



October 2019 Newsletter

 athra.com.au

Find us on 

Email: Gawler.THRC@gmail.com

President Julie Jackson 0419850793
Treasurer Sandra East 0400884402
General Committee

Vice President Tamara Godfrey 0417869695
Secretary Kath McCullagh 08 82807046
& Lisa Rothe

AGM

followed by **GENERAL MEETING** (1st Thursday of the month) **8pm Thursday 3rd October 2019**

All welcome Southern Hotel (next to Cafe Nova)
Come early for tea – 7pm

September Meeting

- Ride Calendar.
- SA Water – submission lodged – ongoing.
- Discussion - Christmas Dinner Details.
- Incident report to ATHRA – July 6 Ride: M Pearce
- Trail Tails Submission – completed.

2020 AGM

ANNUAL GENERAL MEETING
8PM Thursday 3th OCTOBER 2019
Dining Room, Southern Hotel

Hope to see you at the 2019 AGM.

We are seeking nominations (by nominee or other) for all executive positions for the Club.

We are also seeking nominations (by nominee or other) for ordinary committee members – those who would like to be more involved in the club.

- Nominations to be forwarded to the club Secretary at least 1 week prior to the AGM.
- If no quality nominations for positions come forward nominations are to be sought from the floor on the night of the AGM.
- In both cases if more than one nomination comes forward the members will vote on who is to be elected to the position.
- Each member personally present at any meeting shall have one vote (N.B. - Our constitution does not allow proxy voting).

Please contact any of the current executive committee if you are interested but unsure.

Kath McCullagh
Secretary – Gawler Trail Horse Riders Club

Coming Events

September Camp Ride – CATNINGA – Friday 27 – Sunday 29 September 2019

Host – Kath McCullagh & Tamara Godfrey
Further info – Kath 0882807046 (ah) or Tamara 0417869695
Arrival: Friday – by 1pm RSVP to gawler.thrc@gmail.com by 25/9/19

Friday – ~2pm start – ride ~ 2 hours
Saturday – 9.30am start - ride ~ 5 hours – lunch to be carried (Mt Brown)
Sunday – 9.30am start - ride ~ 3 hours (White Hills)
You can stay longer if you wish – many more rides available.





Riding is moderate, but riding is rocky, some hills with a few steep sections with beautiful scenery to enjoy - Set amongst deep gorges and high mountain ranges with rugged rock formations and magnificent panoramas of Stirling North. Catninga is a small working cattle and horse property and Brain and Heather are committed to regenerating the land and sharing this beautiful part of Australia.

All horses will require front boots or shoes, route & duration of the Saturday ride (Mt Brown) will be decided on the day.

Horses – BYO everything. Drinking water for horses is available. Various sheep yards (large & small) are available but it is

recommended that you bring electric fencing to keep spaces between yards or split up yards as necessary.

People - BYO everything you need for you and your horse. Unpowered camping, close to the yards \$20 / night / person. (Add \$5/night for power). Wood for campfire included in camp fees & toilet & showers close by. Plus the shearing shed to gather in if it is wet.

Cost- ATHRA members only - \$2 Ride fee/day or \$4 ride fee for the weekend. Please bring the correct change & place in tin at sign on book.

Please pay Kath your camping fees (again correct money please).

Hope to see you there for a great weekend of riding & socialising!!!

EVERYBODY WELCOME..... including non-riders

October Ride: OWEN CAMP, OBSTACLE DAY & TRAIL RIDE Saturday 19th & Sunday 20th Oct 2019

Host – Julie Jackson.

Trail Boss – Julie Jackson.

Friday (18th) - arrive any time after 3pm if you wish to come a day earlier to set up.

Saturday – Obstacle day ride – arrive any time.

Sunday – Ride out for trail 10am (pre ride meet 9.45am no horse).

RSVP by 16th October to: gawler.thrc@gmail.com



It is optional what time and which days you attend. You can even come on Friday any time after 3pm and set up camp. If you cannot come until Saturday any time is fine.



