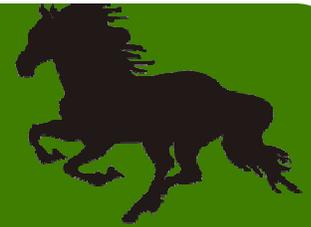


MEADOW MUFFIN



VOLUME 1, ISSUE 2

MAY 2016

SPECIAL POINTS OF INTEREST:

- **NACMO Behind The scenes**
- **NEW RIDE MANAGERS**

INSIDE THIS ISSUE:

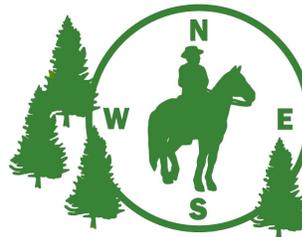
- RIDE RECIPES 2
- RIDE MANAGER QUIZ 2
- OUR HORSES 3
- RIDE RECIPES 4
- ASK MUFFIN 5
- CHAPTER STORIES 6

NACMO Behind The Scenes (Part 2)

Last issue we discussed the three types of members found at a ride and how their prizes and points are handled at the National Level. This issue, let's talk about the hard working Ride Managers who are key in putting on a ride so those NACMO members can earn points and prizes!

To be a ride manager, the individual or team putting on the ride must be an annual or lifetime member in good standing. They get credit tracked for each ride they manage and are also awarded at set levels of achievement. Ride management assistants also get the same credit for their efforts. However for each ride there is only 2 points given out to the managers. This means that if there are more than 2 persons

putting on the ride they need to decide whom gets the points. An example would be where there are a team of 4 persons that are putting on a ride for the weekend (2 sanctioned rides). There are 2 points available each day for a total of 4, so each could get a point towards their lifetime achievement.



Ride managers need to be up to date on the rules and they also have to use their authority in applying fair circumstances for

the participants at their rides. They have the flexibility to add restrictions to the national rules where they see a need to make their ride a safer and or have to follow local policy. This could be dependent on a particular set of park rules and also could be influenced by differing terrain restrictions at a particular site.

Sure, putting on a NACMO ride requires a lot of thought, preparation and perspiration but it is very rewarding to go out and set up the objectives, design the course and watch as your chapter members leave out on their NACMO adventure for the day.

The very best part of bring a ride manager is the overwhelming joy it brings to your chapter members! So, pull out your favorite trail map and set started!

NEW RIDE MANAGERS (Highlights)

NACMO 2015

- 1) LeeAnne Einsel
- 2) Dodie Sable

Upcoming new ride managers—REGIONAL DIRECTORS! PLEASE submit your new ride manager information to the Meadow Muffin so we can praise these hard working volunteers.

NACMO 2016

- 1) Jen Stoudt
- 2) Lindsey Cooke

Ride Manager Quiz

**“Did you get all
the answers
correct? Then
it’s time you
stepped up to
host a NACMO
Ride as a
manager and be
a NACMO
hero!”**

Where can you find the forms you need to set up and run a CMO?

- A) From your chapter representative.
- B) The participants bring their own forms.
- C) On the website.
- D) At the park.

Where do you find information about how much money to send to NACMO and how much to send to your chapter?

- A) From your chapter representative.
- B) From the President of NACMO.
- C) On the Tally sheet.
- D) You decide how much to send, it is a voluntary system.

Who must sign a release to participate?

- A) Members must sign one when they join NACMO.
- B) A parent or guardian must sign one for a junior rider.
- C) Non-members must sign one when they sign up for a ride.
- D) All of the above are correct.

What information should be on the marker?

- A) The number of the plate, and letters to write down.
- B) The date of the ride.
- C) A phrase to help identify the letters.
- D) Only A is required, but B and C are recommended.

What is one requirement of plate placement?

- A) The plate must be able to be seen and read from horseback, and a horse must be able to safely get to a position for the rider to read the plate.
- B) The plate must be placed between 6 and 15 feet from the ground.
- C) The plate must be facing the trail.
- D) The plate must be within sight of the landmarks.

Which of the following makes a plate more difficult for riders to find?

- A) One or more of the landmarks are easy to identify.
- B) The circle is at an easily identifiable location on the map.
- C) The landmarks are very far from the plate.
- D) The bearings from the landmarks are close to 90 degrees apart from each other.

