



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

ALRC NEWSLETTER • MARCH 2023

BITS *of* NEWS

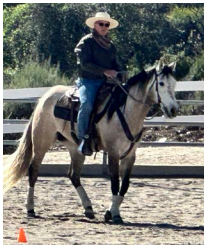
the PRESIDENT'S MESSAGE *from Cassie Sanchez* ALRC President



The Alta Loma Riding club is off to a great start this year with a **VERY SUCCESSFUL COWBOY DRESSAGE CLINIC** on February 19 with Jessica Hutchings as the clinician. With about 14 participants the day started with information on exactly what was involved in Cowboy Dressage with Jessica giving an informative talk. She then gave a wonderful demonstration of a sample test. After the test, the riders entered the arena and then she gave various tips on how to get the horses working in the correct frame around the patterns. Afterwards, they broke for a delicious lunch which was provided by the clinic. About one-half of the riders then rode for individual tests with Jessica scoring their performances. She met with them afterwards to discuss the scores.



I was so impressed, not only with Jessica's professionalism and knowledge but how calm and well-behaved the horses were in the clinic. They all looked like they had been doing this Cowboy Dressage for a while, and were very comfortable with the new discipline.



We also had quite a few peopling auditing the clinic as well and many great comments were heard about the facility and the quality of the clinic. What a fabulous day!



Please check your calendar and plan on coming to ride or watch our upcoming **CLASSICAL DRESSAGE SHOWS** put on by the Inland Communities Chapter of the California Dressage Society. You will see some beautiful horses and quality riders.

I am also organizing an important **SHOT CLINIC WITH DR. BLAIR** on Saturday, March 25, and Sunday, March 26 at Heritage Park or at your residence. It is important that you contact me for an appointment so I can convey to Dr. Blair how many supplies she will need. Call me for an appointment at my home (909)987-8366 or my cell phone (909) 560-2822. Check our flyer (page 3) for additional information.

Please mark your calendar for our General Meeting on March 11. We would love for you to meet our wonderful board and participate in our activities which include a "Chili Cookoff", **PONY RIDES** for our youngsters, and games for all ages. This is a wonderful opportunity for your youngsters to enjoy the thrill of horseback riding. The ponies are from a professional group that provides trained ponies and the cost per ride is only \$10. This is the first time we have been able to provide this wonderful opportunity for your children. Please come and support this event so we can provide



this chance again for our young riders. We especially invited members of the community to come and get to know us and join in the fun of 'horsing around'. Don't forget the **CHILI COOKOFF**, share your cooking talents and win some money too. Check out the information on our flyer (page 2) or call Martha Cowan (phone on the flyer) for further deatilas. Don't miss this event.



Hope to see you soon! Cassie 🌿

"Life is a journey, not a destination" -Robert Waldo Emerson

ALRC INVITES YOU TO JOIN IN THE FUN
AT OUR QUARTERLY MEETING
SATURDAY, MARCH 11
1:00-3:00 PM



CHILI COOK-OFF

Make your favorite recipe and bring it in a crockpot ready to serve .

\$20
entry

Popular vote
WINS HALF THE POT!



CORNHOLE TOURNAMENT

entry **\$20**
per team

**2 PERSON TEAMS
COMPETE & WINNER
TAKES HALF THE POT!**



Hey kids!
**PONY
RIDES**
\$10

**For more information contact:
Martha Cowan 909.912.2117
VicePres1ofALRC@gmail.com**

**CHILI COOK-OFF
CORNHOLE
TOURNAMENT
PONY RIDES**

Saturday
MARCH 11
1:00-3:00pm

**All at HERITAGE PARK EQUESTRIAN CENTER
5546 Beryl Street • Rancho Cucamonga, CA 91737**

WHAT ARE THE BENEFITS OF HORSEBACK RIDING?

Horse Tips, Riding Tips by Carmella Able

So, what are the benefits of horseback riding? Horses have been ridden for thousands of years, and an activity that was once integral to our transportation needs has become a sport. If you ride horses, you are probably riding because you enjoy being in the saddle. But aside from doing something you love, what are some of the benefits of horseback riding? So, what are the top benefits of horseback riding? Horseback riding has many benefits, both mental and physical. Horseback riding reduces stress, builds confidence, and exercised your brain. Horseback riding also builds a variety of muscles, provides a workout for your heart, and forces you to adopt a better posture. There are many benefits to horseback riding, but perhaps the most important benefits are the ones that affect your mental and physical health. Here's what you need to know.

