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Region 1 2017 Junior Winners!

Claire Cichocki & Desert Whiskey
   Photo by Kim Naugle, with permission

Alexis DiMartino & Denababorr
   Photo by Linda Thomason, with permission

Grace Boles & Lucky Eddie
   Photo by Linda Thomason, with permission

Natalie Niderost & Abishagg
   Photo by Kim Naugle, with permission
The View From 14 Hands

A friend of mine, Jec, is training for an ultra-marathon running event, and I’m trying to get my mare, Sunny, in shape for our NATRC season. So when Jec suggested we meet at Rancho San Antonio for a run together, it sounded like a great idea – Jec would have company for her run, and Sunny could trot along with a buddy. We agreed to meet at 6:30 AM on a Saturday morning.

When Sunny and I pulled in, we looked down on the parking lots – there were two of them, each football field size and both nearly full – there must have been over a 100 cars there. Yikes. I followed the “Equestrian Parking Only” signs and ended up in only open place in the lot. Jec jogged over while I was tacking Sunny up, so as soon as I tightened Sunny’s girth, we were off.

It was pretty crazy. Sunny and I did about 13 miles, about 1 mile of which was flat. The first 4 miles were uphill and there was a group of walkers or runners every 100 yards or so, and I think the average group size was three –so I estimate that we passed about 150 people. Many of them were really excited to see a horse, so we had to stop for photos. (I suspect Sunny was a Facebook star the next day!) And, because of the traffic and trail width, while Jec was able to pass them gracefully, we had to find the right time and place. So, Sunny had to let Jec get away, maneuver around the people, catch up with Jec again, - then repeat, forever.

When we got to the top of that first long climb, we had to go downhill. We only walk downhill and Sunny takes that to an extreme, so Jec just sort of disappeared into the distance. Sunny just let her. We were doing fine until a female turkey hopped onto the trail in front of us. Sunny stopped, thought it over, and then we (se-dately) chased the turkey off the road. In a few minutes, Jec ran back to join us, so she was there to help when we ran into the cadre of “seven” turkeys!

After that, Jec did an out and back up a hill, and we knew we couldn’t keep up on the downhill, so went up a mile or so with her, then went back downhill so she wouldn’t have to wait for us. We beat her to the bottom and waited at the intersection, where about 30 more people gawked at us. When Jec reappeared, we finished the loop. The final mile into the parking lot was a flat single-track, and it was even more crowded than the trail we’d taken out of the lot, but Sunny let every kid pet her and scrunched herself into crevices along the trail to get out of peoples’ way.

When we got back to the trailer, this guy in an official vest was standing there, staring. I thought I’d parked incorrectly or something, but what he said was, “I’ve worked here for 15 years and this is the first horse trailer I’ve ever seen!” And went on to say that it was too crowded for most people, etc.

When we were on the road on the way home, I was trying to figure out why on earth I even got Sunny out of the trailer. We had a good time, but I was imagining the responses of my friends, many of whom are far more competent riders than I, and whose horses are uber-trained. And I realized that Sunny and I can do stuff like this because of our NATRC experience: she trailer-camps several times a year, she’s been on a zillion different trails, and she’s seen a zillion different animals (tule elk, bears, deer). Horses have ridden away from us, and we’ve ridden away from them. Lots of strange people have not only had their pictures taken with her, they’ve prodded her gut, poked her gums, and pinched her shoulders!

What I mean to say is that NATRC offered us a chance to experience the world in a safe and supporting environment, where everyone has a stake in keeping things calm and safe. The teams we rode with provided great examples of how to approach things, and the judges who rated us gave us insight into what to think about next.

So, if you know someone who’s looking for the next step with their horse, bring ‘em along to a ride! This year most of our 2-day rides will be offering an “Intro Ride” (C ride) on Saturday. It will be an 8 to 12-mile ride that has all the features of an NATRC ride: ride meeting, vetting in, obstacles, timing, etc. Horses and riders will be scored, but no winners will be announced. Oh yeah, and they’ll cost $40-$50. If the riders like it, they can stay and sign up to ride a 1-day B ride on Sunday.

