

Region 6 Rally

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Member Spotlight on Sarah Rinne

I'm trying to make the most of winter by catching up with a few members. On January 18th I visited with Sarah Rinne. Lucky for me she had taken a week off from work and had time to talk. In addition to her full time job, Sarah helps her husband run "Rinne's Hay Service", has two children (Cheyenne 12 and Gabe 6) and is remodeling the house they moved from Hallam, Ne to their farm outside of Lewiston, Ne. I needed to take a nap after she told they put up 14,000 small square bales and 300 round bales by hand this year.

For some reason Sarah has interests outside of horses. She loves photography, art, her job in the criminal justice system and understanding people with addictions. Hmmmm, can we go back to talking about horses now?

Sarah's equine soul-mate is a 14 year old Morgan called "Phoenix". Sarah hopes to do about seven rides this season in the open heavyweight division. Did I mention she is the Ride Manager for Indian Caves this



year? And people ask me where I find the time to do things. Sarah makes me look like a slug.

While Sarah has logged over 1,000 miles in competition her goal this year is to get Phoenix his 1,000 miles.

Sarah credits Joyce Jensen for adopting her as her "horse kid" and taking her to her first ride in 1988 when she was 10 years old. Joyce also gave Sarah her first horse a Palomino mare and hauled her to many rides.

Sarah says her favorite place to ride is Fort Robinson and anywhere with challenging trails.

Sarah says her motto is to set a series of goals large and small and when she meets any of them then she considers her year a success.

Sarah believes that a must have item for a CTR is a good state of mind and of course water for you and your horse.

Sarah's advice for a first time competitor is "don't let that first ride overwhelm you".

~V

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*People of
accomplishment rarely
sat back and let things
happen to them. They
went out and happened
to things.*

~Leonardo da Vinci

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Code of Ethics

We, the NATRC National Board of Directors, Executive Director, judges, committee members, and employees are ambassadors of our sport whether at an organized event or informal gathering.

We adhere to an implied code of ethics. This code of ethics dictates that we behave professionally, courteously, and responsibly. This includes:

- Representing the sport on a professional manner
- Being respectful when giving an opinion
- Substantiating information before giving an opinion
- Being kind and courteous to others

Letter from the President

Dear Region 6,

As I sit down to write this letter, I realize that today is President's Day. This means no mail service, no depositing money at the bank, and for some people this means no work! So as we honor the past and present leaders of our country, I need to tell you that I have enjoyed being Region 6's president for the past year and feel honored to hold this title.

A few weeks ago NATRC celebrated its 50th anniversary at the national convention in Nashville, Tennessee. This convention was sponsored by Region 5 and they did a great job of helping us all celebrate the last 50 years of this great organization. Even though there were many examples of individual regional successes, I noticed that most people who were attending seemed to be celebrating the successes of the organization as a whole. All the regions had come together to congratulate each other on such a prestigious history. I was humbled by the number of years so many people have invested in this sport and in awe of the number of miles covered by horses and riders alike over the past 50 years.

On Saturday evening of the convention, I was fortunate to be involved on the ground level of the awards ceremony as I handed over the many ribbons, belt buckles, and trophies to the national president as he awarded them to the deserving recipients. Never before have I been so keenly aware of the investments of time, money, and energy that are the foundation beneath these awards. I felt very privileged to be part of this organization and to be part of the history.

So on this President's Day, I thank you all for the personal time, money, energy, and enthusiasm you have invested in competitive trail riding and in NATRC. If you were able to ride or volunteer at even only one ride last season I thank you. May we never lose sight of the big and small investments of our members, as the contributions of the membership are truly the glue that holds the organization together.

In summary, I will list the things I am reflecting upon for this President's Day.

- ▶ I am thankful for the opportunity to be involved with Region 6.
- ▶ Region 6 is fortunate to have some absolutely fabulous people who ride the great horses and volunteer their great skills.
- ▶ Region 6 is fortunate to have individuals who step up to the challenge of doing the jobs that no one else wants to do...and doing them fabulously well.
- ▶ I am looking forward to a new ride season so I can celebrate the successes, little or big, with you all.
- ▶ I'm grateful it is President's Day as no bills will arrive in my mailbox today!

All my best to you and here's to a new NATRC season.

