moment for me! These 3 kiddos all had an amazing weekend thanks to the steady lessons and support from Amy Long. Their grandparents, Suzi Walls Geiger, Mark Geiger and Alan Yauck go above and beyond their role to see that this trio gets to rides. And they volunteer at pnr's and support me on these long horse weekends. I love you all and love those farm shirts!!!

Thanks Patty Lovelady Lucas for putting this ride on. To the judges Esther Diaguila and Dr. Linda Galbraith for giving your time, talents and guidance to these young people!



Left to right
Anna Beth Lawrence CP junior Double Blue's and CP Sweepstakes, Mikey Patisaul CP Junior Double Yellows, ME One Day CP Double reds and Sierra Patisaul, CP Adult double Blues. (photo: Cindy Keen)

photos: Patty Lucas, Donya McCollum



With origins dating back to the Spanish-American War, Camp Shipp, located in Calhoun County, Alabama at the foothills of the Southern Appalachians was home to an estimated 10,000 men of the 3rd Alabama Volunteer Infantry. In July of 1917, the camp was named for Major General George B. McClellan, Chief of the United States Army (1861-1862). Camp McClellan was a special training camp for the U.S. Army during WWI and WWII. At the time of closing in 1999, it was home base to 15,000 soldiers and employed approx 1500 civilians.
Today, Camp McClellan is host to one of Alabama's top equestrian camping and trail destinations.



Virginia Highlands

Iron Mountain Horse Camp
Ivanhoe, Virginia

Riding Virginia

A weekend, soaking in the beauty of the Virginia countryside while enjoying a sport you love, meeting new challenges, setting new goals, meeting new friends, enjoying the company of old ones, this is NATRC.



“Big thank you to Ride Management and the awesome vets and judges that made Iron Mountain a wonderful first time experience!!”

- Charlesey Charlton-McCallister



photo credit: Mary Dukes,
Charlesey Charlton-McCallister,
Sandy Pegram

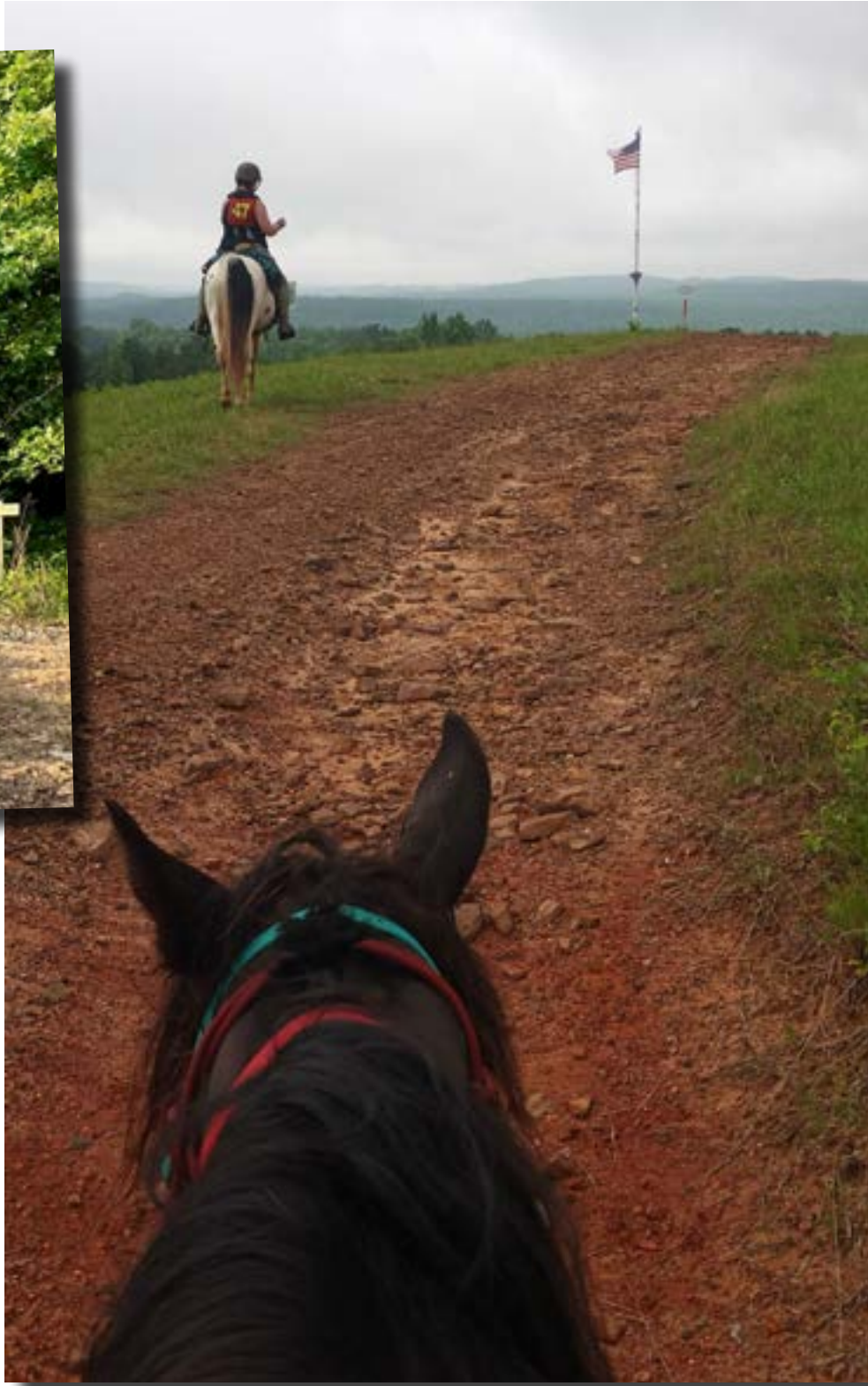
Alabama Scamper

Seven Springs Lodge
Tuscumbia, Alabama

Riding Alabama



A great experience that offers
comradery and companionship
is signing up for a weekend with
NATRC.
- Marilyn Hartness



*COME RIDE
WITH US*