



January 2017

Message From The President

HERITAGE

Equestrian Center

EVENTS

Jan 14- Quarterly Members Meeting
1pm

Jan 15- Local Trail Ride
12pm

Jan 21- Horsemanship Clinic
Luis Torres
10am - 3pm

Feb 18- Horsemanship Clinic
Barry Berg
8am - 6pm

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QUARTERLY MEMBERSHIP MEETING

JANUARY 14, 2017

1:00pm

Luis Torres **REIGNING HORSE** **Demonstration**



We will have a short business agenda followed by an interesting and informative demonstration of the reining horse, and the training of the reining horse, given by Luis Torres. His demonstration will include several riders from beginning to advance reining.

There will also be a discussion of Western bits and tack.

Come for the meeting, stay for the fun!

Snacks and drinks available for purchase

LOCAL TRAIL RIDE

JANUARY 15, 2017

12:00pm

Meet at Heritage Park

Trail Boss: Brent Dooley



We are having another fantastic local trail ride
in the beautiful hills of Alta loma

Beginners to experts are welcome!

Get Ready For A Fabulous 2017!

Cassie Sanchez
2nd Vice President

Your Alta Loma Riding Club Show Committee is planning a wonderful year for our equestrians. There are several clinics planned, English and Western, plus Jumping. We have three horse shows proposed, one in the spring and two in the fall, including jumping classes and our annual Halloween show and play day.

On January 14th we have a wonderful quarterly general meeting planned for you. Luis Torres is coming to our Equestrian Center with several Reining horses and riders to demonstrate the Reining Horse and Western Ranch Work. Don't miss it! Put it on your calendar.

Be sure to come out and join the fun with or without your horse. We can always use volunteers to help make it all happen. If you'd like to help just call or text me at (909) 560-2822.

For current information on all ALRC events, check your newsletter, our website, Facebook and the Heritage Park Equestrian Bulletin Board for updates.



Fees:

ALRC Members: \$105.00

(includes \$5.00 grounds fee)

Non-Members: \$120.00

(includes \$5.00 grounds fee and 1 year membership in the Alta Loma Riding Club)

HORSEMANSHIP CLINIC WITH LUIS TORRES

Date: January 21, 2017

Time: 10:00 am - 3:00 pm
(lunch included)

Heritage Park Equestrian Center
5546 Beryl Street, Alta Loma, CA 91701



Luis is providing a great opportunity for both beginner and advanced horseman to expand communication skills with their horse. Basic horsemanship will be covered with individual instruction for each participant according to their needs. In the afternoon, Luis will work with you on Ranch Pleasure which is a class designed to showcase the movement and versatility of the working ranch style horse. Currently, Ranch Pleasure is a fast growing class in the show arena. You don't need a bona fide ranch horse to compete and you needn't be a ranch hand yourself. Luis will also work with you on an interesting Ranch Pleasure riding pattern. The biggest thing to remember about Ranch Pleasure is to go out and have fun.



To register, contact Julie Bessert @ 909-240-9730
or Cassie Sanchez @ 909-560-2822

Sponsored by the

Alta Loma Riding Club

HORSEMANSHIP CLINIC #2

with
Barry Berg



Hosted by

Alta Loma Riding Club

Heritage Park Equestrian Center
5546 Beryl St.
Alta Loma, CA 91701

February 18th
8:00am - 6:00pm

Fee

\$75.00
(includes lunch)

Limited to 10 participants

**Barry is very generously
donating all proceeds
to the ALRC**

THANK YOU, Barry!

In this second clinic we will continue working on lateral work and introduce the hackamore.

We hope you will attend Barry's second Horsemanship Clinic. Spectators are welcome and encouraged to attend. It will be very interesting and informative.