I hope to see you on the trail – along with some of your friends!
**2018 NATRC Region 1 Ride Schedule**


<table>
<thead>
<tr>
<th>Date</th>
<th>Ride Name</th>
<th>Location</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 5</td>
<td>Mt. Diablo</td>
<td>Clayton, CA</td>
<td>Ellen Pofcher (925) 672-3733 <a href="mailto:mtnoaks@earthlink.net">mtnoaks@earthlink.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sec: Jessie Simons (925) 672-4348 <a href="mailto:mtnoaks@earthlink.net">mtnoaks@earthlink.net</a></td>
</tr>
<tr>
<td>May 19-20</td>
<td>Cowboy Camp</td>
<td>Williams, CA</td>
<td>Jean Armer (530) 755-8301 <a href="mailto:armer@citlink.net">armer@citlink.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sec: Linda Thomason (510) 708-1439 <a href="mailto:linda.thomason0610@gmail.com">linda.thomason0610@gmail.com</a></td>
</tr>
<tr>
<td>June 16-17</td>
<td>Eel River</td>
<td>Potter Valley, CA</td>
<td>Steve Meroshnekoff (707) 743-9973 <a href="mailto:iambrewing@aol.com">iambrewing@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sec: Maria Pilgrim (707) 795-8163 <a href="mailto:wolves1961@sbcglobal.net">wolves1961@sbcglobal.net</a></td>
</tr>
<tr>
<td>July 28-29</td>
<td>Knik River Ramble</td>
<td>Palmer, AK</td>
<td>Pete Praetorius (907) 745-4747 <a href="mailto:pwpraetorius@matsu.alaska.edu">pwpraetorius@matsu.alaska.edu</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sec: Jessica Kelsch (907) 590-1234 <a href="mailto:iceponies@gmail.com">iceponies@gmail.com</a></td>
</tr>
<tr>
<td>August 18-19</td>
<td>Jackson Forest Summer</td>
<td>Ft. Bragg, CA</td>
<td>Steve Meroshnekoff (707) 743-9973 <a href="mailto:iambrewing@aol.com">iambrewing@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sec: Maria Pilgrim (707) 795-8163 <a href="mailto:wolves1961@sbcglobal.net">wolves1961@sbcglobal.net</a></td>
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<tr>
<td>Sept. 29-30</td>
<td>Round Valley Regional Park</td>
<td>Brentwood, CA</td>
<td>Gene Boicelli (925) 672-6491 <a href="mailto:geneboicelli@gmail.com">geneboicelli@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sec: Linda Thomason (510) 708-1439 <a href="mailto:linda.thomason0610@gmail.com">linda.thomason0610@gmail.com</a></td>
</tr>
<tr>
<td>Oct. 13-14</td>
<td>Fall Fiesta – Cache Creek</td>
<td>Williams, CA</td>
<td>Pete Meroshnekoff (707) 743-9973 <a href="mailto:iambrewing@aol.com">iambrewing@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Co-chair: Jean Armer (530) 755-8301 <a href="mailto:armer@citlink.net">armer@citlink.net</a></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Sec: Angie Meroshnekoff (707) 391-3408 <a href="mailto:awhitedog@aol.com">awhitedog@aol.com</a></td>
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THE LEADLINE is the official publication of Region 1 of the North American Trail Ride Conference (NATRC). The Deadline is published three times per year and mailed or emailed to all NATRC Region 1 members. It is available by subscription to non-Region 1 members at $8 per year. Issues contain updated information from Region 1 committees, ride results, point standings, minutes of board meetings, and the current Region 1 ride schedule. Send subscription requests and payments (made out to NATRC Region 1) to Phil Young, 2384 Templeton Dr, Redding, CA 96002. Contributions are welcome and may be sent to Laurie Knuutila, 455 Ream Lane, Fairbanks, AK 99712 or email to wildrosepht@yahoo.com. NATRC Region 1 and The Deadline do not necessarily endorse or support the opinions expressed in printed articles or advertisements. The Editor reserves the right to edit material as necessary. No letters to the Editor will be printed if not signed. NATRC and the staff of The Deadline are not responsible for errors in spelling of horses’ or riders’ names.

 DEADLINES:

- Spring issue - Submission: April 15; Publication: May 1
- Summer issue - Submission: August 1; Publication: Aug. 15
- Fall/Winter issue - Submission: Dec 15; Publication: Jan. 1

ADVERTISING RATES:

- Full page—$40
- Half page—$20
- Quarter page—$10
- Business card—$5

Classified ads are free to Region 1 members in good standing, one per issue, up to 30 words. Submit ads to the Editor via email or as hard copies via regular mail; hard copies will be scanned as submitted. Make checks payable to NATRC Region 1.

