


Circle T Trail Riders Newsletter

February/March 2010

Anyone interested in leading a ride 1 or 2 days, please contact Tracy 717-222-1139.

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PLEASE HELP

A flyer for our 34th annual Horse Shoe Trail Ride is enclosed with this newsletter. Please take it to your favorite feed mill, tack shop, grocery store, etc., and ask to hang it up! Make copies and give to your friends to do the same. We need to advertise now in order to make the ride a success for the club.

THANKS!

GET THE WORD OUT

Upcoming Rides—quick list	
February 2010	President's Day Ride  CANCELLED due to snow
March 2010	Middle Creek Wildlife Management
April 2010	The Pat Wilson Memorial Ride (Valley Forge; Green Lane)
May 2010	Fair Hills, Maryland Birdsboro Ride Saddle Up! For St. Jude Memorial Day Ride, Michaux Forest
June 2010	Steve Frantz's Ride 34th Annual Horse Shoe Trail Ride
September 2010	Artillery Ridge, Gettysburg Battlefield Codoras State Park Circle T Fun Day Hamburg Ride
October 2010	League of Maryland Invitational Ride Anna Shaak, Myerstown, PA

Check the website for the latest information and additions to the ride schedule.

February

February 21, 2010

Cancelled due to snow

March

March 27, 2010

Middle Creek
Wildlife
Management

Mike Getz 717-799-9001 Ready to ride: 10:00 a.m. Ride will leave the parking lot on Furnace Hills Road at Shenks Mill Road. **We will be stopping for lunch** - riders should bring a lead rope, halter and some money.
Directions: From PA Turnpike (Exit 286); Denver/Route 222: Continue to 3rd traffic light and bear right onto Route 272 North for 1.3 miles. Left onto Route 897 North for 3.1 miles to 4-way stop. Continue straight on Route 897 North another 4.8 miles to next stop sign. Turn left onto Sportsman Road for 0.2 mile. Turn right onto Hickory Road to stop sign (0.8 miles). Turn right on Cocalico Road then a quick left onto Furnace Hills Road (sign may be gone). Parking lot is 1.1 miles on the left. From Shaefferstown – Routes 501/419/897: Take Route 897 South into Kleinfeltersville. From the Post Office, continue South on Route 897 for 2.7 miles to Cocalico Road. Turn right onto South Cocalico Road for 0.6 miles. Turn right onto Shenks Mill Road. At stop sign turn right onto Furnace Hills road, then left into parking lot.

April

This weekend ride is dedicated to the memory of Pat Wilson, a long-time friend and member of Circle T who passed away February 1, 2010. She will be remembered and missed by many.

April 24, 2010 Valley Forge Saturday, April 24, 2010 Ready to ride: 11:00 a.m. at the Visitor's Center. This will be an easy 4 hour tour around the park and monuments. After the ride we will caravan to Green Lane Equestrian Campground for an overnight camp out.

April 25, 2010 Green Lane Sunday, April 25, 2010 Ready to ride: 11:00 a.m. Ride the whole way around Green Lane Reservoir, about four hours of riding. THIS IS NEW - WE RIDE A CIRCLE AROUND THE RESERVOIR TO OVERLOOK THE DAM AND NO BACKTRACKING! There are many local restaurants; food is on your own. Water is available by a central hose at Green Lane. There is a porta-potty serving the campsite. Per the Green Lane Park Manager, they will allow two rigs per site which brings the cost down to \$17.50 per rig. Whoever signs up for the site is responsible to see to it that the area is left clean and the stalls they use are left clean. Only one registered rig per site, and one guest rig. To reserve a campsite, contact Green Lane Reservoir Park <http://www2.montcopa.org/parks/cwp/view.asp?A=1516&Q=26377> Park Supervisor P.O. Box 249 2144 Snyder Road Routes 29 & 63 Green Lane, PA 18054 Phone: (215) 234-4528 Fax: (215) 234-4027 Email: GreenLanePark@montcopa.org. To find a partner for your site, get in touch with Eleanor by email eleanorvallone@gmail.com. I'll collect/share that information.



We will have a memorial page dedicated to Pat which will be published after the Valley Forge ride. If you would like to include a few

words or have a favorite memory, please forward your message to me. This will most likely be in the June/July issue, so we can include the events of the Pat Wilson Memorial Ride along with everyone's submissions. Thanks. Jamie
Email: Jamie@MacCallum.us Please put Pat Wilson Memorial Page in the subject line.

