

HOOFPRI NTS OF REGION 5



The Places and Faces
Riding Region 5

Up Next in Region 5

NATRC R5 2024 Ride Schedule Including First Part of 2025 (as of May 26, 2024)

Date	Ride	Classes
June 8-9, 2024	Virginia Highlands , Iron Mountain Horse Camp, Ivanhoe VA Jennifer Mulligan, 540/797-0775, jdavpottery@gmail.com Mary Dukes, 951/283-4770, putupyr@aol.com	A&B (Sat Only): O N, CP LeD: Sat & Sun
June 22-23, 2024 Confirmed	Moon River (Full Moon Nighttime Ride), Jasper, FL Esther Diaguila, 850 509-4971, Brncntry@yahoo.com	A&B (Sat Only):-O, N, CP LeD: Friday Only
Sept 7-8, 2024 Confirmed	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
Sept 21-22, 2024 Confirmed	Welcome to the NATRC Family , Hatchet Valley Farms, Rockford, AL Sara Baldwin and Douglass McConnell, 256 377-2656. forestowners60@gmail.com	Clinic plus LeD: Jr, Adult, Exp Sat & Sun
Oct 5-6, 2024 Confirmed	French Broad Classic , Asheville, NC Sherry Garnes, 828 400-7402, sherrymgarnes@gmail.com	A&B (Sat Only): O N, CP LeD: Sat & Sun
Oct 19-20, 2024 Confirmed	Sweet Home Alabama (at Camp McClellan) , Anniston, AL Alaina Samuels, 256 283-4360 BelleForteRanch@gmail.com	A&B (Sat Only): O, N, CP
Nov 2-3, 2024 Confirmed	Garland Mt Gala , Waleska, Ga Courtney Woodall, 404-326-1989, courtkeen@yahoo.com	Mini Clinic + LeD: Jr, Adult, Exp Sat & Sun
Nov 16-17 Confirmed	Southern Trails , Alexander City, AL Victoria Whitehead, 706 975-8414, whiteheadva16@gmail.com	A&B (Sat Only): O, N, CP

Tentative R5 Ride Schedule 2025

Dates	Ride	Classes
Dec 6-7, 2024 Confirmed	Christmas in the Pines , Munson, FL Sara Baldwin, 256 377-2656, forestowners60@gmail.com	A&B (Sat Only): O, N, CP
Feb 1-2, 2025	New Year Resolution , Jasper, FL Nancy Fuller, 334/614-4357, nancythefarrier@gmail.com	A-O, A&B N, CP
Feb 21-23, 2025 Confirmed	NATRC National Convention , Memphis TN Hosted by R5. Sherry Garnes, 828 400-7402, sherrymgarnes@gmail.com In conjunction with R5 Mini-Convention. Register at NATRC.org.	Special informative programs designed to educate riders.
Mar 8-9, 2025	Spring into NATRC LeD , Tuskegee, AL Nancy Fuller, 334/614-4357, nancythefarrier@gmail.com	LeD: Jr, Adult, Exp Saturday & Sunday
Mar 22-23, 2025 Confirmed	Region Five Benefit Ride , Toombsboro, GA Cindy Keen, 478 290-3868, cindytk@hotmail.com Theme: tbd	A&B (Sat Only): O N, CP
Apr 5-6, 2025 Confirmed	Spring in Dixie , Camp McClellan Horse Trails, Anniston, AL Patty Lucas, 205 999-7580, patricialoveladylucas@gmail.com	A&B (Sat Only): O N, CP
Apr 19-20, 2025	Easter Weekend	
May 3-4, 2025 Confirmed	Tennessee 2 Step – Full Clinic and Leisure Ride , Bolo Club, Sherwood, TN Sandy Pegram 205 492-2309 sandypeggram205@gmail.com	NATRC Clinic Sat LeD Sunday
May 10	Mother's Day	
May 17-18, 2025	Open Weekend	
May 24-26, 2025	Memorial Day Weekend	
May 31-June 1	Open Weekend	

For details and registration information for these and other upcoming events, visit RMS.

on the cover

Ride in the Pines @
H. Cooper Black State Park

Photo: Lael-Ruth S. Feist

We had a terrific time at Ride in the Pines at H. Cooper Black State Park, SC. The facilities are fantastic, and then add all the horse people and NATRC family! What an eye opening to the endurance discipline! The sand and deep sand was an expected challenge that we handled so much better this year - and the rain totally changed trail conditions. Who would've thought a rainy day on day 2 make us so happy? Thanks to ALL ride management and volunteers!

