



**Dedicated to promoting and preserving the rural and equestrian lifestyle in our community.**

ALRC NEWSLETTER • APRIL 2023

# BITS *of* NEWS

## the PRESIDENT'S MESSAGE *from Cassie Sanchez* ALRC President

The weather has certainly played havoc on us all. Last year we had unbearable heat and unprecedented drought. This year we have record-breaking (but much-needed) rain and flooding. Added to that is the record-breaking snow, covering our mountains, cabins, stores, and roadways. We even had snow, not an insignificant amount, come down upon our Alta Loma home. I don't think our horse 'Dutch' ever saw snow before in his life. However our standard poodle, 'Coco' had a blast running through the snow-covered yard.

But as delightful as all the unprecedented weather has been, it has played havoc on our Alta Loma Riding Club events. The board agonized over the impending event scheduled for March 11th. Would it rain that day? How much perception is predicted? We had a marvelous fun day planned for our members, equestrian friends, and the community. We scheduled pony rides for the youngsters and future horse lovers of Alta Loma; we were having a wonderful Chile Cook-off with many participants, and a Corn-hole Tournament. It was to be a splendid and impressive afternoon. Alas, the rain gods prevailed and we had to postpone the day. But not to worry, we are going to reschedule the event and all will be able to come and enjoy the fun. Watch carefully for the new day and time in your newsletter or our website.

We did have one day of sunshine last month to allow the Dressage group to practice setup for the upcoming Dressage Show on April 15th. The Inland Communities Chapter utilized the day to set up the

dressage arena with regulation dressage court. A few dressage horses practiced in the north arena which now became a dressage arena. Several wonderful volunteers from the Club helped out in setting up. Thank you all for helping out and giving a hand in setting up. We love our volunteers.

Be sure to mark your calendars for their first official Dressage Show on April 15th. The next ones will be on June 11 and October 14. This will be an equestrian treat you won't soon forget.

Thanks again for all of you who signed up as volunteers to help us with our ALRC events. It's great working with all of you and your participation.

Our next Board meeting is Tuesday, April 11th at the Equestrian Center. Members are welcome to attend and observe. The City is going to repair our leaking roof as it has been approved by the City Council. The new roof should be installed soon. Thanks to Dr. Blair for hosting the shot clinic this last month.

Unfortunately, we have to announce that our Publicity chairperson, Molly Jenks, resigned from the board due to personal reasons. We will miss Molly and wish her well. The seat remains vacant and if anyone of you is interested please let me know.

**Happy Trails! Cassie**



### **Spring CDS Rated Show • The first CDS rated dressage show of the season at our new venue!**

**Saturday, April 15th (no rain date) • Judge: Peggy Klump (S)**

**Heritage Park Equestrian Center • 5546 Beryl Street • Rancho Cucamonga, CA 91737**

**Please, NO DOGS!**

**Closing Date:** Entries must be postmarked by April 1, 2023 (Please remember to include a copy of your CDS membership card and proof of current vaccines, within 6 months)

#### **NEW! Western Dressage classes added!**

Please note there are also a limited number of Western Dressage rides (Schooling only) available ~ For questions regarding Western Dressage, please contact Kara Haulman, Show Manager for Alta Loma Riding Club at (909) 732-9902 [vicepres2ofalrc@gmail.com](mailto:vicepres2ofalrc@gmail.com)

**ICG Show Manager:** Linda Florence; [info@iccds.org](mailto:info@iccds.org); 909-730-7931

**Show Secretary:** Susan Williams; [littleblackhorse12@gmail.com](mailto:littleblackhorse12@gmail.com)



**“Courage is being scared to death, but saddling up anyway.” - John Wayne**

# PLAY DAY!

at Heritage Park Equestrian Arena

**SATURDAY • APRIL 1, 2023 • 10:00 AM**

**OFFERING**

**WALK/TROT AND WALK/TROT/CANTER EVENTS**

**BARREL RACING**

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Heritage Park Equestrian Arena  
5546 Beryl Street • Alta Loma, CA 91737





## PART 2: WHAT ARE THE BENEFITS OF HORSEBACK RIDING?

*Horse Tips, Riding Tips by Carmella Able*

### BENEFIT # 2: CONFIDENCE BUILDING



Confidence is necessary for a healthy mental state. If we lack confidence, we are more likely to suffer from anxiety and depression. As stated earlier, horses pick up on how we are feeling inside. To control a horse, you have to display that you can be a leader—you have to show your horse that you are confident, even when you don't feel it. What better way to build confidence in

yourself than in managing a 1,000-pound animal? Confidence is important to our mental health because it prepares us for new life experiences, and teaches us to tackle intimidating situations that we might otherwise shy away from. Confidence allows us to feel good about ourselves, and appreciate and recognize what we have to offer. And while confidence does not come to everyone naturally, it is something we can all attain through practice.