**Junior Rider Rebate**

Junior riders who are NATRC members by the second Sunday in November of a ride year and complete 3 or more rides in that same ride year are eligible to receive a rebate of $30 per completed ride for up to 3 rides. Please contact Linda Thomason, R1 Treasurer, for more details.
Bob Young spent much of his childhood in the San Francisco Bay Area helping his father who worked as a polo pony trainer for Bob Smith (Nancy Kasovich’s first husband) and Will Tevis. Bob received his veterinary degree from the University of California in Davis in 1961.

After doing some trail riding and packing with their children in the Sierras, Bob and his wife, Lori, entered their first NATRC ride in 1975 at Uvas Dam. Bob showed up in a cowboy hat, chaps and cowboy boots riding a racing Quarter Horse named Moon Chic. Bill and Joan Throgmorton befriended Bob, were very encouraging, and asked him to become an NATRC veterinary judge. Bob received his apprentice judge’s card in 1975 and judged his first ride (for free!) at the Uvas Dam Benefit Ride in 1976.

Bob bred competitive distance horses, rode and won endurance rides, finished the Tevis eight times, and was on the Tevis Board for 5 years. During the 1970’s, Bob was very instrumental in getting Shell Oil animal product division as a major sponsor for the NATRC awards which really helped NATRC avoid a financial crisis. He served on the NATRC National Board of Directors 1977-79, was Vice President in 1979, and a co-chair of the Judge’s Committee. He worked on standardizing veterinary judging and the horse scorecard. Bob judged at least one NATRC ride a year (and sometimes as many as five), often in different regions. He always went out of his way to make time in his very busy schedule to accommodate any ride that requested his help.

Hank Cook, DVM
December 30, 1923 - August 19, 2017

Hank Cook was born in Nebraska, then moved to Riverton, WY where he graduated from high school. He earned his Bachelor’s Degree at the University of Wyoming in Laramie and his Doctorate of Veterinary Medicine at Colorado State University in Ft. Collins. He practiced in Denver for awhile, then moved to California.

Hank’s passion for raising horses began early in life. Over the years, he enjoyed tending to the health of horses in conventional and endurance races, was the designated Head Track Veterinarian at various horse races throughout the state, and performed his services for many Hollywood celebrities. One of our first NATRC veterinary judges, he judged many rides in R1 and R2 from the 1970’s to the early 2000’s.

He was a friend to so many riders and was so well respected in those bygone years. He had a reputation for being generous and always had a story or a joke to share.

Larry Goss, DVM
May 19, 1952 - October 8, 2017

Larry Goss lost his battle with ALS on October 8, 2017, at his home in Auburn, CA. Larry was born in Iowa and grew up in southern California. He earned his B.S. in Genetics and D.V.M. at UC Davis. After completing an internship at Thousand Oaks, he and his wife settled in Auburn.

In addition to judging endurance rides and the Tevis, Larry judged the Mt. Quarry and Georgetown rides for several years starting in 2004. Ironically, Hank Cook was lined up to judge the Mt. Quarry Ride but had to cancel due to an eye infection. Not to be deterred, Marilyn Hunter asked Dr. Goss to be an “emergency guest judge.” He accepted and was subsequently approved.

Larry Goss was an avid outdoorsman, a good veterinarian, and a genuinely nice man.

Bob Young, DVM
September 14, 1930 - March 6, 2018

Bob Young spent much of his childhood in the San Francisco Bay Area helping his father who worked as a polo pony trainer for Bob Smith (Nancy Kasovich’s first husband) and Will Tevis. Bob received his veterinary degree from the University of California in Davis in 1961.

After doing some trail riding and packing with their children in the Sierras, Bob and his wife, Lori, entered their first NATRC ride in 1975 at Uvas Dam. Bob showed up in a cowboy hat, chaps and cowboy boots riding a racing Quarter Horse named Moon Chic. Bill and Joan Throgmorton befriended Bob, were very encouraging, and asked him to become an NATRC veterinary judge. Bob received his apprentice judge’s card in 1975 and judged his first ride (for free!) at the Uvas Dam Benefit Ride in 1976.