Christine



Gulf Coast Trailer Sales



*The official boot of
NATRC*



Tilt-Tie

Drug Policy Revised

Following a vote of the Board of Directors in November, 2010, the NATRC Rule Book will now have a Section 7 devoted completely to the rules of prohibited substances and treatments. The purpose of these rules "in equines during NATRC rides is both to protect the equines from harm and to ensure fair competition. Equines should compete under their natural abilities without the influence of any drug, medication or veterinary treatment." Furthermore, the new rules promote the philosophies of NATRC, especially where we are asked "to demonstrate the best methods of caring for equines during and after long rides without the use of artificial methods or stimulants."

The new rule is posted on the NATRC web site. Please read this new section and understand it. Also see the comprehensive Appendices for specific information. These appendices are valuable in their attention to detail.

Appendix A gives us specific prohibited substances by their generic and trade names.

Appendix B lists prohibited medications by category. If you have a question regarding a certain substance and it is not found in Appendix A, check to see if that substance falls into a category of prohibited substances found in Appendix B.

Appendix C provides a clear list of allowed substances.

Appendix D spells out the threshold levels of certain substances, below which they are not considered prohibited. In no way misinterpret that NATRC has approved allowable limits of a prohibited medication. We simply recognize that drug detection technology has advanced to the point of detecting miniscule amounts of substances, levels of which are deemed not to influence the horse during competition.

Appendix E delivers advisory or general guidelines regarding known detection times of certain medications. Individual detection times vary based on many factors including size, health, dosage and route of administration. In other words, relying strictly on these guidelines does not guarantee compliance with the new drug rule.

Finally, Appendices F and G present prohibited and allowed treatments. The appendices will be reviewed annually as new detection methods and medications become available.

You are invited to consult the Veterinary Drug Committee if you are still unsure about a particular medication or treatment.

Our policy is adopted from the AERC policy. Keep in mind that NATRC rules vary slightly from the AERC policy. For instance, NATRC does not allow Regumate therapy, and ice boots are prohibited.

Again, please review the new rule and appendices. They are made for you, the rider, and will hopefully help you navigate the sometimes confusing waters of medication and treatment.

NATRC is very grateful to the American Endurance Ride Conference for allowing us to adopt their drug policies to our use.

NATRC Drug Penalty Policy - The penalty for the administration of a prohibited substance or treatment may include, but is not limited to, ride disqualification, or suspension of NATRC privileges.

YOUR ACTION NEEDED! VOTE ON BYLAWS CHANGES

The bylaws ballot was sent out in Hoof Print, but it apparently was lost out of some of them. A PDF of the proposed changes is posted on our web site (www.natrc.org) for the convenience for those of you who did not receive the ballot or have lost yours.

Please print out the ballot (family memberships print two), vote, sign and mail to:

Executive Administrator
NATRC
P. O. Box 224
Sedalia, CO 80135.

Laurie must receive it by May 1, 2011 for your vote to count.

If you ride, you are a rider. It doesn't how fast or how far. It doesn't matter if today is your first day or if you've been riding for twenty years. There is no test to pass, no license to earn, no membership card to get. You just ride!

Clinton Anderson – Training Tip

When your horse overreacts on the trail, use the One Rein Stop to regain control. By sliding one hand down the rein and pulling it up to your hip, you can make the horse bend his head and

neck laterally, causing him to yield his hindquarters. Anytime a horse disengages his hindquarters, his gas pedal and balance are immediately taken away from him. Without a gas

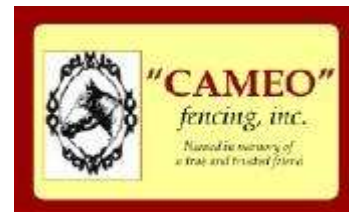
pedal, he can't go anywhere and without balance, he can't rear or buck.



*The Distance Depot
Top quality Beta Biothane
horse tack*



*Essential gear for your
long distance riding needs*



Cameo Fencing

The Horse Behind the Gate

Once there was a young girl who wanted a horse. Since she can remember she has thought about owning a horse and loving a horse and taking care of a horse. In her mind, the horse would connect her to her soul and make her whole. She dreamed of finding just the right horse and longed for this in her life.

Once there was a farmer who owned a horse. He can't remember exactly how he came to own the horse, but the horse was his. His to keep and his to give away. The horse was kept in a tiny pasture with a beautiful, but locked gate. The horse's beauty shined bright and its stamina proved great. When the horse would gallop, its mane and tail would be caught up in the breeze as flags on a flagpole. The soul of this horse seemed wise and deep and all who passed by wanted the chance to own this horse – or at least get a chance to ride it. All things of beauty and shine must be nurtured – cared for daily. And although the farmer knew in his heart he indeed had a rare treasure, he looked to others to care for the horse. He had other things to do.



