

**NEXT SERVICE PROJECT:**

March 12-14, Horse Expo booth (see p. 7)

**NEXT RIDE:**

Feb 27, Puddle Valley

**NEXT MEETING:**

Thur Feb 11: 7 pm,  
[Cottonwood Retirement Center 1245 East Murray-Holladay Road \[4752 South\]](#)

**THANK YOU!**

Trails Extravaganza  
Paul Kern, Paula Hill, Cindy Furse, Fred Leslie, Bruce Kartchner, Kathie Kern, Diana van Uiter, Ray Smith, Steve Johnson

**INSIDE THIS ISSUE:**

Midwinter Bath & Trails Extravaganza	2
Meeting the Energy Needs of Your Horse (Thank you to USU)	3-5
Schedule (Rides, Meetings, Service projects)	6-7
Cool Links Team Sorting & Penning GPS Classes From USU	7
Membership Form & Park City Rail Trail	8



# Mountain Ridge

## Back Country Horsemen of Utah

**P R E S I D E N T ' S M E S S A G E**



This meeting is open to all members and is an opportunity for each chapter to report of its activity for the year. I was impressed with the amount of volunteer work being accomplished by other chapters. In terms of membership and overall activity, our chapter compares very well in all categories except service hours. We all could pitch in and help out a little more this coming year, myself included.

Our activity schedule is included in this issue of our newsletter. You will

notice that we have programmed our service projects, rides and meetings for the year. We invite you to show up to as many of these events as possible. If you do go on one of our service projects, be sure to record and report your service hours. The hours are reported up through the organization and are a major factor in giving credibility to BCH at every level of governmental decision making that determines access and trail issues.

Our chapter had a great booth at the Trails Extravaganza. I would like to publicly thank all those that made it happen (in no particular order); Paula Hill, Cindy Furse, Fred Leslie, Bruce Kartchner, Kathie Kern, Diana van Uiter and Ray Smith. Also Steve Johnson for packing demo. We had good activity throughout the day and had several new members sign up. There was an enormous amount of horse knowledge dispensed during the day – from packing demos to how to extract a horse from a wrecked and tipped over trailer – and everything in between. If you ever thought you knew everything you needed to know about horses, come to the event next year. You might change your mind.

As we approach Valentine's Day, I wanted to share a rather quirky little poem with you (turn the page) written by one of the classic cowboy poets, Bruce Kiskaddon. If it doesn't raise smile, we'll have to talk about it sometime.

Happy Trails!  
Paul Kern

The State Meeting was held the evening before the Trails Extravaganza.



## THE MIDWINTER BATH BY BRUCE KISKADDON



I'm home plenty early, I reckon--  
It's too soon to start cookin' grub,  
So before I begin with my bakin'  
I'll take me a bath in that tub.

I'll build up a plenty big fire,  
And git all the kittles well filled;  
If there's one thing that I don't admire,  
It's gittin' in water that's chilled.

That wind is some cold and plum nose--  
It's comin' right in through the cracks--  
But I'll fix the place up warm and cozy,  
And stuff that broke window with sacks.

Wow! Wow! But it sure makes you shiver--  
A man wouldn't really suppose  
It would chill him plum into the liver,  
The minute he takes off his clothes.

Now, there is old Billy McRady--  
He's eighty, and got his third wife.  
She's quite a respectable lady--  
And old Bill never bathed in his life.

When did I bathe last -- I remember,  
Although I ain't put the date down--  
I had one the first of November,  
The last time I went into town.

It's weak'nin', a man can't deny it,  
But I'm takin' a chance, anyway;  
It won't hurt a feller to try it,  
For this here is Volunteen day.

I'll git that new bar of Fels Naphy  
And doll myself sweet an' clean,  
And come out all purty an' happy--  
Like somebody's sweet Volunteen.

Ouch! Say, but my feet must be tender--  
But then a man should understand,  
When he feels of the water, remember,  
That his feet ain't as tough as his hand.

I don't think it hurts your endurance,  
Except when a feller just soaks,  
For baths is a common occurrence  
Among the society folks.

The men, kids and the women  
Put on little short-legged skirts,  
And goes in the ocean a swimmin';  
They don't reckon as how that it  
hurts.