Region 5 Board of Directors

Cindy Keen
Sandy Pegram
Paula Riley
Patricia Petelle
Sara Baldwin
Barry Garnes
Esther Diaguila - Vice President
Ty McCullough

Alternates:
Victoria Whitehead - Secretary
Lael Feist

National Board:
Kris Gray
Sherry Garnes - Region 5 President

Alternate:
Sallie Kudra

Car, truck and trailer decals? Yes, please. Show off your love of our sport everywhere you go!

Visit natrc.org/store to order decals, patches and more!



April 2024 Membership Update New and Rejoining Members

Rejoin:

Marlene Buttrey

New:

Baylor Batchelor

Laurie Binns

Kevin Bowker

Collin Burkott

Mikayla, Scott,
Matilyn & Garrett Hudson

Elicia & Robert Kamberg

Jane Larrimore

Danette Miller

Jacklyn Wynne

NEW MEMBERS ARE FREE FOR A YEAR!

Join NATRC as a new member today, and you'll experience your first year of membership for free! Enjoy many great member benefits and we're convinced that once you've tried CTR, you'll see a difference in your riding and your relationship with your horse.

Although it's a competitive sport, it's not only about keeping yourself challenged or achieving awards, it's about comradery and building friendships with fellow riders who enjoy riding as much as you do.

JOIN NOW!



NATRC

May/June Membership Update

June 3, 2024

1. **Reminder: Save the Date** – The 2025 national NATRC convention is scheduled for February 21-23 in Nashville, Tennessee! Region 5 will be our convention host. Make plans now to come celebrate NATRC style in Music City!
2. **New National NATRC Sponsors** – We are very pleased to welcome three new national sponsors for NATRC. Please support these new sponsors.
 - a. [Quick Draw Tie Line](#)
 - b. [Top Trail Horse](#)
 - c. [Top Horse Trails](#)
3. **2024 NATRC Virtual Mileage Challenge** – If you have not already signed up, sign up today for this year's NATRC virtual mileage challenge. It is a lot of fun to participate as well as an excellent incentive to get out there and get those conditioning miles in. [Click here for more information and to sign up.](#) Your participation in this challenge directly benefits NATRC. The top riders nationally and regionally will be recognized at the 2025 national NATRC convention in Nashville.
4. **New Riding Warehouse Banners** – NATRC national sponsor Riding Warehouse has recently provided new banners for each of our regions to display at all regional events. It is especially important to create this awareness because for every Riding Warehouse purchase our members make, NATRC receives a portion of those sales back. It is a winning formula for us all.

Please send me a picture from your next ride and/or regional event with members in front of your banner so that I can share them with Riding Warehouse.

It would also be fantastic if you would post those pictures on your regional Facebook groups and/or pages. When you do, please be sure to include the tag @RidingWarehouse each time.

5. **Like and Share** – Be sure to like and share our NATRC social media posts as you come across them. It is an effortless way for all of us to help promote and market our favorite sport.
6. **Safety First PowerPoint** – This informative PowerPoint presentation titled Safety First! Riding Safely, Riding Safely has been recently updated. It is great resource for safety riders,

safety chairs, ride managers, and others involved in keeping us safe out on the trail. This presentation can be found by logging into our webpage and under Admin select Volunteer Resources.

Safety Riders and other safety personnel are an important part of our rides. If you are interested in riding safety at a ride, contact a ride manager in your region and volunteer.