Everyday the girl would visit the horse, standing outside the locked gate, stretching her hand through the railings to feed the carrots and apples. She was faithful in her visits and did her best to keep the horse cared for. Each day the man would let the girl reach a little further over the fence into the pasture where she would feed and groom and care for the horse.

The farmer noticed that this girl would travel the distance from her house to his house daily just to feed the horse through the gated fence. This devotion moved the old man and he felt a stirring in his heart. He decided to ask the girl if she wanted to enter into a partnership. She would come daily to feed, groom, and train the horse to be a good horse. And after a period of time she could have the horse as her own. She could keep it in the man's pasture as the girl did not have a place of her own. They would be partners in sharing this valuable gift.

The girl was elated and traveled daily to care for the horse, all the while dreaming of the day when the horse would be hers. Time did pass. The girl had been ever so patient and knew in her heart that her hard work would pay off. One day the man said she had worked hard enough to own the horse. Now the young girl would have a chance at a dream, her dream. She hurried over to the man's house. He was where he always was, inside the locked gate. She asked that he unlock the gate so she could take her horse for a ride in the country. She had envisioned it all, the first time out of the pasture. All her hard work would be worth it. She waited at the gate and he didn't come with the key to unlock the gate. She went to his house and he told her he would be right there. She waited, no man, no lock, no ride.

The girl had to go home as it was getting dark outside. Her horse stood just inside the gate as eager to get out as she was to get in. Disappointed naturally. But the girl returned the next day and was told that he couldn't unlock the gate today because he was busy. But how was she to enjoy the horse without his unlocking the gate? Well, he couldn't be bothered today, come back tomorrow.

Continued on page 7

The Horse Behind the Gate *Continued from page 6*

This continued for weeks, even months. The girl would come to ride her horse, to take him outside of his confined pasture, and the man would be too lazy, or busy, or distracted to come to the pasture and unlock the gate.

There stood the horse, there stood the girl. Separated by, a locked gate. And the man, held the key that would open the lock, which would allow the gate to swing open and the young girl to ride the horse to the ends of her dreams.

We're partners, you and I, said the girl to the man. I did my part now you do yours. He agreed that it wouldn't take much to connect the girl with the horse. Just one turn of the key and the lock would open. But his plans for the day seemed to soar above her dreams.

She became disillusioned with the partnership and hope slid from her heart. She had finally found what she had searching for, and now could only stand outside the gate and watch it disappear. The man saw the anguish in the girl's eyes and promised he would come down tomorrow and unlock the gate. As the girl traveled home, once again separated from the horse by a locked gate, she felt a profound loss in her heart. Tomorrow would come and the gate would remain locked. And she would reach through the gate to touch her horse, knowing that what lay between her and her dreams, was a gate. A gate with a lock. A lock, with a key, owned by a man who had no idea what he possessed.

Submitted by Christine Abbott

*When I do the best I can
with what I have, then I
have won my race.*

*~ Jay Foonberg, 72-
year-old runner*

Thinking of You!

Kristie Chapman ~ followed in Dick Webb's footsteps and had knee replacement surgery.

Kristie says: Thank you to my friends and family for their cards and support during my surgery, hospitalization and recovery. My new knee and I plan to be riding by April. See you on the trail!

Sue Maiwald ~ injured her arm fending off a vicious attack by a gang of duct tape. Rest assured this did not stop her from attending her saddle fitting class.

Jennifer O'Dell ~ Jennifer's husband had open heart surgery to replace a valve.

*"For every soul, there is a guardian watching it."
~The Koran*

Kim & Jerry Weil ~ on the loss of Maya, Kim's equine partner to a broken elbow.

*"A dog may be man's best friend...but the horse wrote history."
~Author Unknown*



Husband ~VS~ Horse

Husband

Husbands are less expensive to shoe. (Unless your horse is one of those lucky ones with hooves like rocks.)

Feeding a husband doesn't require anything that even mildly compares with the hassle of putting up hay. (Though they are a great deal more picky)

A lame husband can still work. (In theory, though they will try to make you think they are DYING)

A husband with a belly-ache doesn't have to be walked. (But he will whine incessantly.)

