



RRT NEWSLETTER

281st Edition • July 2017



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www.rtrails.com

RRT Trail Talk

By Elana Riedel, RRT President

During the past few weeks, it has become obvious that spring is gone and summer is here. Although we realize how the heat affects us, it is important to remember that our horses can suffer from the same heat ailments as we do and often without as much warning. There are several simple things we can do to reduce the likelihood of heat problems.

First, provide easy access to cool water. A horse typically drinks 5-10 gallons of water a day, but can drink up to 20 gallons of water a day when the temperature rises. Algae and bacteria will grow quicker as the water heats up, so you may have to clean their buckets more frequently.

Second, provide shade throughout the day either by trees or shelters. Light colored horses and those with nose blazes are more prone to sunburn, and may need to have sunscreen applied. Fly sheets and masks can also provide sun protection.

Third, provide access to a salt block or one tablespoon of granular salt per day with their feed. Commercial electrolytes are usually not needed for most non-competitive horses.

Light trail riding is not as likely to bring on heat stress as heavy work or competition. A good rule of thumb if your horse is in good shape, is to add the heat and humidity numbers together, and if it is 125, then ride with caution. If it is 150, then don't ride. Keep in mind that our out-of-shape Weekend Warriors can develop heat stress much more quickly.

There are some easy ways to determine if your horse is becoming heat stressed. If your horse is sweating profusely, having thick sweat, has droopy ears, or is panting, then dismount and do a few simple tests.

The Skin Pinch Test is done by grasping a fold of skin at the point of the shoulder. When the skin is released, it should snap back in around one second. The Capillary Refill Test is



done by gently pressing on the horse's gums just above an upper incisor tooth. The color should turn back to pink in around two seconds. The longer these take to come back to normal, then the more dehydrated is the horse. A respiration rate over 40 and / or a pulse rate over 60 are also signs of concern. Once you are back at the barn and can take a rectal temperature, then a temperature of 103 indicates a problem. Horses can go from bad to worse very quickly in the heat. They want to please us and will often continue past the dehydration point if we ask them. If your horse starts stumbling, collapses, or has a rectal temperature over 106, then call the vet immediately. At that temperature, the proteins in the horse's system can change and result in colic and death.

The best solution is to pour cool or cold water over your horse. It is important to scrape it off immediately, or it will act as a heat insulator. It was once thought that cold water could cause muscle cramping, but it is now considered to be fine. Alternating cold water and short 5 minute walks will avoid cooling your horse too quickly and allow the circulating air to assist in the cooling process. You can stop using cold water once the temperature drops to 101 degrees. It is also important to encourage your horse to start taking sips of water. Allow your horse to drink its fill. Some horses will stop drinking when they get too hot, so allow frequent drinks while riding during hot weather.

See Heat Problems...Continued on page 3

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Calendar of Events

2017

July 11	RRT General Meeting <i>Board Meeting to follow</i>	JoJo's Pizza Kitchen
July 15	In-N-Out Burger - Saturday Ride OPEN RIDE	Russell Grace
July 16	Santa Margarita - Sunday Ride OPEN RIDE - CANCELLED... PARK CLOSED RRT will re-schedule this ride when park opens.	
Aug. 8	RRT General Meeting	JoJo's Pizza Kitchen
Aug. 11-13	Wildhorse - Campover	Kimberlie Hall
Aug. 19	Imperial Beach - Saturday Ride Aug. 18-20 - Optional Campover	Elana Riedel
Sept. 12	RRT General Meeting	JoJo's Pizza Kitchen
Sept. 17	Bonelli / Walnut Creek - Sunday Ride	Helma Bernardini
Oct. 1	RRT PRIZE RIDE - OPEN RIDE	Vicki Voss Hidden Valley
Oct. 10	RRT General Meeting <i>Board Meeting to follow</i>	JoJo's Pizza Kitchen
Oct. 20-22	Cuyamaca Campover Green Valley Horse Camp	Charlene Schramm
Nov. 12	RRT Calendar Meeting Sunday at 3:00 pm	JoJo's Pizza Kitchen Everyone Invited
Nov. 14	RRT General Meeting	JoJo's Pizza Kitchen
Nov. 18	Hidden Valley - Saturday Ride	*TBN
Nov. 24	DAT - O'Neill Park - Friday Ride Nov. 24-26 - Optional Campover - only 5 sites	*TBN
Dec. 1-3 & Dec. 8-10	Jurupa Valley "Adopt-a-Family" Christmas Parade...	Elana Riedel A notice will be sent out with time and place.
Dec. 12	RRT General Meeting	JoJo's Pizza Kitchen
Dec. 16	Christmas Party & Potluck	Janet Backer

