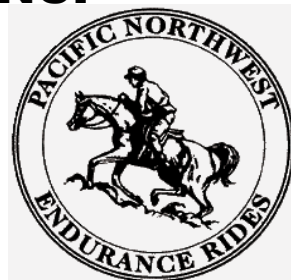
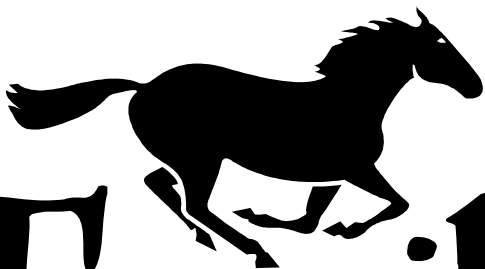


PACIFIC NORTHWEST ENDURANCE RIDES, INC.



Family News

NO. 54

PUBLISHED MONTHLY FEBRUARY 2006

From the President's Paddock...

Well, we're back for another term, so it looks like you'll be seeing those crazy hats around ride camp again this year, Woohoo! We just wrapped up another convention and I can't thank enough all the people that helped out, from registration to vendors, to speakers volunteering their time, and the juniors took on the Used Tack booth and really worked their hearts out. What a job. This was such a popular event, I don't think those girls had a chance to take a breath. Thank you. Thank you. We had 24 vendors (I think that may be a record) and our overall attendance numbers were up about 20% from last year. Registration went really smoothly with the help of all you who renewed early, making it easier on Tiffany. (I think we'll probably try pre-registration for convention next year and make things even easier). We had a drawing for that Free ride entry Friday night and the winner was Mary McGinty. Congratulations Mary, you have a certificate for the ride of your choice! We had lots of great raffle items, so much that we had to move to a bigger table. And Lois was worried there wouldn't be enough! Thanks to all those who donated items, including just about every ride manager with a free ride entry and many members who brought something to contribute. It paid off, our raffle receipts came in at over \$2,600! That's up about \$800 from last year. And since it's really not just about numbers, I can't forget to mention the wildly popular Lip Sync contest on Saturday night. All the acts were so good, I was blown away. What fun, you're all so creative! We may just have to do that again next year. So teams, start thinking about your acts - if this year's any indication, the competition will be wildly formidable. Ok, so now that convention is over, you know what that means time to start conditioning. Our first ride is only about 6 weeks away, Yikes! Gotta get back on the trail.

Take care, Julie Barnfather

From the VP Corral...

Unsung Heroes

It's a wrap! 2005 PNER convention has come and gone, and we're just cleaning up small details and getting ready for the 2006 season. Since I signed on for another year, I'm going to use my little pulpit here to recognize the efforts of all those "unsung heroes" who never get much spotlight but without whom we couldn't do our jobs. You know who you are. Starting first with convention—I want to

thank our spouses. Mine (Guy) was a big help with organizing the 130+ awards we gave out at the banquet. Without his help, I would have been running around the stage pawing into boxes. Julie's (Jeff) helped stuff goody bags, kept us entertained, brought us drinks, and schlepped boxes of stuff to and from the rigs for us. So just in case they didn't know, we *appreciate* you.

But there are hundreds of you out there. Everyone who helps ride managers. Trail markers, vet scribes, ribbon-removers, registration folks.... Everyone who crews for those LONG rides, whether they be multi-day or 100-in-a-day. You feed us, bandage, ice, walk, feed us, trot for vets, listen to whiny riders, feed us, fetch blankets, find lost water bottles, feed uswith (most of the time) a lot of patience. Everyone who helps at a convention. The juniors, the vendor tables, the registration folks, the bean counters.

You all count. You all matter. And if you've never done any of the above, jump in the next time you're at a ride, or volunteer your services to a ride manager in your area, or contact the BOD the next time convention rolls around. If you offer to help, someone's gonna take you up on it. And the cool thing is that it's actually a lot of fun. Giving back just works that way. It's a win-win kind of thing.

See you all on the trail,
Sandy Cheek





2006 PNER Convention Coverage

By Darlene
Anderson

It's true! It takes a village to put on the PNER convention! I actually volunteered to organize the trade show again this year, figuring there is so much learning base from year to year. I felt it was something I did alright at last year and Julie and Sandy jumped at my offer! These last couple of months before convention were spent fielding calls and emails from vendors, who by the way, were a wonderful bunch to work with! We had about 24 vendors this year, with such a great variety of product offered to PNER members! I finally got a new Tipperary helmet and am just loving it.

I arrived at the Embassy Suites on the Thursday before and was met by 3 of our hardy vendors, Candy Kahn, who had "Kahned" a few employees into helping her unload her many boxes of STUFF into the vendors area. She was so on the ball getting things set up. Susan Favro of Healthy as a Horse Network was also there, along with our Faithful Henry Griffin, who informed me that this may very well have been his last year at PNER since his doctor has encouraged him to spend less time on the road. If you have a moment, you might take the time to drop Henry and Dona a line and let them know how much PNER has appreciated



Wet Lab with Olin Bach

their many many years of dedication to our organization. I can't think of a single endurance rider who doesn't own at least one piece of Griffin's Tack. One noticeable absence from this year's convention was Tom and Colleen Clark who for a variety of personal reasons just couldn't make it this year. Hopefully we see them again next year. I heard from many members who missed Skito Enterprises and Carousel Riding Tights presence.



life, flying out from the eastern US shores, to share some of her experience, strength and wisdom with PNER members, not only in her scheduled session, but also at



Valerie Kanavy

I don't know the exact numbers, but it seemed like we saw just tons of PNER members attending convention this year. It was uplifting to see so many people out and about on this rainy nasty weekend, enjoying the company of other endurance junkies. John Teeter even stopped by on his way to Arizona to drop off the hundred mile awards.