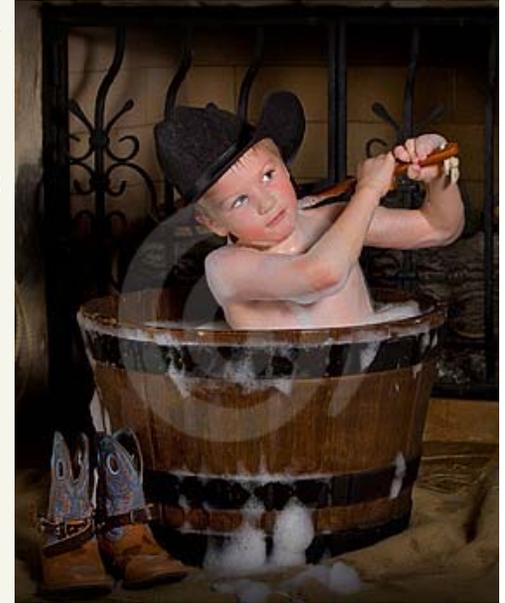
I've read about them in "The Tat-  
tler,"  
Great goodness! jest look at them  
heels;  
I'm sheddin' my hide like a rattler--  
It's turrible how a man peels,

I've got some clean under-clothes  
ready,  
But the others is still warm for me;  
I'll got at this thing sort of steady--  
Too much of it mightn't agree.

Les' see, now--November, December

--  
And this here is Volunteen Day;  
I'll mark down the date and remember  
I'm good 'till the first of next May.

It may cause a feller to weaken,  
It may sort of shorten Life's path;  
But I'll tell you right here, plainly speakin',  
I sure do enjoy a good bath!



[Cowboy Bath](#)  
[\(How-To: Click Here\)](#)

## BCHU TRAILS EXTRAVAGANZA, JAN 16



See our very own Fred, Steve, Carol, & Brad 'tying it on' ... Videos of the Double Diamond, Basket Hitch, & Wrapping a Mantee are online at: [www.bchu.com/newpacking.htm](http://www.bchu.com/newpacking.htm) Thank you, Rinda, for updating our scrapbook! To Paul & Kathie for bringing cool stuff and Diana for sweet stuff! And to Paula for the Service Board. And everyone who helped at the booth: Paula Hill, Cindy Furse, Fred Leslie, Bruce Kartchner, Kathie /Paul Kern, Diana van Uitert, Ray Smith. See the next State Newsletter for more info from the Backcountry First Aid & Trailer demos.



January 2008

AG/Equine/2008-01pr

# Meeting the Energy Needs of the Horse

*Dr. Patricia A. Evans*, Extension Equine Specialist, Utah State University  
*Yvette Connely*, Equine Nutrition Specialist, Land O'Lakes Purina Feed

## Introduction

When it comes to feeding, many horse owners struggle with knowing what and how much to feed. Confusing words such as energy can also add to the struggle. When the word energy is mentioned, many think of it in terms of a horse as being excitable, uncontrollable or the opposite of not having enough momentum. The term energy can be used in many different ways when talking about the horse and nutrition. In this paper we will answer the question, “what is energy” and explain how it affects the horse from a nutritional aspect. For more information on the horse’s digestive tract see AG/Equine/2006-01 and AG/Equine /2006-02.

## What is Energy?

To put it simply, energy is the fuel used by the horse for all functions, including maintenance of body tissues, growth, lactation, performance, etc. Animals use the energy to produce heat and adenosine triphosphate, or ATP, which cells then use to function. Energy itself cannot be measured, but it can be converted to heat, which can be measured. We measure the energy stored in feed as megacalories (Mcal) or kilocalories (kcal). Kilocalories are also referred to as Calories (with a capital “C”). So, when we talk about energy, we are usually really talking about Calories.

## Energy Sources for Horses

Horses like any other living being must have an energy source to continue functioning. Feed provides this energy. Not all of the feed eaten is available for energy as it is lost through the feces,



urine or gases and is called indigestible energy. The portion lost consists of indigestible food stuffs as the digestive tract is not 100% efficient. The portion remaining is used for maintenance, growth or fattening, milk production in the case of a brood mare, and physical activity. Energy can be supplied by carbohydrates, fats or proteins in the horse’s diet. Feeds contain varying levels of these energy sources and so are fed at different quantities to balance the feed ration for the horse’s needs. Below we will examine each source.