At Owen there is a large oval, plenty of space, plenty of shade, 10 large secure horse yards and the extreme obstacle course which is great with interesting challenges. It includes getting your horse through, over and around obstacles that you don't see every day. New obstacles have been built in the course during the last year.

There are toilets but no showers; plenty of water for humans and horses. There is a shed if the weather is unpleasant with electricity, kettle, sink & fridge. A lovely pub just across the road if you wish to join us for evening meals or if not, a BBQ is available to cook your own meal. You will need to bring all

food for yourself and your horse.

Camping is free but we will be charged for the use of the facilities. A fee of \$10 per rider is to be paid to cover expenses. If you have your own portable yards please bring them as there are only 10 permanent yards.

More details will be supplied to those who RSVP.

November Ride: ROSEDALE - Saturday 9th Nov 2019

Host – Lisa Crinion

Trail Boss – TBA.

Saturday – Arrive 8am for a 9am ride out. (Pre ride meeting 8.45am without horses)



RSVP by 6th November to: gawler.thrc@gmail.com (if you have any queries please email.)

Ride Description: This ride will be 2.5 to 3hrs. Ride track has not been finalised and will rely on the weather on the day ie if it is to be hot or not. It is hoped that the ride will be cart friendly but this will be confirmed nearer the date when weather will be known (again depending on the track chosen and cart accessibility).

Ride Grade: easy to moderate.

Traffic - Mostly gravel road.

Slightly undulating, no steep hills (other than the driveway) ☺

Ok for seasoned barefoot.

There more than likely will be a few kangaroos & stock in paddocks

Group trot & canter



I will supply meat and salads for a BBQ lunch after the ride for those who would like to stay and enjoy.

NB: Lunch will go ahead regardless of weather. Due to the season the Hot Weather Policy may apply – **BUT** the Trail Boss has the final word! So if in doubt contact a committee member (see phone numbers Newsletter heading) who will advise.

Directions: Rosedale area – full directions to those who RSVP.

Cost- ATHRA member \$2 Ride fee. Non ATHRA member riding visitor fee \$25/day (please be advised that if you are not a member of ATHRA you will need to be sponsored by an ATHRA member to ride & pre-register as a day member 3 days prior with ATHRA online - \$15 direct to ATHRA & \$10 to club on the day).

Please bring the correct change & place in tin at sign on book.

November Christmas Dinner Saturday 23rd 2019 – Sandy Creek Hotel

This year the Christmas Dinner will be held at the Sandy Creek Hotel Beer Garden. If the weather is inclement, there is a marquee so we will be protected. We have the option to arrive at 3pm onwards for 'Happy Hour' and to bring our own nibbles.

The menu will be the choice of Turkey or Pork Roast with vegetables; Dessert will be a choice of Christmas Pudding with cream or Fruit Salad with ice cream.

Should anyone have specific dietary needs please let us know.

Meals can be served by 6.30pm at a cost of \$28 per person.

We will again have a Kris Kringle present to the value of \$10. (optional)

The Club would like to know those who wish to attend by 7th November with a \$20 deposit by this date also.

Payment can be made direct to the Club :

Gawler Trail Horse Riders Club Inc. - Beyond Bank BSB 325-185

Account 03224848 please reference your name

More details will be provided closer to the date.



RIDE CALENDAR FOR 2019

Rides are usually held on the 3rd weekend (Sunday calculated) & 5th Sunday of the month (if there is one).

Camps held ~1st or 5th weekend of the month (negotiable) Meeting dates are held on the 1st Thursday of the month

The following is a work in progress – dates, location & hosts to be continually confirmed

Please nominate a date if you have nominated to host rides

<i>Ride Date</i>	<i>Location</i>	<i>Host</i>	<i>Club Meeting Dates for 2019</i>
Sept 27-30	Camp – Southern Flinders (Catninga)	Kath McCullagh	
Oct 19 & 20	Owen Camp & Obstacle day & Trail Ride	Julie Jackson	3 Oct
Nov 9 (Sat)	Rosedale	Lisa Crinion	7 Nov
Nov 23 (Sat)	Christmas Dinner (Sandy Creek Hotel)	Committee	5 December
Dec 14 & 15	Mt Crawford Ride	Laine R	

RIDE CALENDAR FOR 2020

Time to get those thinking caps on – Planning starts at the October meeting - all suggestions happily received.