7. **Rider Mileage and Horse Mileage** – These have both been updated through the 2023 ride season and are now posted on our webpage. Log in to view and search under Events.
8. **Let's Ride NATRC Webinar** – The next Let's Ride NATRC Webinar is scheduled for June 12th. The topic will be on GPS Devices and Apps. The focus is going to be on GPS devices (handhelds, watches, and smart phones), getting GPX tracks onto them for upcoming rides, and using them at the rides. Bill Wingle will be presenting, and it will begin at 7 p.m. CDT. Look for an E-News soon with information on how you can register for what will be an informative webinar!
9. **Thank You to our Regions** – I want to thank our regions for all their efforts in making sure there are at least two NATRC clinics per region this year. For over a year I have been highly encouraging these clinics and the regions have responded. We are seeing more clinics and the type of clinics offered is continually evolving.

One of the direct benefits of these clinics has been an increase in our NATRC membership numbers. We are currently on a protectomy to surpass last years total number of members. As you may recall, last year our membership reached a four-year high.

10. **NATRC eNEWS** – Our NATRC marketing committee has created a new flier for regions to use to encourage anyone who has not signed up for our free eNEWS to do so. It is especially important for our new members to be aware of this and to sign up.

eNEWS has been around for several years and I think we tend to take it for granted that everyone already knows about it, and we assume that everyone is signed up.

Our eNEWS is sent via email to all subscribers. It provides updates about NATRC rides, national and regional news, sponsor specials, membership updates (Like this one!), and other information of interest to competitive trail riding enthusiasts.

You may have already seen the new flier as it was just recently posted on our various Facebook groups and pages. This flier would be good to display at all regional rides, clinics, conventions, expos, etc.

To sign up for our eNEWS go to [NATRC](#) and scroll down to the bottom of the home page and then click on Subscribe. **Be sure to remind your clinic participants and riders to sign up!**

11. **Spam Emails** – Unfortunately from time to time you may be the recipient of a spam email. Recently some of you received an email that appeared to be from me asking for gift cards.

When you looked closer at the email it was obvious that the email of the sender was not mine even though it had my name associated with it. Sometimes they may even have an email address that looks ok but when looking closer there is one character that is not accurate. At any rate, if that happens to you just mark the email as spam, block the spam email address, and delete it. Never download any attachments accompanying the message, never click links that appear in the message, and do not reply to the sender. While spam emails will likely always be an issue we all deal with, by blocking spam senders you can cut down the amount of spam emails you receive.

12. **Reminder: Breed Awards** – Keep your breed association individual membership current for the horse(s) you are competing NATRC with. By doing so, you will be eligible for end of the year high point horse awards. Many of the breed associations provide some very nice awards. Your support also helps NATRC continue to build our relationships with them.
13. **Reminder: Wanted - 2025 NATRC Calendar Pictures** – We are collecting pictures now for the 2025 NATRC Calendar. If you have a picture that you think would be good to use, please submit those to Kris Gray. The higher the resolution of the picture the better.
14. **More Pictures Wanted:** NOW is the time to start sending your ride photos for the 2025 National Convention. The more pictures, the better. Send your pictures to Victoria Whitehead.
15. **Reminder: New Riding Warehouse Discount Code:** [Riding Warehouse](#) offers NATRC members a 10% discount with 5% of your purchase benefiting NATRC. Contact either myself or our national office for the new discount code to include in your shopping cart. (Not applicable to non-discounted items. Please do not share this discount code publicly.)
16. **Reminder: Distance Depot has NATRC Swag:** NATRC sponsor [Distance Depot](#) offers NATRC branded products for our members. They have a wide selection of jackets, sweatshirts, polo shirts, gear bags, hats, headbands, and other items for you to shop from. A percentage of your purchase benefits NATRC making this a win-win for everyone.
17. **Follow NATRC on the Web:** Be sure to make our NATRC webpage natrc.org the startup page for your internet browser. When you do, every time you open your browser, your opening tab will be our NATRC webpage. It is an effortless way to stay current with NATRC!
18. **Stay Current:** Keep up to date with NATRC by following us on social media.
 - a. Follow us on Instagram @natrc_ctr. There are now 392 NATRC pictures!
 - b. Follow us on Facebook with our North American Trail Ride Conference (NATRC) page.
19. **Subscribe today to our NATRC (North American Trail Ride Conference) YouTube channel.** Definitely be sure to check this resource out. We currently have twenty-six videos posted here that are specific to our sport. It is a wealth of extremely helpful information.