May

May 7 – 9, 2010 Fair Hills, Maryland Ray Smith (410-920-1044) will lead the rides Saturday and Sunday at 10 a.m. There have been 20 stalls reserved for Friday May 7th and Saturday May 8th. Check-in/check-out is 3:00 p.m.
Important! Stall rental is required along with a parking/camping fee. Stalls **MUST** be reserved one week in advance. A minimum number of riders is required for this ride. Reservation and payment for stalls and camping **must** be received **no later than April 30, 2010**. Send to: Tracy Hower, 242 S. Fort Zellers Road, Newmanstown, PA 17073. I will need to know how many stalls you will need and how many rigs.
 You must bring straw along to use for bedding in your stall. STRAW ONLY This is all they allow. Stalls must be cleaned before leaving and bedding placed in designated area (blue colored sign). Remember STRAW ONLY. Proof of current negative Coggins papers must be presented. Any questions please call Tracy (717-222-1139). For meals there are restaurants nearby.
Directions: Appleton Road Parking Lot: Route 272 make a left onto 273 East follow for 7 miles, crosses Route 213 @ traffic light, exit 1/8 mile on left, take entrance 1, 2 or 3 and follow directions to stables or Google for directions.
Stalls: \$15.00 per night
Field camping: \$20.00 per night
Total: \$35.00 per night

May 15, 2010 Birdsboro Ride Ride host: Davey Waters RSVP to Tracy Hower 717-222-1139 Ready to ride: 10:00 a.m. Meet at dead end parking lot off Rt 82. Directions: Take Route 422 to Route 82 South. Ignore detour signs. Stay on Route 82 South until it dead ends at a small park and closed down bridge (about 5 minutes after detour sign). Then park, near park benches.

May 21 – 23, 2010 Saddle Up! For St. Jude St. Jude Children's Hospital benefit ride. As in years past we will be riding to raise money for St. Jude Children's Research Hospital. Plan to join us for a weekend of riding, food and fun. Start lining up your sponsors! We will again be having a picnic after the ride on Saturday, as well as our raffle table. Details will follow shortly as to ride times, menu, etc.

May (continued)

May 28 – 31, 2010 Memorial Day Michaux Ride We have a new area to ride - the other side of Route 30. Directions and GPS Coordinates to this camping area to follow. Arrive Friday to ride out on your own. Trailguide Skip Kemmerer for Saturday and Sunday, both rides leaving at 10 AM. Pickets possible with care (the park fines us for tree chewers). Haul in water. If anyone wants to head up a joint "pay per head" cookout for Saturday and/or Sunday breakfast, let me know and I'll share that with all the riders (count me in). We had a great ride from this trail head in 2009 - I hope you'll come explore it with us! RSVP by email to eleanorvallone@gmail.com.

June

June 11 - 13, 2010 Steve Frantz's Ride Steve Frantz 570-345-4978 Bring a covered dish to share on Saturday night. Directions: Rt. 81 to Pine Grove exit (old exit #31) to Rt. 443 West 1.8 miles to stone lane on the right (just before the brown Swatara Park sign). Follow lane for ¼ mile to the field at the top of the hill. Directions: Rt. 72 North of Lebanon, go through Lickdale where Rt. 72 becomes Rt. 443 East. Follow to the Seudberg Church of God and Olde Forge Road on your left. Continue over the bridge to the first lane on the left. Turn LEFT and follow lane ¼ mile to the field at the top of hill.

June 20 thru June 27, 2010

34th Annual Horse Shoe Trail Ride. More details to follow.

September

September 11, 2010 Gettysburg Battlefield Artillery Ridge Ride hosts: Kristi Reading & Barb Conover Saturday, September 11th, 2010 Ready to ride: 10:00am 16 miles - rocky Artillery Ridge Campground – at the riding arena SADDLE-UP and ride up to Big Round Top, Little Round Top, Hitch up the horses at the observation tower and climb up the overlook to see the Battlefield from a whole new view! Come back to the campground for some fun and rest....then dinner!! Please RSVP to Kristi Reading if you are planning on coming! Guests are invited of course!! To prepare the main food, a head count will be needed no later than Monday, September 6th, 2010. Email: Kreading@buxtionsboxes.com Cell: 609-209-5526 Reservations are required at the campground! Call in your reservation ASAP. First Come-First Get!! You can tell the office you are with Circle T Trail Riders Group. Artillery Ridge Camping Resort 610 Taneytown Road Gettysburg, PA 17325 717-334-1288 RATES - Per Day: Daily Use – Park & Ride \$10.00 10 x 12 Covered Box Stalls \$20.00 (if camping) Open Stabling – Corral \$15.00 (if camping) Water/Electric Camper \$44.00, Full Hook-up for Camper \$48.00, Cabin – Sleeps 4 \$60.00, Cabin – Sleeps 6 \$85.00. FREE Admission to the Battlefield

