

Family News

NO. 56

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From the VP Corral...

"Each one, teach one" is a phrase that I learned from watching inspirational movies about teachers working in isolated communities where literacy was a luxury. I liked the phrase, and still do, because at the heart of it is the message that we all can be teachers of one another, if only we take a moment to reach out and share our experiences.

"Teachable moments"

is another great phrase from a great teacher.

"Teachable moments" are those times when, if you are watching closely, you see that someone needs your help, and is ready to receive it. If you see some-

one struggling to understand or perform a task, it's time to jump in and help out. They are usually grateful for your assistance.

Both concepts apply in our sport of endurance. We all have something to share; each "one" can indeed "teach one". We don't have to be experts—just sharing our experiences doesn't mean the recipient has to follow our lead, after

all. We have around 80 or so new PNER members to date – look around and see if you can spot them. Introduce yourself, and make nice with them. Look for, and respond to, those "teachable moments" when you see someone who might be confused, uncertain, or frustrated with ridecamp/ride/trailmarking/horse/kids/you name it... If

you see someone in that situation, ask if there's anything you can do to help. As a community, *for*

the most part, we

are a pretty welcoming group.

But we can always do better, and some are better at it than others.

When was the last time you introduced yourself to someone new at a ride? Make it a goal to meet at least one new person each ride, and find out about their ride

experience. By making that personal connection, and showing your interest, you might just encourage one more person to stick it out and really see what the sport of endurance is all about.

Hope you're all having fun on the trail,
hope to see you soon,
Sandy Cheek





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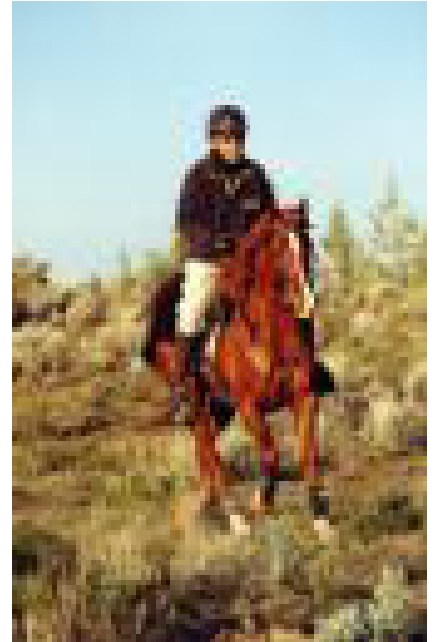
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AERC Regional Director Report

I am your new Regional Director representing the Northwest on the AERC Board of Directors. The very first thing I have learned is the AERC BoD moves very slow in everything they consider. The BoD is a very large group of 26 very independent endurance riders, vets, and ride managers and 25 different working committees. It appears sometimes that there are 26 different points of view on every issue. The current President of AERC, Stagg Newman, is working hard to create a new structure in AERC that streamlines the decision process, by grouping related committees under a single group leader who will facilitate the defining, refining and the resolution of the issues that come before the BoD.



Since I was elected, I have been on "listen only" status on issues in front the BoD. I was sworn in on Saturday at the Convention in San Antonio, and officially attended my first BoD meeting Sunday. There were several issues discussed and decided in the Sunday meeting.

1. The BoD and the Finance Committee over the last few years have greatly improved accounting and budgeting practices in AERC. The current project is to clearly separate member dedicated funds, such as Trails or Research, into separate accounts and develop investing and disbursement strategies for each of those accounts.
2. The 2007 National Championship will be at Fort Stanton, New Mexico, in September, 2007. It will include a 3 day 165 mile competition, 1 day 50 mile competition, and 1 day 100 mile competition.
3. A much debated Head Vet Qualification Proposal was adopted on a voluntary one year trial. I do not have its exact wording, but will include that in a future article.
4. The Protest and Grievance rules are being reviewed and will be rewritten for final approval by the BoD.
5. The minimum mileage for Regional LD Awards was raised from 150 miles, to 200 miles.
6. In a few other regions, ride managers do not report ride times for LD competitors, this issue is being resolved.
7. The most interesting BoD issue to me was the ongoing review of our drug rules. The improved sensitivity of drug testing has probably outgrown our drug rule. It is possible for very small amounts of drugs, given weeks before a competition, to show up. The Vet Committee on several occasions has had to decide if an extremely small quantity in a positive drug test of a banned substance is of therapeutic value. AERC's drug rule is no longer in practice a "no drug" rule and the drug rule itself is in need of revamping. There is current language in the drug rule that is ambiguous, there have been exceptions made over the years to the meds allowed without a policy guiding those changes, and there is conversation to update the rules so that they are consistent with the rest of the endurance world wide community. Part of that conversation includes the possible legalization of ulcer prevention meds that are currently legal in all of the endurance community, except AERC.

The drug testing procedures themselves are being reviewed. Currently, at most rides (except Ca), the head vet administers the drug test. There have been questions raised about conflict of interest, control of samples, and other such issues. It is being proposed that AERC hire an outside agency to do the tests. Currently, AERC is talking to the United States Equestrian Federation's drug testing section. They have an excellent record of accurate and defendable drug testing.

I hope in future issues of the PNER newsletter to keep you up-to-date on what is going on in the AERC BoD. If you have any issues or concerns I can help you with, please e-mail me at enduriders@msn.com.

Tom Dean

PNER#: **3295**

AERC#: **M19906**

Owyhee 100 ~ May 20, 2006 ~ Oreana, Idaho

<http://www.endurance.net/oreana/owyhee100>

AERC Divisions: 50, 75, 100, 50-100 Elevator

FEI Divisions: CEI-YJ 50, CEI-YJ*** 75, CEI-YJ*** 100**

'Y' 'J' are the FEI divisions for Young Riders (age 16-21) and Juniors (age 14-18)

- All FEI riders must belong to a Federation (USEF for USA citizens)
- All FEI riders and horses must register with FEI
- All CEI*** horses must have Passports (National **or** International)
- All CEI** horses must have ID papers (**complete** coggins diagram) and current influenza vaccine within 6 months

Contact USEF (www.usef.org) for information on membership (Senior - Junior), regarding payments of USEF High Performance Fees, payment of FEI fees, and horse passports.