### BENEFIT # 3 LEARNING A NEW SKILL SET

You can ride horses for decades and still learn new skills, especially if you are riding more than one horse. You are never "finished" learning when you start riding horses. Learning new information and skills is beneficial to the health of your brain—learning to increase concentration, improved memory recall, the ability to problem-solve, and increased attention to detail. Learning new skills becomes especially important as you age, as it has been shown to protect against dementia and other related disorders.



While many equestrians ride because of their love for horses, the outdoors, and the experience, horseback riding has many physical benefits to offer as well. While riding might like an easy sport, you will be surprised at the strength and stamina it requires after you try sitting in the saddle. Horseback riding is a great all-around muscle workout, a beneficial cardio workout, and also helps to improve riders' posture.

### BENEFIT # 4 MUSCLE STRENGTHENING

When you first start riding horses, you will be sore in muscles that you never even realized you had. While one can argue that horseback riding works out virtually every muscle in your body, the focus is on the abdominals, back muscles, pelvis, and thighs,—especially the inner thighs.

Horseback riding is anything but a passive sport and is an excellent workout for your back and core as you are constantly working to maintain your balance in the saddle. A stronger core will not only give you added strength but will also help to prevent back injuries and reduce lower back pain.

**Continued in the next issue:**

*Part Three of Benefits of Horseback Riding in our next issue*

## Dressage Returns to Heritage Park

*By Cassie Sanchez, ALRC President*

It has been twenty years since we have seen a classical Dressage horse show at Heritage Park. We are so fortunate to be able to support a Dressage shows once again. This time they will be on April 15, June 17, and October 14, presented by the Inland Community Dressage Association.

Dressage dates back to classical Greek horsemanship. The earliest work on training horses was written by Xenophon, a Greek Military commander born about 400 BC. Dressage continued to be utilized by the military during the Renaissance. European aristocrats displayed their highly trained horses in equestrian pageants. The Imperial Spanish Riding School of Vienna was established in 1572 and dressage training today is based on many of the principles from this era.



Dressage became an Olympic sport in the 1912 Olympics Games in Stockholm with only military officers eligible to compete until 1953 when the rules evolved to allow both civilian and military officers participating. The growing enthusiasm for the sport, supported by increased access to knowledgeable military and foreign trainers finally brought together 81 pioneers of dressage in 1973 to form the United States Dressage Federation.

The actual word "dressage" is French and evolved from, the verb "dresseur" meaning to train. Dressage is an Olympic discipline, enjoying great international popularity. The addition of the musical freestyle to the required rides performed to win an individual medal has increased audience interest. In a dressage test, horses and riders are judged on how well they can perform a series of prescribed movements. The degree of difficulty increases from the Training Level to the Fourth Level, USA National level to FEI (Federal Equestrian International Grand Prix) levels, which are the same tests performed in every nation worldwide. Most tests are performed in a 20x60 meter ring (approximately 66: x 198 feet. Heritage Park's north ring was built with these specifications in mind. The tests have separate movements that flow together and each movement is scored from 10-0: 10 means excellent, 5 means sufficient, and 0 means the movement was not performed. Excellence is achievable, perfect is not a consideration. There are also four "general impression" scores given for each ride. The total points given are added and then divided by the total possible scores given for each ride.

The object of dressage training is to develop a harmonious and fluid moving horse that performs from almost imperceptible signals from the rider. It is certainly poetry in motion, the finest performance from our equine partners and riders.



# APRIL LOCAL TRAIL RIDE

with Heather *Heather McGee Decauwer,  
Local Trail Director*

This month's ride will be Saturday, April 22nd and the route is to be determined. Last month we had to change routes due to the rain and it turned out great. With rain still expected through out April we've decided to wait to pick the route. So mark your calendars and plan to join us for a ride through the local trails of Alta Loma.