September 12, 2010 Codorus State Park Sunday, September 12th, 2010 Ready to ride: 11:00am 8 miles - normal Codorus State Park – Sinsheim Road (Main Launch – Day Use Area) SADDLE-UP and ride Ranger Trail which travels over rolling hills, through forests and fields, crossing streams and passes near Lake Marburg. There are many views of lake including Ranger Overlook which has benches and hitching posts! A later cold lunch will be served after the ride while everyone rests at the picnic area! RSVP to Kristi: Email: Kreading@buxtionsboxes.com Cell: 609-209-5526

September 18, 2010 Circle T Fun Day! Join your fellow Circle T members for a day full of fun and frolic at the Friendly Horseman's Club in Denver, PA. Plans include food, games on horseback, lots of good company... Details are still being worked out, but plan to attend. Got any suggestions? Know of any fun games? Let us know! There is camping available at Friendly Horseman's Club. No electric hookup, but there is water and a bathroom (no shower). Contact Karen Benn: 610-589-1157 or acobraex@aol.com

September 19, 2010 State Game Lands Hamburg Ride hosts: Deb Billman & Kevin Wolf 484-665-0160 Ready to ride: 10:00 a.m. Plan to attend the Fun Day, then trailer out with us to Hamburg State Game Lands parking lot, Mountain Road, Hamburg. Approximately 4 miles west of Cabela's. RSVP to Deb or Kevin for further directions. Lunch provided but please RSVP and see what you can bring to share.

October

October 2 & 3, 2010 League of Maryland Invitational Ride More info to follow

October 22 – 24, 2010 Anna Shaak's Ride Ride host: Anna Shaak, 3 Quarryland Drive, Myerstown, PA RSVP: 717-866-2806. Arrive Friday, October 22, 2010. Ride out on Saturday Oct 23 from Anna's farm and go for lunch somewhere. Everyone should bring a covered dish for Saturday. RSVP to Anna and find out what to bring. Then stay and ride again on Sunday Oct 24th.

New Year's Day Ride—January 3, 2010

Ma Nature continued to be difficult even as we start the New Year. The ride was postponed from January 1 due to an overnight snow that made roads slick. We rescheduled the following Sunday when the weather was so much better. Temperatures in the low 20's, winds in the 30's, wind chills somewhere I would rather not think about. None of that could stop a hardy group of CTTR from doing what they love to do. We rode the Horse Shoe trail with 11 riders for a 2-1/2 hour trek back to our ranch where cold fingers and toes quickly thawed in the warmth of horse friends and good food.

Thank you all who came out to ride. Hope to see you again next year.

Don & Adele



It all started with eleven brave souls. Bundled up with hats, gloves, scarves, and feet warmers, we saddled up and took up over the mountain and through the snow at around 11:30am. The temperature was about 18 degrees, but the wind was strong!

Despite the cold cold weather, it was an absolutely gorgeous day. The sun was beaming bright through the trees in the woods. After taking a group picture at the lake, we continued down Horseshoe Trail, once we got through the power lines, we crossed over the Pennsylvania Turnpike, not through the cars, but over a bridge, and believe it or not, all the horses were wonderful even with the large 18-wheeler's. Once over the bridge we made our way to Don and Adelle's house where we were able to let the horses run around and roll in the open pastures. It was at the house when we discovered no one had put their feet-warmers on correctly!! The soles of our shoes were really toasty, but our toes were a bit cold. Just a note to anyone who rides in the winter: Stick the feet warmers to the bottom of your sock, not the bottom of your shoe! Once everyone picked-up the vehicles, we all gathered around the table to enjoy some delicious Sheppard's Pie, Veggie Soup, Fiesta Salad, Shrimp Cocktail and Kielbasa and Cheese. Oh and then desserts, Oh my goodness, were the desserts tasty!! Fruity Granola Bars, Pineapple Cake, and Apple Pie. Thanks to all the brave souls who dressed up and made the ride fun; Don, Adelle, Barb, Bliss, El, Tracy, Tina, John, Dan, and Matt.