Woo Hoo – Looking forward to another great year of riding in our great state



Rides can be Saturday or Sunday

Some of the ride areas and types of rides that the club has had are:- Beach rides, Birdwood, Truro Gorge, Tarlee, Leisingham, Mt Crawford Forest, Kapunda, Barossa Winery Tour, Humbug Scrub, Tungklo – all suggestions will be welcomed.

As not all members can travel/camp the camp nominations are mostly scheduled as additional weekends (~5th weekend of the month or 1st if we have nominations) we also try to schedule road rides in winter (forest rides have to be when ground is not too wet or fire bans in place) - camp weekend dates are negotiable

Camp destination examples: - Catninga, Benson Park, Melrose, Bendleby Range, Morgan, Waterloo, Flinders

We will be continually discussing our monthly ride calendar for the next couple of months, **so get those ideas & dates to the committee** ...Please make suggestions of rides that you would like the club to do & maybe some new rides, pretty rides, bush, forest, country or just a favourite ride you would like to share. Remember it does not need to be from your home, but the start of the ride need to have parking of floats. So give it some thought & let us know. Or even just let us know which of the rides the club has done that you would like to do again.

Contact a committee member or email your thoughts and ideas to gawler.thrc@gmail.com

Remember **it's your club, so vote for a ride you want to do & we will find a volunteer to host...**

Past Events

September Ride : Clare Valley Camp / Leisingham Ride–Sat 14th & Sun 15th Sept 2019



Summary by Sandy Jones
– Saturday Ride:

After confirming that our third rider was a no show, Teena, Sandra S and myself left my place around 2.30pm.



The weather gods were smiling on us as despite the cold of the previous week we were able to ride in short sleeved t-shirts. It didn't take long before both riders and horses were feeling the effects of the warmer weather. The slight breeze we had was appreciated by all. The usually quiet back roads had more traffic than usual but presented no problems for anyone. No kangaroos or emus (scary monsters from last year's ride) were seen and we were back home by 4pm to partake of brownies and plum cake.



Due to the temperature staying in the 20's we decided forgo a bonfire.

Sunday Ride:

As I turned out the front gate, Michelle turned up Mintaro Rd. Thank

heavens she can read road signs as I hadn't got the signs out yet. Lisa



and Gail were the next to arrive with Tamara and Kath last to come.

Not as sunny as Saturday but still not cold; we rode out past the award winning garden which used to be a horse paddock and then on past the slate quarry. Again more traffic on dirt roads than usual but it turned out they were setting the course for a bike rally to be held the following Saturday.



Michelle's new riding horse, Bridget, had a few lessons on slowing down as we followed roads through the very green paddocks on either side. The few kangaroos seen were far enough away all you could see of them were their heads moving above the crops. A brief glimpse of Martindale Hall was seen before the lunch stop at Min Man Rd.



The two cows in the stock yard at Hare Rd gave some horses a bit of a scare. After a bit of a natter with the resident of what used to be the manager's house for Martindale we continued on to Mintaro.

As we headed towards the hotel Pagan and Sandra found the emus she had expected to see yesterday. Only this time they were statues.

After a quick photo stop at the post office with Kath and Tamara out front it was back up the main street to the oval. 5 hours to cover 23.1k.



Newsletter Deadline

The deadline for any items that members want printed in the **November 2019** newsletter will be **Monday 23 October** so please ensure that your emails reach Maria Pearce gawler.THRC@gmail.com before that date to avoid disappointment.