The speakers this year were first rate, and I want to just thank Valerie Kanavy for taking the time out of her busy endurance where I saw a packed room of seasoned riders and those riders wishing to consider a hundred miler in the future. It was great to see such support for this incredible distance. Get out there people, give it a whirl, there isn't anything like finishing a hundred miler, it's just awesome. The amount of potential mentors at this breakfast was just great and no one wanting to do a hundred should be without a good mentor to encourage them through it. Thank you Sue and Dennis Summers for suggesting it!

Sue also put on a first rate slide show both Friday night and Saturday night. Thanks for that! It was so missed in '05! **We also had three first rate veterinarians doing presentations on an area of specialty for them. Dr. Randy Lee of Ridgefield, WA spoke about shockwave therapy, Dr. Mike Foss spoke about thermography, and Dr. Olin Balch spoke about shoeing methods, or the lack thereof. All very informative!**



Multi-Day Panel

For me the banquet was especially...well hard! Dawna Bynum's family donated a sum of money to PNER and asked the board of directors to find something to do in Dawna's memory. The board decided to honor Dawna's skill with her stallions by giving the stallion award in her memory.



Rob Biswas

Her friends attending the banquet were deeply touched and her loss was evident in the misty eyes around the room as Ray Whitlow came up to present the stallion award to Lisa Smith and her wonderful stallion, HIA Sud Addis. This season saw my mom lose a beloved member of our own endurance family, Saud El Mareekh, and I have had a hard time reconciling myself with his death. My mom, PJ, had wanted to attend convention this year and receive her award, but well...as we all know, life has a way of dictating our course, so she wasn't able to attend after all. She and Saud, were the first ones to earn Mike and Ina McLean's new PNER award, "My First 100", and when Ina, still emotional



Sandy Cheek & Victoria White



Mary Forrester

over Ray's giving of the stallion award, asked me to come up and help her to give their awards out, I was dumbfounded, and both of us were in tears before it was over. This was about the third or fourth time over the course of the weekend where I found myself in tears, and afterward, with some soul searching, I was finally able to



feel a weight lift from my shoulders and appreciate the cathartic nature of what had occurred. For the first time in over 6 months, I feel the serenity that my mom has spoken of and I can allow myself to begin the healing process of Saud's untimely death. It's something how attached we get to these four legged creatures who give us their all, and most times all they want in return is a full dish of mash and a clean tank of water in return. Simply amazing...

I'm proud to say that my own Junior, now senior ...in high school, Jessica Anderson, earned the PNER Scholarship this year, winning not only the scholarship, but a brand spankin' new saddle blanket by Skito Enterprises! Thank you so much! The



Madeline Smart



Lisa Smith (R)

CONTINUED

CONVENTION CONTINUED...



Kim Black

PNER juniors were a force to be contended with this year and it's so cool to see what a great bunch of young adults that the Village of PNER is raising.

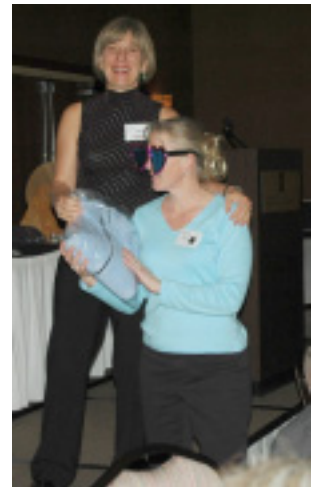
There was plenty of dancing after the awards and the team competition was well...entertaining? The Eh Team took the final honors, and naturally the Bridle Maids...errr the Trail



Amanda Watson



Winning Team Comedy Clubbers



Marie Mallon



Heidi Smith

Raiders took second place, yet again. Always a Bridle Maid, never a Team Champion?

I know I've missed many things, but I wanted to touch on some of the things that impacted me the most, and I hope those of you reading this will do the same.

Thank you for everything, I most appreciate it, and to show my appreciation, I once again volunteered to take on the trade show next year, so any of you potential vendors, get a hold of me to secure a space in what is once again a trade show rivaling AERC's!

Darlene Anderson
Endurance Junkie
...still



Team Trail Raiders made a grand entrance



Rebecca Drake



The Eh Team at the Lip Syncing Competition

Special Awards Given Out at Banquet



Ambassador
Mary Nunn

Veteran Horse *Sponsored by Sonny and Marilyn Hornbaker*
Zahin Al-Din owned by Marie Mallon

Ride Manager of the Year *Sponsored by Victoria White*
Marilyn Milestone

Sponsor Award *Sponsored by the Junior Riders*

Tsyd Award *Sponsored by the Fiedler Family*
Marie Mallon & Zahin Al-Din

Hi Point Region 4 AHA

Half Arabian Champion: **Khaos** owned by Tani Bates

Purebred Champion: **AEH Megabucks** owned by Carlene Benson



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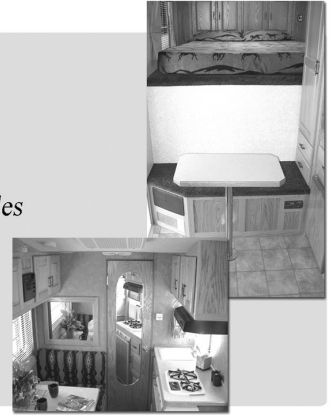
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The Winning Essay for the PNER \$1000 Scholarship

When it was suggested to me that I should write a piece for the PNER Scholarship, my first thought was "What would I write about? What has influenced me enough to draw enough inspiration for an adequate essay?" I thought of various races, sponsors, mentors, experiences, and each idea directed me back to one person. A person with ten steady years of endurance under their belts, a person who knows that crossing the finish line (even if it is two in the morning and the stretchy ghost creatures in the trees are beckoning to you in your exhausted delirium) is far more essential than winning or racing. A person who is known across ride camp for her tendency to welcome all newcomers into the inescapable addiction of endurance as if they were her own family. A vice president, team captain, sponsor, trainer, and mother (although I'm sure she would agree the last is more difficult than all others combined).