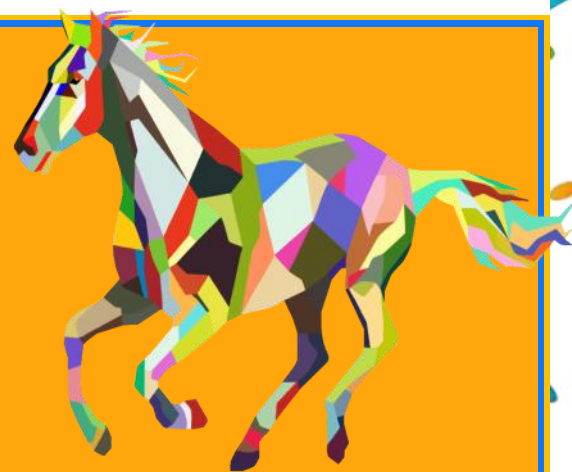
Thank you, Barry, for your time, your talents and your generosity! Also, many thanks to Ora Berg for preparing and providing lunch for the event.

For more information, please call or text Barry Berg at (909) 477-9644



By Charlene Ariza
Publicity Director

CLUB NEWS



Happy New Year 2017 to all ALRC members! Last year the ALRC really stepped it up with more clinics, trailer-out rides, local trail rides and play days as well as our annual events such as the Poker Ride, St. Jude Saddle Up Ride and Christmas lights. I look forward to seeing everyone at the great events we have planned this year.

As you know, the annual EquestFest showcasing the horses participating in the Rose Parade was cancelled this year due to the outbreak of Equine Herpes at the LA Equestrian Center. It is better to be safe and protect the equestrian participants. Let's look forward to attending the EquestFest next December.

Another event to mark on your calendar is the Horse Expo in Pomona on February 3-5, 2017 at the Fairplex. This year's clinician lineup includes John and Josh Lyons, Chris Cox, Pat Parelli, Julie Goodnight, Steve Edwards "The Mule Guy" and many more. You won't want to miss the Ultimate Super Horse Challenge as participants and their horses compete for prizes and bragging rights. If you didn't buy your horse the Christmas gift they wanted, well, there is more shopping at the Horse Expo to get it right! For more information, visit horseexpoevents.com

ALRC's 2017 City Agenda

Larry Henderson
City Liaison Director

The ALRC had a busy 2016 regarding discussions with the City of Rancho Cucamonga concerning several topics that impact our equestrian heritage and community. General City actions included:

- Abandonment of an existing local feeder trail easement in the Etiwanda area
- A project to rezone land from ½ acre lots to ¼ acre non-equestrian lots on property located at the northeast corner of East Avenue and Wilson Avenue (still under review)
- To not allow release of Equestrian Overlay mitigation fees for use at the Heritage Park Equestrian Center
- Multiple zoning actions on the use of equestrian rights within the Equestrian Overlay Area
- Trail improvement plans that were inadequate or inappropriate

In 2017 we will continue, to the best of our ability, to represent equestrian and open space interests to the City Council for the equestrian community and ALRC.



Tractor Needed

Does anyone have a small tractor or similar equipment for ground work? There is a need to do some work at Rising Stars due to the recent rains.

Please contact Ali Smilgis 909-702-5306

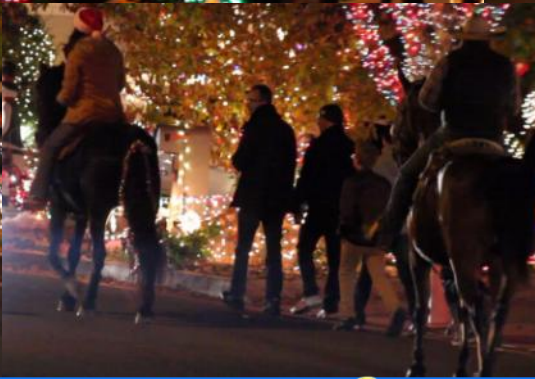


Rising Stars Christmas Show (even Santa showed up!)



ALRC members celebrated Christmas lights with a ride down infamous Thoroughbred St. It was a cold, crisp night which seemed to enhance the color and brilliance of the light displays. The horses added to the festive night as surprised pedestrians cheerfully greeted both horse and rider, led by Barry Berg. Children seemed especially delighted to see the horses, bedecked in Christmas lights.

If you missed this ride, there's always Christmas 2017!



Our Dedicated Volunteers Make It Happen

In 2016, ALRC volunteers donated over **900 hours** to maintain the Heritage Park Equestrian Center. These hours do not include all the other volunteer hours that are donated to hold meetings, events, and other activities. The ALRC is an active club devoted to preserving the equestrian lifestyle in our community. Please participate in our events and encourage others to join the ALRC. We have many equestrian disciplines to meet your interests.