Submitted by Kristi Reading





Circle T Trail Riders invites you to join us for our **34th** annual ride of the Horseshoe Trail in southeastern Pennsylvania. During the week-long trip, you will ride 140-plus miles and travel through five counties. The ride includes paved roads and rugged mountain trails that are steep and rocky. The ride goes on as scheduled each day, leaving camp promptly at 7:00 a.m. regardless of the weather.

A hot, hearty breakfast and fixings for a make-your-own lunch to take with you on the trail, as well as a delicious home-cooked dinner is provided. Evening is a time for relaxing, preparing for the next day's ride, and swapping stories with old and new friends.



This is an amazing experience and each participant who completes the trail will receive a Horseshoe Trail Challenge patch. You will need to provide your own supplies/feed/water for your horse for the entire week. Campsites are primitive in that there are NO electric or sanitary facilities provided. You will need to have your own bathroom and sleeping quarters. Wednesday is a rest day, and there are stores close by where you can replenish supplies if needed.

Can't make it for the whole week? Then come join us for one or a few days. You'll be glad you did!

This ride is limited to 50 riders so get your reservations in early!!!

Want to know more? Take one



Circle T Trail Riders

For a complete **Horseshoe Trail** information packet contact:
Tracy Hower ~ 717-222-1139 TracyGHower@Comcast.net
Info is also available at www.CircleTTrailRiders.com

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34TH ANNUAL HORSESHOE TRAIL RIDE

JUNE 19-26
2010

2010 HORSESHOE TRAIL RIDE RESERVATION FORM

A CURRENT NEGATIVE COGGINS IS REQUIRED.

Please enclose a copy with your reservation.

Please make your check payable to:
Mail payment no later than June 4, 2010 to:

Circle T Trail Riders, Inc.
Tracy Hower
242 S. Fort Zeller Rd.
Newmanstown, PA 17073

Pricing: Prices are for riders and non-riders.

- \$350.00** Full week reservation. Includes meals and transportation back and forth to camp sites to retrieve rigs.
- \$75.00** One day reservation. Includes one breakfast, provisions for one lunch, transportation back to retrieve your rig, one dinner, and one night of camping.
- \$15.00** Dinner cost for those not participating in the ride, but want to meet family or friends one night. Advanced notice is requested.

Cancellations:

Cancellation of reservations received prior to June 1, 2010 will be refunded, less a \$25 processing fee.

There are no refunds after June 1, 2010.

For more information:

Contact Tracy Hower, (717) 222-1139 or by email at tracyghower@comcast.net

NAME	ADDRESS	PHONE	AMOUNT
Horseshoe Trail Guide Book			\$12.50

Total amount enclosed:

Please check and explain if you have any of the following medical conditions:

- Diabetes
- Heart condition
- Allergic reaction to (explain): _____
- Dietary concerns (explain): _____
- Other: _____
- Medications: _____

PLEASE BRING ANY MEDICATIONS YOU NEED, INCLUDING EPI-PENS, INSULIN, AND HEART MEDICATION.

Cell phone number for on-trail contact: _____

Additional emergency phone contact: _____

NO STALLIONS ALLOWED!!!

Here are a few memorial thoughts on Pat Wilson that were received.

I met Pat at one of my first Circle T event -- Horseshoe Trail - many years ago. As my sister and I pulled into the parking lot, a breath of fresh air washed over us with Pat at the window - smiling, welcoming, absolutely effervescent - all Pat! From then forward she has been an inspiration to me, always trotting (or cantering - whoa Pat!) out front, laughing and waving hello. "Angel"...she must have called me that 100 times. Like a long lost friend, every time we met. And, how many laughs I had at her overloaded rig, and crazy horse stories. Never daunted by injuries (not again!), always ready, willing and able. I'll miss you, Pat. But, your spirit will stay with me. Thanks for everything.

Love, Eleanor Vallone

What I will remember the most about Pat was her love for riding. It didn't make a difference if she was having a bad day or not, riding was her life. She lived by the saying "Ride to Live, Live to Ride" - that was Pat to the tee. Now Pat and Vic are riding together again in a better place. I only hope I can enjoy riding for as long as Pat did.