Darlene Anderson came from a long line of horsewomen, and in her youth participated in the local 4-H program. One of the few 4-H kids with an Arabian, she didn't always do well in the show ring with the docile quarter horses. But things were always interesting, like dressing up as an Arabian princess in the costume classes. Outside the show ring, she lived on the back of her three-quarter Arabian, Crickett. Before her Troxel, Orthoflex, or fancy Ariats, they raced the sagebrush in the Idaho desert, their trails where three ribboned turns didn't exist. As with most young equestrians, trail adventures became memories and she moved on from horses to "settle down."

In 1995, Joyce Kellenberger approached her asking for help conditioning her three endurance horses. As an adolescent, Darlene had been crew and ride camp brat. So she accepted, and became reacquainted with the sport of endurance. After conditioning for many months, Joyce offered to let her ride her mare, Nicki, at the Bully Wully 50 miler. She placed third. Two years later, she bought her first endurance horse, an emotionally unstable mare, Feather. Feather was a pack horse, but an accident caused her to acquire behavior problems, and her owners decided she needed someone who could deal with these issues. Feather was the first of many unruly horses to pass through her hands, going on to become a successful endurance horse. They began with limited distance, and quickly progressed to fifties. Their second season brought a first for both: One hundred miles in one day. The Oregon 100 in 1998 took the team fourteen hours to complete. True to her nature, Darlene could be heard hollering for a mile or so before the finish line (to scare the coyotes away, you know).

Feather was retired after a little over 1,000 miles, and Darlene decided to vacuum yet another victim into the sport. My tenth birthday wish had been to become an endurance rider, like my mom. When I was eleven, Bully Wully became my first ride as well. It took a few rides to convince me I could survive long enough to make this a habit, but in the end, I was hooked. Throughout the years I was active as a Junior rider, she only sponsored me a handful of times, originally because she was riding much further than me. As kids tend to do, I became attached to her

new prospect, MC Isaac. He was greener than spring grass, and springier than green frogs. After some deliberation, it was decided that I could handle him, and she went back to horse shopping. She has yet to find a horse that meets the high standards set by the crooked legged Morab named FeatherB.

With an endurance-addicted junior to support, my mom began riding other people's green horses in their early races. Some were tall and fast, others were stocky and steady. Either way, she learned to adjust to each horse. After success as a "jockey," she decided to take up training. Our ten acre property was constantly occupied by various "cases." The buckers, kickers, biters, and fighters. Lazy horses, fat horses, young horses, and a few broken ones, too. Her dedication to these animals prompted her to start DPD Endurance, a training program for unfit or unseasoned endurance horses. Her gained experience in training took her to five Pan-American Championships as a groom or crew member. Although she never competed internationally herself, she always supported me in my efforts to do so.

During this time, she was also the team captain for two winning PNER endurance teams. My mom has a way of motivating people. Sometimes its subtle, usually it's not. Either way, we always had fun and got the job done. She encouraged me to reach higher, and I never would have gained the confidence to try my first one hundred miler, or to take of the position of PNER Junior Representative/ Junior Advisor without her prompting. Most people she coaches end up being successful in endurance in one aspect or another.

After accepting a nomination by Arne Smith, she decided to take on the position of PNER Vice President. It's one thing to attend convention and enjoy the vendors and banquet, and a completely different one to organize the whole shindig. I strongly believe that the ultimate endurance rider not only participates in a sportsmanship-like manner, but also becomes involved in the organizations and committees that make their sport possible.

Now that I'm moving on in life (most likely only to fall back into endurance eventually), Isaac gets some miles off, and my mom gets a chance to ride a little more. Without her gentle but persistent encouragement, I never would have progressed beyond a twenty-five miler on a chubby show Arab. She's motivated many riders to move forward and progress, to learn their horses and understand themselves as riders. Out of the endeavors I've pursued in my short life, endurance and the people who come with it has influenced and taught me more than any school could: Sportsmanship, incentive, teamwork, courage, confidence, trust, fortitude, stamina, and the love of simply being with your horse on a new trail, never knowing where the next turn might take you.

Jessica R. Anderson



General Meeting & Board of Directors Minutes held at Convention

Board of Directors Meeting January 27, 2006

President Julie Barnfather called the meeting to order at approx 9:20 pm after a ninth board member was located to make a quorum.

SECRETARY REPORT

Minutes of January 30, 2005 board meeting were read and approved.

TREASURER'S REPORT:

Karen Leiman distributed the Treasurer's report. Our net income for 2005 is \$5,744.56. There was a discussion about how the operating income and expenses are reflected in the financial reports. Karen noted that 2006 membership fees received were not included as income on the 2005 Income Statement (P&L) as they will be allocated to 2006 income. To date, 2006 membership fees received are approximately \$8894. (This is up substantially from same time period last year). There was a total of \$317.33 in bank fees in 2005. Karen Leiman pointed out that she negotiated with the bank to eliminate future bank service fees by changing the type of account. She also setup a system to recoup foreign currency transaction losses. Tiffany Leonard, membership secretary, now contacts the Canadian member and they reimburse the discrepancy. Moved by Terre O'Brennan and seconded by Marilyn Milestone that the Treasurer's report be accepted. Motion passed.