**Carbohydrates** include simple sugars, starches and fibers. Simple sugars are found in sugar cubes and molasses, and are usually only a minimal presence in horse’s diet, even when the horse is eating a sweet feed with molasses.

**Starches** are compounds formed by several simple sugars linking together, and are found in grains and in the immature leafy portions of plants. During digestion, starches are broken down into the simple sugars, which are then absorbed primarily in the small intestine. These simple sugars may then be used as fuel immediately, or stored as glycogen

by the horse, which is usually the major fuel source for anaerobic activity, or stored as fat, which is a fuel source for aerobic activity.

**Fibers** (forages) are a very important component of the horse's diet as they are vital to proper function of the digestive tract. Fibers are also formed by the linkages of simple sugars, but the links are different from those in starches, so fibers are digested differently. Digestible fibers are fermented by the microbes in the horse's hindgut into volatile fatty acids (VFA), which are then absorbed. These VFA's are also a source of energy for aerobic activity. Some fibers are indigestible in the horse's digestive system and are passed out through the manure.

**Fats** are excellent sources of energy. Fats contain more than twice the calories per pound than either carbohydrates or proteins, so adding fat to the diet allows the horse to ingest more calories in a smaller quantity of feed. Research has shown that adding fat to the diets of performance horses may improve performance, such as increased stamina and delayed onset of fatigue. Also, fat-supplemented diets increase fat percentage of mares' milk during lactation. Finally, adding fat to the horse's diet will not increase the risk of digestive disturbances such as colic and laminitis that can occur with a high starch (grain) diet.

**Protein** is not an efficient source of energy for the horse. Protein is only used as energy when more is fed than is needed to meet the horse's amino acid requirements and the process of converting excess amino acids to an energy source actually requires more energy expenditure. Therefore, adding protein to an already adequate diet is of little or no benefit when more energy is required.

## Energy Requirements of the Horse

A horse requires a certain amount of energy per day. If more calories are supplied on a daily basis than needed, a horse will convert this extra energy into body fat. Long-term over feeding can lead to obesity and other health problems in horses. On the other hand, if too little feed is fed on a daily basis, a horse will convert its fat stores to energy. This will lead to loss of weight. In extreme conditions, when fat stores are depleted, a horse can convert muscle tissue to energy which can cause a horse to become extremely thin and emaciated.

As a rule of thumb, horses will consume approximately 1-3% percent of their body weight in

feed per day. Therefore, a 1,000 lb horse would consume approximately 10 – 30 lbs of feed daily. Every horse needs at least a minimum of 1% of their body weight a day in dried roughage or equivalent pasture for healthy hind-gut function. The total intake will vary depending on forage quality and various energy needs including activity, lactation and growth. Below is a chart that estimates intake based on the horse's body weight.

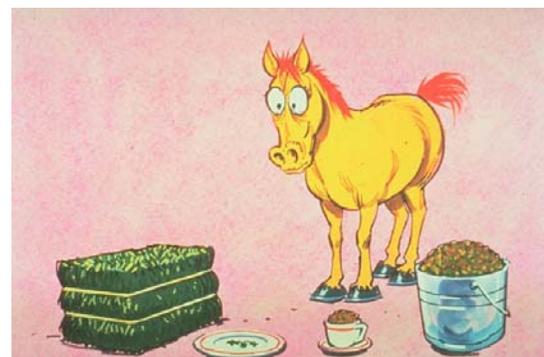
### ESTIMATED FEED CONSUMPTION BY HORSES\*

% Body Weight of Air-Dried Feed (about 90% DM)

\*Nutrient Requirements of Horses, 1989

	<u>FORAGE</u>	<u>CONCENTRATE</u>	<u>TOTAL</u>
<b>MATURE HORSES</b>			
Maintenance	1.5-2.0	0-0.5	1.5-2.0
Mares, late gestation	1.0-1.5	0.5-1.0	1.5-2.0
Mares, early lactation	1.0-2.0	1.0-2.0	2.0-3.0
Mares, late lactation	1.0-2.0	0.5-1.5	2.0-2.5
<b>WORKING HORSES</b>			
Light work	1.0-2.0	0.5-1.0	1.5-2.5
Moderate work	1.0-2.0	0.75-1.5	1.75-2.5
Intense work	0.75-1.5	1.0-2.0	2.0-3.0
<b>YOUNG HORSES</b>			
Nursing foal, 3 months	0	1.0-2.0	2.5-3.5
Weanling foal, 6 months	0.5-1.0	1.5-3.0	2.0-3.5
Yearling foal, 12 months	1.0-1.5	1.0-2.0	2.0-3.0
Long yearling, 18 months	1.0-1.5	1.0-1.5	2.0-2.5
Two year old, 24 months	1.0-1.5	1.0-1.5	1.75-2.5

