



EQUESTRIAN TRAILBLAZER

FALL 2021

SRVHA Web Page Links:

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SRVHAride@gmail.com

2021 Board Members:

Officers

- President – Danielle Coburn
- VP – Deborah Johnston
- Secretary – Elizabeth Hudson
- Treasurer – Pam Roberts



President's Message – Danielle Coburn

Fall greetings SRVHA Members~

After such a warm summer I am anxiously awaiting the milder temperatures and seeing the tree leaves turn beautiful Fall colors!



I hope that you are able to carve out some time to read through our Fall Edition of the SRVHA "Equestrian Trailblazer Newsletter", which is once again filled with many fascinating and pertinent equine related articles to expand our ever evolving horse knowledge. Also, be sure to check out our "Members Corral" featuring Chris Barnhart

a SRVHA & CMDTRA member who is treasured by both clubs.

I would like to take a moment to give a heartfelt acknowledgement and thank you to our sister club, CMDTRA, for their continuing support of SRVHA by partnering with us on several events this year. It's been a rocky year full of uncertainty, and CMDTRA Board and President Elaine have been extremely generous and welcoming to us. Thank you CMDTRA!

Lastly, do you, or someone you know, have an interest in joining the SRVHA 2022 Board? We are looking for additional members to become a part of the Board and welcome all who are interested. We are folks who enjoy everything about horses, having fun and preserving the horse community of the San Ramon Valley. To find out more information please email us at SRVHAride@gmail.com.

Stay healthy & well. Happy Fall trails!

Danielle Coburn - SRVHA President 

2021 Committee Chairs:

- Memberships – Sheree Peterson
- Correspondence – Denise Boucher
- Insurance – Victor Dequin
- Bar – Mary Mahin, Larry Sterling
- Event Liaison – Chris Barnhart
- Events – Bonnie Kohleriter
- Website – Joy Qin
- Newsletter – Elycia Fontaine

Weekend Ride Coordinator:

- Sheree Peterson:
SRVHAride@gmail.com

Horse Camping at Jack Brook Coordinator:

- Deb Johnston:
johnston2bit@gmail.com

Catch Fall Color



Ready to ride through spectacular fall color? Here's how to plan your trip, and stay safe and comfortable on your ride.

Here's everything you need to plan your fall-color excursion, whether it be a day ride, an overnight adventure on your own horse, or an equestrian vacation at a farm or guest ranch.

For trail riders, fall is a glorious time of year—crisp, cool weather, bright-blue skies, and trees bursting with autumn splendor. Here's everything you need to plan your fall-color excursion, whether it be a day ride, an overnight adventure on your own horse, or an equestrian vacation at a farm or guest ranch. (For an exclusive listing of specific fall-riding destinations, equestrian vacations, and guest ranches, check out the [Where-To-Ride Guide](#).)

Click onto the link below to read this article in its entirety:
[Fall Horseback Trail Riding Tips - Horse&Rider \(horseandrider.com\)](#)



Scheduled Rides and Events

November

20th *Saturday Turkey Ride with CMDTRA & SRVHA

Please visit “*SRVHA Club Events Calendar*” often for up-to-date information.



Horsemanship 50, 55, 60, 65—& Over!



Likeminded horse buddies can make riding at any age more pleasurable, providing you with companionship, support, and inspiration.



Garin Park trail ride
September 18th



Point Pinole ride and lunch –
August 14th

It's 2021 and we're all a year older. Whatever your age, the good news is you can still keep logging pleasurable miles in the saddle--if you go about it with a little thoughtfulness and common sense. Here are some tips to keep you riding at any age.

- **Be real.** Just as you wouldn't let a 5-year-old go on a death-defying trail ride, so should you avoid over-facing yourself with an unrealistically difficult challenge. By all means, push yourself and explore new territory. But at an age where injuries take longer to heal and can result in long-term disabilities, place extra emphasis on [common-sense safety measures](#).

- **Stay strong.** Our muscles can wither and weaken with age unless we take active measures to prevent that from happening. Riding alone won't do the trick, but a modest strength-training routine will.

Here's one great program for [maintaining core strength](#) plus flexibility, good posture, and balance.

(And, should you ever find yourself graced with bionic body parts, here are tips for [riding after joint replacement](#).)

Click onto the link below to read this article in its entirety:
[Tips to Help Senior Equestrians Keep Riding at Any Age - Horse&Rider \(horseandrider.com\)](https://horseandrider.com)

Rebecca says that this experience has changed her outlook on working with horses and that it changed the way she communicates with her horses and reads their body language.



When teenager Rebecca Kennedy decided to sign up for the Extreme Mustang Makeover, she did it because she wanted to challenge herself as a rider. But she ended up learning so much more after working with her untouched mustang.