MEMBERSHIP REPORT

There was a discussion about how Canadians can avoid the exchange fee issue for Membership dues in the future. One possibility is to only accept US Funds which is not always possible. Terre O'Brennan explained that she keeps a US bank account for this purpose. Another possibility is to check a website on the day the check is written to get the current exchange rate and adjust the check amount accordingly. There will be a few days change by the time PNER cashes the check, but generally not enough of a difference to warrant follow-up (i.e. under \$1). Credit cards and Pay Pal were also discussed. Karen Leiman explained that Pay Pal can be vulnerable to hacking. Credit cards and Pay Pal were also discussed. Several members mentioned that credit card fees were too expensive and Karen cautioned that Pay Pal is vulnerable to hacking. The consensus was the current system was working ok, although it would be good to get the word out to our Canadian members about the issue. Terre O'Brennan, BC Rider Rep agreed to notify Canadian members.

There was a discussion about setting up the Membership application in the future to allow pre-registration for convention. A few people included this amount with their membership application on their own. Setting up pre-registration in the future could make the signup process at convention much easier. Terre O'Brennan suggested that the raffle be separate from the registration in the future so that the juniors can sell the tickets. It was pointed out that some people like to write one check for everything – all expenses. There are other opportunities throughout the convention to buy raffle tickets.

NEWSLETTER REPORT

No newsletter report.

OLD BUSINESS

Proposed By-Laws changes. The prior BOD had established a committee to review and recommend on proposed By-Laws changes by June 2005. An official recommendation was not submitted as planned, but Julie Barnfather did follow up with the committee members and prior to the Mid-year Board Meeting in October, received an acknowledgement from Heidi Smith, (one of the committee members). The consensus of the committee was that the definition of a Junior was the most important issue

to be addressed. It was brought up at the Mid-Year Board Meeting but without the necessary quorum (only 4 board members present) a vote could not be made. If someone makes a proposal at this year's general meeting, it would not go into effect until next year's annual convention. The exception is if a vote was done by mail.

Madeline Smart, the Junior rep, described a proposal that she had come up with. Lois Fox suggested that we default to AERC definition even though our ride seasons don't exactly match. Lori Walker explained that this is not a big issue for point keeping. The dilemma is that the Junior must ride as a junior for the year based on when they apply to be a member. A junior could resolve this by not joining until they become 16 so they can ride the year as a senior. Marilyn Milestone motioned to table the topic and move on. Guy Cheek seconded and it was approved.

Tax Exempt Status. Julie put together the IRS Form 1023 application, per instruction from prior BOD meeting, after consulting with an attorney. The packet was completed and filed, along with the \$500 application fee in early November. Julie has checked on the status with the IRS and was told that they are so backlogged they haven't even assigned a revenue agent to the application as of 1/26/06. They cannot give a time estimate for a determination letter at this time, but Julie's guess is that it will come sometime in Summer/Fall-2006. There is a possibility that if the IRS determination is negative, that PNER would have to pay back taxes for 30 years, but Julie thinks we have a good chance of getting a positive determination.

Policies and Procedures – Julie put together an outline of responsibilities for each of the elected and appointed positions in PNER. She will submit them to the current office holders and requests that they complete them for the record book to help with future transitions. Karen stated that she had previously done this for the Membership position and it is all documented in the red membership book.

NEW BUSINESS

Karen Leiman is retiring as Treasurer. Michael Cardon has volunteered to be Treasurer for a fee. A discussion followed. Some thought that the other positions should then also be paid. Karen explained that there is too much financial responsibility on the Treasurer. Michael is currently in school to obtain an accounting degree. He would charge a \$200 setup plus \$60 per month. Karen explained that the previous Treasurer had turned over very poorly organized books. It took quite a bit of effort to sort them out. Mary Nunn suggested that the new Board should make this decision. Lori Walker suggested that a consultant could be paid to setup the system and then train the volunteer Treasurer. The setup is the key. Julie suggested that the discussion be saved for the new Board on Sunday. Karen pointed out that a new Treasurer needs to be appointed by 5 pm Saturday for her to turn over the books. Someone has to write the checks for convention expenses. She did say that she wouldn't leave us high and dry if no-one had been appointed by then. Karen explained that the bank requires a copy of the Board Minutes which clearly identify the treasurer, in order to change the signature card. Tom Jones moved that the nomination of a Treasurer will be a discussion item at Saturday's general meeting. Dory Jackson seconded and it passed.

Awards – the Oliver Jones award was discussed. Is it redundant? It was decided to keep it. Top 10 Novice - is this too many placings? The group agreed that it is a good encouragement for newbies, but novices need to be better informed that they need to nominate. There was a discussion that novices not have to nominate. Lori Walker is willing to track and verify that

CONTINUED

General Meeting & Board of Directors Minutes held at Convention CONTINUED

they haven't been riding previously in another region. Dory Jackson moved that it not be necessary for novices to nominate for novice award. Lois Fox seconded and it passed unanimously. Lois Fox moved that the top 25 seniors be expanded to top 30 seniors. Short discussion. Guy Cheek seconded and it was passed.