**Ride entry discounts will be available for Young Riders and Juniors, see website for current fee schedule

The 2007 World Endurance Championship for Young Riders and Juniors will be held in Argentina on March 3, 2007. Start preparing now! Qualifications for participation: One FEI completion – *horse and rider together*- over the championship distance (75 miles – CEI***) .Or if you plan to lease a horse in Argentina, the *rider* needs 3 completions of championship distance (75 miles), one of those must be FEI (CEI***).

50-100 Elevator – you may enter with 'option to elevate' . If you stop at 50 miles, you get full credit for completing 50. If at 50 miles you decide to continue for the entire 100 miles, you are now entered in the 100 (there will be NO credit for 50) and you will receive Completion Only for the 100 (no AERC bonus points for top ten 100 finish).

The course will have the first 2 vetchecks OUT (at 100 Mile Ranch off of Hwy 78) returning to camp at 50 miles. The remaining holds will be in camp. **Check the website for current Start Times and ride details.**

Friday dinner and Sunday awards breakfast will be provided free of charge for all ride entries. Extra meals available for purchase. Corrals are available for rent, reservation and first come basis.

Full details at website <http://www.endurance.net/oreana/owyhee100>

*AT Stud:
HIA Sud Addis
Black Egyptian/Spanish
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\$750 Stud fee LFG*

Black Saint Arabians

aka Sud Addis Arabians

2005 Awards:

PNER:

**Top Mileage Stallion
Sophomore Horse of the Year
Sandybar**

AERC:

**Jim Jones
Stallion Award
7th Place**

photographed by
Ted and Joyce Brown



Addis is Beginning a great Endurance Career

100% completion rate

*1 80, 1 60, 10 50's and 2 LD's
with 6 top tens, 2 BC's
plus overall fastest time and BC
at Owyhee Canyonlands 260 mile ride, his first multiday.*

*He got High Vet Score Award
(Combined 50, 75, and 100 mile
distances) at the Oregon 100.*

*But, what really impresses everyone
who is around Addis is how he lives up to
his name. Sud Addis means Black Saint. That very
well describes his wonderful disposition.*

*He doesn't care if he rides alone or
in a group, out front or behind, next to a mare
in season or another Stallion. He's always a perfect
gentleman. He passes his good mind, along
with his good looks and smooth gait to his get.*

Lisa Smith

541-420-5313

blackssaintarabians@coinet.com

START TO FINISH FROM AERC TO FEI IN THE USA

BY CAROL GILES



The steps necessary to prepare for your first FEI ride can initially seem overwhelming. The following is a step-by-step guide to your journey. It will tell you what to do and how to do it. Each section contains an estimated time to complete and will emphasize important points with the highlighted word “NOTE.”

You should plan to start the process no less than **12 weeks** before your first FEI competition and, if at all possible, even earlier than that. As you will find, much of this time will be spent waiting for the return of documents from various entities. **NOTE:** Do not wait to complete one step before proceeding to the next. You should try to work your way through all of the steps and delay completion of a particular step only when you are waiting for required information or documents to be returned to you. You should also keep copies of every form/application that you submit.

Each step also outlines the costs involved. Some costs vary depending on the type and number of FEI rides you ride. Those costs are summarized as follows:

AERC Membership	\$ 65.00
AERC-I Membership	\$ 10.00
USEF Membership	\$ 40.00
USEF Discipline Fee	\$ 10.00
Life Time Recording Fee	\$200.00
Passport	\$ 50.00-\$300.00
High Performance Fee	\$ 50.00-\$200.00
Annual Horse Fee	\$ 15.00
Annual Rider Fee	\$ 15.00
TOTAL	\$455.00-\$855.00

Step One: Be a Current Member of AERC and AERC-International - Annual.

If you are not already an AERC member go to www.aerc.org. Click on the upper left “Membership” button then “Join/Renew”, then “Join”. From there, join AERC and AERC-I using either the online or paper application. In either case, the top half of the form deals with your membership into AERC. To join AERC-I, toward the bottom of this application it will ask for “The number of international members”. Indicate in that spot your desire to be an international member. A single membership to AERC is \$65.00. A family membership is \$75.00. The cost of joining AERC-I is another \$10.00 per person.

If you are already a member of AERC and wish to join AERC-I, all you need to do is call the AERC office (toll free: 866-271-2372) and tell them you wish to join AERC-I. Have your credit card ready and they can handle it over the phone. Time to complete: .5 hours.

Step Two: Be a Current Member of USEF - Annual

To join USEF go to www.usef.org. The membership form is found on the “Join/Renew” tab located on the upper right hand side of the page. If you choose the “on-line” option to join, you will be

able to join and print your membership card in one step. You will not be able to proceed until you have your membership number. The cost for a USEF membership is \$40.00 plus the endurance discipline fee of \$10.00 fee. Time to complete: .5 hours

Step Three: Lifetime Record Your Horse with USEF - One Time Per Horse

Go to www.usef.org. On the right side of the page go to the tab entitled “Forms & Pubs.” From there, click on “Membership” and then on “2006 Horse Recording Application.” Print the form, complete it, and mail it to USEF at the address on the application along with a check for \$200.00. This is a one-time fee. Time to complete: 2-4 weeks. **NOTE:** If you do not receive your horse recording certificate with the horse recording number within 30 days call USEF immediately.

Step Four: Obtain a Horse Passport (One Time Per Horse) - Meet Influenza Vaccination Requirements (Every Six Months)

You may not request a passport until the horse has a lifetime recording number. **NOTE:** On some forms the lifetime recording number is also called the “USEF Horse Membership Number”.

Two types of passports are available. The first, a national passport, allows the horse to compete in local FEI rides in the USA. The second, an international passport, allows the horse to compete in (a) local FEI rides in the USA, (b) non-championship FEI rides in other countries such as Canada and Europe, and (c) FEI Championship rides such as the North American Championship (“NEC”), Pan American Championship (“PAC”), and the World Cup Equestrian Games (“WEG”) (collectively “Championship Rides”). The cost of the national passport is \$50.00. The cost of an international passport is \$300.00. If you choose to get the national passport first, you may upgrade to an international passport later by paying the additional \$250.00.

