



ALRC NEWSLETTER • AUGUST 2022



ALTA LOMA RIDING CLUB

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



BITS *of* NEWS



the PRESIDENT'S MESSAGE

from Cassie Sanchez, ALRC President

As the summer heat is upon us once again, hotter than ever, it behooves us to take special care of our horses. Last month's newsletter had an important article referencing excessive heat and how to cope with it for your horses. It

seems like our summers are getting hotter and hotter and for longer periods. Making sure that our animals are adequately able to cool themselves is very important. Heat stroke as a result of excessive heat and the inability to adequately cool the body temperatures is extremely dangerous. Be sure to provide plenty of water.

A few words about outgoing President, Natalie Beecher: It was a pleasure serving on the ALRC board under her Presidency. Natalie is a dedicated horse person, being around them all her life. In her article, she mentioned the word integrity when discussing the ALRC board members. That word immediately comes to mind when I think of Natalie. It has been a pleasure and great fun working with her these last two years. We will miss her on the Board but she will always be around to support the goals of the preservation of the equestrian lifestyle in Rancho Cucamonga.

While we have 12 fabulous individuals on the ALRC Board working tirelessly for the Club, we need more of you to help us. It brings a

lot of enjoyment and satisfaction to participate in the activities of your club. Take note of future events and call us for giving a helping hand. Better yet, send in your name that you are willing to pitch in from time to time. There are many things you can help us with—no help is too little. Remember, you don't have to own a horse to be a member or to give us a hand.

Lastly, our annual event, **HOT AUGUST NIGHTS** is coming soon on Saturday, August 13th.

This horsey event has always been very successful and well attended. This year we will have a Trail Course Challenge and even includes a lead line class! We will have prizes and ribbons for 1st to 6th place.

Also, the fast becoming famous "Joe's Diner" will be open. Best of all, Hot August Night will be in the evening, keeping it cooler for all of us. So join in the fun and see you there! And, remember to keep cool.



Happy Trails!

Cassie 

DUE TO HIGH TEMPERATURES, THERE ARE NO ALRC LOCAL OR TRAILER-OUT RIDES SCHEDULED FOR JULY OR AUGUST.

We cannot predict the safe temp days. See you in September! *Julie & Heather*



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.





Why Go Horse Camping?

from Heather McGee Decauwer, Local Trail Director

This August, Jersey Lily and I will be heading up to our happy place. Where is that? Horse camping in Montana de Oro! If you've ever been there, I'm sure you would say that's your happy place too. If you haven't been there, I highly recommend it.

Please Enjoy this piece on

**"Why Go Horse Camping" by Robert Eversole
as published in The Northwest Horse Source.**

We love our horses and mules. We love trail riding and we love being outdoors. What could be better? Camping. While there is certainly something to be said for crashing on the couch and binge watching British costume dramas, visiting a horse camp and living outdoors for a few days with our animals just an arm's length away is much more appealing. Horse camping is a way to be adventurous, make memories of a lifetime, and spend quality time with impressive people. Here's six more reasons to try it this year!

It's Healthy

Camping does a body good. Nearly every aspect of camping provides health benefits, from being more active, getting more natural light, fresh air, mental health and more. Research shows that time spent outdoors can improve your blood pressure, improve digestion, give your immune system an extra boost. When you spend a few days outside, you'll get some serious health benefits.

It's Tradition

Horse camping is an activity steeped in history and tradition. Images of cowboys warming themselves by the campfire after a long day on the trail create powerful urges within us to go out and recreate those scenes. When we're in a horse camp I like to think of the people who decades ago decided that this spot would be perfect for camping with stock. And then built it.

It's Immersion in Nature

Any type of equine camping, whether it's a tent deep in the backcountry or parking the LQ at a guest ranch is an enveloping experience. You'll see wildlife in their natural settings, you'll enjoy million dollar views from your tent or trailer door. And you'll feel the sun on your face (as well as the rain

and the wind!). The stars; oh my the celestial bodies that you'll view on a dark night. The sounds. From the soft crunch of the ponies contentedly chewing hay to the yips of the coyotes in the distance, and the trills of songbirds flitting through camp. And the adventures in nature that you'll experience!

