

BACK COUNTRY HORSEMEN

New Mexico MONTHLY HOOFPRIINT Pecos Chapter Inc.
PO Box 2706 Edgewood, NM 87015 www.bchnm.org

February 2011

President's Corral

Cheryl Nigg, home phone: 384-2558
e-mail at: threepaws2@earthlink.net

It appears that "Mother Nature" decided to give our State, including the East Mountains, a winter reality check. The recent extreme cold blast presented many of our members with a variety of problems and caused the cancellation of our February general membership meeting. However, our other events for February are still on schedule. Be sure to check our calendar included in this newsletter for upcoming events.

Our March general membership meeting will be on Wednesday, the 2nd, at the Kingsbury residence, in Edgewood. We will be discussing two very important topics. Equine emergency evacuation and basic first aid during trail riding. Safety needs to always be our first priority. Long term weather predictions are indicating a high potential for wildfires this season. In addition we are experiencing great participation for our training rides. But large groups of people with equines, and emergency situations, require even more attention to safety. Hope to see everyone at the meeting. A map with directions is included in this newsletter.

Please keep in mind that we are collecting dues for our 2011 season. The deadline is April 1st if you want to continue to receive the newsletter and notification of BCH events and/or schedule changes. Dues remain the same as last year: Individual is \$25.00, and a family membership is \$30.00. You can pay at any of our meetings or events. You can also mail your payment to our PO Box 2706, Edgewood, 87015. We appreciate your support and participation.

Also remember that during any of our BCH sponsored events members are expected to clean up after their equines whether it's at the trail head or a parking area. Please be respectful of others when parking your vehicles, and keep your equine safely out of the way. We want all of our members and their equines to experience safe and rewarding activities this season.

Keep the faith. Spring is coming!

Coming Events for 2011

February 27, Sunday: Packing Clinic: home of Richard and Amber Kingsbury; Clinic starts at 9:00AM and continues until everyone is satisfied. Lunch will be provided but requires a RSVP Amber Kingsbury no later than Friday, 25 February. Interested BCH members can call Amber at 505-269-7773 or email at amazonaalk@earthlink.net

March 2, Wednesday: General Membership Meeting: 6:30pm potluck, 7pm meeting; Location: Home of Richard and Amber Kingsbury, 281-1342 or 269-3429, map is attached

March 5, Saturday: Training Ride: Location TBA, contact Cheryl at 384-2558.

March 19, Saturday: BCH 101 Clinic: MUST preregister! Deadline to register is Monday, 14 March. Interested members contact Richard Kingsbury (505-559-3426 or pwrgentech@earthlink.net) or Cheryl Nigg (505-384-2558 / threepaws2@earthlink.net) to sign-up, get directions, etc. number of participants is restricted to 32;

March 23, Wednesday: Pecos BOD: 7:00 PM, home of Jim and Sandy Edmiston; contact Cheryl @384-2558 or Sandy @ 286-6233

March 26, Saturday: BCH State BOD: 1:00pm, contact Dick Rahal @286-1978

March 27, Sunday: Training Ride: Location TBA; contact Cheryl @384-2558
April 2, Saturday: Trailer Clinic: Location TBA, contact Cheryl @384-2558
April 3, Sunday: Work Project, Manzano Mtns: contact Cheryl @384-2558
April 6, Wednesday: General Membership Meeting: Location TBA, contact Cheryl @384-2558
April 9, Saturday: Trail Building Clinic with Pecos Ranger District: Location TBA, contact Richard @559-3426
April 10, Sunday: First Aid Clinic: Location TBA; reservations required, contact Lisa @ 917-3631
April 16, Saturday, Work Project, Manzano Mountains, Location TBA, contact Cheryl @384-2558
April 30, Saturday, Work Project, Manzano Mountains, Location TBA, contact Cheryl @384-2558

Across the Pastures

Packing Clinic...

Sunday, 27 February in Edgewood 9am. Participants can bring their own equine and packing equipment/tack and practice the art of back country packing under the tutelage and sage advice of experienced packers. We're honored to have Tom Bryant, Steve and Mary Randall of the Socorro Chapter helping and demonstrating. Richard, Amber and Cheryl will also be there to advise and demonstrate their techniques. After an initial talk and demonstration, you can saddle up and practice packing with your own gear. We will talk about saddle fit and position, best way to load panniers, mantle wrapping and rigging for Decker saddles, etc. Lunch will be provided, but requires a RSVP to Amber Kingsbury, no later than Friday, 25 February. Interested BCH members can call 505-269-7773 or email at amazonaalk@earthlink.net. If someone wants to come and just watch that's fine, but I still need folks to sign-up by Friday, 25 February... too little food is a crime and they'll all need directions to get here!

Dues are coming Due again...

To be a member in good standing, dues are due by April 1. You can pay at the March meeting or mail before the April deadline.

\$25.00 for Single Member

\$30.00 for Families

Checks should be made out to "BCH Pecos" and can be brought to the meeting or mailed to the Chapter: POB 2706, Edgewood, NM 87015.

Forest Conditions as of February 23 , 2011

Cibola National Forest: <http://www.fs.fed.us/r3/cibola/>

- Sandia Ranger District: Moderate
- Mt Taylor District: Moderate
- Mountainair District: Moderate
- Magdalena District: Low

Santa Fe National Forest: <http://www.fs.fed.us/r3/sfe/>

- Moderate

BC101 Clinic...