You will find the application for a national passport at www.usef.org. Under the tab “Forms & Pubs” go to “International” and print the form entitled “National Passport Application Form”. The application for an international passport is found at the same location, but is entitled “FEI Horse Application Form”. Mail the form to USEF, ATTN: Rachel Michaels at the address on the form. Once USEF receives all the necessary information, it issues an FEI Passport. You will receive the passport and a packet of information explaining how to complete the passport. You should review this information closely and then give it to the veterinarian for use in completing the passport. **NOTE:** If at all possible, use a veterinarian familiar with USEF passport requirements. Passports are often returned

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-CONTINUED FEI ARTICLE-

for corrections because the directions were not followed completely and correctly.

The cover page of the passport has the horse's name, passport number, and the issue and expiration dates. This passport will remain with the horse for the remainder of its life but must be revalidated every four years. The next area to review is the Details of Ownership section. The date will already be filled in but the owner of the horse will need to complete the rest of the information on that line including their name, complete address (no P.O. boxes), nationality, and signature.

Next, a licensed veterinarian must examine the horse and document their findings in the passport itself. On the last page of the directions, there is a sample diagram sheet that the veterinarian can use to practice before permanently marking anything in the passport. **NOTE:** It is generally more accurate and more cost effective for the rider to do the original sketches and descriptions of the horse. You can then fax your practice form to USEF, ATTN: Rachel Michaels, USEF Passport Coordinator, who can help identify any problems with your drafts. The fax number for Rachel is 859-253-1968. Once approved by Rachel, the rider can place the descriptions and sketches in the passport. Your veterinarian must then examine the passport against the horse and affirm that they are accurate.

When the veterinarian has completed the diagram and description pages they must document that the horse has had its primary series of influenza vaccinations. The primary series consists of two influenza vaccinations using the same method of administration (IM or IN) given between 21 to 92 days apart. A booster vaccination must be administered every **SIX MONTHS +/- 21 days** following the primary series. The booster can be intramuscular or intranasal. This information must be entered in the passport on the influenza pages: date of administration, place, country, name of vaccine, batch number, vet stamp and signature. All details must be recorded in order for the vaccination(s) to be considered valid. Only the veterinarian who administers the vaccine to the horse may record the inoculation in the passport. Transferring vaccines on behalf of another veterinarian is not acceptable. Make sure the veterinarian signs and stamps the passport in the appropriate places (see directions sent with new passports for examples). **NOTE:** Although the passport contains pages for vaccinations other than influenza, it is recommended that you **DO NOT** record other types of vaccinations.

When the passport has been completed, it must be returned to USEF for review and validation. Upon processing at USEF, passports are shipped to the owner at the address listed in the passport. **NOTE:** It is best to mail passport by registered mail so that they may be tracked if lost. Time to complete: 4-6 weeks.

Step Five: Pay The USEF High Performance Fee - Annual

The high performance fee is an annual fee of \$200.00. If you are doing only local FEI rides, it may be paid in increments as follows. First local FEI ride in a year-\$50.00. Second, local FEI ride in a year - \$50.00.

Third, local FEI ride in a year \$100.00. While it is not strictly necessary to pay this fee in advance, the Ride Manager will thank you for taking care of it before arriving at the ride. The form to do this is found at www.usef.org under "Forms & Pubs", "International" then "International High Performance Form."

NOTE: To compete in any international or Championship Ride the entire \$200.00 must be paid for that year. It is important to note that, for international and Championship Rides, **BOTH** the rider and each owner of the horse must pay high performance fee. Time to complete: .5 hours.

Step Six: Pay The FEI Annual Horse/Rider Fee-Annual

All horses and riders competing in any FEI event must register annually with the FEI. You must have an active FEI registration number prior to starting an FEI competition. You may **NOT** pay this fee at to the FEI ride manager at the time of the ride. The fee is \$15.00 per horse and \$15.00 per rider. The required form is found at www.usef.org, "Forms & Pubs", "International", "FEI Horse and Rider Registration". Time to complete: 4 weeks.

Step Seven: Enter Your First FEI Ride

Now that you have completed the necessary forms, it's time to enter your first FEI ride. In addition to the usual AERC ride entry form, you will need to complete an additional form to enter the FEI portion of the ride. The ride manager will provide these forms. There will also be an additional entry fee. Time to complete: .5 hours

Step Eight: Comply with USET Requirements to Compete Abroad

If you plan to compete in an FEI ride out of the United States there are various other USEF requirements that must be met. Generally speaking, however, if you are competing in a NAC, PAC or WEG, your team support staff will walk you through these requirements or they will be waived by USET. For this reason, I will not outline each of these additional requirements and forms in this article. You should just remember that if you plan to ride as an individual in an FEI ride abroad, your entry should be submitted to the ride through USEF. If you would like more information, go to www.usef.org, hit the "High Performance" tab on the left side of the page and then look under "Athletic Services/Competing Abroad." You may also contact Lynn Lopez who is in charge of Athletic Services at USEF. Her e-mail address is llopez@usef.org.

Step Nine: Be Familiar With FEI Rules

There are several rules unique to FEI that you will be required to comply with. These rules change frequently, so you check the FEI website www.horsesport.org for the endurance rulebook or talk with an experienced FEI rider or your zone rep before your first ride. Following are some of the current rules from the rulebook, 6th edition, effective January 1, 2005. **NOTE:** While some of these rules

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apply only to Championship Rides, it is best to just comply with them all. Time to complete: 1 hour.

(1) Willful Obstruction (Article 813)

A competitor who is about to be overtaken must quickly clear the way. Willful obstruction of an overtaking competitor is penalized by disqualification.

(2) Assistance During The Race (Article 815)

General Rule: Before the start, after the finish and during compulsory holds others may assist the competitor and attend to the horse. During the race, however, others may **NOT** assist the competitor except to water and wash down the horse and the organizing committee may limit the locations at which this assistance may be given. Any unauthorized intervention by a third party, whether solicited or not, can result in the rider's disqualification.

Exceptions: At any time during the race others may assist the competitor to recover his/her horse, replace horseshoes, adjust equipment, remount, or hand the competitor anything he/she needs (water, food, equipment).