It'll Put You in a Good Mood

Researchers have linked outdoor activities to a decrease in depressive thoughts. The feeling of happiness that you get when you take your first breath of air at the campground is because of the burst of serotonin that you get from the extra oxygen of the outdoors. Sleeping under the stars also helps you get in touch with your natural circadian rhythms, a foundation for high quality sleep and health.

It's a Digital Detox

Sometimes you just need a break from technology. It might be hard to escape it at home, but most parks and campgrounds have poor, or no cell connections. Horse camps are perfect places to put down the high tech devices in our lives and focus on the basics. Sit back and relax with a good book, write in a journal, or just enjoy watching the horses graze. Use this digital down time as a way to connect with nature and reconnect with each other. Time without electronic distractions forces you to connect with others and with yourself, which is a pretty amazing experience.

It's New Challenges and Life Skills

No two camping trips are exactly the same, and that's good. A University of Michigan study shows that new experiences help keep brains healthy. New activities that are both physically and intellectually stimulating have the greatest effect on brain health, and horse camping fits both of these criteria. Camping also makes you rely on yourself to meet your basic needs; purifying water, making a fire, etc. Being able to build these skills gives you confidence and self-worth that carries over into all other aspects of your life. It just takes a little effort and guidance, and you'll be setting up tents in no time!

Planning a horse camping trip is one of the pleasures of the trip. From choosing the right places to visit to figuring what you'll do when you get there, you'll learn a lot throughout the process. Here's a start for you - the largest guide to horse camps in the US - www.TrailMeister.com - Pick a state then start looking through all of the camps and their amenities and features for you to enjoy.

"Keep close to Nature's heart... and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean." John Muir





HOT AUGUST NIGHTS

SATURDAY NIGHT
AUGUST 13
@4PM



TRAIL COURSE CHALLENGE

Judge: Jesseca Wegener



Prizes to first place;
 Ribbons 1st-6th place



\$4.99 PER ENTRY



MULTIPLE SKILL LEVELS!



CLASS LIST

1. Lead line
2. In-hand
3. Beginner
4. Intermediate
5. Advanced

Show office opens at 3:00pm
 Trail Course Challenge at 4:00 pm
 \$4.99 per class/entry
 + \$9 grounds fee
 + \$10 Office fee

Email questions to Kara at
VicePres2ofALRC@gmail.com



Plan to have Dinner at
JOE'S DINER!
 It's always delicious!!!



It's all happening at
HERITAGE PARK EQUESTRIAN ARENA

Come for Some

SUMMER FUN



ALTA LOMA RIDING CLUB

www.AltaLomaRidingClub.org



THANK YOU FOR RENEWING YOUR MEMBERSHIP!

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!

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

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 Molly Jenks at PublicityofALRC@gmail.com or Claudia McNeill at NewsletterofALRC@gmail.com

Business card ads: \$15/month or \$120/year

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O: 626.609.2130

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Owners Glenn & Cindy Mocabee, Friends & Members of ALRC

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HEAT INDEX vs HORSES

“COOL” FACTS:

- Horses heat up 3-10 times faster than humans.
- Exercise is a major source of body heat; even 17 minutes of gentle exercise in hot weather can raise a horse's internal temperature to dangerous levels.
- Horses, like people, need to sweat for thermoregulation (cooling); **sweat is more efficient at removing heat when it evaporates.**

How HOT is TOO HOT to work your horse?

Heat Index > 180
USE EXTREME CAUTION
Normal cooling is almost ineffectual

Heat Index > 150
USE CAUTION
Watch for signs of heat stress

Heat Index < 130
ENJOY YOUR RIDE!
Your horse can keep its body cool

Temperature + Humidity = Heat Index

HOT TIPS

Heat exhaustion should not be underestimated as it can advance to heat stroke quickly.

If you suspect your horse is developing heat stroke, or if your horse's body temperature does not drop to 101F or lower despite your best efforts to cool him off, call your veterinarian immediately!