Horse Humour

POTENTIAL DANGER OF HORSE HAIR ~ In a press release today, the National Institute of Health has announced the discovery of a potentially dangerous substance in the hair of horses. This substance, called "amo-bacter equuii" has been linked with the following symptoms in female humans: *reluctance to cook

*reluctance to perform housework

*reluctance to wear anything but boots

*reluctance to work except in support of a horse

*physical craving for contact with horses (may be an addiction)

Beware! If you come in contact with a female human affected by this substance be prepared to talk about horses for hours on end.

This was a public service announcement ...

Surgeon General's Warning: Horses are expensive, addictive, and may impair the ability to use common sense.

I got called 'pretty' today!
Well actually the full statement was 'you're pretty annoying'
But I only focus on positive things

Horse Health

Horses Sans Shoes: The Facts on Bare Feet – extract from "thehorse.com"

The science of the equine foot is like the hoof itself—expanding and contracting, getting shaped and trimmed. Find out what researchers are learning about the biomechanics of the barefoot hoof.

Posted by [Christa Lesté-Lasserre, MA](#) | Sep 11, 2019



What researchers know about the biomechanics of the barefoot hoof

It looks like an ultra-resistant all-weather block, with a shiny, marble like surface that can trick us into thinking it's indestructible. Its sharply defined edges give us the impression that it's as solid as stone—especially when they land with full force on one of our own feet. And

its “clip clop” sound striking against hard surfaces betray it as a dense support structure that works like a steel foundation under massive forces.

In reality, though, the equine foot isn’t like this at all.

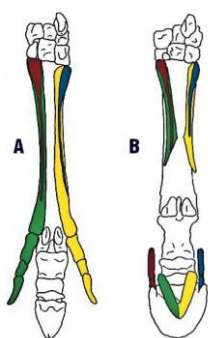
The foot—or, essentially, the one long toe—is a complex structure filled with bones, tendons, ligaments, arteries, veins, nerves, cartilage, joint fluid, and more. Far from being inert, it’s alive and very active, communicating sensory information, pumping blood, and articulating, contracting, and flexing over ground. And if it’s unshod, it’s constantly changing shape as the horse uses it, instantaneously as well as over time.

The science of the equine foot is like the hoof itself—expanding and contracting, getting shaped and trimmed. But as researchers continue to learn more, we can benefit from their knowledge, better understanding how our horses’ feet work. And with that knowledge, we can hope to improve the health of not only the feet but also the entire horse.

The Evolution of the Hoof

The earliest equids, which were the size of foxes, had five-toed feet. They didn’t need these toes to grab things, however, benefiting more from better limb swing to run faster. So each middle toe evolved to grow longer and the side toes became shorter. Eventually, the first and fifth toes disappeared, while the second and fourth ones turned into the modern-day splint bones on the sides of each cannon bone.

Recently, though, scientists determined that the splint bones are only the top parts of those toes. The bottom parts are still in the foot, says Nikos Solounias, PhD, of the New York Institute of Technology College of Osteopathic Medicine (NYITCOM), in Old Westbury. What we know as the V-shaped frog is actually what’s left of the bottom of toes two and four, he says.



In his research Solounias followed markers in the embryonic development of the equine foot, which starts out like an unopened tulip with all five toes as its petals. In the adult horse the markers indicate that the top parts of toes one and five appear as bony processes (“wings”) coming off the coffin bone. The bottom parts of those two toes make up the ridges along the sides of the frog. So in some ways, he’s still got five toes in that foot—but four are in “very embryonic form,” says Solounias.

“We don’t know the role of these remnant structures in the real function of the horse,” he says. “It could be more for the sensation from the nerves of the five digits and their relation to the brain than actual locomotor mechanics. We’re seeing things from a different perspective, and it’s important to understand how evolution worked to lead us to the modern horse.”

A Multipurpose Structure

The foot reacts to movement, pressure, and the environment. Unshod, it can react more freely, without the constraints of a rigid interface.