(3) Communication Devices (Article 816)

The use of mobile phones is permitted. The Ground Jury must approve all other communication systems. **NOTE:** GPS systems are not prohibited.

(4) Dress Code (Article 817)

- Riders must wear protective headgear.
- Dress must be appropriate and not detrimental to the image of Endurance Riding.
- Riders must wear breeches or jodhpurs or riding tights.
- Rider must wear either footwear with a heel or must use using caged stirrups.
- Riders must wear a shirt with a collar.

(5) Equipment (Article 818)

- Draw reins (running reins/French reins) are forbidden.
- Whips and spurs are prohibited.

(6) Weight Requirements (Article 820)

The minimum riding weight for riders is 75 kg (165 pounds). To make weight the rider may be weighed with all riding equipment except

the bridle (water bottles must be empty). The rider may weighed anytime during the ride and will be weighed at the conclusion of the ride. No loss of weight is allowed on equipment. Riders are allowed to loose a maximum of 2 kg (4.4 lbs) from their body weight during the ride.

(7) Recovery (Article 824)

Generally speaking, the horse's HR must recover to a rate of 64 beats/minute within 30 minutes of completion.

(8) Ride Completion (Article 830)

The final trot out at an FEI ride will be done before 3 veterinarians who will then secretly vote "pass" or "fail". The majority vote prevails and the decision if final.

(9) Treatment of the Horse (Article 832)

Any horse treated within 2 hours of competition will be disqualified.

(10) Qualification Requirements (Article 825)

- a. For local FEI rides, the horse must be at least 6 years old. For Championship rides (NAC, PAC, WEG,), the horse must be 7 years old.
- b. To compete in a Championship ride (NAC, PAC, WEG) the horse and rider, as a team, must have a completed an FEI ride over the same distance within 24 months prior to the closing date for nominated entries. If the horse and rider do not qualify as a team, the horse has to have completed an FEI ride over the same distance within 24 months prior to the closing date for nominated entries and the rider has to have completed 3 endurance rides (at least one of them FEI) over the same distance within the current or preceding 3 years before the event. **NOTE:** This is also what is known as the Certificate of Capability or "COC".

Step Nine: Be Familiar With Travel Requirements Before Leaving For An FEI Ride

If you are not use to traveling out of state, make sure you are aware of all the travel requirements of each state you will be going through. Your local veterinarian should be able to help you.

HANDBOOK CORRECTIONS.....PLEASE NOTE



On page 25 the date for Pacific Crest should be July 1; the email address should be canajello@vsisp.net as it is in the flyer.

On page 26 the information for Limestone Challenge has the wrong email address for T Canavello, again it should be canajello@vsisp.net

Springtime on the Owyhee Front! Ride the rangelands of Southwest Idaho. Along the old Oregon trail, through Historic Ranches, along the Snake River through Petroglyph boulders and old homesteads. Cross Sinker Ck to wild horse country, and ride along the river around Wild Horse Butte. There's water in the cricks and flowers on the hills ...it don't get much purtier

Ride Entries: Ride Managers and Juniors at 1/2 price!!
Canadians at Par!!
Pre-Registraion Dicounts:
May 20, 2006

OWYHEE RANGELANDS MULTIDAY RIDE



Three days of Endurance and Limited Distance out of the same basecamp at our ranch in Oreana. Ride all day and come home to hot showers, Happy Hour and old fashioned ranch dinners every night by Cowboy Bill. Plenty of parking, water for horse and rider, straw to bed your pony at night as you camp by the gurgling crick. Corrals available for rent (by reservation). Dinners provided with ride entry, breakfast, lunch, dinner (non-riders) available for purchase.

May 27^(50/25)-28^(60/30)-29^(50/25) 2006

Directions: From I-84 West (Oregon/Washington) Take Exit 35, south onto Nampa Blvd. (towards Nampa). Left on 3rd St, follow signs to Hwy 45 towards Murphy and Silver City. Right onto Hwy 45 (12th). Go LEFT on Hwy 78 after crossing Snake River. Stay on Hwy 78 approx. 23 miles. Turn right on Oreana Loop Rd. (past mile marker 42) Take first right past trailer houses onto gravel road. Continue 4.5 miles to camp. Driving time from Nampa is about 1 hour.

From I-84 East (Utah/Wyoming) Take Exit 112 at Hammett. Follow signs to Hwy 78 West, towards Bruneau and Grandview. Continue west on 78 past Bruneau and Grandview (approx 50 miles), turn Left (south) onto - paved road, just past mile marker 43. Take first right past trailer houses onto gravel road (about 1.5 mi. from turnoff onto Oreana Loop Rd) Continue 4.5 miles to camp.

From 95 South (Nevada/Oregon/California) Take 95 north to First Left after the highway weigh station @2 miles inside the Idaho Border. Follow the "Waste Ecology" signs to Hwy 78 East, towards Murphy, Bruneau and Grandview. Continue west on 78 past Bruneau and Grandview (approx 50 miles), turn Left (south) onto - paved road, just past mile marker 43. Take first right past trailer houses onto gravel road (about 1.5 mi. from turnoff onto Oreana Loop Rd) Continue 4.5 miles to camp.

Ride Managers: Steph and John Teeter, 15401 Bates Creek Rd., Oreana, Idaho 83650
 208.834.2788 fax: 209.755.8107 steph@endurance.net



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Email: carol@endurance.net
 Website: www.lostjuniperranch.com

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THE PRINEVILLE RIDGE RIDERS PRESENT THE 35TH ANNUAL PRINEVILLE RIDE 25/50/75 MILE MAY 13, 2006 CROOKED RIVER NATIONAL GRASSLANDS

CAMP is located at Skull Hollow on the Lone Pine Rd.

CAMP INFO: MANURE AND HAY must be bagged. Garbage bags and dumpsters will be provided. Please use them!!! **HORSE WATER** will be provided. You must bring your own people water. Please **TIE** your dogs or have them on a leash at all times. Please **DO NOT TIE** your horses to the few trees in camp--even if they are juniper.

THE TRAIL is the same as last years and the vet check is still at **CYRUS HORSE CAMP**. There are lots of cross country trail, great high desert scenery, abundant wildflowers, and wildlife. The terrain is varied and there are some rock.