Are you interested in helping maintain the Heritage Park Equestrian Center? All interested ALRC members are urged to help in making and keeping this unique community amenity a facility we can all be proud of for generations to come. Volunteers, if desired, will be trained on City equipment to handle arena and round pen maintenance. Other opportunities include building maintenance and repair, grounds cleanup and trash patrol. If you have a desire to help, have skills, or want to learn new ones (like operate a tractor) please complete the following steps:

1. **Become a member of the Alta Loma Riding Club.**
2. **Complete the ReadyRC volunteer application at:**
<https://www.volgistics.com/ex/portal.dll/ap?AP=401740201&OR=1>

Please email Larry Henderson, Liaison Director, at lhenderson25@charter.net or text him at 909-226-3956 to let him know when you have submitted your volunteer application to the City so he can monitor the status of the volunteer team.

Thank you for your continued support!



ALRC member Cary Westcott welding repair to a damaged gate latch

The following article appeared in <http://www.horsechannel.com/horse-exclusives/horse-helmet-argument.aspx>. It is being offered as food for thought and to explain why some "Western" riders prefer to wear helmets for "brain protection". Of all the organs in the body, injury to the brain can lead to the most devastating aftereffects.

THE HELMET DEBATE

Football players wear them. Same for major league baseball players awaiting a pitch at home plate. Even bicyclists and many professional skiers consider them part of their standard attire. So why do a large percentage of equestrians continue to shun protective headgear? After all, riding a horse is also a risk-taking activity. Yet, despite statistics that prove safety helmets can protect a rider from serious head injuries, the same three reasons continually crop up as excuses for not donning a helmet. Are they really valid arguments for not wearing one? You decide.

Argument No.1

Only top-level competitors need to wear a helmet. There's no need to wear one for leisurely activities such as trail riding.

Counterpoint: There's no denying that safety helmets are warranted when a rider is engaging in high risk equestrian sports such as show jumping. The United States Equestrian Federation (USEF), which is the national governing body for horse show events in America, found a direct correlation between riders who participated in classes over jumps and head injuries. In 2003, hunter and jumper competitors accounted for more than 55 percent of head injuries reported at sanctioned shows, while eventers accounted for 25 percent. The remaining percentage of head injuries were rather equally distributed among all other riding disciplines. In response, the USEF has tightened its requirement for safety helmets. As of Dec. 1, 2005, all riders—including professionals and amateur adults—must wear a helmet that meets ASTM/SEI safety standards at all USEF sanctioned shows in any class that involves jumping and at any time while jumping on the showgrounds.

But that doesn't mean that safety helmets are only for riders who jump. Sometimes the most dangerous equestrian activity is the one that seems to be the most benign, such as ambling down the trail on a trusted, placid horse. Dru Malavase, co-chairman and the original chairman of the Equestrian Headgear subcommittee for the American Society for Testing and Materials (ASTM), remarks that many head injuries occur just when things seem safest. "Most of us walk a lot when we ride recreationally, enjoying the weather, nature, chatting with other riders. And most horses seem to behave better when their attention is engaged or when they are listening to their riders' requests. The people showing up in emergency rooms," she offers, referring to statistics compiled as public record, "are far and away casual recreational riders."

Furthermore, a trio of studies conducted in Great Britain that are considered hallmarks in establishing guidelines for riding safety showed that when riding is examined by activity, it's simple pleasure riding, not show jumping, that produces the most riding-related injuries. Moseying down a trail may seem like a risk-free adventure, but it is not.

Argument Number 2

It's fine to endorse helmets for young riders, but an adult is capable of evaluating risk factors and making a personal choice not to wear one.

Counterpoint: Problem is, when an adult rider chooses to embrace freedom of choice and forgo a helmet, and then suffers a head injury, he or she isn't the only one who suffers the aftereffects. According to statistics provided by the AMEA-SRF, the survivor of a head injury may be faced with long-term disabilities, such as epilepsy, personality changes and intellectual or memory impairment. All of these affect interpersonal relationships. Then there are the medical costs. Hospitalization for a severe head injury runs about \$25,000 a day, and extended care over a lifetime can amount to over \$3 million. That's a heavy burden to place on family, friends and society.