What an exciting time of the year. On the same weekend last month there were rides in five or our six regions! Wouldn't it be fun if every weekend were like that. It would be a tough schedule to be able to get away that often, but even as unrealistic as that is, just think how much fun that would be.

Thank you again to our regions for making sure they have at least two clinics this year. As I said earlier, these clinics are working! The creativity put into these clinics are first class. Way to go!

Be sure to support our sponsors. We are extremely excited for our three new national sponsors. They are all what I consider to be high quality as they each offer outstanding products and/or services.

Follow me on Apple Music @j_zeliff
Follow me on Instagram @johnzeliff
And then be sure to follow me to that next NATRC ride!

John Zeliff, President

#chasindreams
#NATRCfamily
#NATRCpride
#NATRCfun
#NATRC

First time competitors R5 Benefit Ride - Mingo Trails



The Who, the How and the Why

Fun, competitive, educational, challenging...all words used to describe NATRC Region 5 rides. Of these particular words and synonyms, there is a feeling, commonly expressed by members, visitors and spectators alike, the feeling of FAMILY. At the end of the day, regardless of the weather, logistical hiccups, sore muscles and the occasional ornery equine friend, Region 5 is a family. The true spirit of camaraderie and support shared within this growing circle is what makes Region 5 so special.



We are all so proud of the Meadow Chase Farms, Dublin, GA NYR competitors! NATRC at McCulley Farms was one for the books! Double 100's on my scores, 4 riders and 4 horses, 8 blue ribbons and 3 Sweepstakes. I wasn't sure how it would go on my first regular ride on new mount, Kodaks Breezy Girl. Courtney Keen Woodall has put an amazing start of this lovely mare for me.

Anna Beth Lawrence on Joe; their first Open junior ride was flawless. They garnered a one day open sweepstakes. Sibling duo of Sierra Patisaul on Jagger and Mikey Patisaul on Pepper, owned by Marsha Howard, in the CP class, were spot on as well. Sierra taking CP 2 Day Sweepstakes barely beating out her brother a CP Junior.

All this success again goes to the support and horsemanship knowledge of Amy Long. She has been all of these duckling's mentor for years. Big thanks to their grand parents for providing these young riders with such a wonderful Equestrian experience. Alan Yauck, Suzi Walls Geiger

- Cindy Keen

Had such a fun time at the Mingo trails benefit ride! Cindy Keen and Courtney Keen Woodall did a fabulous job. Trails were well marked. Thanks to the Judges Donna Johnson and Kathy Shanor! Of course thanks to the volunteers!

I did a one day CP ride with Honeybun, she is a jewel. First place for her! Lost a shoe on the mucky orange trail, thanks Nancy Johnson Fuller for getting a shoe back on in time for vet in!

Had fun riding g with Beverly Ruff and her lovely mare Grace, also, new competitors Patsy and Penny and their beautiful horses!

- Patty Lucas



Thanks to everyone at the New Year Resolution ride. I had a blast! Everyone was so helpful and supportive of me and Tanks journey. I have to say I felt more relaxed and welcomed at this event than any other I have encountered. I look forward to riding with y'all again!

- Patsy Fos-Pfzner



IT TAKES A VILLAGE !!!!!!! Spent a day trying to think of words to say THANK YOU to the volunteers at Tennessee 2 Step at the Bolo Club in Sherwood, Tn. These certainly are not the right words but hope you get the right impression.

