



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

ALRC NEWSLETTER • MAY 2023

BITS *of* NEWS

the PRESIDENT'S MESSAGE

*from Cassie Sanchez
ALRC President*

We've certainly gone through a wild weather season. First, it was way too hot, and then way too cold, and then too much water. Alas, we survived. During a time of reflection, I can't help but be very appreciative of our board members. Working with them has been such a pleasure. I am so impressed by their expertise and willingness to get things done. But most of all I am thrilled with their enthusiasm. I've been on the Board in years past, and I never experience such enthusiasm and cooperation, and dedication to the goals of the Alta Loma Riding Club and the equestrian community.

To name just a few, there is our Newsletter Editor Claudia McNeill. Never before has the Club had a more impressive and professional-looking newsletter. Its most attractive format delivers entertaining and valuable information to our members. Not only that, she designed and presented our advertising banners for our advertising patrons. They are displayed at every ALRC event and even at other horse events such as the Dressage Shows. Her creativity and passion for all our printing needs are above and beyond the call of duty. We are very lucky to have her on board.

I have to mention our City Liaison and building supervisor, Larry Henderson. Nothing can match his experience with Heritage Park Equestrian Center more than Larry. He may not appreciate me saying he has been around for a very long time and his wisdom is invaluable. Due to his work with City for many years, he knows the ins and outs of working with the bureaucratic behemoth. Our facility is City owned and we have to observe the legal lease we have with them. It takes a great deal of know-

how in maintaining such a center and Larry knows the "ins and outs". We can always count on him when we have inquiries with the City and deals with them. He is responsible for working with Little League who helps us with the grounds maintenance among other responsibilities he has offered.

And then there are our Trailer-out and Local Trail ride directors, Julie Bradley and Heather Decauer. These outdoor horse adventures have been highly successful with many participants due to their expertise and care. This club activity continues to remain a popular one for our riders. I really appreciate their commitment to the riding activities which require much of their time and talents. Another big thanks to Julie and Heather!

I need to stop because of space, but I will be sure to mention our other Board members as every one of them are fantastic to work with and a gem for the Club.

Reports and comments from the Inland Communities Dressage Chapter after their Dressage show at Heritage Park were outstanding. Participants were extremely pleased with the venue and the Dressage arena. I want to thank several of our club members who donated their time in setting up and be ready for the Dressage court. With so many volunteers they were able to set up the court in only one hour. I encourage all club members to contact us to help as several jobs needed to be fulfilled. The Dressage Club sincerely appreciates our support and was most happy with all the facilities at Heritage Park. I encourage you to come to the next show on June 24 to see quality dressage and enjoy the good food they are serving from our kitchen

"Never give up on something you can't go a day without thinking about" —Winston Churchill



THE PONIES ARE COMING
to HERITAGE PARK! BRING THE KIDS
FOR A WONDERFUL EXPERIENCE
RIDE A REAL LIVE PONY! \$10

Saturday
JUNE 17
1:00-3:00pm



JOIN US! FOR THE MAY ALRC LOCAL TRAIL POKER RIDE!

Everyone's favorite poker ride is back!

**This year's ride includes
refreshment stops along the way!
THE POTLUCK DINNER IS CANCELLED.**

**\$20 a hand. Riders and non-riders can play.
Throughout the ride (or at the clubhouse)
you'll get 5 cards with the option of trading
up to 3 cards for new ones for \$5 a card.**

If you're playing but not riding, plan to arrive by 4:30.

Winner wins half the pot.

Saturday, May 6, 2023

Riding Time: 1:00-4:30pm



DESCRIPTION OF TRAIL RIDE:

Staging Info: Meet at Heritage Park around 12:30pm and plan to leave by 1:00pm

Route: Demens Wash out and Almond Trail back

Distance: 6ish miles

Time: approximately 3.5 hours

Elevation: Relatively flat

Terrain: Wide trails behind houses and along the streets

Technicality: Crossing streets, shared trails, barking dogs and backyard activities of residents

Contact: Heather if you have questions: localtrailofalrc@gmail.com

NOTE: No stallion, dogs or ponying on the ride.

**Thank You very much for being a vital
part of the Alta Loma Riding Club!**



MAY TRAILER OUT RIDE with Julie

Julie Bradley, Trailer Out Director



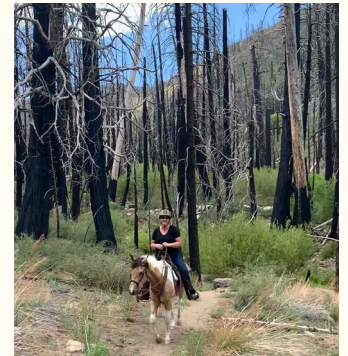
WE'RE HORSE CAMPING IN BIG BEAR! Come up and ride for the day May 26-28

Several club members will be horse camping in Big Bear over Memorial weekend. It's about an hour and a half drive to the mountains. It is well worth the trip! I've done it as a day ride several times. Your horse (and yourself) do need to be in shape to handle the altitude and the trails. We welcome you to join us! Contact me to discuss details. I can alter the ride based on who drives up. 4 potential trails come to mind:

- The Local Meadow Loop (about 5 miles)
- Sugarloaf meadow (about 10 miles)
- Coon Creek Cabin (about 10 miles)
- Go up the switchbacks to the regrowing Aspen Grove (this is a mostly out and back so we can adjust the ride as needed).