ALRC Executive Officers & Directors

<p>President: Cassie Sanchez PresidentofALRC@gmail.com</p> <p>1st Vice President: Martha Cowan VicePres1ofALRC@gmail.com</p> <p>2nd Vice President: Kara Haulman-Recla VicePres2ofALRC@gmail.com</p> <p>Treasurer: Charleen Ariza TreasurerofALRC@gmail.com</p> <p>Secretary: John Sanchez SecretaryofALRC@gmail.com</p> <p>Membership: Kate Bowers MembershipofALRC@gmail.com</p>	<p>Youth Director: Alanna Quinn YouthofALRC@gmail.com</p> <p>City Liaison/ALERT: Larry Henderson CityLiaisonofALRC@gmail.com</p> <p>Local Trail Director: Heather McGee Decauwer LocalTrailofALRC@gmail.com</p> <p>Trailer Out Director: Julie Bradley TrailerOutofALRC@gmail.com</p> <p>Food Services: Joe Cowan FoodofALRC@gmail.com</p> <p>Publicity: Molly Jenks PublicityofALRC@gmail.com</p> <p>Newsletter Editor: Claudia McNeill NewsletterofALRC@gmail.com</p>
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Horse Camps

Several members of the Alta Loma Riding Club have been camping together with their horses. Listed below are a couple of their favorites and a new one that looks like a lot of fun. If you love trail riding and going new places, this may be an adventure worth looking in to! Also remember to check out www.TrailMeister.com for the largest guide to horse camps in the US!

WILDHORSE EQUESTRIAN FAMILY HORSE CAMP—offering beautiful mountain riding for all levels of riders, cooler temperatures, and whispering pines, this mountain get away is about 1 hour 45 min drive (with trailer) from Rancho. Dry Camp with bathrooms and showers, horse corrals and water available for horses.

www.recreation.gov/camping/campgrounds/233685

MONTAÑA DE ORO STATE PARK—HAZARD CANYON HORSE CAMPS

Near Morro Bay, about a 5 hour drive (with trailer) from Rancho. The riding makes it all worth the trip as you have beach riding, mountain riding, and Eucalyptus forests to explore! Temperatures remain mild here year round which makes it the perfect escape from So Cal summer months. Dry Camp, with pit toilet, horse corrals, and water available for horses. www.parks.ca.gov/pages/592/files/MontanaDeOroSP

RANCHO OSO—SANTA YNEZ VALLEY Bring your horse and camp at Rancho Oso! Tucked in the Santa Barbara mountains, it is a little over 3 hour drive (with trailer) from Rancho. Your horse will love the roomy corrals, wash rack, and peaceful surroundings. There is direct access to miles of trail in the Los Padres National Forest. Horse campers have access to all resort amenities, large arena and round pen. Escape from the busy city and discover rugged hillsides and wide open skies. Wide open corrals, covered wagons, cozy teepees, and colorful cabins harken back to a time when the west was not so wild. The Western Village offers 5 cabins, 10 covered wagons, 5 RV water & electric sites, hot shower restroom, and 30 corrals, dry camping is an option too with access to the hot shower restroom as well. Guests enjoy the view of beautiful sunrises in the Santa Ynez Valley, trail guides, western cabins and more. After a day on the trail, a great destination for a night out is the historic stage coach stop called Cold Spring Tavern. You will never forget your stay at Rancho Oso! <https://ranchooso.net/>

TIJUANA RIVER VALLEY REGIONAL PARK CAMPGROUND—this is a brand new camp that opened in April 2021 offering 5 equestrian sites! We have not yet been to the camp, but have ridden at Border Field State Park and Fiesta Island where you can swim with your horse (30 min from the camp)! A little over 2 hour drive from Rancho, if any of ya'll have camped here we would love to hear your feedback!

www.sdparks.org/content/sdparks/en/park-pages

Be Prepared. Below is a checklist of some suggested items to include when packing for your horse camping trip.