Knowing how much your horse weighs is an important aspect to any management program. The use of a walk on scale or a weight tape can assist with determining the amount a horse should be fed, along with the horse's work load.



A horse at maintenance can usually meet their energy requirements on good quality hay and/or pasture alone, along with access to free-choice salt and fresh water. As energy requirements increase

due to exercise, lactation, or growth, the horse may not be able to meet its energy needs solely from hay or pasture. This is when grains or higher fat concentrates are added to the diet to meet these energy needs. Roughages (hay) are lower in energy and higher in fiber than concentrates and help maintain healthy gut motility. If a concentrate or grain is fed, roughages should make up at least 60 - 70 % of the horse's total diet but not less than 50% of the diet.

## Fat Added Diets

For many years, grains (corn, oats, barley, etc.) were added to the diet as a way to increase the calorie intake. Grains are higher in calories per pound than hay and can be added to the diet in moderation. The rule of thumb is to feed no more than 0.05% of a horse's body weight in one feeding if feeding grains (that is no more than 5 lbs per feeding for a 1,000 lb horse). Excessive amounts of starch (usually from a grain overload or very lush vegetation) can overflow into the cecum and large colon causing problems with the microbial populations in the hindgut which can lead to colic and/or founder.

Over the past 30 years research has shown that by adding higher levels of fats and fermentable fibers to grain sources, overall calories can be increased, while reducing levels of incoming starch from large straight grain diets. Samples of fermentable fibers added to horse diets include: beet pulp, wheat bran, oat hulls and rice hulls. Samples of higher fat ingredients added to horse diets include: the many varieties of vegetable oils, rice bran and flaxseed. In doing so, you can decrease the chances of digestive problems mentioned above. Today, many manufactured concentrates have higher levels of fat (around 6 -12%) and fermentable fibers added to them. This means you can feed these at lower levels but still meet the higher energy needs of the horse. In addition, many of these manufactured concentrates are also balanced with protein, vitamins and minerals to complete the horse's diet.

When determining how much concentrate to feed, follow the guidelines listed in the chart above as a place to start. If buying a manufactured feed, follow the feeding recommendations on the bag or call the companies' customer service number for advice. Higher fat concentrates will tend to cost a little more but can be fed in smaller amounts to meet the same calories equivalency as straight

grains or lower fat feeds. And finally, always monitor your horse's body condition to determine if it is receiving adequate calories for its age, activity level and lifestyle. (For more information on Body Condition Scoring refer to AG/Equine/2005-01).

## Summary

Horses need energy for all body functions. A good quality roughage source should always remain the staple of the horse's diet for proper digestive function. If additional energy is needed, it can be provided through feeding higher calorie fermentable fibers, grains, or higher fat concentrates. Providing a balanced diet with enough calories will keep your horse in good weight, healthy and with enough energy for all its needs.



## References

- Evans, J.W. 1981. *Horses*. San Francisco: W. H. Freeman and Company.
- Lewis, L. D. 1996. *Feeding and Care of the Horse (2<sup>nd</sup> Edition)*. Philadelphia: Lippinott Williams and Wilkins.
- National Research Council. 2007. *Nutrient Requirements of Horses*. Washington, D.C. The National Academies Press.
- National Research Council, 1989. *Nutrient Requirements of Horses*. Washington, D.C. The National Academies Press.