## DESCRIPTION OF TRAIL RIDE:

**Date:** Saturday, April 22 • 10:00am – 1:00pm

**Staging Info:** Meet at Heritage Park around 9am and plan to leave by 10am

**Route:** To be determined

**Distance:** 7 to 9 miles

**Time:** approximately 3 1/2 hours

**Elevation:** Relatively flat

**Terrain:** Wide trails behind houses and along the streets.

**Technicality:** Crossing streets, shared trails and backyard activities of residents.

**Contact:** Heather if you have questions: localtrailofALRC@gmail.com

**No stallions, dogs or ponying on the ride.**



## LOCAL TRAIL RIDE RECAP!

Our Deer Creek ride got rerouted due to soggy grass, but no one was disappointed because we were where we wanted to be anyways... with our horse or mule. There was so much water in the wash that we decided to head that direction to enjoy something we haven't seen in years. Thanks all for joining us! Hope to see you on our next local ride on April 22nd.

## HERITAGE PARK EQUESTRIAN CENTER UPDATES

*Larry Henderson, ALRC/City Liaison Director*



2023 is starting out as a busy wet year at Heritage Park Equestrian Center.

**DRESSAGE IS BACK AFTER A LONG TIME**, with the Inland Communities Chapter California Dressage Society reserving several dates this year at the Heritage Park Equestrian Center. On March 18, 2023 the ICCDS held a setup and practice day with members and volunteers in attendance. Weather permitting the first Dressage Show is scheduled for April 15, 2023. See in this Newsletter issue more details concerning this upcoming Show. Watching the setup and practice brought back many memories of when my own daughters competed in these type shows.



### EQUESTRIAN CENTER REROOF PROJECT

The City has completed the contract phase. The city has a tentative schedule that has been provided by the contractor. There will be preconstruction meeting scheduled for end of March and a project start date of April 10, 2023, and completion by May 17, 2023. This is tentative and they will know more after the preconstruction meeting. The biggest issue at this point is weather. Let's hope we get a few weeks of clear weather so this can get it done. We are keeping City Staff informed as to Facility Reservations so the Contractor will be aware.

**VEHICLE BRIDGE REPLACEMENT PLANS** are under review but there is no established schedule for start of this needed improvement. Let's keep our fingers crossed.



# NO APRIL TRAILER OUT TRAIL RIDE with Julie

Julie Bradley, Trailer Out Director



Due to a very busy month, the April trailer out ride is cancelled...but rest assured, we will be hitting the trails soon! Watch for updates and events on social media!

@altalomaridingclub



## ALRC Executive Officers & Directors

**President:** Cassie Sanchez  
PresidentofALRC@gmail.com

**1st Vice President:** Martha Cowan  
VicePres1ofALRC@gmail.com

**2nd Vice President:**  
Kara Haulman-Recla  
VicePres2ofALRC@gmail.com

**Treasurer:** Charleen Ariza  
TreasurerofALRC@gmail.com

**Secretary:** John Sanchez  
SecretaryofALRC@gmail.com

**Membership:** Kate Bowers  
MembershipofALRC@gmail.com

**Youth Director:** Alanna Quinn  
YouthofALRC@gmail.com

**City Liaison/ALERT:** Larry Henderson  
CityLiaisonofALRC@gmail.com

**Local Trail Director:**  
Heather McGee Decauwer  
LocalTrailofALRC@gmail.com

**Trailer Out Director:** Julie Bradley  
TrailerOutofALRC@gmail.com

**Food Services:** Joe Cowan  
FoodofALRC@gmail.com

**Publicity:**  
PublicityofALRC@gmail.com

**Newsletter Editor:** Claudia McNeill  
NewsletterofALRC@gmail.com

## GET SOCIAL WITH US!

Be in the know! Make sure you follow us on Instagram and Facebook @altalomaridingclub for up to the minute information and happenings.



Support the businesses who support ALRC! Did you know that you can advertise your business in the ALRC newsletter too?

### TO BECOME AN ADVERTISER...

Contact PublicityofALRC@gmail.com or Claudia McNeill at NewsletterofALRC@gmail.com  
Business card ads: \$15/month or \$120/year

Owners Glenn & Cindy Mocabee, Friends & Members of ALRC

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Thank You for being a member of the Alta Loma Riding Club!

Your membership makes a difference! We look forward to meeting you at upcoming events!