from https://www.valleyvet.com/library/trail_rider_checklist.html

HORSE SUPPLIES

- | | |
|---|--|
| <input type="checkbox"/> Halter | <input type="checkbox"/> Sun Block Lotion |
| <input type="checkbox"/> Lead Rope(s) & Lunge Lines | <input type="checkbox"/> Insect Repellent |
| <input type="checkbox"/> Light Stable Sheet | <input type="checkbox"/> First Aid Kit |
| <input type="checkbox"/> Heavier Turnout Blanket | <input type="checkbox"/> Nail File, Clippers, Tweezers |
| <input type="checkbox"/> Shipping Boots/Leg Wraps | <input type="checkbox"/> Toilet Paper, Tissue |
| <input type="checkbox"/> Protective Support Boots | <input type="checkbox"/> Any Special Medication |
| <input type="checkbox"/> Barefoot Boots | <input type="checkbox"/> Pencils & Note Pad |
| <input type="checkbox"/> Trail Saddle(s) | <input type="checkbox"/> Stopwatch or Extra Watch |
| <input type="checkbox"/> Bridle & Reins | |
| <input type="checkbox"/> Breast Collar & Crupper | TO TAKE ON THE TRAIL |
| <input type="checkbox"/> Saddle Bag/Pommel Bags | <input type="checkbox"/> Hoof Pick |
| <input type="checkbox"/> Saddle Pad/Blankets | <input type="checkbox"/> Pocket Knife/Wire Cutters |
| <input type="checkbox"/> Cinch | <input type="checkbox"/> Lip Balm |
| <input type="checkbox"/> Whip/Crop | <input type="checkbox"/> Sponges |
| <input type="checkbox"/> Picket Line or Portable Fence | <input type="checkbox"/> Watch/Stopwatch/Compass |
| <input type="checkbox"/> Hay | <input type="checkbox"/> Lunch for Horse and Rider |
| <input type="checkbox"/> Grain | <input type="checkbox"/> Leather Laces |
| <input type="checkbox"/> Water | <input type="checkbox"/> Halter |
| <input type="checkbox"/> Electrolytes | <input type="checkbox"/> Lead Rope(s) & Lunge Lines |
| <input type="checkbox"/> Manure Rake/Forks | <input type="checkbox"/> Helmet |
| <input type="checkbox"/> Water & Feed Bucket | <input type="checkbox"/> Saddle Bag/Pommel Bags |
| <input type="checkbox"/> Hay Bag or Hay Net | <input type="checkbox"/> Canteen |
| <input type="checkbox"/> Feed Scoop | <input type="checkbox"/> Water Bottle |
| <input type="checkbox"/> Any daily supplements required | <input type="checkbox"/> Insect Repellent |
| <input type="checkbox"/> Fly Repellent Sprays, Wipes | <input type="checkbox"/> Sun Block Lotion |
| <input type="checkbox"/> Horse Registration | <input type="checkbox"/> Fly Mask |
| <input type="checkbox"/> Health certificate | <input type="checkbox"/> Horse Treats |
| <input type="checkbox"/> First Aid Supplies | <input type="checkbox"/> Saddle Slicker/Raincoat |
| | <input type="checkbox"/> Map of the Trail |
| | <input type="checkbox"/> Camera |

PERSONAL SUPPLIES

- Riding Pants and Jeans
- Riding Boots
- Camp Shoes/Mud Boots
- Socks (lots)
- Outerwear - Jacket or Sweater
- Rain Gear
- Undergarments
- Extra Set of Keys
- Pocket Knife
- Lip Balm
- Warm Knit Hat
- Gloves
- Helmet
- Alarm Clock
- Assorted Sizes of Safety Pins
- Toiletries

CAMPING SUPPLIES

- Tent and Stakes
- Sleeping Bag and Pillow
- Clips/Snaps/Rings
- Hatchet with Hammer Head
- Cot or Air Mattress
- Pillow
- Waterproof Tarp
- Working Lantern
- Lawn Chairs
- Table
- Garbage bags
- Water Bottles
- Flashlights
- Fire Extinguisher

ALRC UPCOMING AUGUST EVENTS

TUES, AUG 9 • **ALRC Board Meeting**
7:00PM • **Heritage Park Equestrian Center • Clubhouse**

SAT, AUG 13 • **HOT AUGUST NIGHTS**
4:00PM • **Judged Trail Course • Dinner • Family Fun!**
 • **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

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BOOK YOUR EVENT FOR 2022
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) 745-4906 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!

MEMBERSHIP INCLUDES:

- 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

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www.AltaLomaRidingClub.org

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