Member lists: Should we share our membership list with raffle vendors or handbook advertisers? Lois pointed out that these vendors will not sell the lists. Some vendors are expecting that we give them the list if they donate. It was pointed out that this should be brought to the general membership first for their approval. There would be strict parameters for giving out the list. It could be presented at Saturday's general membership meeting. There could be an opt-out option, but Terre suggested that the opt-out would mean that the person's email would then not be on the website, and name would not be in the handbook. The suggested parameters for distributing the membership would be: guarantee of no sale of list, name and address only would be given, and only distributed to vendors who requested the list based on giving a donation. No motion.

Motion to adjourn. Seconded and passed. Meeting adjourned at 10:50 pm.

GENERAL MEETING January 28, 2006

Meeting called to order by President, Julie Barnfather at approximately 4:10pm

SECRETARY REPORT:

Minutes read from Friday board meeting (January 27th, 2006) were read, including the Treasurer's report (current cash balance 1/23/06 \$38,733.65), and status of Federal Tax Exempt status application (pending).

Minutes from the 2005 General Meeting and the 2005 Board of Directors meeting were referenced as printed in the 2005 PNER Handbook. Moved by Jan Dean and seconded by Tom Dean that the all minutes be accepted as printed in the 2005 Handbook. Motion passed.

REPORTS

AERC

Gail Williams, outgoing AERC Regional Director, and Tom Dean, new AERC Regional Director gave reports on the upcoming AERC Convention in San Antonio, Texas on February 24-27, 2006 as well as current AERC issues. Issues surrounding the Limited Distance program were outlined, as well as proposed changes to the Protest and Grievance process. Gail described the new Trail Master program which will be scheduled in our region in the spring. This program teaches how to construct durable trail surfaces and will be of benefit to ride managers.

Ride Managers

Gail Williams reported on the Ride Manager's meeting Saturday morning. Arabian Horse Association points, the Trail Masters program and Limited Distance were discussed.

ELECTIONS

Rider and Ride Manager Reps

The membership broke into their individual state groups and elected their Ride Manager reps and Rider reps based on the official count of 2006 current members. They are as follows:

WASHINGTON: Rider reps – Dory Jackson, Sue Brown, David LeBlanc with Carla Eigenauer as alternate. Ride Manager reps – Marilyn Milestone, Gail Williams, with LeAnne Studdard as alternate. OREGON: Rider reps – Darcy Bean, Becky Fiedler, John Rosen, and Jan Dean as alternate. Ride Manager reps – Tom Jones, Mary Nunn, and Anna Sampson as alternate. IDAHO: Rider reps – Sunny Hornbaker, and Marilyn Hornbaker as alternate.

BC – Rider rep – Terre O'Brennan, Ride Manager rep – Barb Holmes. MONTANA: Rider rep – Pat Gisvold, Ride Manager rep – Jennifer Knuetgen

Presidential Election

Julie Barnfather was re-elected as President and Sandy Cheek as Vice-President. The positions of Treasurer and Secretary remain open.

Meeting Adjourned – approximately 5 PM.

Respectfully submitted,
Joan Fleming

Board of Directors Meeting January 29, 2006

Meeting was called to order by President Julie Barnfather at 9:20 am. A quorum of ten members was in attendance. Current and past president Julie Barnfather thanked the board for their participation and assistance in the previous year.

SECRETARY REPORT

The minutes from the Friday night Board meeting (January 27, 2006) were read. Dory Jackson moved that they be approved and Terre O'Brennan seconded. Passed.

The minutes from the Saturday general meeting (January 28, 2006) were read. Discussion followed to confirm and document the new Board of Directors (Rider Reps and Ride Manager Reps) as elected at the General Meeting.

OLD BUSINESS:

No old business.

NEW BUSINESS:

Executive Position Openings

We need a new Treasurer – interim if necessary. Karen Leiman had recommended at the Friday board meeting that there be multiple signers on the account so there would always be someone available. Moved and seconded that the President, Treasurer and Vice President be appointed to sign checks. More discussion ensued. Julie suggested that an interim check signer be appointed by name to satisfy the bank's requirements for changing over the signature card until we can find a new Treasurer. Motion amended by Becky Fiedler that a Board named appointee, the Vice President and Treasurer will be the check signers. Tom Jones seconded. Motion passed. Sue Brown moved that Julie Barnfather be the designated member to serve as interim check signer. Becky Fiedler seconded. Motion passed.

Several names were suggested as Treasurer. Julie will contact them. If none of these is available, paying Michael Cardon is a possibility. Becky Fiedler said that if no other volunteer Treasurer is found, she would be willing to do the job. If we end up getting non-profit status, Julie would help with the annual Federal tax filing (Form 990). Generally, the board agreed that they'd rather not turn the Treasurer job into a paid position at this time. It is a significant precedent that shouldn't be taken lightly. Becky moved that Julie Barnfather approach Marilyn Hornbaker, Suzy Zucher, Claudia Krakora and Sally Tarbet as potential candidates for Treasurer and decide among the four which is most qualified. If none of the above candidates are able to fill the position, Becky Fiedler will be the Treasurer. Tom seconded and it passed.

Honorary Award Recipients

Veteran Horse – Zahin Al-Din, Ambassador Award – Mary Nunn, Ride Manager of the Year – Marilyn Milestone, Tsyd Award – Marie Mallon & Zahin Al-Din, \$500 Scholarship – Jessica Anderson, Emeritus Veteran Horse – Firajaaza
Sonny explained the Veteran Horse Award. He asked that this not be a declared qualification, but that it should apply to whoever qualifies for it by the end of the year. He will take responsibility for figuring out who qualifies. People will no longer have to nominate for this award.