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## MOUNTAIN RIDGE BCHU 2010 SCHEDULE



*Puddle Valley Ride 2009, Ride It Again Feb 27*

**Feb 11 (Thur) 7pm Monthly Meeting**, Custom Saddlemaking with Don Bradshaw (coordinator: Paul Kern) [Cottonwood Retirement Center 1245 East Murray-Holladay Road \[4752 South\]](#)

**Feb 27 (Sat) Puddle Valley Ride: Trail Boss: Steve Johnson 541-6008.**

Be in the saddle ready to ride at 10. Bring a lunch and water (there is water for your horse mid-trail). Shoes optional. Ride is about 4 hours, 10 miles, sandy, lightly hilly terrain. Since this is the first ride of the year, some horses may be 'hot', others inexperienced, plan to stay with the group (not trotting/gaiting ahead). Since the valley is so open, horses ahead even far off are a major stress for those left behind.

[GPS map of trail](#)

**To get to the trailhead:** Take I-80 west to exit 62. Turn right onto the frontage (dirt) road and go about 2 miles. Park in a large open area on the left. If you cross the RR tracks, you have gone too far.

[Googlemap to trailhead](#)

**Mar 11 Monthly Meeting**, Custom Hat Making with JW hats (coordinator: Paul Kern)

**Mar 12-14 Utah Horse Expo**, Jordan Equestrian Center, Help needed for BCHU Booth (contact Fred Leslie 553-1873 [fredleslie101@gmail.com](mailto:fredleslie101@gmail.com))

**Mar 27, Lookout Pass Ride (Steve Johnson 541-6008)**

**Apr 8 Monthly Meeting**, Bronze Sculptures (coordinator: Sandy Williams)

**April 17, Jordanelle Reservoir Ride (Ray Smith)**

**April 24, Dimple Dell Trail Maintenance Project (Service Form)**

**May 13, Monthly Meeting & Sandy Pride Day Trail Project** (Porter Rockwell Trail (Doris Richards))

**May 15, Corner Canyon Ride (Bob Baker)**

**May 27, Deer Creek Full Moon Ride (Cindy Furse and Diana van Uitert)**

**June 5, Nobletts (Uintas) Ride & 1-Horse Packing Clinic (Steve Johnson / Cindy Furse)**

**June 10, Monthly Meeting**, Chapter Business Meeting (Paul Kern)

**June 12-14, Pony Express 150th Anniversary Celebration (Diana van Uitert)**

**June 19, Bench Creek Trail Deadfall Cleanup Project (Fred Leslie)**

**June 25-27, Blackhawk Ride & Wildflower photography (& optional campout) (Paul Kern / Cindy Furse) **RSVP today so we reserve enough campsite for you (\$10/night) Cindy Furse [cfurse@ece.utah.edu](mailto:cfurse@ece.utah.edu) 581 9225****

**July 8, Monthly Meeting**, Firearms for Backcountry Safety (coordinator: Paul Kern)

**July 9-11, Currant Creek Trail Project (Paula Hill)**

**July 22-24, Island Park Ride (15 riders max) (Paul Kern) Need Coggins, Health & Travel Permit**

**Aug 12, Monthly Meeting**, Backcountry Tents and Tipis (Kirkhams), (coordinator: Ray Smith)

**Aug 13-14, Crystal Lake Corduroy Packing Service Project (Fred Leslie)**

**Aug 19-21, Bryce Area Ride (Ray Smith)**

**Sept 9, Monthly Meeting**, Dutch Oven Cooking (coordinator: Rinda Black)

**Sept 18, Hemangog Trail Maintenance (Bob & Lisa Baker)**

**Sept 25, Soldier Hollow Ride (Bev Heffernan)**

**Oct 14, Monthly Meeting**, Mustangs or First Aid with USU (coordinator: Cindy Furse)

**(CONTINUED)**

**Oct 23, American Fork Ride** (Pat Wilson/Tom Smith)

**Oct 29-30, Antelope Island Bison Roundup (30th) / opt campout** (Paul Kern)

**Nov 11, Monthly Meeting,** Bare Foot Trim (coordinator: Tom Smith)

**Nov 20 weekend (tentative), Wild Bunch-Robbers Roost Ride** (Bruce Kartchner)

**Dec 4, Stansbury Petroglyphs Ride** (Paul Kern)

**Dec 9, MR-BCHU Christmas Party** (Tom Smith)

**COOL LINKS :**

[BCHU Main Page](#)

[BCHU's New Packing Page](#) (1-horse packing articles and videos, pack knot videos, etc.)