The first time Rebecca Kennedy saw a mustang compete in the Extreme Mustang Makeover she had been searching the internet for horse-training content and stumbled across videos of the competition that immediately caught her attention. Like many tech-savvy teens, she began to scour the internet to learn more about the event and watch any kind of mustang-related video she could find. From there, she quickly learned that the Extreme Mustang Makeover offered a youth division at their competition in Fort Worth, Texas, and immediately knew she had to get involved somehow. Last-Minute Entry

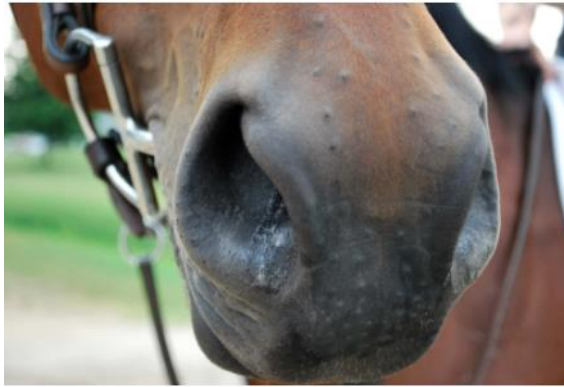
Through her research, Rebecca found the entry form to the youth division and immediately ran down to her parents to ask if she could enter the event, but there was one problem: they only had a couple of days to fill out the paperwork and gather the letters of recommendations that were required to even be considered.

Click onto the link below to read this article in its entirety:
[Challenge Accepted - Horse&Rider \(horseandrider.com\)](http://horseandrider.com)



Horse Camping at CMDTRA – joint club event SRVHA & CMDTRA July 23-25th

The Nose Knows: What Equine Nasal Discharge Tells Us



Learn to describe your horse's nasal discharge to your veterinarian.

Is it watery or mucoid?
Coming from one nostril or two?

Any nasal drainage can be an important indicator of a horse's health and can even herald an emergency. We'll take you through six snotty nose scenarios and possible causes.

Causes of snotty noses can range from benign to catastrophic

It starts with a drip: a bit of clear nasal discharge apparent as you wipe one of your horse's nostrils while tacking up. It's chilly out and, quite honestly, your own nose is running a bit, so you think it's probably nothing.

Most likely, it's not anything to be concerned about. But even with something as seemingly simple as a horse with a snotty nose, it's important to pay attention and know how problematic the discharge is, the possible causes behind it, and when to call your veterinarian. Nasal drainage can be due to something as basic as a dusty arena to a life-threatening emergency. Many other causes fall between the two extremes.

In this article we'll look at six snotty scenarios and explore the possible causes. Some are fairly benign, while others require calling a veterinarian to resolve the issue and protect nearby horses. Still, some can be life-threatening.

Click onto the link below to read this article in its entirety:
[The Nose Knows: What Equine Nasal Discharge Tells Us – The Horse](#)

SRVHA & CMDTA Moms on Mares
(Gents on Geldings) Lunch Ride
into Clayton - May 15th

5 Simple rules for keeping the peace on the trails



With trails these days more crowded than ever with runners, bicyclists and more, try to make your encounters with other users as pleasant as possible.

I still experience a bit of a rush when I see a sign on a multiuse trail instructing hikers, bicyclists and other recreational users to yield to horses. Having the right of way as an equestrian is one of the few privileges I have in life. Yet I almost never exercise it. Why?

In the decade that I've been riding the trails, I have come to accept one fundamental fact: Equestrians are out-numbered. Less than four million riders share U.S. trails with 97.7 million hikers, bicyclists and joggers each year, according to The Outdoor Foundation and the American Horse Council.

What's more, bicyclists are often the first to volunteer for trail maintenance duties at the parks I frequent. They're involved, strong in numbers and, if it came down to who stays or who goes, I'd be the first one out of the park.

All of which means that it's in the best interest of all equestrians to maintain friendly and courteous relations with other recreational trail users. For the most part, accomplishing this goal isn't difficult. It just requires a combination of good horsemanship, courtesy and common sense. Here are five simple rules that will set you on the right path.

Click onto the link below to read this article in its entirety:
[5 Simple rules for keeping the peace on the trails - The Horse Owner's Resource \(equusmagazine.com\)](http://equusmagazine.com)



Las Trampas Regional Park Rocky Ridge Trail - April 17th

The Scoop on Poop



You pick it up. You toss it out. But do you ever take the time to pay attention to your pony's poop? Find out what you can learn about your horse's health by reading his manure.