Saturday, 19 March at 9:00AM. This clinic gives new members an opportunity to learn what BCHA is all about and what happens on the trail. Several "stations" are set up to demonstrate backcountry equine containment, tool packing, cross-cut saw use, and a short trail ride with "obstacles." These obstacles include hikers with backpacks, dogs, bicyclists, loose tarps, tents, plastic bags, and other "trail boogers!" The number of participants is restricted to 32. This is so 4 groups of eight can hear and see as much as possible. Lunch will be provided and members MUST preregister! Deadline to register is Monday, 14 March. Interested members contact Richard Kingsbury (505-559-3426 or pwrgentech@earthlink.net) or Cheryl Nigg (505-384-2558 / threepaws2@earthlink.net) to sign-up, get directions, etc.



The first training ride on January 30th, at the T&C Feed/4 Hills. Members were getting ready to ride out!
 Thanks for the picture Cheryl!

Preparing physically for our upcoming riding season...

Many people have asked how they can best prepare for the upcoming season riding with the Backcountry Horseman. To be honest, I always thought that I was fit enough to endure anything this group has to offer. I go to the gym regularly, I have a physical job that requires a lot of lifting and in general I am pretty darn healthy. Well, I may be all of those things, but I was proved wrong about being ready for my first season with the group. One thing to bring to the forefront of this article is to make sure of your fitness level prior to participating in anything that requires many hours in the saddle and doing manual labor for extended periods of time. That will save a lot of soreness and possible medical complications down the road. Now back to the question, "What can I do to be best prepared for the upcoming season?" This is a brief example of things that you can do: Exercise plain and simple, both for yourselves and your equines. Nothing like a mountain climb to make sure you know what I am talking about. 1. Endurance activities, some kind of cardio that you like to do. Start slowly and then increase as you get stronger. 2. Strengthening exercises, yes ladies you may have to lift some weights. The benefits will be forever gratifying. 3. Stretching, this alone can do wonders for your legs, your arms, your backs; your chest....the list is endless. All of these together with a good healthy diet will make what we love to do a joy versus a chore. Less pain after riding, more endurance to face the day after, more enjoyment when your body is put to heavy tasks etc... So as for specifics, I have some ideas. I put together a handout of useful exercises and will offer them out again, but here are some of the top exercises and activities that will help you get ready:

Wanted...

Know anyone who wants to do some work on the trail? Invite them to join our club! Hard workers are always welcome! Welcome to our newest members!

Preparing cont...

Walking: taking long walks with your dog/horse. This cardiovascular activity is easy to do, requires no equipment and makes you get outdoors. Riding: this too will help the both of you!

Squats: Against the wall, with or without a ball. Do them watching TV, do them while brushing your teeth, do them while cooking. Your Quadriceps muscle will be delighted to get stronger prior to getting into the saddle.

Push-ups: Off of a ball or plain old fashioned ones will help tone your arms and your chest. Bam.... 2 for one.

Step-ups: find a stair or use your stirrup (only if your horse stands still). Step up and down to work those hip flexors. This is good for those of you that have trouble mounting from the ground. Practice and exercise makes perfect (unless you own a draft horse).

Stretches: One of the most important for us riders is the *hamstring stretch*. Not many of us can touch the ground any more (me included) so sit with your legs out in front of you, take a towel and place it around your toes sit up straight and pull back slightly towards yourself. In the beginning it will hurt like heck, no kidding© but worth it, very worth it. *Hip flexor stretch:* another good one. While standing bend your leg grab your foot and gently pull your heel to your butt. At first you may not be able to so place your foot on a chair and stretch into it this way. *Calf stretch:* put one foot in front of the other and lean into the front foot with knee bent. Alternate all of these so that you get a good stretch on each leg.

Ok, so I have given you a lot of ammo to get started on your way. If there are more detailed questions, or you want more exercises because these are boring, please feel free to ask me, I am available any time to modify a plan for you. In all seriousness, the better your fitness level, the less chance you have to hurt yourself. It all works together for a better ride, a better day, and more-so a better you!

Thank you for the article Lisa K.!

Pictures to share...

If you have pictures that you would like to share that did not make the Hoofprint, please send them to Paul Nobles, screechowl@earthlink.net and he will forward to the State website!

Raffle Tickets on sale..

The Pecos BCH chapter is offering items for raffle:

- \$5.00/ticket for Packers Rain Cover
- \$5.00/ticket for Day Tripper
- \$10.00/ticket for Saddle Pannier with "H" Pack

Tickets are on sale! Items will be on display at the next meeting. Tickets for the raffle will be sold until the Back Country 101 event on March 19th, where the winning tickets will be drawn. Need not be present to



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win! Tickets can be purchased at any BCH gathering or contact Kit Weidner directly at kcals22@yahoo.com. You can also purchase tickets by mail. Send check or cash with a self addressed, stamped envelope to:

Pecos BCH, PO Box 2706, Edgewood, NM 87015.
 Your tickets will be mailed back to you.

This is a great opportunity for those 'potential' packers and overnights to get started! Thanks for supporting the Pecos Back Country Horsemen!

Megan from Town & Country Feed is specializing in stall and paddock cleaning!

Have something to share/sell...

Have it published in the Monthly Hoofprint: pictures(please provide captions!), articles of interest to BCH members, trivia, funnies, camping recipes etc or if you have items to sell that would be of interest to BCH members, send a photo and details to Anita at smithbk1@msn.com by the 30th of the month and we'll get them in the Hoofprint!



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TRAIL RIDES IN SCENIC TIJERAS CANYON
 Guided trail rides in the foothills of the Manzano Mountains. Come see beautiful views of the Sandia Mountains on horseback. Rides Available 7 days a week - Year Round! (Weather permitting)
PLEASE CALL FOR RESERVATIONS 296-6711

Hats off and a big "Thank you" to our friends at Town and Country Feed and Horse Rentals for their support over the years!

BCH Pecos Chapter Officers for 2011		
President:	Cheryl Nigg	(384-2558)
Vice President:	Richard Kingsbury	(281-1342)
Secretary:	Linda Sofia	(610-4512)
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