[BCHU Mountain Ridge Page](#) (recent & archived newsletters, calendar, some photos.)

[Trail Etiquette Link](#)

[HorseLink E-Magazine](#) (Free, includes various training videos)

**OTHER FUN STUFF...****Team Sorting**

Feb 6 (Sat) 6-10pm, Golden Spike Events Center (1000 N 1200 W, Ogden) Info: Alice Allred 801-564-5046 or Brenda Frost 801-791-9808  
[rbranches@comcast.net](mailto:rbranches@comcast.net)

**Team Penning**

Tuesday Nights 5-10pm  
[SL County \(Jordan\) Equestrian Ctr](#)  
[10800 South 2200 West](#)

**REI—GPS Classes:****GPS 101** (free, walk-in)

Feb 4, 7pm [REI 230 W 10600 S](#)  
Mar 4, 7pm [REI 3285 E 3300 S](#)

**GPS 201** (\$20-35, prereg 501-0850 [Kristen, kkenley@rei.com](mailto:kristen.kkenley@rei.com))  
Feb 10, 6-830,  
[REI 230 W 10600 S](#)

**GPS Video:****[How to Use Your New GPS Receiver](#)**

Get the most out of your cool new toy, er, tool.



<http://extension.usu.edu/EQUINE/>

**Feb 17, Small Acreage Workshop**

Davis County, Contact Scott McKendrick [scott.mckendrick@usu.edu](mailto:scott.mckendrick@usu.edu) or 435 770 0725

**The Horse Show Judges' Short Course**

is scheduled for February 26-27, 2010 in Ogden, Utah. This two-day clinic give indepth insight into how classes are judged, scoring systems, use of score sheets and scribes. Contact Dr. Pat Evans, [pat.evans@usu.edu](mailto:pat.evans@usu.edu) (435) 797-2142

**CHECK THIS OUT:****National Extension Service website:**

<http://www.extension.org/> (for all things farm and home)



Articles on this site have been reviewed by extension experts (like Pat Evans, USU), so they should be accurate and reliable, and no one is trying to sell you anything. And you can 'ask an expert' if you have a question that isn't in their list.

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**MOUNTAIN RIDGE  
BACK COUNTRY  
HORSEMEN**

**Mountain Ridge Back Country Horsemen  
P.O. Box 81  
Riverton, UT 84065**

**Join M.R.B.C.H. and preserve our heritage!**

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Cell # \_\_\_\_\_ e-mail \_\_\_\_\_

Liability Release: **MUST BE SIGNED**

Recognizing the fact that there is a potential for an accident wherever horse/mule use is involved, which can cause injuries to horse/mules, riders, and spectators and also recognizing the fact that Back Country Horsemen of Utah, including units, officers, directors, or members cannot always know the condition of trails or the experience of riders or horses/mules taking part in trail rides or other BCHU functions, I do hereby release the above named from any claim or right for damages which might occur to me, my minor children or horses/mules.

By signing this release, I/WE recognize the following Utah State Law, "UCA 78-27b- Limitations on liability for Equine and Livestock Activities." It shall be presumed that participants in equine or livestock activities are aware of and understand that there are inherent risks associated with these activities. "Inherent risk" with regard to equine or livestock activities means those dangers or conditions, which are an integral part of equine or livestock activities. The equine activity sponsor is not liable for those inherent risks. If you are unwilling to assume these risks for yourself or for those under your supervision, you should not participate in these activities.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Signed \_\_\_\_\_ Date \_\_\_\_\_

**Make check payable to Mt. Ridge BCH, individual \$30/year, family \$40/year. New \_\_\_\_\_ Renewal \_\_\_\_\_**

**If you haven't already, renew today. Or pass this on to a friend.**



### **Escape the SMOG! Park City Rail Trail**

Here comes the Sun! While SL Valley was in dense smog last weekend, this trail was up above it, warm, and sunny. Well marked parking / trailheads from Wanship & Coalville exits. Easy snow/gravel trail, nice for trotting or gaiting Pleasant pastoral views and this neat wooden trestle bridge. . Great ride for a smog day. Wanship to Coalville (7 mi) parallels the freeway (with road noise). Next ride we'll try Coalville to Echo, probably further from freeway, around the lake. Not many places to tie up, take hobbles for picnic stop. (Trail review by Cindy Furse)