Tracy Hower

Circle T Trail Riders is a very lucky group to have had Pat Wilson as a member, she was a Horseback and Trail Riding Enthusiast and she was at her best on the back of her wonderful Mounts. Everyone on any given ride would for sure see Pat because she made it a point to ride from the front to the back and visit with each and everyone of us. She had strength, courage and passion - not to mention she was just like an ENERGIZER BUNNY 100% of the time. She faced everything in life with a vision to get through it and I hope that is what I learned most from her - She is my HERO!! You will be missed, but we all know that you will be riding with us where ever we are. WE LOVE YOU PAT!

Kim Firestone



Circle T Trail Riders, Inc. 2010 Membership Dues

Dues must be received no later than **February 15, 2010.**
Make checks payable to **Circle T Trail Riders.**

Membership Type: Amount

- Individual \$25.00
- Family * \$35.00

Senior (Age 62+)

- Individual Senior \$10.00
- Senior Couple ** \$15.00

Total Amount Enclosed: \$ _____

Mail this form along with your check to:
Tracy Hower
242 S. Fort Zellers Road.
Newmanstown, PA 17073

* Family - Members living at the same permanent address.

** Senior Couple - Both members at same address AND both age 62 or older.

If one member is less than 62 and at the same address as a senior, Family rate applies.

<i>Member Name</i>	<i>Address</i>	<i>Phone Number(s) Home and Cell phone</i>	<i>E-Mail Address</i>

“Circle T is considering adding a new annual event. We would like to get the members input of what they might enjoy most. This would not necessarily have to be in conjunction with a ride. Some ideas would include:

- a Holiday Party to be held sometime during January/February.
- a Spring Fling which would be held sometime during March/April/May.
- a Summer Picnic to be held sometime during June/July/August.

This could be a gathering at a local facility for a meal and socializing, or during nicer weather could be a daytime event to include food and games on horseback.

Please indicate which type of event you would most like to see added. We would also like to hear some more suggestions. Please let us know!

Would you be interested in hosting or help to organize a ride? Yes No

Do you have a favorite ride? Yes No Which one?

Suggestions/Comments:

Circle T Trail Riders, Inc.
242 South Fort Zellers Road
Newmanstown, PA 17073



In Cold Weather Horse's May Be at Risk of Colic

Source: Penn State Horse Newsletter
By Ann Swinker, Ph.D., Cooperative Extension Horse Specialist

When it is very cold, the horse will reduce its water consumption and be at risk of colic. Horses should not be fed excessively cold water, as it may bring on colic symptoms. Try a heated waterer or consider taking warm buckets out when it's cold outside. If nothing else, make sure to break the ice on a horse's water supply in freezing temperatures. In very cold weather, water heaters may be needed to prevent the water from freezing. If you are using a submersible electric water heater to keep the water supply open and free of ice, check to see if it is giving off stray voltage and shocking the horses when trying to drink. Be careful that you do not get shocked. If you use automatic waterers be sure the heating element is turned on and that there is no stray voltage.

Water performs many tasks in the body. It makes up most of the blood that carries nutrients to cells and takes waste products away. In addition, water is the body's built-in cooling system; it regulates body heat and acts as a lubricant. A horse drinks about 10 to 12 gallons of water daily depending on the work it is doing. Larger breeds of horses may drink up to 15 to 20 gallons of water a day. Horses that are not drinking enough water will reduce their feed intake and reduce the energy intake. During the bitter cold weather is when horses need to keep up their energy sources and the worst possible thing that can happen is to have a horse quit drinking water and go off feed. If the horse can not drink or worse can not get to water because it is frozen solid, the horse becomes dehydrated. Within 24 hours of water deprivation, a horse can lose about 4% of his body weight. After 48 hours without water, 6.8% of his body weight will be lost, and after 72 hours it's about 9%. Symptoms of dehydration are dry mucous membranes, sunken eyes, tucked-up appearance, skin that has lost its elasticity, and a slowed capillary refill time and a depressed attitude. These signs become obvious when the horse has already lost 6% of his body weight or more, by which time dehydration has already begun affecting digestive efficiency. When this happens the body can not maintain a constant body temperature and become hypothermic. But the worst risk caused by lack of water is that the horse's intestines become impacted and results in colic. In fact, the main reason the incidence of colic increases from December to March is that many horses don't drink enough water in the winter months.