*TBN - Trail Boss Needed - DAT (Day after Thanksgiving)



Trail Bosses Needed

We still need a Trail Boss for
Hidden Valley Ride &
for O'Neill Park Day
after Thanksgiving Ride.

If you would like to lead one of these rides
Please call...

**Kimberlie at 951.892.4139 or
Diane Thorpe at 951.359.8333**

Renewals due in July

Dennis Miller Marianne Robinson
Kris Brooks & Sass Hale Vicki Voss

**Reminder...Don't forget to send in your Dues
or this will be your Last RRT Newsletter!**

Coming up in August



Laura Densmore Annemarie
Pat French Southern
Milo Jeffers Daniel Southern
Karina Musina Megan Southern
Gary Peters Robert Southern

Riverside Recreational Trails continues
to grow and we are happy to welcome you to RRT!

NEW Club T-Shirts

We have a New Teal Club T-Shirt
with **"SAVE ALL OUR TRAILS"**
on the front & logo on back

I will have the T-Shirts at
the next meeting or give
me a call at 951.359.8333 if
you would like to pick one up.

Thanks, Diane Thorpe



Get your T-Shirt for the Prize Ride

Smile...
RRT'ers Wish
July & August
Member's a Very



Al Hawkins Susan Stauffer
Don Balsamo Terri McCluskey Luke Steiner
David Beekman Lisa Murphy Sandra Trib
Adrienne Desens DeAnne Nevarez Vicki Voss
Rebecca Fairfield Connie Salazzo Lunda Wesch
Vi Ann Hall Gene Stauffer Peter Wesch

RRT Editor would like to have you on our
Birthday list. Please send to RRT Editor at
c-d.typeset@charter.net or call 951.359.8333

ARE YOU MAKING ONE OF THE MOST COMMON FLY SPRAY MISTAKES?!

Putting fly spray on in the summer is akin to a habit like brushing our teeth in the morning. It becomes a daily routine! But, did you know that there is a method to properly apply fly spray?

Most of us spray our horse's legs (one mist per leg), a mist on each side of his neck, a mist on each side of his mid-section and a mist on his rump. Done! But, often times, flies seem to reappear sooner than we like.

Here are a few tips for getting the most out of your fly spray

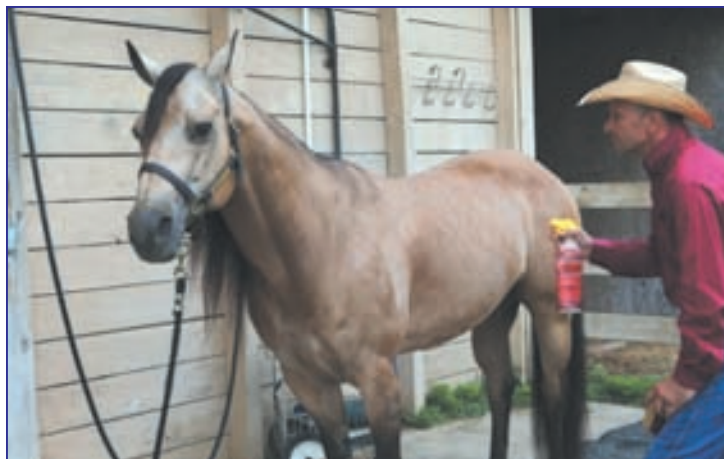
PREPARATION: It is super important that your horse isn't caked in dust or shavings. Even some of those loose hairs that haven't shed out from winter can keep the spray from working effectively. Curry and brush your horse to get him or her as clean as possible. The spray needs a clean surface to stick.