In the riders meeting before the ride, it is a good idea to talk about:

- A) The trail conditions, including hazardous areas, and how to recognize them.
- B) Any 'helpful' things, like confidence ribbons or trail markers.
- C) If there are any places to water horses, and how to get there.
- D) All of the above.

What paperwork should you send to your chapter pointskeeper?

- A) The tally sheet, entry forms, membership forms, release forms, and maps.
- B) Only the score sheet, the rest of the paperwork isn't needed.
- C) The poster board of the results of the ride.
- D) Just the membership forms and the score sheet.

When should you check the plates you set up?

- A) No sooner than 1 week before the ride.
- B) As close to the ride as possible, to make sure that all is well.
- C) If you did a good job of stapling, you don't need to check them again.
- D) Within a week of the ride.

Where can you go for more information and advice about setting up and putting on a ride?

- A) The 'Ride Manager's Aid' and 'Ride Manager's Helper' from the website.
- B) The NACMO facebook page, or any chapter facebook page.
- C) One of the mentors from this weekend!
- D) All and any of the above!

COLIC, a horse in pain

The most common signs of colic in a horse is:

- Anxiety or depression.
- Pawing at the ground.
- Looking at the flank.
- Rolling or wanting to lie down.
- Playing in the water bucket but not drinking.
- Lack of defecation.
- Lack of appetite.
- Excessive sweating.

It is possible for your horse to become stressed during a competition and display signs of discomfort. Always contact a veterinarian if you believe your horse could be colicking. While you wait for your vet to arrive, hand walking your horse will help to alleviate some discomfort.

How can we help to prevent colic? Most colics are due to impaction of manure so keeping your horse well hydrated at a ride by offering water at the trailer and allowing the horse

to drink from streams and puddles while out on trail. Eating fresh grass along the trail is another way to keep your horse hydrated as grass has a very high moisture content. On the day of the ride, avoid dry feeds and adding additional stressors to your horse while he is competing. If the day is hot and your horse is sweating, adding an electrolyte supplement is also a good choice.



“The outside of a horse is good for the inside of a man.”

Winston Churchill

OUR HORSES, the heroes of NACMO

Many times a CMO ride is won by mere seconds on the clock. Was that because your team was fastest in finding the objectives, or was that because your horses flew like the wind in between stations?

Many times, the real heroes of our sport are forgotten. Some horse and rider partners have been competing in NACMO for many years and have accumulated

thousands of points.

What is your goal for you and your horse? Do you want to see your horse listed in your regional standings as a TOP TEN season finisher?

Let’s highlight our National top five horses from 2015. These horse and rider teams have enjoyed hundreds of miles of trails together, searching

for objectives, getting dirty and generally having a ton of fun. Let’s give them a huge shout out.

553	Lancer	Jim Klein	2849
5	Houdini	Noella Novarra	2727
712	Buddy	Noella Novarra	2645
933	Taco	Fred Hanson	2382
738	Skeeter	Lisa Kaiser	2072

SADDLES, does yours work?

Oh, the woes of saddle fitting. The stories told around the camp fire after a NACMO ride could fill several volumes of books, should someone take the time to collect them all in one place. There are a few common sense, rule-of-thumb items we can list out here to assist you in knowing if your equine partner is happy in his/her saddle.

1. **Saddle balance** (a well balanced saddle doesn’t rock)
2. **Saddle arch** (the saddle is not tipped forward onto the withers or rolled back onto the loin)
3. **Tree pressure points** (no amount of padding will change the way a tree fits, proper tree is imperative)
4. **Saddle size** (weight distribution must be forward of vertebrae T18)
5. **Saddle clearance** (when the rider is seated, the saddle should provide adequate spinal clearance so weight is distributed on the muscle)



There are many excellent saddle fitters around the country. Check with your local tack shop to find one near to you and have your saddle evaluated.

Ride Food—Recipe Share Corner



BANANA CRANBERRY SOUR CREAM BREAD

I know, another Banana Bread Recipe, but trust me, the sour cream makes this bread moist and melts in your mouth! It also freezes well so making several loaves at a time is no issue and the bread is loaded with antioxidants and electrolytes.