CONTINUED

Insurance

Julie explained that PNER does not have liability insurance. The organization is getting large enough to make this pretty risky. Discussion followed about the necessity and whether it was common for organizations of our size to carry insurance. Terre O'Brennan explained that it is done routinely in the Canadian organizations she's involved with and is standardized. Lori Walker asked under what circumstances would we need insurance. A discussion followed regarding the potential scenarios under which PNER and the Board/Officers could likely be sued. Carla Eigenauer volunteered to check out insurance coverage for PNER and its Board members.

Website Award History

Sonny would like to have the history of the Veteran Horse award recipients recorded somewhere. It was discussed to keep this and all these honorary awards on the website as well as in the annual Board Minutes. This process was started by Cheryl Conklin, current webmaster, but is not yet complete. Becky moved and Terre seconded to continue to represent honorary award recipients on the website. Motion passed.

STAFF APPOINTMENTS

Joan Fleming – Secretary, Lois Fox – Handbook, Karla Watson – Newsletter, Sue Griffin – Raffle, Lori Walker – Points, Treasurer – to be determined. Check Signers: Board appointed interim signer – Julie Barnfather, (VP) Sandy Cheek, Treasurer – TBA.

JUNIOR REPORT:

Morgan Mittie is the Junior Rep. Morgan reported on the junior lunch discussion topics. The juniors are committed to fund-raising, but have not decided how that will be accomplished. A further discussion around "emancipated junior" status, as it is known in AERC, ensued. Because our definition of a junior is in our bylaws, for it to change would require an amendment to the bylaws. The process for bylaw changes was reviewed. By-Laws changes were discussed. It was suggested that a By-Laws committee be appointed, all proposed By-Laws changes be addressed and a mid-year meeting be called to develop all proposals for a vote at the annual meeting. David LeBlanc recommended that the procedure for changing the By-Laws be revised so that issues like the above Junior age change be easier to accomplish. Sonny Hornbaker suggested breaking out the ride criteria separate from the By-Laws in order to more easily accomplish these types of changes while still protecting the organizational structure in the By-Laws. Several positive comments from board members on this idea. Julie asked David LeBlanc to look into what's involved with a teleconference meeting. He agreed.

Tom Jones motioned to adjourn. Dory Jackson seconded. Motion passed. Meeting adjourned at 10:30 am.

Welcome New PNER members!

*Tessa Odle
Savannah Odle
Flo Paget
Glen Paget
Tanner Paget
Taryner Paget
Karen Pate
Karen Storsteen
Stephen Kean, Jr.
Stephen Kean, III
Roberta Dusek
Becky Maggard
Rocky Morris
Charles Cowan III
Margaret Cowan
Charles E. Cowan IV*

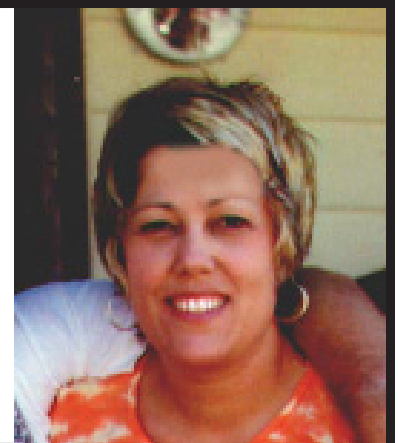
*Samuel Cowan
Terry Canavello
Jane Cunningham
Kristina Nokes
Mari Smuttea
Randy Bates
Olivia Bates
Iliana Bates
Kara Hover
Niki Young
Melodee Bradley
Debra Baxter-Mallett
Tami Chamberlain
Kim Clemens*

*Sirie Neal
Sherie Barber Smith
David Jenkins
Bob Bacon
Chris Cane, DVM
Mac McKibbin
Kilian Dill
Drena Dill
Chuck Peacock
Mark Wold
Hannah Pruss
Ashley Bucy
Sage Winn
Barbera Sjoström-Nokes*

*Vickie Hogan
Cynthia Griswold
Laurie Ross
Patricia Farrell
Phil Clark
Georgina Stiner
Brianna Conrow
Sonya Fry
Kristi Hopp
Andrei Wozniewski
Zane Smith
Laura Yost
Levon Yengoyan*

Hey, I'm back....

Thanks for all your support and great articles this last year. Please keep them coming as I can use all the help and ideas. It will be quite a year with me riding with my twin juniors and getting this newsletter out on time. Any ideas for an article, please send my way. Anyone want to be interviewed? Any new members have interesting stories? Ride stories that are unusual? Anyone have any great tips? All these things I can use. I will edit if I need to fit space. (Please note I will not accept articles that are to promote or advertise an item or horse unless paid for.) Thanks again to all who helped me last year!---Karla Watson



Welcome Your NEW PNER

2006 Board of Directors & Appointed Positions

(*Denotes Board Member)

President

Julie Barnfather*
(425) 868-8684 rocknb-ranch@comcast.net

Vice-President

Sandy Cheek*
(509)246-2038. 2cheeks@vib.tv

Secretary

Joan Fleming
(425)788-4631

Treasurer

(OPEN POSITION--PLEASE CONTACT
PRESIDENT IF YOU ARE INTERESTED)

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. (509) 766-2645.
arabracer100@yahoo.com

Points

Lori Walker
(425) 258-8132. littleleo@foxinternet.com

Raffle

Sue Griffin
(509) 697-3328 SuGriff182@aol.com

Web Page

(OPEN POSITION--PLEASE CONTACT
PRESIDENT IF YOU ARE INTERESTED)