APPLICATION:

1. Set the nozzle to mist from the off position.
2. Spray more than you think!


ONE OF THE BIGGEST MISTAKES PEOPLE MAKE, IS THEY SPRAY TOO LITTLE!

- The recommended amount of fly spray is **1-2 oz. per horse per day**-depending on the spray you are using. What does 1 to 2 oz. mean?
- 2 oz. would be close to four tablespoons. Obviously, it would be very difficult to measure this while you are misting your horse. But, a good way to judge is that your horse should be damp from the spray.



- Starting at the neck and moving along the horse's body, spray the mist until the hair is damp. It should not be soaking wet, just damp to the touch.
 - Spray the legs last, as some of the spray will obviously fall and settle to the ground. Avoid the genital region.
3. **Brush it in:** That's right. You need to brush the fly spray into the coat. Choose a medium bristled brush and brush over all of the areas you applied the spray. You can also do this with a cloth if you do not want to use a brush or don't have access to one.
 4. **Face:** For face application, spray a dry clean cloth with the fly spray. Avoiding the eye area, wipe the spray on the face gently. Don't wipe the spray directly above the eyes because if he sweats, it may drip into the eye.
 5. **Prime Time:** Be sure to spray your horse before he goes outside in the morning and again in the evening as it is a prime feeding time for blood thirsty insects. If you are planning to ride, be sure to have the tack (saddle, boots/wraps, etc) on the horse before you spray.

BATHS: If you have to rinse your horse off or give him a bath, you will need to reapply the spray. Wait until your horse is dry before reapplying the spray. Fly Spray is meant to sit on top of the hair, not seep into the skin. If your horse is soaking wet, the spray could work its way into his skin and may irritate him.

TEST IT OUT: Before trying any new spray on a horse, be sure to test it on one small area of the horse and wait 24 hours to see if there is a reaction. 

Who's coming up in the newsletters next month?



Tag your it...
Gotcha! Cricket & John Mouw

"YOU HAVE BEEN TAGGED"


to write something for the August Newsletter

We would like to get to know you! Write a story that reflects a little bit about you and your horse with pictures, a Cowboy Recipe or an article about horses for the Newsletter.

Send to: Diane Thorpe, RRT Newsletter Editor
E-mail: c-d.typeset@charter.net or mail
10705 Cypress Ave • Riverside, CA 92505

Heat Problems...Continued from page 1

In Southern California, we are fortunate to have low humidity during our hottest weather. This combination allows us to ride more often than many other horse owners. Remembering these few ideas will keep your horse heat safe.

Information extracted from Equus magazine, The Horse magazine, and the University of Minnesota Agriculture Extension. 



Sweetwater Summit Regional Park in Bonita • June 9, 10, 11, 2017

*Sent in by
your Trail Boss, Janet*

What a beautiful weekend, the weather was in the 70's, drizzles Saturday morning and then a beautiful day. We had 8 people show up on Friday, Marti, Bea, Elana and Bill, Vicki, Michelle, Helma and I. Veronica came down on Saturday evening to join us (she didn't want to miss all the fun!). 5 of us went out Saturday morning one way and 2 went the other way!!! Our group did a lot of exploring and found so many trails, we would just ask the bikers which was the best way to go and they were right.

Arrived back for lunch and relaxing time. We had a potluck on Friday night and Bill was fantastic at keeping the bon fire going the whole weekend. Saturday evening everyone just brought what was left over and/or a new item to share for our dinner and it was great (the RRT group never goes hungry!).

We ran into a little problem with stalls and in the future if you are booking a campsite at Sweetwater you need to make sure you have booked one that has stalls, just go into the site and it will tell you how many stalls belong to that campsite. Other than that, everything was great!

*See Sweetwater...
Continued on Page 5*





Vicki on Cowboy taking picture of the lake and riding trails at Sweetwater.