START TIMES & FEES:

25 miles--7:30 am--\$55.00

50 miles--6:15 am--\$70.00

75 miles--5:30 am--\$80.00

NON-AERC members must add \$15.00 to your ride. Juniors must be sponsored and wear helmets; will receive a \$10.00 discount. There is no ride manager's discount.

VET INFO: Vetting will begin late Friday afternoon. Jennifer Strelkaskas, D.V.M. will be our head vet and we will have at least three other assistant vets.

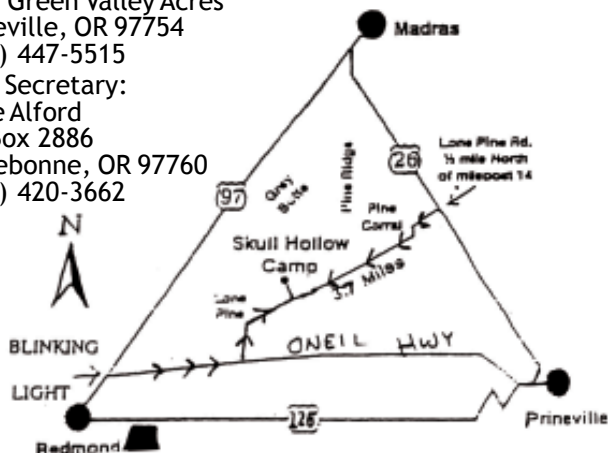
COMPLETION AWARDS will be given at the Sunday morning after the Buckaroo Breakfast to all who successfully complete the ride. There are also top ten ribbons, first place, best condition, and breed awards.

FOOD will be available through Joel's Hamburgers. There is also a **BUCKAROO BREAKFAST** Sunday free to all riders/crew/families.

FOR MORE INFORMATION CONTACT:

Ride Manager: Cole Still
5737 Green Valley Acres
Prineville, OR 97754
(541) 447-5515

Ride Secretary:
Anne Alford
PO Box 2886
Terrebonne, OR 97760
(541) 420-3662



how to do multi-day rides

part two of a 2 part series

Question:

Taking care of yourself—how is it different when you're riding multi-days?

Carol Giles

Just like for the horse, take more food and drink than you think you will need. Drink, drink and drink some more. You are as prone to dehydration during a multi-day as your horse is. Strive to drink one water bottle of fluid every hour you are on the horse. Eat, eat and eat. Your caloric needs are much higher than normal as well. Make sure to ride in your most comfortable tried and true clothes. Places that do not get sore over the course of 50 or 100 miles may get sore over 250 miles! Ouch! Unless you are absolutely sure of good weather, carry rain gear with you. A scarf or bandana is handy for many purposes: keeping your head or neck cool on hot days and warm on cold days. It can be used to wash your face or sponge the horse. You can use it to bandage a cut on either the horse or yourself. It is wise to carry a small knife, should you need to cut a rope or rein in an emergency, or punch a new hole in your stirrup leather, and a horseman's tool with blade, awl, and very strong hoof pick is ideal. Carabineers can be used to hook broken tack back together and are easy to hang from your saddle. Always carry an easy boot that you know fits the horse and know how to put it on! Carry ibuprofen and, if you need one, a bee sting kit. I am told that rubbing your horse with dryer sheets can help keep bees away. I haven't had the opportunity to see if this is true or not! If you can afford it and have the room, get some sort of large water container for your truck/trailer. This will allow you to refill your trailer for showers, and helps eliminate the need to haul water every day.

Darlene Tuttle

I obviously eat and drink anything I want too and if I'm not careful I'll be a Middleweight! Most multi-days feed you a wonderful dinner. So you can ride all day just thinking about the wonderful food that is awaiting you! Think of Homer Simpson saying yumm mmm "carbohydrates!" For me I have found that if I drink a Coke at the vet check I'm much better off. I drink a lot of water on the trail and take electrolyte capsules but at the VC I like the caffeine in a good old soda.

Patty Betts

I have had problems with overheating on hot rides. So I pay extra attention to getting my electrolytes and water. That isn't a sure fix for overheating but it helps. I tend to avoid alcohol, coke, etc to maintain hydration. I keep my food during the riding day consistent and simple (banana, Ensure, granola bar, water at each vet check). I pig out at the catered dinner. I am very careful not to get chafed or get rub spots. That meant wearing gloves one time and changing my riding pants another time because a wrinkle

at the knee was causing a chafed area. (At one ride, a very good rider skipped a day of riding because he had gotten wet and chafed the day before. He knew he would ride poorly if he got back up on the horse the next day.) I try to keep my work in camp simple and efficient. I take it easy. On one multi-day, I was by myself and did everything. I make new friends. I take advantage of the social aspects of a multi-day camp.

Linda Tribby

Actually the best way is to hire a cook, nurse etc. Its quite simple just do as you would your horse. Dress comfortable, keep yourself hydrated and eat for energy so that you will not become a burden to your horse. I prefer antibacterial wipes to baby wipes . Both have Aloe Vera.

Question:

what to bring, wear, eat, equipment, feeding horse?

Elroy Karius

Ride today, like you want to ride tomorrow. If you can't ride this horse tomorrow and there is no other horse, you get to do the 50 mile walk through the desert. Grant me the wisdom to understand what this means, from the perspective of my horse.

Carol Giles

Do as much of the work as you can before you leave for the ride. You will not have the energy or time to prepare feed, organize crew bags, cook, etc. I always have all my grain pre-measured in zip lock bags and my electrolytes pre-measured in small containers. That way, all I have to do is grab what I need for feeding and for preparing crew bags. Zip locks already containing most of your lunch items can reduce the amount of daily work you need to do. Cook as much ahead of time as you can helps to. If you are going to a multi-day that requires you to move camp, bring/hire someone to go with you who will take care of this work for you. *Laugh, enjoy the other riders and crew, and take time to enjoy the small wonders that surround you on the trail!*

Darlene

I think gear is a huge issue and most people don't bring nearly enough horse food on their first ride. Your horses will be eating two or three times their normal fare. Bring food. My first multi-day I camped with Mary Burgess (owner of Black Bear Arabians in MT). I had brought lots of horse food but I was running out in just two days. She and Cynthia (Petticolas Stroud) "adopted" me and I learned so much on that Owyhee 5-day. Came home with Sable my wonderful Black Bear Arabian mare to boot! Climates vary greatly. Bringing adequate clothing is a must. Don't think hot or cold, think everything out there because that's what you get. Bring a couple of

continued...



everything! I bring plain old cracked corn for Sable. It's a poor man's glycogen and really keeps her energy level up. She loves it and it also helps with her weight. At the vet check she eats pounds of it. She is still pulling wanting to go at the end of a 5-day ride. At Bryce Canyon she jiggered the last 3 miles because she knew we were almost home and I swear she can count because she knew it was the last day! It was hard to imagine that she had gone 247 miles and was being such a handful! She was not tired!