“The foot should expand when it receives weight,” says Hilary Clayton, BVMS, PhD, MRCVS, Dipl. ACVSMR, McPhail Dressage Chair Emerita at Michigan State University (MSU) and president of Sport Horse Science, in Mason, Michigan. “Its structures help absorb the shock from the force when the foot comes down on the ground.”

Related Content: Horse Hoof Anatomy, Part 1



If the foot is bare (and trimmed correctly), forces spread across the bottom of it—throughout the sole, wall, frog, digital cushion, heels. All these more-or-less-elastic tissues receive diffused impact, while structures higher up the leg, such as the pastern, fetlock, knee, and hock, don’t experience as much of it.

Meanwhile, each footstep plays a vital role in healthy circulation, says Stephen O’Grady, DVM, of Virginia Therapeutic Farriery, in Keswick. “The blood vessels in the equine foot have no valves,” he says. “Arterial blood comes into the foot when the horse lifts up his foot, the vessels fill with blood, and it gets utilized. So, when he puts weight on the foot,

thousands of capillaries across the entire solar surface of the foot get compressed, pushing blood back toward the heart.”

Work by Clayton’s colleague Robert Bowker, VMD, PhD, professor and head of MSU’s Equine Foot Laboratory, indicates that heels also have critical sensors for proprioception—the sense that tells horses where they’re putting their feet. “They might not feel as well as we do, but it’s significant that the proprioceptors are in the soft horn of the heel where the wall is able to move the most,” Clayton says.

The healthy bare foot usually has thicker soft tissue structures on its bottom surface, including the digital cushions. And that could possibly have protective qualities, says Debra Taylor, DVM, MS, Dipl. ACVIM, associate professor and equine podiatry veterinarian at Auburn University’s College of Veterinary Medicine, in Alabama. “When the digital cushion is skinny and long (which is more common in shod horses, she notes), it only supports the centre of the navicular bone,” she says. “The edges won’t have any soft tissue under them; there’s just the deep digital flexor tendon (DDFT) directly. So it’s only intuitive that if the digital cushion is wide enough, it would have some sort of protective role.”

How the bare foot functions from a scientific standpoint is not necessarily what happens when shoes are added, our sources say. Shoes can constrict movement and restrict expansion by forcing the hoof into a certain shape. And they prevent the bottom of the foot from coming into full contact with the ground. They say the resulting lack of stimulation from the ground tends to make the soft structures recede, contract, become softer, and, in some ways, atrophy.

What Should a Bare Foot Look Like?



Despite having this basic biomechanical knowledge, scientists still don't clearly understand how a domesticated horse's bare foot should appear, says Taylor. "It's the only tissue on the horse where veterinarians can't agree on what's normal," she says.

Research is lacking significantly, she says. In fact, scientists continue to debate the existence of some anatomical structures. "There's a ligament that other scientists have started recognizing recently, under the DDFT on top of the digital cushion, and it's not even labelled in specialized anatomy books anymore," she says. The late Prof. August Schummer, PhD, former head of the Veterinary Anatomy Department at Justus Liebig-Universität, in Giessen, Germany, had described and labelled the ligament in the 1940s, but the structure later disappeared from literature, says Taylor.

One thing scientists seem to agree on, however, is that the wild or feral horse foot is not a reliable standard for the domesticated horse foot.

"Mustangs and brumbies are not a good model," Clayton says. "They do a different kind of work."

Wild horses never have to carry riders, never do true lateral movements or dressage work, and place lighter forces on their DDFTs and navicular bones, she says. "And they're not free from pathology (disease or damage), either," she adds.

Taylor says she's currently working on research that will help better define what a fully developed domesticated equine foot looks like—as the horse's development when it's young appears to play a key role in a foot's ability to support the forces of riding. "We are looking at how to measure heel structure and predict the volume and integrity of digital cushions and cartilages, through MRI and physical exams," she says.