MENTAL BENEFITS OF HORSEBACK RIDING

While horseback riding is a great physical workout, many equestrians ride for the mental health benefits alone. Not only is doing something that you enjoy good for your mental health, but horseback riding also offers stress reduction, confidence building, and a brain workout.



BENEFIT #1: STRESS REDUCTION

Horseback riding is an effective stress reducer, for a number of reasons—you are forced to be calm, you are outdoors, and you are working with animals. When you are in the saddle, your horse will pick up on your energy and will emulate it. If you are afraid, your horse will assume it is for good reason and may be anxious as well. If you are tense, your horse will tense up too. To ride a horse, you have to leave all your stressors outside of the barn, take a deep breath, and force yourself to adopt a calm presence. Acting calm will limit the stress signals that your body is receiving, and will actually make you feel calmer.

Being in nature is shown to reduce stress as well, with studies indicating that spending time outdoors can help to treat mild to moderate depression and anxiety. Our bodies and minds were designed to spend a lot of time outdoors and our stress fades when we are exposed to nature. Being outdoors also gives you the added bonus of taking in more sunlight, or Vitamin D. Most people in developed countries spend so much time indoors that they are deficient in Vitamin D. Vitamin D deficiency can cause not only immune deficiencies but also mental health problems.

Of course, animals are part of nature too, and working with animals is shown to reduce stress. Animals rely on us for their caretaking and caring for an animal can give us a sense of purpose and focus, allowing us to concentrate on the well-being of the animal, and not on the stressors that we are experiencing.

Continued in the next issue:

Benefits of Horseback riding: Confidence Building



YAY, now more daylight to ride after work!

Set your clocks ahead one hour on Saturday night, March 11th.

Daylight saving time will start at 2:00 a.m. on Sunday, March 12th.

Vaccination Clinic at Heritage Park Equestrian Center

Sat & Sun • March 25-26

with Dr. Rebecca Blair

6-way Shot \$65

Worming \$15

Additional \$10 if Dr. Blair
travels to a residence.

**FOR MORE INFO
OR TO SCHEDULE
APPOINTMENTS:**

Contact Cassie Sanchez (909)987-8366

or text /call (909)560-2822 (cell)

Make reservations by March 20

**HEALTHY
HORSES
ARE HAPPY
HORSES**

AltaLomaRidingClub.org



PLAY DAY!

at Heritage Park
Equestrian Arena

**Saturday
April 1st**

**Speed & Fun
Events**

**Ribbons
1st - 5th**

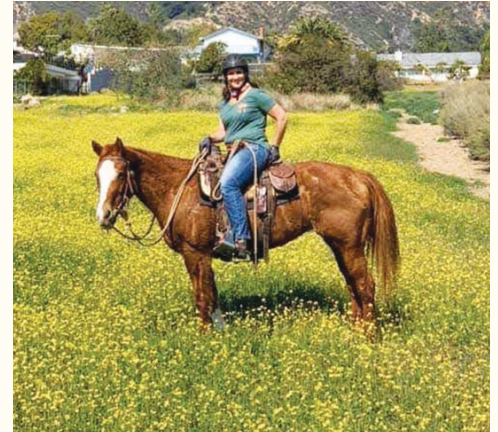
\$4.99/class

Watch
for more
details to
come!



MARCH LOCAL TRAIL RIDE with Heather *Heather McGee Decauwer, Local Trail Director*

This month's trail ride will be on Sunday instead of Saturday due to an event at the park. This month's ride will be over to the Deer Creek community near Chaffey College. The trails through that community are on the tree lined grass bridal paths that run in front of the houses.



DESCRIPTION OF TRAIL RIDE:

Date: Sunday, March 19 • 10:00am – 1:00pm

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

Route: loop along back trails to Haven

Distance: 9 miles

Time: approximately 3 1/2 hours

Elevation: Relatively flat

Terrain: Wide trails behind houses and along the streets. Grass when we get to Deer Creek.

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.