SAVE OUR TRAILS

ATTENTION

The RRT will be going to Wildhorse in Big Bear August 11-13, 2017

www.reserveamerica is NOW accepting reservations for these dates. Tell them your with RRT. See Flyer.

1-800-444-6777

Green Valley in Cuyamaca October 20-22, 2017

www.reserveamerica is NOW accepting reservations for these dates. Tell them your with RRT.

1-800-444-7275

**Call Kimberlie for more info
951-892-4139**



Run your Display Ad for One Year and Get 2 MONTHS FREE ADVERTISING!

Horses for Sale

10 yrs., 15.1 hands, Registered Black & White Paint Mare and 13 yrs., 15.1 hands Sorrel Mare, out of AQHA Champion cutting horse, Doc O'Lena & Centre Piece. She has a super comfortable ride. Both are Posse trained and street wise. Both have been all over Norco, Hidden Valley Trails and been on numerous camping trips. Call anytime or leave message...951.403.3590 for more information.

Horse Boarding In Jurupa Valley

1/4 acre pasture with covered stalls, tack and hay room. Close to trails. Call 951.360.3874 for more information.

CLASSIFIED Members **FREE**
LINE ADS: Non-Members . . \$3.00 mo.

Items for Sale Only... Horses, Tack, Corrals, Trailers, Toys Pets, Tools, Household, Etc. (No food Items). 3 Line Max.

The Deadline for all Advertising Copy, Ads, Flyers, Etc. is the 20th of each month.

DISPLAY AD ADVERTISING RATES:

Ad Size	Month	Yearly	Ad Size	Month	Yearly
Business Card	\$4.00	\$40.00	1/2 pg ad	\$7.00	\$70.00
1/4 pg ad	\$5.00	\$50.00	Full pg ad	\$12.00	\$120.00

Send your ad in a PDF or JPG format or send your copy and I will make your ad up for you and send you a proof.

Make Check # _____ out to RRT & Mail to...

RRT Newsletter Editor - Diane Thorpe

PO Box 7902 • Riverside, CA 92513

951.359.8333 • c-d.typeset@charter.net

RRT MEMBERSHIP FORM

If you are unable to attend a meeting, but would like to join RRT, please mail the following form.

Date _____

FULL MEMBERSHIP
Full Voting Privileges

ASSOCIATE MEMBERSHIP
No Voting Privileges

New Member Renewal

Single Membership \$20.00

Single Membership \$15.00

I'd like to receive my Newsletter

Family Membership \$25.00

Family Membership \$20.00

by E-Mail or Snail Mail

Family Members: Adults _____ 1 or 2 Children _____ 18 & under only



Cash Paid _____ **OR** **Make check #** _____ **payable to: Riverside Recreational Trails:**
Mail to: PO Box 7902 • Riverside, CA 92513

Adult Name _____ Birthday _____

Address _____ City/St _____ Zip _____

Phone/Cell _____ E-Mail _____

Adult Name _____ Birthday _____

Phone/Cell _____ E-Mail _____

Kids Name _____ Phone/Cell _____ Birthday _____

Kids Name _____ Phone/Cell _____ Birthday _____

DISCOUNTS • DISCOUNTS

Show your membership card at any of the following and receive a discount from these merchants:

We appreciate their support for everything they do (donate prizes, let us place fliers in their stores, etc.), so make it a point to patronize these merchants. By working together we can make a difference!

- Pedley Vet Supply
- Raincross Cyclery
- Linda's Feed • Thrifty Horse
- Prado Tack & Apparel

Visit their website: www.thriftyhorse.com
www.pedleyvetsupply.com

Riverside Recreational Trails General Meeting



JOJO'S PIZZA KITCHEN

Homemade Italian Food

In the Lowe's Shopping Center Between the Hawaiian BBQ & Wabi Sabi



July 11th at 7:30 pm • 2nd Tuesday every Month

**6237 Pat's Ranch Rd.
Mira Loma, CA 91752**

951.734.5656 • www.jojospizza.com