Good Husbandry for Bare Feet

Horses might have evolved to have great feet for their purposes but, somewhere along the way, humans saw a need to begin shoeing them. Shoes are a relatively recent phenomenon, popping up in the Middle Ages—at about the same time humans starting housing horses in stalls, says Angelo Telatin, PhD, associate professor of equine studies at Delaware Valley University, in Doylestown, Pennsylvania.

"The Romans worked and travelled with barefoot horses," he says. "But more than a thousand years later, because of thieves and pirates, horses got moved into stalls inside castles. They couldn't move, and they were standing in their own urine. And suddenly they started getting hoof problems."

The key to healthy bare feet is letting horses roam, because movement stimulates growth, he says. Ideally, they should be moving on small, smooth rocks, like pebbles, or even stone dust (also known as screening). Mud, wet grass, and especially urine and faeces can weaken the hoof structures, while harder and rougher footing strengthen them.

"The Romans had their horses in large paddocks on oval-shaped stones sticking up from the ground, so that the hooves were never standing in urine," Telatin says. "But most horses today live on the equivalent of carpet. So it's no wonder their feet can't hold up to the demands of ridden work on variable surfaces."

Telatin keeps all 50 of his university's school horses barefoot—although two or three of them sometimes need front shoes for more challenging situations such as outings on rugged terrain.

On the other side of the globe, farrier Declan Cronin has kept nearly an entire training stable of Thoroughbred racehorses barefoot in Dubai, the United Arab Emirates. Hired by trainer Mike de Kock, Cronin worked with Taylor, following Bowker's work, to maintain "as many horses as possible" unshod in the stables of Sheikh Mohammed Bin Khalifa Al Maktoum of the Dubai Royal Family. The horses race in shoes, per racing rules, but farriers remove them shortly thereafter.

Cronin says genetics probably plays a role in hoof health and that it's important to select horses with quality hooves. Then, it's critical to maintain them properly.

"We're living in a world of manicured arenas, and that's not stimulating healthy hoof growth," he says. "You've got to work the horse and let it live; if he's got a good foot, it will adapt to its environment. But you can't keep him in a stall all day with fluffy bedding soaked in urine and faeces and then ask him to go work hard under saddle on the track. That's too big a jump for him."

Working very young horses—particularly racehorses—before their hooves are ready might also be bad practice for bare feet, Taylor says. "The hoof's a smart structure, just like bone is," she says. "We have to stimulate it just like going to a gym and getting the most of a workout. And they're not going to get that from 45 minutes a day of training and 23 hours a day locked in a stall as a 3-year-old. These youngsters would likely benefit from being turned out on varied terrain with ample space for movement to stimulate and exfoliate their feet."

Hooves and bones are still in development at that age and can continue to develop for years, she adds. In researching cattle she has seen the importance of building strong hooves and bones—including of the feet—by getting these animals moving across hard surfaces regularly from the time they're babies.

Back to Natural—Within Limits

Our sources remind us that a "natural" horse foot is one meant for horses running free and unriden. They agree that with domestication and riding, we've created challenges for the equine foot that make it more complex to keep it bare. Science suggests that keeping horses barefoot improves their overall musculoskeletal and hoof health. But not all horses can go barefoot. The decision depends on the horse's genetics, management, use, and individual characteristics. And some demands—such as jumping—exceed equine hooves' ability to sustain the forces they receive, says Hilary Clayton, BVMS, PhD, MRCVS, Dipl. ACVSMR. Deciding to keep a horse barefoot requires a good relationship with vets and trimmers that have science-based knowledge of foot anatomy and shaping techniques, along with an understanding of how you ride and manage your horse.

The Barefoot Trim

Our sources agree that trimming a bare foot is an art requiring knowledge of the supporting science. It's not terribly complicated, but people often get it wrong.

Two common mistakes, they say, are trimming the foot to look like a wild horse foot or trimming it like it's going to receive a shoe.

"I prefer to call it shaping," O'Grady says of the correct approach. "Just round the edges of the wall and let friction take care of the sole."