Junior Rider Rep

Morgan Mittie
(360) 578-2617

Handbook

2006--Lois Fox pnernews@yahoo.com

Ride Manager Representatives

British Columbia:

Barb Holmes* (250) 768-8206 bahoba@silk.net

Washington:

Marilyn Milestone*
(360) 887-4258 mmilestone@aol.com
Gail Williams*
(509) 865-3246 gailwilliams@nwinfo.net

Idaho:

Pam Haynes* pchaynes@earthlink.net

Oregon

Tom Jones* (541)664-0978
Mary Nunn* (503) 829-5321 flyingn@molalla.net

Montana

Jennifer Knuetgen* (need phone # & email)

Rider Representatives

British Columbia:

Terre O'Brennan* (604) 940-6958
tobytrout@bigfoot.com

Washington

Dory Jackson* (360) 652-6907 brejd@aol.com
Sue Brown* (360) 653-5618 suebrown1@earthlink.net
David LeBlanc*
(360) 805-1687 dleblanc@mindsprings.com

Idaho:

Sonny Hornbaker*
(208) 922-4341 shombak@idwr.state.id.us

Oregon:

Darcy Bean*
(541)383-2549 darcybean@hwy97.net
Becky Fiedler* (541) 746-3852 bsfiedler@aol.com
John Rosen* (541) 536-8158 flatpanel@msn.com

Montana

Pat Gisvold* (406) 961-3690 ohphuff@montananet.com

Alternates:

Jan Dean – Oregon Ride Manager Rep
Anna Sampson – Oregon Rider Rep
Carla Eigenauer – Washington Rider Rep
Dot Wiggins – Idaho Rider Rep
Marilyn Hornbaker – Idaho Rider Rep

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

100 MILE MEETING

Reported by Karla Watson

On January 29th at the 2006 PNER Convention, in the wee morning hour, many attended the impromptu 100 Mile Meeting. It was a get together of seasoned 100 mile riders giving their advice to others who want to ride their first 100 miler. It was well attended and very informational. For those of you who could not attend, I was there with my tape recorder. Here is most of everything that was said by the mentors who came to share their advice.

Sue Summers (Completed 35--100's)

Being a farrier, I've seen lots of crappy shoeing out there and on 100s you won't get away with it. Don't go longer than 1 week before a 100 with shoeing. Not worth it. Have your farrier make you a fair set of shoes in your horses' shape. If you use pads, have them made with pads on them. So when you lose a shoe at a ride, a farrier there can nail them on quickly and easily.

Mentally a week before a 100 miler, I picture crossing the finish line on a happy, sound, healthy horse and I get that movie going in my head. That's the only thing I think about. Everything going right, nothing going wrong. Makes a huge difference.

I never leave a vet check without taking my horse's pulse right before I leave. I don't care what the vet said when I leave that vet check. But when I get on to leave, I take his pulse and I even do my own CRI. I will ride that next loop according to how my horse ate/drank, what his recovery and pulse when I left.

On 100s there is no reason you have to take the amount of hold time they require. If your horse is eating good and you want to give him an extra 10 or 15 minutes, go ahead and give it to him. It's going to help him in the long run.

Practice riding and conditioning by yourself. You are going to think its great to ride and buddy up with someone and ride a 100 but stuff happens, that person gets pulled and you are on your own. Your horse will lose motivation, you will lose motivation so you better practice riding by yourself.

Dennis Summers (Completed--34 100's)

You have to have a goal and picture that goal in your mind. If you are about to have that second scoop of mashed potatoes, hold that fork there for a minute and think about that goal. If that mashed potatoes is not going to get you there, might be easier to put that fork down.

Tom Dean (Completed 7--100's)

Break it into pieces. I try not to take a whole bit of the hundred miler. I never think about the whole ride when I take off. I break it down to vet checks or water tanks. I just want to get to a water tank. I break it into pieces. I kind of tell a story. When I first start off on a 100, at the end of 25 miles, I say, my god I wish I was doing a 50, I'd be done

in a few minutes. Get to the 50 and say, well this isn't so bad. I could probably get to 75. Then I get to 75 and say, YAHOO this is a piece of cake. This is not going to be hard to finish.

Gut sounds are very important. Work with a good vet and learn what good gut sounds like. When you come into your long holds you need to check your horse periodically throughout the hold. Get a good quality stethoscope. Know what your horse sounds like. All four quadrants working good. If your horse is quiet after eating during the 1 hour hold, you need to be talking to a vet.

The reason it's critical to shoe within one week of a 100 is a balance issue. A horse only holds balance after shoeing for about 2-3 weeks so it's important to shoe 1 week prior. They loose their balance quickly. So a week is exactly the right time to shoe before a 100.

Carol Giles (Completed 15-100's)

Approach a 100 very positively. It's a lot of work. Be ready to be flexible. If you think you can do this ride at this pace and you start that pace and all of a sudden you get into a vet check and your horse is not eating well, be flexible enough to change your plan.

At a 100 mile ride down in California at 65 miles I felt as bad as I've ever felt on a ride. Her friend recommended she change her clothes, change her boots, change her half chaps. I got back on that horse and it was night and day. Had a great last 35 miles after that.

At your first few 100s, don't get surprised that you have some down periods and your horse has some down periods. Don't throw your hands up and say I can't do this. Slow down, work thru it. Your horse will come back. You will come back. I guarantee when you cross that finish line, you are going to be ecstatic!