They know their name. (Although, they have selective hearing)

They pay their own bills.

They apologize when they step on your toes. (Most of the time)

They seldom refuse to get in the vehicle. (Well, depending on if they know you are going to the mall or not.)

They don't panic, yelling and running all through the house when you leave them alone. (Unless, you left the kids too)

Men rarely pee in the middle of the bed day in and day out. (True, but they sometimes have issues aiming at the toilet.)

Men don't usually trample their dinner into their beds, or eat the bedding. (No, but they do get crumbs everywhere.)

You don't have to bolt the door every time you leave them for a few minutes to stop them from running back to their friends. (Also depends on just WHAT their friends are doing.)

Horse

If they don't work out you can sell them.

They don't come with in-laws.

If they don't behave you can castrate them.

You don't have to worry about your children looking like them.

You never have to iron their saddle pads.

If you get too fat for one you can shop for a bigger one.

They smell good when they sweat.

You can repair their "clothes" with duct tape.

It's possible to keep them from "jumping the fence".

You can force them to stay in good physical condition...with a whip if necessary.

They don't care what you look like, as long as you have a carrot.

Your horse will not think a new pair of shoes every month is excessive.

Your horse will be glad of the company if you go shopping for another one, and your friends will approve of you keeping more than one, as this is more natural.

I found this surfing www.tackytackoftheday and fell out of my chair laughing. ~V

P.S I have to pick both. My horse won't cook for me and my husband refuses to carry me further than over the threshold. ~V

Welcome New Members

Joyce Shively,
New Strawn, KS

Linda Cramer,
St. Peters, MO

Erin Hall and family,
Perry, IA

Marilyn Dowding,
Raymondville, MO

Kelly & Emily Thompson,
Lincoln, NE

Sherdine Kimmen and
family, Waverly, NE

Diana Thrift,
Iowa City IA

Tamera Vasa, Weston,
NE

Anna Schaben, Arapahoe,
NE

Riding! If there's any activity happier, more exhilarating, more nourishing to the imagination, I can't think what it might be.

Lessons Learned from a Novice Ride Manager

This last fall I had the great opportunity to gain another perspective on our sport of competitive trail riding—managing a ride. This was my first time to take on this position and it is something that I would encourage other members to try to do at some point in their NATRC career! I will not lie—it can be a bit stressful at times (my biggest stress was on Friday night holding the ride briefing mainly because, although I have a big mouth, I do not particularly care for speaking in front of a group of people), but I had a phenomenal group of people lined up in all of the support positions (ride secretary, judges, P and R's, timer, rules interpreter, safety riders, etc.) that made managing the Kanopolis ride a breeze!

We are always in need of additional rides and ride managers and if this is something that you are considering somewhere in the near future, there are a few things that I thought helped me out a lot that I can pass on to you.

1. Find your crew and judges early—this will help you make sure you have someone to fill the roles you have need for; it can be tough to find people at the last minute!
2. Pick crew that you can count on to do the job well—when you have confidence that your team will do great justice to their positions, you can be available during the ride to cover any last minute details that may have not been anticipated or you can just be available to help with P and R's.
3. Keep track of everything you do, have done and need to do for preparation of the ride (in other words, be organized). It is a lot tougher to try to find a receipt or get a cancelled check than it is to make a copy of paperwork up front before sending it off—this is a lesson I learned the hard way!

~Continued on page 10

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Your complete source for the
Trail Horse



EquineMonitors.com

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Performance Training Products



Action Rider Tack

Lessons Learned from a Novice Ride

Manager ~ *continued from page 9*



4. Ask the advice of seasoned ride managers—they can help you think of things you may not have thought of on your own or give you ideas on where to find people/items (like how to feed a crew of volunteers, who would do a good job at a certain ride position, or where to find awards, etc.).
5. Consult the national website for the ride management manual for all of the pertinent tasks you need to accomplish before, during and after a ride. It's a good idea to read this early on and make a list of things you need to do with a timeline, such as applying for sanction and the 6 week ride report, etc.
6. Don't be afraid to ask for help! We have a lot of great resources available in our region 6 membership!
7. On ride weekend, smile and have a good time working with our region members and out of region visitors! If you've done your advance work, most things tend to fall into place! (always be prepared to roll with the punches if need be, though ☺ A great couple of friends told me that if ride management is happy and positive, it will spread to your riders and workers and make for a great weekend, no matter what happens!