Ironically, it's the independent-minded adults who are logging the most miles in emergency rooms with their riding-related head injuries. Kids, on the other hand, have become indoctrinated to helmet safety because they're often required to wear them in competitive events, and they wear them elsewhere: on their bicycles, on their skateboards and even in martial arts training. Do these younger riders know something?

"The federal figures on equestrian injuries coming into emergency rooms, which amount to about 75,000 a year, show that young riders, who are generally the highest category for accident-related injuries, are no longer the most injured," Malavase explains. "Adults aged 25 to 44 now have that honor." Malavase also points out that, according to the Centers for Disease Control records, the majority of that group is female. One female in that age group who has bucked tradition and worn a safety helmet in a decidedly non-helmet friendly atmosphere is women's professional barrel racer Delores Toole. In 2004 she raised some eyebrows and garnered a few snide

comments when she wore a safety helmet during her barrel runs at the National Finals Rodeo. She was the first competitor to do so in the event's 45-year history.

"It was seen by a lot of the girls as sort of a faux pas," Toole recalls. She says that comes mostly from barrel racing being a part of the western riding culture where cowboy hats are customary attire, not safety helmets. According to Toole, "I heard some of the girls saying they wouldn't wear a helmet because they wouldn't look pretty enough. They like to wear the sparkly clothes, and they're more concerned with how they look to the crowd. Me? I'm more concerned with putting in a good run."

That's an admirable sentiment, especially in barrel racing, where the Women's Professional Rodeo Association required western attire—including a cowboy hat—for all events until they felt the pressure from safety advocates. Now, competitors are permitted to wear a helmet if they choose.

However, "I don't see much change," Toole laments. "There have been some bad accidents lately," she offers, reciting two recent severe head injuries she knows of related to barrel racing, "and the safety helmets are out there, but not a lot of barrel racers are wearing them."



Argument Number 3

Safety helmets are too hot, too heavy, too clunky or too "English."

Counterpoint: Thanks to innovations in designs and materials, today's version of the equestrian safety helmet has solved fashion and fit problems of the past. With a wide variety of styles and even color choices on the market, riders can not only be safer, they can also look sporty and trendy. In other words, the modern safety helmet is not the one you might've worn as a kid. That bubble head look? Gone. The chintzy lining that accumulated sweat, grime and dust? It's been replaced with removable, washable inserts. Remember the snap-out harnesses that chafed facial skin and turned yellow with age? Obsolete. Modern options include baby soft leather and faux suede harnesses. Plus, the harnesses of all ASTM/SEI approved helmets are now permanently attached to the helmet for safety's sake, and a snap-out harness is a sure sign that a helmet is not a true safety helmet, but an "item of apparel only."

Andres Lendoiro, vice-president of Devon-Aire, a company manufacturing contemporary, affordable equestrian wear, including the Aegis line of safety helmets, remarks that newer models of helmets are much more inviting than those of yesteryear. One of the reasons? Plastic. "When engineered properly, these materials have enormous shock-absorbing capabilities," Andres says. "Plus it's lightweight, which greatly reduces the total weight of the helmet. It's not that bulky, hot, heavy helmet that made you sweat before."

Devon-Aire has responded to complaints from retailers and consumers, who were frustrated with the plethora of sizes in helmets. Maintaining a stock of helmets gobbled up valuable shelf space. And shoppers saw the search for a snug-but-comfy helmet as a marathon event, where several had to be tried on before finding that perfect fit. That led to the creation of an adjustable system in some helmet designs that allows the wearer to create a customized fit, reducing the need to wade through a sea of possible sizes. "Now our helmets come in small/medium and large/extra large," Andres says. "Rather than wedging padding into a helmet's headband to get a good fit, the wearer can just dial in the fit and they're good to go. It makes helmet shopping easier for everyone."

Andres reminds riders that helmets, whether just a schooling helmet or the trendy Euro-styled headgear, should be stored properly. "Heat causes atrophy of the materials," he cautions. "They lose their ability to provide optimum shock absorption. So don't store a helmet in the trunk of the car, especially in hot weather." Age also degrades the functionality of the material in a helmet. Because of that, it's recommended that helmets are replaced every five years. Plucking that dusty old helmet off the shelf of a tack room may give you a false sense of security. It's better to buy an updated helmet, store it properly away from direct sunlight and intense heat, and replace it as recommended. After all, there are a lot of helmets out there. But there's only one you.