He recommends trimming the heels and frog so these structures are on the same plane, and then rasping the hoof wall at a 45-degree angle on the outer side of the white line to create a bevel in the wall. If the bottom surface is slightly uneven, the farrier can level things off to ensure good force distribution, aka load-sharing. And if the sole is thick and strong, the trimmer can enhance break over (the moment when the heel lifts off the ground and the toe rolls over during movement) by angling the toe slightly—just enough to slip a credit card between it and the ground, he says.

Leaving the horse to develop his own entirely natural shape might work if he isn't ridden, but a working horse needs shaping to prepare his feet for the extra weight. Trimming the horse as though he's going to get a shoe creates fragile side angles and removes too much sole.

Clayton and Bowker studied Arabian riding horses that had been barefoot for several years and started shaping their feet according to barefoot trimming principles, she says. They found that the feet changed shape over 16 months, leading to rounder hooves even in the hind limbs. And there was less variation in hoof shape from one horse to another. More importantly, the horses' feet more closely reflected the goals of barefoot shaping: a wider frog, a thicker digital cushion as confirmed via radiographs, higher heel angles that more closely paralleled the dorsal wall, more sole concavity, and easier break over.

Take-Home Message

Researchers are just starting to scratch the surface of how to blend the natural state of the equine foot with the less natural state of riding. It's a field facing many debates, assumptions, and misunderstandings, making solid research all the more important as we move forward.

Policies

A reminder to all members that our club has some policies that we endorse. These include a **NON SMOKING, SAFETY & HOT WEATHER** policy. These can all be viewed on the ATHRA web site, via the state page - www.athra.com.au.

Previous Newsletters, photos & club information can also be viewed at any time on the ATHRA web site.

WEATHER

The ride host/leader for the day will have the final say regarding weather (including inclement weather).

The hot weather policy states, if the weather forecast in **ELIZABETH** for the next day is to be **over 32 deg** (as per the news the night before) the club rally/ride will be cancelled (unless the ride is scheduled to commence prior to 9am or after 6pm). This is for the safety of all riders and horses. Also, any club rides in **FOREST** areas on **TOTAL FIRE BAN** days will be cancelled.

Please check with the Trail Boss if in any doubt. They have the final word!

CLUB UNIFORM

Our club uniform currently comprises of a lime yellow high-vis shirt (long or short sleeve), **club badges available for \$12. Gawler Club Members & their visitors are required to wear Safety Helmets whilst mounted - helmet must be no more than five years old from Date of Manufacture.**

RIDE FEE & DAY MEMBERS

ATHRA members - a ride fee of \$2 per ride is applicable.

Non ATHRA Members (Day Members) – a ride fee of \$25/person/day is applicable (\$10 to club on the day & \$15 to ATHRA with pre-registration) (*Non-refundable fee, maximum 2 days as a day member*).

The important things to note: 1. Day Members must be sponsored and accompanied at all times by an ATHRA member during the ride or event.

2. The Sponsoring member must make the Day Member aware of ATHRA rules and requirements of the Code of Conduct.

3. They may only sponsor 1 Day Member per ride.

4. By participating as a sponsor, the sponsoring member acknowledges responsibility for the conduct and behaviour of the Day Member

5. Day Members must contact the trail boss to discuss attendance & then pre-register with ATHRA Online at least 3 days prior to ride.

RIDE HOST CHECKLIST

A ride host's checklist is in the green bag, in which is kept the sign in book, ride fee tin, saddle bags, first aid kits, safety vests, etc. Trail Bosses are to check the list to make sure all is in order prior to your ride. It is also the Hosts responsibility to ensure a ride report is arranged to be submitted to Newsletter Editor prior to next publication date.

DISCLAIMER

The material in this newsletter is for the benefit and information of our members. The items are in the nature of general comments only and are not to be used, relied or acted upon without written permission of GTHRC. The club accepts no responsibility for any errors or omissions or for any damage suffered as a result of any person acting without written advice. All opinions and views in the newsletter are not necessarily the view of the club, but are personal opinions only.