In conclusion, I think that managing or co-managing a ride is a goal most everybody should try to achieve at some point in their NATRC career; not only do you get to see the talent and work of our riding and non-riding compatriots, it can give you a great perspective of how much planning and teamwork can go into putting on a ride. I really appreciate more fully our ride managers and volunteers and their efforts to make our sport happen! I also look forward to the 2012 season and putting Kanopolis on again! As a final note, I would like to give a HUGE THANKS to all of my ride staff, sponsors, friends and family who helped me put on Kanopolis—I felt like it was a great weekend and I had a great time putting the ride on

~ Erin Glassman

Keeping Perspective

Play not only keeps us young but also maintains our perspective about the relative seriousness of things. Riding is play, for even if we try hard to do well at it, it is a relief from everyday cares.

With the start of a new ride season it is important to be reminded that it is you and your horse first. We are a teaching sport unlike any other. The competition part of our sport is the motivator that keeps us building and learning with our horses. Don't let the competition

part get in the way. There are always human error's but don't focus on that. Every time you do an observation focus on how well you and your horse are doing and what you could improve on. If at the end of the ride you both did well enough to get a placing then that is just a

bonus **not** the goal. If you focus on placing as your goal then you will struggle to have fun. I commend those competitors that do this sport for the sheer joy of being with their horse despite rarely placing.

Keep it fun!

~Kim Weil

The great advantage of our sport over all others is that we don't need a ball or a team or a field, or even, according to some, shoes. We just need to stand someplace, imagine ourselves in the center of a circle, pick one out of the 360 degrees available to us, and head thataway.

~Peter Sagal, a 3:20 marathoner and the host of NPR's Wait, Wait...Don't Tell Me!

Cover Girls!

Here on the cover of the December 2010 issue of **Trail Blazer Magazine** is none other than our very own Trish Cleveland and Mocha.

Way to go!

Note from Trish – This photographer was GOOD!! The detail in the pictures was unbelievable, right down to the knife clipped to my leg.



Next time you go out, solo or with your posse, ride with your eyes wide open. Play I-Spy if you have to. Notice the beauty of the moments, the scenery, the company, and the rhythm.

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The one with adjustable fit.

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English & Western*



For the safety of your horses. Monitor them while trailering them

\$259 only

Wireless Trailer Monitoring System

Horses for Sale



Xoala, "Zoey" ~

9-yr-old Arab mare, bay with some white, 14.2, sound and in good condition; needs more "finish" training to do ctr obstacles (such as side-pass), but otherwise a good trail/endurance mount. Loves to go, loves to trot, and does not care if leading, following or in the middle. Smooth gaits; goes in snaffle, curb or hackamore. Loads well in trailer and lunges; good for farrier. Asking \$1800.



PS Arickaree Bask, "Rio" ~

7-yr-old, 3/4 Arab mare, solid bay, 14.3, sound, very smooth gaits, well trained in snaffle or hackamore. Has been ridden in Black Hills; can handle rugged trails with ease. Rio is ready to start her competitive career. Sire and dam are multi-champions. Rio has unlimited potential in CTR or endurance. Lunges, loads, and is good for farrier. Asking \$3500.



Miss American Pie, "Missy" ~

Half Arab-Half Paint (mostly thoroughbred), 6 years old, going great on trail, but still a little green; trained in a snaffle. 15 hands can carry 230 lbs. with ease; chestnut with lots of white trim; wonderful smooth trot and canter. Loads well in trailer, good with farrier, and is learning to lunge. The gentleman riding Missy is 6' 8". Asking \$1500.

If interested in Zoey, Rio or Missy

Contact Priscilla Lindsey, lindx_pris@yahoo.com, 785-259-1687

This & That and that from the Editor

The timing of this newsletter is just a little off. We celebrated the 50th Anniversary of NATRC, we had Region 6 convention, and the Kansas Equifest. Right on the heels of that, is the Nebraska Horse Expo and the South Dakota Expo. So needless to say everyone is busy promoting the sport but too exhausted to write about it. Rest assured I

had a stern talk with them and told them they needed to get a report in the next newsletter for those of us who had to stay home and could not attend these fabulous horse events.

So stay on the edge of your seat for these reports including who received the Linda Tellington Jones Award and Diamond of the Year.