Patty Betts

Be prepared for any weather and bugs too, (e.g. horse blankets, people clothes). Bring several extras, otherwise you might need to wash something and hope it dries, or have wet clothes that aren't drying. I was told the second day would be the hardest day to get through. For me it was true. The morning of the second day was the hardest to get out of bed, saddle up, and get riding. The rest was not a big deal. I felt good each day and my horse appeared to feel the same. Some of my friends think it is too much for a horse to do multi-days. I say - don't assume this - give it a try if it sounds attractive to you. At Owyhee, lots of horses finish all five days and they look as great on the fifth day as they did on the first. If it isn't working for you or your horse, you can stop.

Linda Tribby

Yeah, actually yes, bring loads of enthusiasm, wear a big smile daily, eat dust and grin. Remember your horse always comes first !!!!!

Question: Your favorite multi-day and why

Carol Giles

I really enjoyed the **Desert Gold Pioneer** 3-day held outside of San Francisco. The footing was to die for, the scenery was spectacular and ride management included a Thanksgiving potluck complete with Turkey plus they had wine and cheese parties before each night's award ceremonies. The trail was tough - not much flat about this ride. The ride camp was spacious and large.

Darlene Tuttle

Bryce Canyon. Stunning scenery. Very low-key ride management. You know you are solely responsible for your horse. If you have a problem you hand walk your horse back to camp. No horse ambulances around for the most part. One vet check at usually around 30 miles. You do not override your horse when you know there is no treatment available for them. Lunch comes with your ride entry and for a fee they cook you wonderful dinners. Short ride meetings and wonderful awards. It was the one of the best weeks of my riding career (which isn't that long and exciting for sure).

Patty Betts

Oregon Outback. My horse and I finished all five days. It was hard and I knew we had really accomplished something when we finished. It was in Southeast Oregon in an area new to me. It was a small group and we really got to know each other. There were a lot of Canadians and I got to know them and enjoy their company and jokes. We had wonderful dinners every night and the vets were extremely supportive and rooting for us to finish every day. The last day was extra special because everyone cheered for each person who finished. We were all very proud of our completion.

Linda Tribby

I have no favorite rides. I feel that all rides are given to me as are my horses by the grace of God and I love them all.

AD RATES: Send ads via email to editor at (karlawatson@verizon.net) Checks made out to PNER Or mail to: Karla Watson, 5320 SE Circle Ave., Portland, OR 97236. CLASSIFIED: \$5/month for 30 words. \$1 additional for each 10 more words. DISPLAY ADS: \$10 for business card size, \$18 1/4 page, \$30 1/2 page, \$50 full page. DEAD-LINE IS 20th of the month prior to publications. Payment MUST be recieved before ad is put in publication.

classifieds



FOR SALE:
Sharon Saare
Endurance saddle.
Very good condition.
CC width. \$600.00.
(509) 925-3002.
Ellensburg, WA



For Sale—2000 Silverlite Circuit Deluxe Roper II 3-h, LQ trailer. 8' short wall. Combo bath. Microwave, hayrack, awning, additional outside lights. Perfect for endurance! Like new. \$27,500. Call 208-859-4364 or email marthaemcmurray@aol.com for additional information.



FOR SALE: 7 year old Bay Arab Gelding. 15.1". Sweepstakes nominated. Currently in conditioning. Very smart, sweet, athletic. \$3500. ALSO.....
FOR SALE: 6 year old Bay Arab Mare. 14.3". Sweet, willing, not started. \$1500. Call: Susie (541) 686-1240

MOUNT ADAMS ENDURANCE RIDE

SATURDAY, MAY 20, 2006

12, 25, 50, AND 75 MILES

Everyone is welcome. Even if you've never ridden an endurance ride, bring your horse and enjoy our trails on the 12- or 25-mile distances. To finish is to win, so everyone has fun.

LOCATION: Trout Lake, Washington at the Mt. Adams Horse Camp in the Gifford-Pinchot National Forest.

DIRECTIONS: *The horse camp is located 23 miles north of Hood River, Oregon. From Oregon's I-84, take exit 64, north across Columbia River bridge, west on Hwy 14 for 1 mile, then north on Alternate Hwy 141 for approximately 4 miles. At junction, turn left on Hwy 141, continue about 20 miles to Trout Lake. In Trout Lake, bear right at Chevron on Mount Adams Recreational Hwy, and follow flagging and signs to Mt. Adams Horse Camp.*

TRAIL: Ride above Trout Lake Valley in the shadow of a snowcapped 12,276-foot volcano. Excellent trails and old forest service roads (some rock). Good footing, beautiful loops, and views. Two vet check locations only (Mt. Adams Horse Camp and Kings).

VETS: Head vet: TBD. Vet-in starts at 3pm, Friday.

MEETINGS: Pre-ride meeting 8pm on Friday. Awards 7pm Saturday.

START TIMES: 9am (12 miles), 8am (25miles), 6am (50miles), 5am (75miles)

ENTRY FEES: \$20 (12 miles), \$60 (25miles), \$75 (50miles), \$90 (75miles)

CONTACT: Stephanie Irving 509.395.2065 (sirving@gorge.net.)

Thank you to the Trout Lake Fire Department for providing horse water
and to Radio Amateurs of the Gorge for providing communications.

NICOLA PINE RAILWAY PIONEER RIDES

MAY 20, 21, 22 - 2006

30/50, 30/55, 30/50

AERC SANCTIONED 3-DAY PIONEER RIDE with an AERC sanctioned 30 mile ride each day. All rides are run under AERC rules with additional ERABC rules for the 30 mile ride. The trails will be both challenging and easy, on logging roads and cow and game trails. The "Rainbow" trails will be used in various ways to make different trails on all 3 days. Beautiful Views, great footing, great camaraderie, great vetting and wonderful help. There will be much water along the way and in base camp.