MARCH TRAILER OUT RIDE with Julie *Julie Bradley, Trailer Out Director*

Join us March 4 to ride a loop around lovely Bonelli Park in San Dimas. We will ride through the 1,975 acres around the lake and up into the hills for fantastic views. This is one of my favorite nearby trails, and it's less than 30 minutes away! There will be multiple opportunities for photos. The scenery is always nice, and the best part, in my opinion, is the tree lined part of the trail.



DESCRIPTION OF TRAIL RIDE:

Date: Saturday, March 4, 2023 **Time:** 8-2pm

Staging Info: Leave Heritage Park at 8am. We will park at the Raging Waters staging area in Bonelli Park.

Route: Bonelli Park Loop around the lake

Distance: 8.5-10 miles

Time: 3.5-4.5 hours depending on breaks and photo ops

Elevation: Rolling hills about 350 feet from highest to lowest point

Terrain: Fire roads (wide) and single track trails. Closer to the lake there will be picnickers.

Technicality: A few moderate steep spots. Possible small water crossing. Nearby small airport (haven't seen a problem yet, just letting you know).

Shade: Intermittent

Pictures Opp: Many!

Questions Contact: traileroutdirectorofALRC@gmail.com

No stallions, dogs or ponying on the ride.



UPCOMING ALRC RIDES!

Plan on joining the fun on an upcoming trailer out ride with Julie or local ride with Heather!

Trailer out ride with Julie

3/4 **Bonnelli**

4/15 **Perris**

Local ride with Heather

3/19 **Deer Creek (Sun)**

4/22 **TBD**

5/6 **Poker Ride**

6/2 **Sunset (Fri)**



Come ride with us!

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: Molly Jenks
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 Molly Jenks at 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

my RANCHO FEED and PET SUPPLY



8673 A Baseline Road
Rancho Cucamonga, CA 91730
In front of Smart n' Final in the Sunrize Shopping Center



(909) 980-4408

Supplies you need... for the animals you love...
RIGHT IN THE NEIGHBORHOOD!



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!




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Claudia McNeill
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O: 626.609.2130



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FAMILY DENTISTRY



(909) 982-8924

321 N. Third Avenue • Upland, CA 91786

ALRC UPCOMING EVENTS

SAT, MAR 4
8AM-2PM

- Trailer Out Trail Ride
- Meet at Heritage Park Equestrian Center 8AM
- Bonelli Park, San Dimas staging Raging Waters entrance

TUES, MAR 7
7:00 PM

- ALRC Board Meeting
- Heritage Park Equestrian Center • Clubhouse

SAT, MAR 11
1:00-3:00 PM

- **CHILI COOKOFF • PONY RIDES • CORNHOLE**
- Quarterly Meeting/Report
- Heritage Park Equestrian Center

SUN, MAR 19
10AM-1PM

- Local Trail Ride • Deer Creek
- Meet at Heritage Park Equestrian Center 10AM

SAT-SUN
MAR 25-26

- **SPRING HORSE VACCINATION CLINIC with Dr. Blair**
- Heritage Park Equestrian Center

SAVE THE DATE • **PLAY DAY HORSE EVENT**
SAT, APRIL 1 • Heritage Park Equestrian Center

SAVE THE DATE • **CALIFORNIA DRESSAGE SOCIETY DRESSAGE SHOW**
SAT, APRIL 15 • Heritage Park Equestrian Center

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

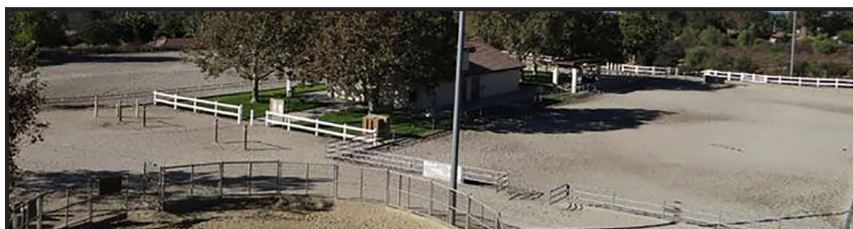
A GENERAL PURPOSE EQUESTRIAN FACILITY
Facilities are available for Shows & Clinics.

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