I don't know about you, but only getting 5-10 rides on my horse a month just isn't cutting it. I heard that spring really is coming, along with longer days, so I just have to be patient. Not my strong suit!

Well I hope to see you all soon on the trail and remember to send me any and all tidbits.

Your mindless newsletter editor ~V



Bananas over carrots and apples, hmmm!



Horse Sense

Favorite Flavors - According to researchers at University of Southampton, their study showed that horses may prefer fenugreek and banana over carrot and apple! The herb Fenugreek is said to be a valuable digestive tonic and promoter of milk production in human and equine species.

Favorite Colors - According to a review article in the International Journal of Zoology, 'What Horses and Humans See: A Comparative Review', horses loaded into trailers more easily and without hesitation when the ramp mats were green compared to loading attempts when ramps were covered with the more commonly used black matting.



Your source for Witez II bloodlines



A wooden Tree only fits a wooden Horse

EASYCARE \$10,000 HOOF BOOT CONTEST EXPANDED

Win While Competing With Easycare Hoof Boots

On January 25th Easycare announced the expansion of their 2011 \$10,000 **Hoof Boot Contest**. Because NATRC changed its rules to allow hoof boots, a competitive trail riding mileage division has been added to Easycare's fifth annual edition of the contest, which traditionally was for endurance and limited distance competitors.

This is their way of saying "Thank You! " to the NATRC members who voted in favor of the change. Garrett Ford, Easycare President and CEO, made two presentations to the NATRC Board of Directors in 2010 supporting the change.

How It Works

Easycare will award \$10,000 in cash and product to the riders who compete and complete the most miles using two or four Easycare hoof boots (with or without steel shoes) during the 2011 ride season. Half will go to the top 10 riders in the Competitive Trail Division and the other half will go to ten in the Endurance and Limited Distance Division. The breakdown is:

Competitive Trail Division		Endurance & Limited Distance Division	
Cash & Product		Cash & Product	
1 st	\$1,500	1 st	\$1,500
2 nd	\$1,000	2 nd	\$1,000
3 rd	\$500	3 rd	\$500
4 th	\$425	4 th	\$425
5 th	\$375	5 th	\$375
6 th	\$325	6 th	\$325
7 th	\$275	7 th	\$275
8 th	\$200	8 th	\$200
9 th	\$200	9 th	\$200
10 th	\$200	10 th	\$200

Man imposes his own limitations, don't set any.

~Anthony Bailey

Go to **Easycare** and look in "Cool Stuff" to get the detailed contest rules and to sign up online. Be sure to download the mileage verification forms which you will have signed at each ride and will send to Easycare within 30 days of each ride. They tabulate the miles for each division and present the awards at the end of the ride season. Easyboot is now the official hoof boot of **NATRC**, **AERC** and the **Tevis**.

Prepared for Elaine Swiss, National Sponsor Chair, by Bev Roberts.

Rhythm Beads

I have to admit that after interviewing Kira Everhart-Valentine for the member spotlight in the last edition my interest was piqued regarding Rhythm Beads. Now Kira talked about how it helped her remain calm and scared the boogey man away I wanted more information and this is what I found.

“Equine Rhythm Beads’ create an auditory learning experience and are a valuable training aid used to improve performance.

Rhythm Beads encourage your horse to follow a rhythm or cadence, much like a musician to a metronome through timed beats. The soft jingle of the brass bells accentuates the rhythm of horse's gaits, which is

useful for adjusting the tempo/rhythm of the horse's movements. The bells help the rider pick up the correct diagonal and detect whether they are cantering/loping on the correct lead.

On the trail, the bells are useful for alerting both wildlife and other riders that you are approaching. The subtle and soothing jingle of the bells create a 'white noise' effectively blocking distractions in the arena or on the trail.”

Well of course after reading that I had to go out and buy a cheap pair

to try. The selection out there is overwhelming. One of our sponsors “Long Riders Gear” carries them if you are interested in accessorizing your equine partner.

As to whether or not I’m getting the correct diagonal or lead with my trusty steed, I don’t know but they sure sound better than the “Hunter Bells” I put on the horses during hunting season when we ride.

~V



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Region 6 Rally

Editor:



Hi, I'm Virginia Prey, your mindless Region 6 Rally Editor and I would love to hear from you! Send your articles, jokes, photos (.jpg only) or special note you wish to share with your Region 6 family to me. Articles may be edited for grammar, length, and content.

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