- 6 very ripe bananas, mashed
- 1 12 oz bag of cranraisons.
- 3 cups white sugar

- 2 tsp ground cinnamon
- 3/4 cup butter, melted
- 3 eggs, room temp
- 1 16oz sour cream
- 2 tsp vanilla
- 1/2 tsp salt
- 3 tsp baking soda
- 4.5 cup all purpose flour

Mix all the dry ingredients into a large mixing bowl. In a second bowl, beat the eggs until foamy, add sour cream and beat some more. Add the

vanilla, cranraisons and bananas. Once it is all creamy, add the flour into the mix and blend well. Batter will be thick and creamy. Pour into greased and floured bread pans, muffin papers or a 9x12 cake pan.

Bake at 300 for an hour (less for muffins, more for a bread pan) or until a toothpick inserted into the middle comes out clean.

“When making a food dish to share at a ride, I always keep in mind the possible allergies riders could have to nuts and I eliminate all nuts from the recipes.”

Manure Happens ...

As NACMO riders, we are all aware of “leave no poo behind”. Many trail heads where we condition and ride for pleasure have rules about removing manure from the parking areas. It is up to the riders on these trails to know the trail rules and to always follow the rules and either take the manure home in the trailer, or spread it out in the

woods. We hear of trails being closed to horses due to lack of responsibility by the riders to keep the parking areas free of manure. At a NACMO ride, it is just as important to be aware of your horse’s manure and take it home with you. Manure spreads non-native plant from seeds that are not fully digested. It also can transmit

equine worms and fly eggs or larvae. Always be responsible and always be courteous when attending rides. Know the rules of the trail, heed the advice of the ride manager and leave no poo behind!

(Always check with your Ride Manager on the trail rules for manure removal)

TRAIL COURTESY

In most states, rules of trail riding courtesy are pretty simple.

1. Horses have the right of way over hikers and bikers (meaning they must yield to the horse and rider)
2. Bikers have the right of

way of over hikers.

3. Hikers with dogs must always step off the trail to allow hikers, bikers and riders to pass.

As a rider, you must extend courtesy to the hikers and bikers as well, by slowing down and walking your horse

calmly past these trail users.

Your courtesy is just as important as theirs! Education is also a key, if a trail sharer does not yield, you can gently ask them to step off the trail to allow you to pass. Be kind as you represent horseback riders everywhere, not just yourself!

ASK MUFFIN

your "Go To" for more information



Dear Muffin:

At a recent ride, my team was stalked by a lone competitor. This person followed along behind us at a short distance and would hang out waiting for us to find the objective, then they would swoop

in and get the information we just spent time in finding. After the ride, we complained to the Ride Manager who told us there was nothing in the NACMO rules about this situation so they could not be disqualified. We are very upset and do not know how to handle this in the future. (*Trail Stalked and Angry*)

Dear Trail Stalked:

Your RM is correct, there isn't a rule about this situation. As a RM, he/she should speak to that rider

about stalking being unsportsmanlike behavior. As a competitor, your team can come up with a plan to divide and conquer. Have a preset word (or multiple words, one for each objective) to designate you have found the objective but keep looking like you didn't find it yet. Then after spending a few minutes wandering around, your team can say "Well, let's go on to the next one and come back to this one later." or "This one is too difficult, let's skip it." Be a good sportsman, but be crafty!

Answers to "Ask Muffin" questions are based on NACMO board member opinions and do not constitute a rule-change or addition. Rather, they are suggestive of what the board as a whole, believes proper behavior to be. Please submit questions for "Ask Muffin" to your state Director, or via email to: askmuffinCMO@gmail.com

(NACMO Rules as relates to Ask Muffin)

R-10 . If unsportsmanlike conduct occurs during a ride, the Ride Manager may bring it before the Boards of Directors for action.

It is always recommended that a Ride Manager speak to the individual or team about any complaints by competitors before taking this action. In many cases, the conduct may be due to a lack of experience or knowledge about the CMO process.

Education by the Ride Manager is always a welcome intervention. However, in some cases, if the behavior and mis-conduct continues, then bringing documentation of this to the Board of Directors is the only alternative. They will then contact the individual or team with the complaint and determine the next course of action.