**Please contact me, Julie Bradley,
to discuss details and
schedule a time to meet.**

TraileroutofALRC@gmail.com



UPCOMING JUNE LOCAL TRAIL RIDE with Heather

Heather McGee Decauwer, Local Trail Director

Friday June 2nd is the day before the STRAWBERRY FULL MOON. Join us and enjoy both the sunset and the moonrise. The sunset is at 7:58pm and the moonrise is at 6:50pm.

DESCRIPTION OF TRAIL RIDE:

Date: Friday, June 2, 2023

Time: 6:30pm to 8:30 or 9 pm

Staging Info: Meet at Heritage Park around 6pm and plan to leave by 6:30pm

Route: To be determined • Distance: 5 to 6 miles

Time: 2 to 2 1/2 hours • Terrain: Relatively smooth

Technicality: Riding at night

Contact: Heather if you have questions:

localtrailofALRC@gmail.com

No stallions, dogs or ponying on the ride.



Summer CDS Rated Dressage Show

Saturday, June 24, 2023

Judge: David Schmutz (S)

Heritage Park Equestrian Center

5546 Beryl Avenue

Rancho Cucamonga 91737

ENTRIES MUST BE POSTMARKED BY JUNE 10TH. Please note, incomplete entries cannot be accepted, so be sure to include all necessary documentation (i.e. proof of vaccines, CDS membership, signatures, & payment). No changes can be honored after June 19th @5pm. Ride times will be available June 20th and waitlist notified. Thank you!

WESTERN DRESSAGE SCHOOLING CLASSES

Western Dressage schooling classes offered in partnership with the Alta Loma Riding Club; for additional information, contact Kara Haulman vicepres2ofalrc@gmail.com 909.732.9902

Food available for purchase at the Snack Bar!

Hot breakfast, Lunch, Snacks & Beverages

We look forward to seeing you there!

Please contact us with any questions ~Thank you!

Show Mgr: Linda Florence 909.730.7931

Show Secretary: Susan Williams

<https://www.iccnds.org>



FACILITY UPDATES

Lawrence Henderson ALRC City Liaison/ALERT

EQUESTRIAN CENTER RE-ROOF PROJECT

The City Contractor started the reroof of Heritage Park Equestrian Center Building on April 17, 2023. Weather was definitely a factor in delaying the work this Spring but as the pictures below show the work should be completed by this



May Newsletter. at this point is weather. The City Public Works Department has been very helpful with coordinating with our Facility Rental Schedule.

The Building was constructed in 1986-87 and has never had any substantial improvements. In addition to the leaking roof causing part of the ceiling to fall Tiles began to come off, Facias and some rafters and joists had dry rot damage as seen in these photos.



The reroof has included sheathing, rafters and joists replacement or repairs, new underlayment, and the reuse of saved tile from existing stocks. It should be good for another 30 years.

Now the ALRC can move forward with new finishes in the Meeting room like flooring, painting, and lighting improvements.

VEHICLE BRIDGE REPLACEMENT

Vehicle Bridge Replacement Plans are under review but there is no established schedule for the start of this needed improvement. Let's keep our fingers crossed.

LEARNING SOMETHING NEW

Heather McGee Decauwer, Local Trail Director

Learning something new can be very rewarding. Combining my love of horses and craftsmanship, I signed up for a cinch making clinic with Robert Eversole (aka TrailMeister) last month in Marcola, Oregon. I have family in Oregon, so it was the perfect excuse to travel and take this class.



If you've ever watched TrailMeister's videos or read his magazine articles, taking his class is no different. Robert has a genuine personality of sharing his knowledge with others and enjoys talking about his mules. The clinic was all day and had 14 students. No two cinches were the same and I loved seeing all the different colors and designs the other students created. Not only did I come home with a beautiful cinch and a new skill, the cost of the clinic included the loom and tools so I can make many more!

If your interested in learning how to make a cinch, email me as I am starting an interest list. If there are enough people interested, ALRC could possibly host a clinic in the future. Localtrailofalrc@gmail.com

PART 3: WHAT ARE THE BENEFITS OF HORSEBACK RIDING?

Horse Tips, Riding Tips by Carmella Able

BENEFIT # 5: HEART HEALTH

As we all know, exercising is imperative to have a healthy heart. You may think that horseback riding is "an easy" sport, but the truth is, you will probably be sweating before you even finish tacking up. Working with an animal the size of a horse, lifting feet, carrying heavy tack, and working out your muscles while riding will have you breathing hard in no time—and if you are breathing hard, that means your heart is getting a workout.