Spend some time getting in shape. You don't have to be a weight lifter or marathoner. Do some basic stuff to get into shape. Get out and walk a few miles a day or go to the gym a couple of times a week. Walk the stairs at work instead of taking the elevator. You'll be real glad you did at the end of that 100.

When you get tired, every bad riding habit you have is going to become more pronounced. That last 25 miles of that 100 miler, my sole focus is on how I am riding. If you are unbalanced, you are making your already tired horse work really hard.

CONTINUED

Eat, drink and be merry! You have to eat whenever you can on a 100. Come prepared with a bunch of different foods. You are not going to know what is going to sound good at mile 70. You have to make yourself eat and drink. Your goal should be one water bottle an hour.

Have a good time. It's incredible out there. If you are getting down, stop your horse, watch the sunset, and watch the deer come out. It's an incredible experience.

Sharon Westergard (Completed 32--100's)

Don't try anything new. Don't try new tennis shoes. Don't try a new saddle. If you get a rub at 50 miles, imagine what you are going to get at 100 miles.

Don't do anything to your horse the week before to upset him, like bring in a new horse or a herd of cows.

The Westergard Oat Float: A bucket of water, a little bit of rice bran and float some oats on top. I have not seen a horse yet who does not drink the whole bucket.

Ron Sproat (Completed 3--100's)

In order to ride a 100, you have to really like to ride. Don't go in to a 100 wanting to win this race. Go into a 100 because it's a challenge, because you are good horseman, you have a good horse and you like to ride. I think you have to like your horse. You are going to be out there with this animal 12-24 hours and a lot of times it's just going to be you and your horse. If you don't like your horse, you are not going to enjoy the ride. There are going to be high times and low times. If you don't like your horse at a low time, you are not going to have a good time.

You are going to have to like yourself. It's important to like yourself, like your horse, like to ride and you will enjoy your first 100 and all the rest of the 100s after that.

Mary Forrester (Completed 24--100's)

When I decided to do my first 100, I remembered I was scared to death. When it comes time to do that first 100 and you put your name on that entry form it gets scary.

Remember when you get tired to not forget to vet thru. I got on the trail 10 miles and realized I had not vetted thru that last vet check. So I had to go back 10 miles and vet thru, then go back out again.

Fix up the glow lights ahead of time so you are not fumbling in the dark. Take a piece of baling twine and double it over so you have 1/3, 1/3 and 1/3 and tie a knot at the end to make a Y. Then you take your glow lights and you duct tape them where those 3 will meet. You can slip that over the horse's neck. Tie the knot/tail at the cinch ring. When you are done throw the whole thing away.

Darlene Anderson (Completed 6--100's)

Know what's normal for your horse before you do your first 100. Bring a change of clothes. You will be amazed at the halfway point of that ride how good you will feel when you change your socks, wash your face, you are going to feel like a new person.

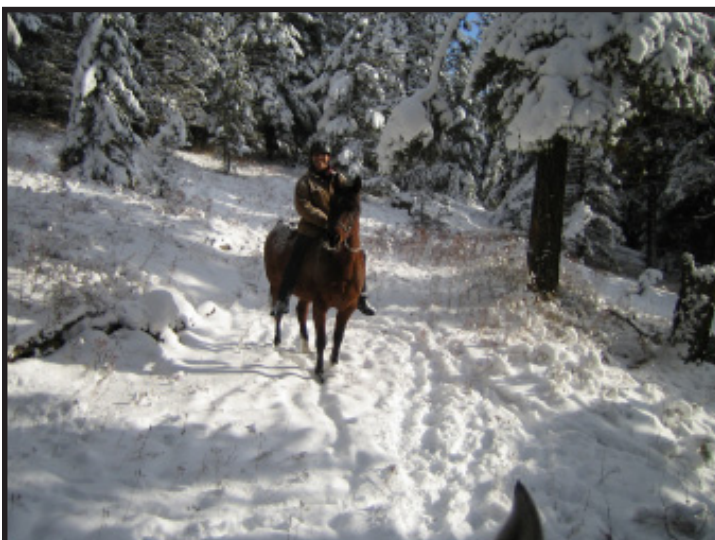
I get off and walk down hills. Your body will loosen up and you will feel better. It's easy to walk down hills. Gets your body moving again and gets you off the back of the horse for a bit.

On your first 100, it's really important to get a crew. It's nice to have a crew and support on your first time. Someone needs to help get you eating and drinking. You also need the rest.

When I do a 100, I don't look at the finish line. I take it for granted in my mind I'm going to finish. I ride from one point to one point. When I get to 75 miles, I know that I only have an LD to do.

NEXT MONTH: 100 Mile Article continued with advice from more 100 milers & a coverage of 100 mile rides in the NW Region. Also a 4 page coverage of the Multi-Day Panel from Convention.

What Canadians do to condition in the winter....



Winter riding in the snow in Kelowna, BC! Carol Martin on the grey, and Jackie Paul on the Bay. Both plan on riding NW rides in 2006.



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 • Sep 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**



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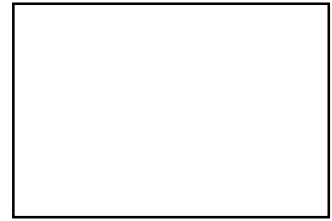
541-388-1410

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Out west we have a different way of dealing with rude riders. We call it "culling the herd." If a rider treats one of our volunteers rudely, they are instructed to apologize to the rider by saying, "I'm sorry, I was busy cleaning my shotgun, and I guess I got a little behind."

—Bruce Weary (ridecamp quote)

**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.