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### Region 1 2017 Year-End Awards Program

**Fires, Friends and Families**

The fires last fall significantly affected many of our R1 family. Nancy Kasovich, the Cichocki’s, and Mike Witt, DVM, lost their homes. Angie and Steve were faced with possible forced evacuation and still held off until the last minute canceling the Fall Fiesta Ride. Davern and Stephanie were evacuated. Our BOD communications and Face Book became fire situation status reports. The level of concern of those of us not directly affected reminded us how important our friends and families are, and NATRC has become such a large extended family for all of us. The fires are over, but the effects will last a long time.

May this help us remember to be thankful for what we have and not sweat the small stuff!

### Credits:

- R1 Mini-Convention: Davern Kroncke
- Registration: Linda Thomason and Betty Young
- Membership/Voting: Phil Young and Lee Cannon
- Awards: Betty Young and Davern Kroncke
- MC: Maria Pilgrim
- Program: Jamie Dieterich
- Photos: Linda Thomason and Kimberly Naugle
- Projectionist: Linda Thomason
- Convention Photography: Donna Stidolph

### In Remembrance:

<table>
<thead>
<tr>
<th>Ellen Lovett</th>
<th>Larry Goss, DVM</th>
<th>Hank Cook, DVM</th>
</tr>
</thead>
</table>

### Thank you to our generous R1 award sponsors:

- **Super Benefactor ($1,000 and up):** Tammy Brown – In honor of Doug Brown, to replace the trophies that were lost.
- **Platinum (($500 - $999):**
  - Robyn Berwick – to help replace trophies lost in the fire
  - Eileen, Jeff and Claire Cichocki
  - Linda Clarke – to reimburse for the loss of the Pat Ersepke Award and other awards as needed
  - Darlene, Brian and Haley Schlerf – to sponsor the CP Division in honor of Doodah
- **Gold ($100-$199):**
  - Linda & Lee Cannon
  - Ashley & Joe Dillard
  - Kay Lieberknecht
  - Eric Schroeder
  - Betty & Phil Young – in honor of HR Select (aka “Hisself”)
- **Silver ($50-$99):**
  - Nancy Kasovich
  - Linda Thomason
- **Bronze**
  - Reta Cole – in honor of Rod Cole
  - Jeanine Wolf

### Response to Sponsor Requests

Because of the overwhelming response from our members to the request for awards donations this year, we have been able to create an “Awards Kitty.” We already have enough in it to pay for all the 2018 awards! Many thanks to everyone who contributed so generously, with special thanks to Tammy Brown, Linda Clarke, Robyn Berwick, the Cichocki family and the Schlerf family.

### National Sponsors: Be sure to thank and support our national sponsors.

<table>
<thead>
<tr>
<th>Carri-Lite Corrals</th>
<th>Perry &amp; Trent Law Firm</th>
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<tr>
<td>Chiggerville Farms</td>
<td>Prairie Sylvanai Arabians</td>
<td>Sports Saddle</td>
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<td>The Distance Depot</td>
<td>Renegade Hoof Boots</td>
<td>Wander Themes</td>
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<tr>
<td>Equisure</td>
<td>Riding Warehouse</td>
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</table>
The first Mt. Diablo competitive trail ride happened in 1942, and over the years this ride became legendary. Although initially touted as a “pleasure ride”, it was tough, and it wasn’t unusual to have 100 or more riders show up for the challenge. In the late 50’s the founding group obtained land on Mt. Diablo and moved their operation to the mountain itself.

Their goals were to encourage the breeding of sound, suitable horses for trail riding and to teach people how to train and care for their trail horses. This new organization became The North American Trail Ride Conference. Their first event under that name was in 1961, and since that time the Concord Mt. Diablo Trail Ride Association (CMDTRA) has hosted approximately 80 NATRC rides, missing only 3 years in a span of 56 years!

In recent times, with the diminishing number of competitors, it has become very financially challenging to continue the ride, and were it not for one amazingly dedicated woman, it would have most likely ceased to exist several years ago. Ellen Pofcher has continued to lead the iconic tradition of NATRC’s inaugural ride and the place it holds in our history. We are all in her debt and will be forever grateful for her perseverance and her un-willingness to let the Mt. Diablo Ride die.

Thank you, Ellen, for all your hard work and dedication. It is truly appreciated by so many of us, and the ride will hopefully continue on into the future for many years to come.