Base camp is a remote forestry camp with no amenities. Large flat meadow - lots of trees for high-lining and space for panels. It is easily accessible by truck and horse trailer and large/long rigs!

Unique awards for all completers, Best Conditioned 50 and Vet's Choice 30. Special awards for High point overall 2 day and 3 day (both distances).

Pot luck before and during ride meetings.

Entry Fees: 30 miles \$55; 50/55 miles \$85 Canadian funds; add \$10 for entries after May 13; Juniors receive \$20 off. Please call for complete fee schedule.

Directions: From Southwest: Take Highway 1 to Hope then Highway 5 through the toll booth (\$10 CDN). 33 K's past the toll booth take the Coldwater Road exit. Proceed west on Coldwater Road for 12 K's; turn Left onto Patchet Road (gravel); just past the 6K marker turn right up a steep single lane dirt road for 2K's into camp. From Southeast: Take Highway 97 to Highway 97C which goes into Merritt. Just before entering the town turn Left onto Coldwater Road. Proceed south for 18 K's to Patchet Road; turn Right and proceed as above. From North: Take Highway 5 south to Merritt and use the 2nd exit. Proceed as above after turning Left onto Coldwater Road.

These rides are sponsored by the Endurance Riders Association of B.C.

Call for more information or mail Entry Forms to:

Danny Grant, Ride Manager or to: Grant Balmer, Ride Manager
(604) 590-3598 (250) 768-8206

email: dannygrant@hotmail.com

email: optionsgb@uniserve.ca



**ENDURANCE RIDERS
ASSOCIATION OF
BRITISH COLUMBIA**



2006 RIDE CALENDER



Home on the Range _____ **March 25**
25/50/75 _____ **Othello, WA**

Mgr: Gail Williams 509-865-3246. Vet: Michael Foss & Gene Nance

Grizzly Mountain _____ **April 15**
25/50/75 _____ **Madras, WA**

Mgr: Linda Tribby 541-475-6199. Vet: Gene Nance, Jennifer Strelkauskas & Leslie Gill

Eagle Extreme _____ **April 22**
25/50/75 _____ **Eagle, ID**

Mgr: Patricia Frahm 208-890-1288. Vet: Robert Washington

Milwaukie Road Rail Trail _____ **April 29**
25/50/75 _____ **Ellensburg, WA**

Mgr: Gail Williams 509-865-3246. Vet: Gene Nance

Garnett Valley _____ **April 29**
30/50 _____ **Summerland, BC**

Mgr: Linda Nichols (250) 494-0757 Vet: Michael Peterson

Prineville _____ **May 13**
25/50/75 _____ **Crooked River Grasslands, OR**

Mgr: Cole Still 541-447-5515. Vet: Jennifer Strelkauskas

MT. Adams _____ **May 20**
25/50/75 _____ **Trout Lake, WA**

Mgr: Stephanie Irving 509-395-2065 Vet: TBD

Owyhee 100/50 FEI - Elevator _____ **May 20**
50/100 _____ **Oreana, ID**

Mgr: John Teeter 208-834-2788. Vet: Michael Foss, Robert Washington, Thomas Timmons

Nicola Pine Railway Pioneer I, II, III _____ **May 20-22**
30/50 _____ **Merritt, BC**

Mgr: Grant F. Balmer 250-768-8206. Vet: Michael Peterson

Owyhee Rangelands Pioneer I, II & III _____ **May 27-29**
30/60 • 30/50 • 30/50 _____ **Oreana, ID**

Mgr: Stephanie Teeter 208-834-2788. Vet: Robert Washington.

Klickitat Trek _____ **June 3**
30/50/80 _____ **Trout Lake, WA**

Mgr: Marilyn Milestone 360-887-4258. Vet: Michael Foss & Jennifer Strelkauskas

Helldiver Endurance _____ **June 3**
50 _____ **Courtenay, BC**

Mgr: Karen Eigler 250-338-6874. Vet: Bruce Renooy & Michael Peterson

AERC Trails Masters Course _____ **June 7-10**
Naches Ranger District _____ **Naches, WA**

Sunriver Endurance _____ **Jun 17**
30/50/100 _____ **Bend OR**

Mgr: Ona Lawrence 503-866-1407. Vet: Thomas R. Timmons

Bennett Hills _____ **Jun 24**
30/50/75 _____ **Gooding, ID**

Mgr: Lynn White 208-934-5402. Vet: TBD

Pacific Crest _____ **Jul 1**
30/50 _____ **Ashland OR**

Mgr: Terry Canavello 541-862-8019. Asst Mgr: TBA

Ride Over the Rainbow _____ **Jul 1**
30/50/100 _____ **Merritt, BC**

Mgr: Barbara Holmes-Balmer 250-768-8206. Vet: James Bryant, Jennifer Strelkauskas, Michael Peterson

Renegade Rendezvous _____ **July 8**
25/50/75/100 _____ **Naches, WA**

Mgr: Gail Williams 509-865-3246. Vet: TBA

Bandit Springs _____ **July 15**
30/50/80 _____ **Prineville, OR**

Mgr: Tony Truffer 541-485-7106. Vet: Gene Nance

Soldier Mountain _____ **Jul 15**
25/50 _____ **Fairfield, ID**

Mgr: Bette Will Gower 208-788-0839. Vet: TBA

Golden Ears _____ **July 22**
50 _____ **Maple Ridge, BC**

Mgr: Kim Hofmarks 604-499-1007. Vet: Michael Peterson

Pink Flamingo Classic _____ **July 29-30**
30/50 • 30/50 _____ **Cascade, ID**

Mgr: Sally Tarbet 208-890-8899. Vet: Olin Balch, Keith Ruble.