RANCHO CUCAMONGA

Equestrian Volunteers



Equestrian Volunteers who care about keeping our community safe

Do you like trail riding, meeting people and want to help keep your community safe? Perhaps you should consider joining the Rancho Cucamonga Equestrian Patrol (RCEP). The equestrian patrol consists of members of the Rancho Cucamonga Sheriff's Department Citizen Patrol. RCEP members are unpaid volunteers who receive 52 hours of sheriff's department training and an additional bi-annual training and certification in Horse And Rider Minimum Standards (HARMS) training. Patrol members provide their own uniform, horse and equipment and donate a minimum of 8 hours per month.

Equipped with department-provided radios and saddle bags containing basic patrol response equipment and supplies, the mounted two-person team's act as eyes and ears for the police in areas that are not readily accessible to car patrol units.



RCEP members render a variety of assistance to park and trail facility users. The job involves positive public relations and reporting incidents of vandalism, hazards, graffiti and maintenance problems to the appropriate City departments. RCEP members also participate in special community events at parks and the Victoria Gardens Regional Commercial Center.

If you are interested in learning more about RCEP or applying for a volunteer position, please contact the Rancho Cucamonga Police Station Volunteer Forces Office at 477-2800 or applications are available online [http://cms.sbcounty.gov/Portals/34/Volunteers/volforcesapp_2013new.pdf?](http://cms.sbcounty.gov/Portals/34/Volunteers/volforcesapp_2013new.pdf?ver=2015-08-25-130741-613)

[ver=2015-08-25-130741-613](http://cms.sbcounty.gov/Portals/34/Volunteers/volforcesapp_2013new.pdf?ver=2015-08-25-130741-613). The number of positions is limited and a new training academy is being scheduled soon. Applicants will be interviewed and a background check performed prior to acceptance.

ALERT NEWS

The ALRC ALERT Program is a successful service to our members and the City. ALERT has established and published training and operational procedures that have been in use successfully for the last 16 years. Our goal is to continually update our roster to include members who want to participate in horse or large animal evacuations or assist in trapped large animal situations. Survey information will include ALRC members who wish to serve as an evacuation team member and/or assist in rescue.

The ALRC Board of Directors has determined we will continue the state-recognized ALERT Program and continue to improve it. Also, we will continue to make ourselves available to the RCFD and SBCSD for training assistance and in times of emergency, if requested.

If you want to participate in the ALERT Program, please contact Larry Henderson via email at lhenderson25@Charter.net or call/text 909-226-3956. Let him know how you want to help, the best way to reach you in an emergency and whether you have a horse trailer.

HERITAGE PARK EQUESTRIAN CENTER A General Purpose Equestrian Facility



NOW ACCEPTING 2017 EVENT BOOKINGS

If you have or know of an organization that would like to hold a horse show, clinic or other equestrian event, please share the information below about our wonderful facility

Amenities

Show Office & Clubhouse
Concession Stand
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South Arena: 295' x 150'
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Arena Lighting

PA System
Hitching Rails
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Trail Access



Low Rental Rates

\$150/6 hours: includes both arenas and grounds fee
Kitchen: \$50/event
Multipurpose Room: \$50/event
Grounds Fee: \$5/horse
Cleaning Deposit: \$150 (refundable)



ALTA LOMA RIDING CLUB

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(24 Hours)

Equestrian Center Equipment Donations Needed

Please consider an individual or company donation for the following new or used equipment to help our equestrian center volunteers keep the facility in good condition.

Cash donations of any amount are appreciated. These funds will be held separately for facility maintenance.

- Small tractor (35hp>)with bucket and blade
- Utility vehicle similar to Artic Cat or Gator types
- The Rascal LGR™
- 2 Manure Forks
- 1 33-gal. rough neck trash container



Rascal 1

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ALTA LOMA RIDING CLUB

Community organization dedicated to the interest, lifestyle and continued preservation of owning and riding horses in Alta Loma and Rancho Cucamonga, CA

Contact Us

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