---

Jo Schliesman
by Brynn Bollinger

Jo participated in many CTR’s on her Morgan mare, Ginger. She also took several young relatives to compete with her on various rides, riding her other horses, such as Rosie. Not focusing on her own competition, she made sure that they had a great time, stayed safe, were considerate of others, and took good care of the horses, serving as a great role model for the things NATRC values. She taught her great-niece, Brianna to ride. She purchased a young Mustang, Cherokee, who was trained through the prison program at San Quentin, for her niece, Cedar, who hoped to ride him in NATRC herself. “Life” happens, and Jo is still caring for Cherokee at her “ranch.”

Not competing did not stop Jo from contributing to NATRC. She did P&R’s many times, and was in the back of the pickup during that infamous Mt. Diablo ride. She was a convention chair for our first convention in Santa Rosa at the hotel. She has been ride secretary, rules interpreter, worked on Leadline, and helped Kitty Weber many times with ride timing. She was my able and super helpful assistant at the Livermore Convention when I spoke on Restricted Free Feeding several years ago. Since Kitty and Neil moved to Illinois, she has continued timing rides—annually at Round Valley, and also at Jackson Demonstration Forest.

Jo epitomizes sacrificial giving of her self, her time, her expertise, and her resources, and continues to serve, despite working two or three jobs, and tutoring weekends.

---

Jessica Monlux

Jessica took her daughter, Anais, to Angie for riding lessons when Anais was about four years old. Then Jessica started taking lessons herself a couple of years ago. In 2016, we needed a secretary for a horsemanship judge at Cowboy Camp, and Angie asked Jessica if she wanted to try it since she was accompanying her daughter to all the rides anyway. She accepted and has become an excellent, enthusiastic secretary – even when her daughter doesn’t compete. We all thank her for being the kind of volunteer we need.
**Region 1 Year-End Awards**

**Novice Division**

**Novice Junior Horsemanship**  
1st place sponsored by Ashley & Joe Dillard  
Ribbons sponsored by Reta Cole and Linda Thomason  
1st Natalie Niderost  
2nd Claire Cichocki  
3rd Grace Boles  
4th Alexis DiMartino

**Novice Junior Horse**  
1st place sponsored by Kay Lieberknecht  
Ribbons sponsored by Linda Clarke  
1st Lucky Eddie / Grade  
   Anais Monlux & Grace Boles  
2nd Denebaborr / Arab  
   Alexis DiMartino  
2nd Desert Whiskey / Must  
   Claire Cichocki

**Competitive Pleasure Division**

**Competitive Pleasure Horsemanship**  
1st Place and ribbons sponsored by Darlene, Brian and Haley Schlerf  
1st Ashley Dillard  
2nd Joe Dillard  
3rd Kay Lieberknecht  
4th Debbie York  
5th Robyn Berwick  
6th Jean Armer

**Competitive Pleasure Horse**  
1st Place and ribbons sponsored by Darlene, Brian and Haley Schlerf  
1st OM El Sharav / Arab  
   Ashley Dillard  
2nd OM El Shakeeb Dream /Arab  
   Joe Dillard  
3rd OM El Bilbao / Arab  
   Debbie York  
4th Dundee’s Playboy Bunny / MFT  
   Robyn Berwick  
5th Pistol Pete DF / Arab  
   Jean Armer  
6th Bodacious Tailfeathers / Grade  
   Kay Lieberknecht

**Open Division**

**Open Lightweight Horsemanship**  
1st Angie Meroshnekeff  
2nd Joe Dillard  
3rd Kay Lieberknecht  
4th Debbie York  
5th Robyn Berwick  
6th Jean Armer

**Open Lightweight Horse**  
1st place sponsored by Eric Schroeder  
Ribbons sponsored by Linda Thomason & Jeanine Wolf  
1st Desert Reinbeau / Must  
   Angie Meroshnekeff

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*Photos by Kim Naugle, with permission*

Kay Lieberknecht & Bodacious Tailfeathers  
Photo by Linda Thomason, with permission

Jean Armer & Pistol Pete DF  
Photo by Kim Naugle, with permission

Debbie York & OM El Bilbao  
Photo by Kim Naugle, with permission

Ashley Dillard & OM El Sharav and Joe Dillard & OM El Shakeeb Dream  
Photo by Kim Naugle, with permission
### Region 1 Special Awards