MARSHA HOWARD for picking the perfect place (BOLO CLUB - Sherwood, Tn) and trail mastering some beautiful trails. Her constant sidekicks who were everywhere - Cynthia Rogers, Heather Alonso AND Jr. Savannah Alsonso. Our judge Patty Lucas always adds an extra portion of sweetness and fun. Patricia Petelle Timer, Party Coordinator, P/R Instructor, was at her best. First-time Judge Secretary Phoebe

Keibel was awesome. Secretary Nancy Fuller (and farrier) always available and ready. Jennifer Mulligan's clinic and mentor. And much-missed but returned Carolyn Chapman! Always a pleasure to have her as a NATRC rep. And Lael Feist who drove up and home in a day to be our RI.

Won't mention each participant in Clinic and/or Ride; but THE best. We shared many stories, experiences, learned TONS, made some new friends. And maybe most of all, we able to show the family side of NATRC. It's competition, horses, people and friendship. Thank you ALL! I have some great memories of what we accomplished this past weekend and so appreciative of everyone!

- Sandy Pegram

Rider to Rider - Q & A

Q After you have gone up a fairly big hill (Tennessee) and then level out- is it necessary to stop and let them “blow” or better to keep going at a slower pace? (Horse in fairly good shape to begin with) Training question- after you have gone up a fairly big hill (Tennessee) and then level out- is it necessary to stop and let them “blow” or better to keep going at a slower pace?

A I don't always stop at the top of a hill to let them blow. Like when you're in a Jazzercise class and they get your heart beat really high with some high intensity cardio, then you just slow down the pace, but keep moving. They don't make you stop. I usually just let my horses “walk out” the climb.

A Horses are “flight” animals. Their systems are set up to deal with short-term, high intensity exertion. As long as their breathing is not actually labored, it's ok to keep them moving. Stopping a horse that's blowing is not always a good idea. Ask racehorse folks. Jockeys don't just stop a horse at the end of a race and let it blow. They walk it out until the respiration and pulse rate settle.

A Keep them walking, at a slow pace. Their breathing and heart rate will actually come down faster. They can cool themselves better. Also their muscles can clear the lactic acid better.

A I always let my horse rest if she stops herself . I chose to let her walk but if she needs to stop I let her .She knows her on fatigue level and could actually be cramping . She usually only stops for a few seconds

Q I am looking for some tips and recommendations for camping set up when stalls are not available.

A Hi ties: keep'em tight. Keeping your lead line tied so that they can't get tangled is a mental game because it gets tied shorter than you feel like is right; remember, they are 1000 pounds so when they lay down, they'll easily pull the line to where it's comfortable. We use a come-a-long but always put quick releases on both ends of rope. We secure buckets and such redundant to keep from mishaps. Tape and pad sharp things with pool noodles and duct tape. Don't want entanglements. Use knot eliminators as stops for sliding tethers so they don't magically tie themselves Round trees. Practice hi ties at home prior to travel.

A Before I hit my first NATRC ride... I set up a primitive camp at my own house.... Set up my trailer and or picket line for feeding, hay bags and water... I feed them there while they were tied while I did my farm chores and or mowing.. Started out first with just feeding then increased the hours they were tied to the trailer or picket line... I made a point to observe from a distance to see what they were encountering if they became nervous.... mostly they were bored... I started with one horse on the picket line then added another one so I could judge the “safe” distance that was needed when multiple horses were tied. Best lesson learned PRACTICE EVERYTHING AT HOME or during a recreational camping trip where no pressure is present...

A If you are camping where your horse will be tied, to a picket line, a high-tie, or to the trailer, you should practice at home. Tie your horse with a hay bag and a water bucket and leave it. Doing this also gives you a heads up on how you need to do your setup. For example, if your horse paces around when tied, you might not want to put his water in a muck bucket on the ground where he's likely to spill it. Have a bucket hanger installed on your trailer. If your horse paws, you might want to bring a piece of plywood to protect the side of your trailer. Basically it's about knowing what issues you mY have and finding a way to deal with it.



Mini Convention - Desoto State Park Celebrating Region 5



NATRC National Convention