Heart disease is, and has been for a long time, the leading killer in the United States. Regular cardio exercise lowers the risk of heart disease in a few different ways. When exercising, the heart can pump more blood throughout the body, allowing it to work more efficiently and with less strain. Exercising regularly also contributes to more flexible arteries and blood vessels, which maintains healthy blood pressure.



BENEFIT # 6 BETTER POSTURE

How many times have we heard about the importance of adopting proper posture? It is challenging to remember to maintain a good posture, especially when many of us are sitting at computers and desks for the majority of the workday. While our modern lifestyle is not conducive to proper ergonomics, horseback riding can help us in this regard by forcing us to adopt a better posture. When you are riding a horse, you have a number of different cues that you are using to communicate with your horses—your legs, your reins, and your seat. And while many might focus more on the reins for the legs, we have more contact with our horses' bodies through the seat than through any other cue. If you are slouching and sitting back too far, or if you are overextending and sitting too far forward, your seat bones will not maintain enough contact with your horse's back to effectively communicate. For this reason, it is important to sit up as straight as you can when riding your horse. Reminding yourself of this will create a habit of better posture in you, which will benefit you when you are on the ground as well. While the above benefits from the last three parts of this article should be enough to get you on a horse, there is another obvious reason that horseback riding is beneficial. Most equestrians ride horses because they love horses and enjoy riding. This means that horseback riding is not only a workout for most riders but also a hobby. People who regularly participate in an activity that they enjoy have lower levels of stress and fewer incidences of anxiety and depression. They tend to have more social connections and get better sleep at night. They are happier, more relaxed and even report more job satisfaction. These mental benefits carry over into your physical health as well. People who are happier and less stressed have a lower risk of heart disease, and a healthier immune system. So the next time you are considering whether to have enough time to get out to the barn a spend sometime with your horse, know that horseback riding is not only beneficial to your mental health but your physical health as well.

The Alta Loma Riding Club is proud to promote the marvelous horse and the incredible benefits we all receive from horseback riding.

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

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TreasurerofALRC@gmail.com

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SecretaryofALRC@gmail.com

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MembershipofALRC@gmail.com

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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

It's that time of year... for more information and TO RENEW your annual ALRC Membership

Visit our website www.AltaLomaRidingClub.org
and CLICK the Membership Tab or contact
via email MembershipofALRC@gmail.com

**The Alta Loma Riding Club exists
to promote and preserve the rural and
equestrian lifestyle of Alta Loma and
Rancho Cucamonga.**

**ALRC
MEMBERS
IT IS
TIME TO
RENEW!**



Thank You very much for being a vital part of the Alta Loma Riding Club!

Your membership makes
a difference! We look forward to
meeting you at upcoming events!
Encourage your friends and
neighbors who enjoy the trails and
facilities to join us too!

Happy Trails!



**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

Annual advertisers will also receive
a printed copy of the newsletter
each month if requested.

Owners Glenn & Cindy Mocabee, Friends & Members of ALRC

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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.

ALRC UPCOMING EVENTS

SAT, MAY 6 1:00-4:30PM	<ul style="list-style-type: none"> • POKER RUN • LOCAL TRAIL RIDE • Staging at Heritage Park Equestrian Center 12:30 PM • Refreshment stops along the way • POTLUCK CANCELLED
TUES, MAY 9 7:00PM	<ul style="list-style-type: none"> • ALRC Board Meeting • Heritage Park Equestrian Center • Clubhouse
FRI-SUN MAY 26-28	<ul style="list-style-type: none"> • TRAILER OUT RIDE • WILDHORSE, BIG BEAR • Come on up and join us for the day! • Email Julie at TrailerOutofALRC@gmail.com
FRI, JUNE 2 6:30-9PM	<ul style="list-style-type: none"> • SUNSET & MOONRISE RIDE • Staging at Heritage Park Equestrian Center 6:00 PM
SAT, JUNE 17 1:00-3:00 PM	<ul style="list-style-type: none"> • PONY RIDES • CHILI COOKOFF • CORNHOLE • Heritage Park Equestrian Center
SAT, JUNE 24	<ul style="list-style-type: none"> • SUMMER CDS RATED DRESSAGE SHOW • Heritage Park Equestrian Center Start 9:00 AM

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.

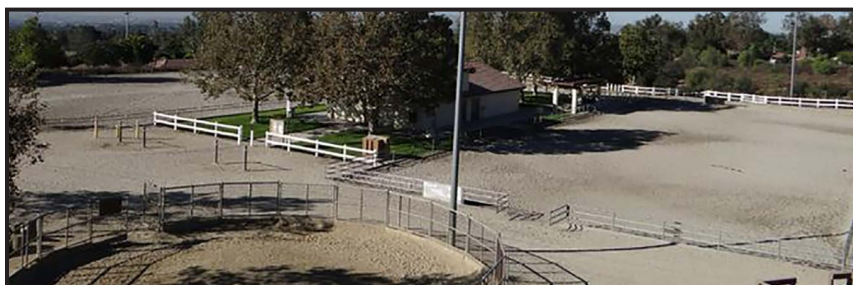
AMENITIES

- 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



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www.AltalomaRidingClub.org