Do you know anyone who should be a member? Encourage your friends and neighbors who enjoy the trails and facilities to join ALTA LOMA RIDING CLUB TODAY!  
**Happy Trails!**



## KALEO REAL ESTATE COMPANY

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## ALRC UPCOMING EVENTS

<b>SAT, APR 1</b> 10:00 am	<ul style="list-style-type: none"> <li>• <b>PLAY DAY</b></li> <li>• <b>Heritage Park Equestrian Center</b></li> </ul>
<b>TUES, APR 11</b> 7:00 PM	<ul style="list-style-type: none"> <li>• <b>ALRC Board Meeting</b></li> <li>• <b>Heritage Park Equestrian Center • Clubhouse</b></li> </ul>
<b>SAT, APR 15</b>	<ul style="list-style-type: none"> <li>• <b>Spring CDS Rated Dressage Show</b></li> <li>• <b>Heritage Park Equestrian Center</b></li> </ul>
<b>SAT, APR 22</b> 10AM-1PM	<ul style="list-style-type: none"> <li>• <b>Local Trail Ride</b></li> <li>• <b>Meet at Heritage Park Equestrian Center staging 9AM</b></li> </ul>

### Help the Alta Loma Riding Club protect and preserve the rural equestrian community in Rancho Cucamonga.

If you see any questionable or potentially dangerous activity occurring in or around the Heritage Park vicinity, please call the Rancho Cucamonga Park Ranger, at (909) 941-1488. You may also report such activity through the app: **RC2GO.com**



## HERITAGE PARK EQUESTRIAN CENTER

A GENERAL PURPOSE EQUESTRIAN FACILITY  
Facilities are available for Shows & Clinics.

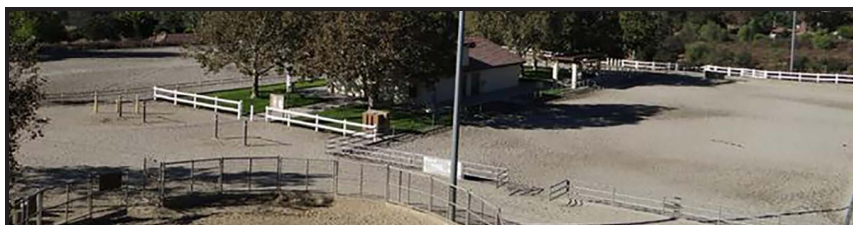
### AMENITIES

- Show Office & Clubhouse
- Concession Stand
- Restrooms
- Arena Lighting
- 2 Round Pens & 7 Paddocks
- South Arena 295'X150'
- North Arena 220' X 90' (Dressage)
- PA System
- Hitching Rails & Water Trough
- Trailer Parking
- Trail Course & Trail Access

**LOW RENTAL RATES!**  
**BOOK YOUR EVENT FOR 2023**  
**DATES ARE AVAILABLE!**

### CONTACT:

Larry Henderson (909) 745-4906  
altalomaridingclub@gmail.com



**EQUESTRIAN PARKING AREA:** In an effort to ensure safety and appropriate use of Heritage Park Equestrian Parking, a lock at the entrance gate has been installed. All ALRC members have been provided an access code via the email on file. We ask that you lock the gate upon entering and exiting the equestrian parking area. Look for the gate code via email and text, for further questions please contact (909) 285-4342 or email altalomaridingclub@gmail.com



# SUPPORT & COMMUNITY

## ALTA LOMA RIDING CLUB at Heritage Park Equestrian Center

The Alta Loma Riding Club exists to promote and preserve the rural and equestrian lifestyle of Alta Loma and Rancho Cucamonga. Our membership is very important in continuing to impact our community. We maintain communication with the local city council and city planners to assure the trails and horse facilities we enjoy stay intact and maintained. We welcome you with open arms! It is not necessary to own a horse to be a member. If you use the trails and enjoy the outdoor lifestyle, ride or walk on two or four legs, by yourself or with your friends, pets and kids, then join us!

- ALRC Monthly Newsletter
- Organized Local trail rides and Trailer-out rides
- Special Events • Shows • Clinics • Social Events
- Members are invited to monthly ALRC Board Member Meetings on the 2nd Tuesday of the month, at 7PM in the Clubhouse at Heritage Park Equestrian Center
- Quarterly ALRC General Member Meeting
- Opportunity to meet other local horse enthusiasts
- Be part of supporting and promoting the rural/equestrian lifestyle in our community!

Visit our website to join or contact  
**MembershipofALRC@gmail.com**  
for more information



**Alta Loma Riding Club**  
**PO Box 8116**

**Alta Loma CA 91701**

**altalomaridingclub@gmail.com**  
**www.AltalomaRidingClub.org**