Santiam Cascade _____ **Aug 12**
25/50/80 _____ **Sisters, OR**

Mgr: Mary Nunn 503-829-5321. Vet: Michael Foss

Headwaters of the Rogue _____ **Aug 26**
25/50 _____ **Prospect, OR**

Mgr: Tom Jones 541-664-0978. Vet: Thomas R. Timmons

Smimikin Lake Ride _____ **Aug 26**
50 _____ **Kamloops, BC**

Mgr: Brenna Jacob 250-573-2667. Vet: Michael Peterson

Old Selam _____ **Sept 2-3**
30/50•30/50/2 Day 100 _____ **New Centerville, ID**

Mgr: Cini Baumhoff 208-375-3720. Vet: Robert Washington

Oregon Dunes _____ **Sept 9**
--PENDING-- _____ **Florence, OR**

Westbank Rocker _____ **Sept 16**
50/75 _____ **Westbank, BC**

Mgr: Grant Balmer (optionsgb@uniserve.com). Vet: Michael Peterson

PAC North Fundraiser _____ **Sept 23**
25/50/75/100 _____ **Brothers, OR**

Mgr: Gordon Westergard 541-582-8846. Vet: Michael Foss

Owyhee Canyonlands Pioneer _____ **Sep 27-Oct 1**
Sep 27/50•Sept 28/60•Sept 29-Oct 1/30/50 _____ **Oreana, ID**

Mgr: Stephanie Teeter 208-834-2788 Vet: Robert Washington, Michael Peterson, Gene Nance.

Yee-ha Tapawingo _____ **Sept 30**
25/50 _____ **Falls City, OR**

Mgr: Christine Weber 503-623-8059. Vet: Jennifer Strelkauskas

Limestone Challenge _____ **Oct 7**
30/55 _____ **Cave Junction, OR**

Mgr: Terry Canavello 541-862-8019. Vet: TBD

Lakeview Ranch Ride _____ **Oct 7**
--PENDING-- _____ **Odessa, WA**

Weiser River Rail Trail _____ **Oct 14**
30/50 _____ **Council, ID**

Mgr: Pam Haynes. Vet: Robert Washington & Keith Ruble

Foothills of the Cascade _____ **Oct 21**
25/50 _____ **Molalla, OR**

Mgr: Anna Sampson 503-829-6002. Vet: Scot Lubbers

Dust Devil _____ **Oct 28**
--PENDING-- _____ **Millican, OR**



2006 PNER Board of Directors & Appointed Positions

(*Denotes Board Member)

Elected Officers

President

Julie Barnfather*

20230 NE Redmond Rd, Redmond, WA 98053
(425) 868-8684 rocknb-ranch@comcast.net

Vice-President

Sandy Cheek*

20542 Delta Rd NW, Soap Lake, WA 98851
(509) 246-2038. 2cheeks@vib.tv

Executive Committee

Julie Barnfather, Sandy Creek, Sue Nance

Secretary

Joan Fleming

19040 NE 162nd Pl, Woodinville, WA 98072
(425) 788-4631 joanflem@juno.com

Treasurer

Diane Dann

1656 E. Locust St., Emmett, Idaho 83617
(208) 365-0977 idahogoof@msn.com

Junior Representative

Morgan Mittle

224 Woodside Dr, Longview, WA 98632
(360) 578-2617 fisnw@earthlink.net

Audit Committee

Carol Giles, Heidi Smith, 3rd Member to be appointed

Past President:

Sue Nance

3993 NE Wilcox, Terrebonne, OR 97760
(541) 923-0954 snance2002@yahoo.com

Appointed Positions:

Newsletter

Karla Watson

5320 SE Circle Ave., Portland, OR 97236
(503) 666-9066. karlawatson@verizon.net

Membership

Tiffany Leonard

P.O. Box 1535, Moses Lake, WA 98837.
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Lori Walker

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Raffle

Su Griffin

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Cheryl Conklin, cherylconklin@comcast.net

Handbook

Lois Fox

PO Box 3745, Tualatin, OR 97062
(503) 692-6105 pnernews@yahoo.com

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Sue Brown, 6620 19th Ave NE, Marysville, WA 98271
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David LeBlanc, 20124 N High Rock Rd, Monroe, WA
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Alternate: **Carla Eigenauer**

AERC NORTHWEST DIRECTORS

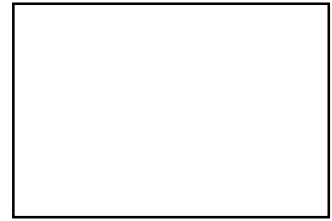
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Tom Dean

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Please send let me know if any
above phone numbers and/or
email needs correction
karlawatson@verizon.net

**Pacific NW Endurance Rides
P.O. Box 1535
Moses Lake, WA 98837**



2006 PNER Membership Application

New Member Renewing Member/
Changing Information Renewing Member/
No Changes

Membership Year is January 1 to December 31

Single Membership \$35, Non-Rider/Newsletter \$20, Family Membership \$50

Name _____ M F
Last First

Address _____

Telephone _____

DOB _____ PNER# _____ E-Mail _____

Would you like your email address listed IN HANDBOOK? Yes No

Would you like your email address listed ON WEBSITE? Yes No

PLEASE ENTER INFORMATION FOR FAMILY MEMBERS LIVING AT SAME ADDRESS

Seniors: _____

Name DOB PNER#

Name DOB PNER#

Juniors: _____

Name DOB PNER#

Name DOB PNER#

Name DOB PNER#

Signature _____ Date _____

Must be signed by parent, if minor is joining as a single without an adult.

**Send to:
PNER Membership
PO Box 1535
Moses Lake, WA 98837**

I or anyone or any animal within my control/We wish to join Pacific Northwest Endurance Rides, Inc. I/ We will comply with the Constitution, by-laws, rules and regulations of PNER. The under signed in consideration of accepting membership in the PNER, Inc. does hereby for himself, his heirs, executors & administrators, waive and release the Pacific Northwest Endurance Rides, Inc. and all individual members thereof, and all other persons regardless of their capacity in any way connected with the association described herein. I/We also waive our representatives, heirs, executors, administrators, and assignees from any and all right, claim, or liability for damages, or afor any and all injuries that may be sustained by me including injuries to animals, or from any and all claims of any kind of nature that I might have. Furthermore, I do hereby acknowledge that said release will extend to any accidents, damages, or claims arising out of my membership caused by my own or by the acts of anyone or any animal within my control.