<table>
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<tr>
<th>Award Name</th>
<th>High-Point Horse/Rider</th>
<th>Sponsors</th>
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<tr>
<td>Bob Smith Award</td>
<td>High Point 1st Year</td>
<td>Novice or CP horse</td>
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<tr>
<td>Pat Ersepke Award</td>
<td>High Point Novice</td>
<td>Horse/Rider Combo</td>
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<tr>
<td>Fran &amp; Carol Duport Award</td>
<td>High Point 1st Year</td>
<td>Open horse</td>
</tr>
</tbody>
</table>

#### Arabian
- OM El Sharav / Ashley Dillard
- Sponsored by Nancy Smith Kasovich

#### Missouri Fox Trotter
- Dundee’s Playboy Bunny
- Robyn Berwick

#### Mustang
- Desert Reinbeau
- Angela Meroshnekoff

#### Grade
- Lucky Eddie
- Grace Boles

### Wonder Workers
A hat and patch were presented to Linda Thomason.

### 100% Club
For attending all R1 2017 rides as rider or volunteer and the R1 Awards Program in Santa Rosa.
- Claire Cichocki
- Natalie Niderost
- Lee Cannon
- Kay Lieberknecht
- Alexis DiMartino
- Joe Dillard
- Ashley Dillard
- Linda Thomason
- Steve & Angie Meroshnekoff declined another jacket or vest

### Region 1 Awards at the National Level

#### Region 1 Awards at the National Level
Presented February 10, 2018, at the National Awards Banquet, Albuquerque, NM

#### Team Awards – Sponsored by Region 1
Team awards recognize combined horse and horsemanship. All points for rides in which the same horse and rider combination competed are added together. At least three rides must be completed to qualify for annual awards.

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<thead>
<tr>
<th>Award Name</th>
<th>Team</th>
<th>High-Point Horse/Rider</th>
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<tr>
<td>Novice Junior Team</td>
<td>1.</td>
<td>Desert Whiskey / must</td>
<td>Claire Cichocki</td>
<td>56 pts.</td>
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<tr>
<td></td>
<td>2.</td>
<td>Denebaborr / ar</td>
<td>Alexis DiMartino</td>
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<td>3.</td>
<td>Lucky Eddie / gr</td>
<td>Grace Boles</td>
<td>42 pts.</td>
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<tr>
<td>Competitive Pleasure Team</td>
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<td>Ashley Dillard</td>
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<td>2.</td>
<td>OM El Shakeeb Dream / ar</td>
<td>Joe Dillard</td>
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<td>OM El Bilbao / ar</td>
<td>Debbie York</td>
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<td>4.</td>
<td>Dundee’s Playboy Bunny / mft</td>
<td>Robyn Berwick</td>
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<td>5.</td>
<td>Bodacious Tailfeathers / gd</td>
<td>Kay Lieberknecht</td>
<td>50 pts.</td>
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<td>6.</td>
<td>Pistol Pete DF / ar</td>
<td>Jean Armer</td>
<td>40 pts.</td>
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#### 2017 Rider Mileage Chevron & Medallion Awards

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<tr>
<td>4000 Miles – Bronze Medallion</td>
<td>Pistol Pete DF / Arab</td>
<td>Jean Armer</td>
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#### 2017 Horse High Mileage Awards

<table>
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<tbody>
<tr>
<td>1000-Mile Horse Award</td>
<td>Pistol Pete DF / Arab</td>
<td>Jean Armer</td>
</tr>
</tbody>
</table>
The meeting was held via telephone conference on February 4, 2018.

Call to Order:
The meeting was called to order at 10:05 am by Chair Steve Meroshnekoff.

Present: Stephanie Swain, Linda Thomsen, Angie Meroshnekoff, Steve Meroshnekoff, Phil Young, Davern Kroncke, Donna Stidolph and Jamie Dieterich
Absent: Lee Cannon (excused)
Guests: none

Secretary’s Report:
Need approval of minutes of meeting held 19 May 2017. Due to the Northern California wildfires in October, the October meeting was cancelled, and the board was unable to find a suitable date to reschedule.