It is always our goal, as Ride

managers, to provide a fun and enjoyable ride for everyone so setting the expectations of conduct during the pre-ride meeting is a great way to educate and prevent unsportsmanlike conduct.

Classified Ads ... FREE!

FOR SALE: Two year old, double registered Araloosa filly. (ApHC & PAHA registrations) Quiet and calm homebred and raised filly. Will be smaller when fully mature, around 14.2 hands, with a stout build. \$2,000 located in eastern Pennsylvania. Contact Dodie, dodie@newpromisefarms.com or 610-756-3836



CHAPTER STORIES—(PA/NJ/MD/DE/NY)

PA/NJ/MD/DE/NY Chapter NACMO

Our awards banquet took place a bit earlier than usual this year on Feb 28, 2016 at The Hitching Post Restaurant. We celebrated with almost a full membership attending to honor those who had a successful 2015 ride season.

The Hitching Post is a local family owned horse themed eatery that has accommodated our chapter's get to gathers for about 4 years. They offer a wonderful brunch buffet, which everyone seems to enjoy. The locals don't seem to mind our group laughing and just having a fun time!!

I started with handing our certificates to the newer riders that had reached 50 points, which included Wendy Ford, Susan Crawford, Lindsey Cooke, Jo Fuoco and Heidi Arndt. Then followed by 150-point certificates received by Chris Geller, LeeAnne Einsel and Scott Arndt. Our 300-point riders were Greg Elliot, Tiffany Pinkerton and Janice MacKenzie. I also presented myself with a 500 point certificate...only took 10 years for that achievement!! Then we honored a couple of special horses...Sonny owned by Jenn Wilson who added a 400-point certificate to his resumé and Jean and Mike Nonnemakers amazing Little Red who has a 600 point career. These awards are well deserved and have taken years to accumulate since some years we had the minimum of 5 rides and this past season was the most with 10 rides. Congratulations to both riders and their horses!!!

We then celebrated our ride Managers Milestones...Rhonda Gillen and Shelia Gallagher both reaching 50 rides, which is such an appreciated achievement. And Janet Citron managing 30 rides in total.

RIDE OF THE YEAR. This is something I started last year after hearing from our members how great a ride was....Last year's winner was the fall ride at Birdsboro hosted by Ride managers Shelia Gallagher and Janice Mackenzie. For 2015, another new ride with new RM's LeeAnne Einsel and Dodie Sable which was held at a very technical location at Trexler Game Preserve. The Turkey Trot at Trexler had the majority of votes and gained 2015 RIDE OF THE YEAR, title.

This year had changes from the home base due to increases in insurance fees, so the ride manager appreciation gifts were not available. But...due to the generosity of a group of ride managers who donated proceeds from their rides, I was able to put together gifts for our RMs. I presented all our RMs with an orange hunting tee shirt with a fresh new CMO design on the front and on the back was RIDE MANAGER in bold letters. I think everyone will enjoy them.

We then went on to our Team awards. Here in the North East we had 3 teams that were in the national standings for the year. Pocono Pony Express grabbed the 8th position. The Four Horsemen were in the 14th placing and Bold and Beautiful held the 18th spot. We are all very proud of them!!!!

Chapter Team placings: 1st POCONO PONY EXPRESS 2ND FOUR HORSEMEN 3RD BOLD & BEAUTIFUL 4TH #LOL 5TH Had a Tie TRIPERFECTA and THE 7TH PLANET 6th SHRide.

That pretty much finished up the awards, or so I thought. Lindsey Cooke and Sandy Greisel took over the floor and proceeded to express how much they enjoy this sport and how much everyone else also enjoys the sport and how much they all appreciate how much time and energy I put into NACMO on a local level and on a national level...I was then presented with a beautiful navy blue sheet for my equine partner, screened on both sides with a large NACMO logo with 10 years included in the middle of the compass. What a wonderful, sneaky surprise from all the

NE members. I was stunned. What a wonderful group of people we have, and I am honored to be part of this group!! We all have fun and look forward to each one of the rides each season. I can't believe it has been 10 years since my husband Neil and I travelled 2 hours to our first ride.

JANET CITRON, the New Jersey/Pennsylvania Director for NACMO

Answers to the Ride manager Quiz.

1. C
2. C
3. D
4. D
5. A
6. C
7. D
8. A
9. B
10. D