An average horse will produce as much as 50 pounds of manure a day. Fifty pounds a day adds up to nine tons a year. Now that's a lot of poop! And every one of those piles can give you insights into your horse's overall health status. In fact, just like heart rate and gut sounds, poop production really should be considered an important vital sign.

I'm going to teach you what's important to know about your horse's manure. First, we'll take a look at normal digestion and how waste is produced. Then, we'll consider the factors you should monitor about your horse's manure, including the "three Cs" of color, consistency, and control. With this information in hand, you'll learn to recognize what your horse's poop is telling you. That manure pile may never look the same again!

Poop Production 101

Digestion begins when your horse takes a bite. He produces saliva to mix with the feed he chews as he prepares to swallow. If he's chewing hay or pasture, he'll produce twice the amount of saliva that he will for a bite of grain or pellets. Saliva is a buffer that helps to neutralize stomach acids, and the additional saliva produced when chewing hay or pasture not only aids digestion, but is also part of the reason gastric ulcers are less of a problem for horses on high-forage diets.

Click onto the link below to read this article in its entirety:
[The Scoop on Poop - Expert advice on horse care and horse riding \(equisearch.com\)](http://equisearch.com)



10 Gaited-Horse Myths: Busted!



Our expert counters myths about smooth-gaited horses with 10 fact-based truths.

Myths and misunderstandings about smooth-gaited horses abound. Here, we'll bust 10 common myths, taken from real questions posed by horse owners from around the country. We'll explain why each assumption is wrong - and why you should consider a gaited horse for trail riding.

Myth #1: Smooth gaits are artificial

"The walk, the trot, and the canter are normal gaits for normal horses. Gaited horses bother me, because their smooth gaits are manmade and artificial. I'm into natural horsemanship, and I want my horse to enjoy our trail rides. I could never ride a horse that was forced to perform an artificial gait!"

Busted! Relax. You can safely enjoy gaited horses, natural horsemanship, and trail riding - these three things go together very well. The show ring and the trail are two very different places. Good trail gaits aren't created by special tack or riding techniques; they're bred into the horses and brought out by sensible, sympathetic training.

Click onto the link below to read this article in its entirety:
[10 Gaited-Horse Myths: Busted! - Horse&Rider \(horseandrider.com\)](http://horseandrider.com)



Trailer Loading Clinic – April 24th

Members Corral - Chris Barnhart



I am a fairly new member of SRVHA and initially joined because I loved the Breakfast and Moonlight rides put on by SRVHA.

I have been a member of CMDTRA for over 20 years and served on the Board of Directors for most of those years.

While I was serving as President of CMDTRA, I started the Turkey ride with SRVHA as a way to reach out to other equestrian groups. Victor asked me to join the SRVHA Board as Liaison between the two clubs which I did; then served as VP to Victor for a couple years and eventually returned to the position of Liaison this last year.

My horse, Cowboy, is a 17 year old Spotted Saddle Horse. He is a wonderful horse and we still ride limited rides. He has sustained suspensory ligament damage twice in the last 6 years, but we are back on the trails and continue to keep rides to lower terrain.

I have enjoyed helping the SRVHA Board and getting to know a lot of SRVHA members at various rides and functions making many new friends along the way. That's it for now.

Happy Trails!



Chris and Cowboy at CMDTRA 2021

Chris Barnhart





BAY AREA BARNS & TRAILS

HELPING SAVE LAND & TRAILS FOR HORSES IN THE SAN FRANCISCO BAY AREA



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MISSION

Bay Area Barns and Trails (BABT) assists landowners and land managers with preservation and maintenance of publicly accessible barns, stables, pastures, staging areas, horse camps, and trails throughout Alameda, Contra Costa, Marin, Napa, San Mateo, San Francisco, Santa Clara, Solano, and Sonoma Counties.

HISTORY

Bay Area Barns and Trails was incorporated as a California non-profit corporation in November 1999. Since 2000 BABT has helped conservation minded equestrians preserve and restore natural areas and wildlife habitat, maintain parks and public open space, equestrian facilities, trails and trailheads by awarding approximately \$393,500 in matching funds to thirty-nine land trusts, agencies and/or equestrian organizations.

CONGRATULATIONS TO OUR 2021 GRANT RECIPIENTS!

With these awards BABT continues our mission preserving and protecting public access to stables and trails in the Bay Area.

- **Bay Area Ridge Trails** - Co-sponsor of the Ridge to Bridges event
- **Diablo Equestrian Heritage Association** - Trail obstacle training course to increase safety by exposing horses to obstacles that may be found on the trail.

[Read more about our recent grants...](#)

Click onto the link below to read this article in its entirety: [Home \(bayareabarnsandtrails.com\)](http://Home(bayareabarnsandtrails.com))