Treasurer’s Report:
Submitted electronically
Checking balance: $25377.53 (as of 12/31/17)
Currently using Excel spreadsheet, will be moving to QuickBooks
Angie moved to accept treasurer’s report, Stephanie seconded. All agreed.
Federal and State tax forms filed for 2017 – no taxes owed

COMMITTEE REPORTS:
Physical Resource Coordinator: Linda Thomsen – inventory submitted via email; Angie has Riding Warehouse banner from Convention – will bring to rides.

Historian: Davern Kroncke – Davern will bring historical materials to the March Mini-Convention, custody to be transferred to Donna Stidolph. Discussion re: digitizing and posting materials onto the web and archiving physical materials.

Wonder Workers: Steve Meroshnekoff - No update

Points/Membership: Donna Stidolph – No update

Publicity/Outreach Coordinator: Linda Thomsen – working on calendar info to be submitted to Horsin’Around, BAEN, Riding Magazine – will go out by end of week.

The Deadline: Phil Young – 12/12/17 printed 20 copies, 16 mailed. Cost was $34.11 plus postage. Linda will check on postal discount for 501(c)(3) corporation.

National BOD: Angie Meroshnekoff and Jamie Dieterich - There are a lot of rule proposals for 2018 with no limitations on how many will go forward for a vote as in past years. Sarah Rinne did a survey of riders with about 450 respondents. Of those 25% have never been members, 23-24% are past members. Special rate proposed to bring members back. Linda will draft an email to remind people to renew before the start of ride season, listing benefits of membership.

CP proposal will have Lightweight / Heavyweight classes; Open Lightweight / Heavyweight may be merged at management’s discretion if too few riders.

For 2018 there will be a trial period introducing a new introductory or “C” ride – 1 day, 8-12 miles; to be held at the option of ride management. No mileage or awards points will be given until such time as the “C” ride becomes a nationally sanctioned competitive entity.

Region 1 Website: Angie Meroshnekoff and Jamie Dieterich – Donna is doing a great job! Hereinafter, responsibility will be changed to Donna rather than Angie and Jamie.

Ride/Clinic Management: Jamie Dieterich – Cowboy Camp and most other Region 1 rides will have a “C” ride. No additional insurance is required for the “C” ride.

Trails Advocacy Coordinator: Open position.

Bylaws: Jamie Dieterich, Phil Young – it has been determined that no changes to the bylaws are required following incorporation as a 501(c)(3).

Judging Issues: Angie Meroshnekoff, Jamie Dieterich – NBOD pushing for judging standards as there have been problems in some regions with judges “doing their own thing”. In Region 1 there is a problem with not having enough judges. Region 1 will pay 2018 membership dues for R1 veterinary judges who judged last year – Leroy Burnham, Carol Meschter (Carol Ormond is a Lifetime member).

OLD BUSINESS:
501(c)(3) Status Update: Linda
New articles of incorporation were submitted and approved at the Federal level and an EIN# was issued. A donation receipt form is being created by Linda.

2018 Mini Convention Update: Food and speakers arranged; Betty has awards ordered; only 2 vendors – may be find a few more. Linda will send out another reminder.

NEW BUSINESS:
National Convention: National has requested that each region provide a gift basket and a ride entry. R1 will fund a gift basket and provide an entry for the Cowboy Camp ride.

ACTION ITEMS:
Need T-Shirts.
Need Board nominee as there are two open seats and only one nominee.

NEXT MEETING:
Time: Immediately following Mini-Convention
Date: 03 March 2018
Location: Santa Rosa, CA

CLOSE OF MEETING:
Stephanie Swain moved to adjourn the meeting at 11:13 am; Linda Thomsen seconded. All agreed.

Respectfully Submitted,
Stephanie Swain
If your goal is to produce a willing and athletic equine partner, you will do well to commit to cross-training regularly. Formerly the domain of students with extra time, but now increasingly the advice of science-backed studies, varied exercise routines are almost always the key to progress and to a sound horse. Not only does cross-training alleviate the potential boredom and repetitive motion injuries from everyday riding but it improves the body in ways that even exceptional riding within any singular discipline cannot. Research over the past decade has agreed: to strengthen and loosen the body of restriction, restore full range of motion, and stabilize and support soft tissues as well as builds bone density by stimulating the layer of cartilage on the ends of bones that cushions stride impact. From a performance standpoint, this offers a comfortable reward: the horse moves with more suspension and more graceful gaits.

Injury and rehab data shows that horses worked consistently on the same surface every day are more susceptible to strains, especially those that exercise mostly in groomed all-weather arenas day after day. The nerve signals to limbs and stabilizing muscles become dull or “bored” from repetitive motion and fail to make the calibrations as when reading a different surface underfoot. This means lesser participation of the nervous system and movement muscles it controls; or in other words the horse is not getting as much from his workout as he could.

Muscles become stronger in proportion to the amount of stress put on them from work efforts. The same applies to bones. As a general rule, deeper footing stresses muscles, while harder surfaces stress bones. Having access to a variety of riding surfaces allows you to target both systems as needed. If you board at an arena with only access to an arena for exercise, aim to find ways to add time on different surfaces. This can be as simple as:

- A brisk afternoon walk up and down a firm driveway
- Riding around for 20 minutes on a grassy lawn
- Warming up in a round pen or paddock with different type of footing than your arena

Most horses that supplement their arena riding with weekly trail rides receive the stimulation of different surfaces as a natural outcome of these excursions. If you do not trail ride, though, it becomes especially critical that you get creative finding ways to log miles on a footing other than your arena.

Emphasize Calisthenics

Following the commitment to ride on different surfaces, a calisthenics routine is one of the best ways to improve your horse’s ability to move well. Often overlooked as appearing too simple to create changes, calisthenics enable the horse to develop new neural pathways, which leads to different muscle habits. They help clear the body of restriction, restore full range of joint mobility, and stimulate the deep underlying postural muscles that stabilize the skeleton.

For the sake of efficiency, and to make it easier to stay committed, aim to choose just three to five maneuvers for your pre- or post-ride routine. These should take less than five minutes to execute. For conditioning purposes, calisthenics are defined as gentle, controlled movements of the horse’s body through a prescribed range of motion. A partial list of proven exercises includes:

- Backing up hills
- Pelvic tucks
- Carrot stretches
- Un-mounted turns on forehand
- Walking slowly over raised poles or bales
- Belly lifts
- Tail pulls

Add a Terrain or Cavalletti Day Weekly

The postural adjustments and stride changes that result from cavalletti and riding on uneven terrain lead to impressive results. These include strengthening abdominal muscles, straighter movement and balance, increased joint flexion, and coordination. A well-rounded training program includes one day per week of either cavalletti schooling or riding outside on uneven terrain.

If you have access to trails with rolling hills, use them! In fact, for the types of muscle recruitment needed for most disciplines, rolling hills give better results than riding up and down steep inclines. Many riders mistakenly believe they need access to steep hills to make any kind of strength difference, but this is not the case. One hour of walking and jogging on undulating terrain strengthens your horse’s entire ring of muscles that creates movement, both the topline extensor muscles (going uphill) and the flexor chain of muscles (riding downhill).

For riders who live in flat areas with no hills, it becomes more important to include weekly cavalletti workouts. Bear in mind that cavalletti routines can and should be tackled in every gait. Many riders get stuck riding only trotting exercises. For the purposes of basic conditioning, cavalletti exercises need not be complicated. In fact, ones that enable a horse to maintain straightness and balance, rather than over-reaching or flinging himself at the poles, lead to better changes. Below are two of my favorites from my book Equine Fitness.

Snake over Poles

Place several ground poles of any length end-to-end forming a long straight line of poles. In an energetic walk, ride a tight serpentine back and forth over this line, being sure to change your horse’s bend with each loop.

(Continued on page 11)
This exercise strengthens hip flexors and stabilizers, the thoracic sling, and the adductor muscles required in lateral movements.

**Basic Box**

Set up four ground poles (eight-foot length poles are ideal here) in a box with the poles touching at each corner. If you have the means to, raise the corners of the box by placing poles on a block or riser. Begin by walking a cloverleaf pattern of four leaves, with the center of the clover originating in the middle of the box. Focus on riding precise bending lines, steady rhythm over the poles, maintaining light rein contact. Now ride the same figure in the trot. This exercise creates symmetry and straightness by helping the horse use both sides of his body equally. It also develops the thoracic sling of muscles and promotes a rounding motion in the horse's spine.

Jec A. Ballou is the author of four books about equine training and conditioning which you can purchase on her website at [www.JecBallou.com](http://www.JecBallou.com). She teaches clinics nationally and throughout Canada.
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The Leadline
Sheila Christiansen
13040 Ivie Road
Herald, CA 95638