

LFR SEPTEMBER CLUB RIDE:

We had a huge turnout for our club ride in our own "backyard," the river bottom, on Saturday, September 19th. Tumbleweed was very generous to let us stage out of their facility. It was a hot summer day, but with the early morning ride we were able to beat the heat. An added bonus is Billy Ortiz was out that morning and videotaped us riding. To view the video of our ride and an interview with Karen, go to LFR's FaceBook page, but for now here are some pictures....



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Visit us at www.lakesidefrontierriders.com

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October Club Ride:

Join us for our October Club Ride on the 17th, at Los Penasquitos Canyon Preserve. Let's hope for perfect weather so we are not rained out or having a heat wave!! The details and directions will be emailed out to all members closer to the date. Don't forget to bring your \$3 for parking. This date was previously set for a trail clean-up day in the river bottom, but it looks like the trails are in great shape for our poker ride, so we switched our event to a fun club ride instead.





LFR Poker Ride:

Our poker ride, November 7th, will be here before ya' know it. We need every member to step up and help out. Our flyers need to be posted at ranches, feed stores, and tack shops. A lot have already been distributed, but check at your ranch you board at and if you don't see one, post one please. Post them on telephone poles alongside the street trails too. Just go to our web page and print off the flyer/application.

We need donations for our silent auction and for our raffle items. Judy and Karen are collecting our raffle/silent auction items. Please contact either one of them when you have something to donate so they can update our list. Be sure to tell any businesses that we are happy to hang banners, have flyers, cards, etc to advertise their business. Another perk we have added is a sponsor page on our website for donors and links to their webpages, so when you solicit a business, let them know that too.

And don't forget about signing up for helping on the day of the event. We always need lots of help setting up the raffle tables and pop ups, and we also need help with registration, poker cards, selling raffle tickets and t-shirts, and setting up the food and drinks for lunch, and don't forget the clean up afterwards.

This is our only fundraiser for the year. Last year we donated over \$3000 to charities. Let's make this year's as successful!!!



November Club Ride with Guests



Please join us for our 2nd Annual November Ride with Guests on **November 21st**. It is a great opportunity to bring your horsey friends along on a club ride. We are riding in the Cuyamaca Mountains, staging at Sweetwater Bridge. We will ride out at 10:00 and ride for about two hours and then have lunch afterwards. LFR is providing lunch, yummy sandwiches, chips, cookies, and drinks. Please rsvp Karen so we know how many lunches to purchase. Email Karen at karenensall@yahoo.com.

Raffle: Judy won \$24....again



LFR Holiday Party

Our holiday party's location has been changed. Glenn and Jan Morgan have generously offered their lovely home in Ramona for our party. The date is Saturday, December 5th at 5:00. We will be having a potluck, so bring it on and come with your best, yummiest dish ever to share. We'll have a sign up sheet in November. The club is providing Hon-Baked ham and turkey. It is BYOB, so if you are partaking in the spirits, please carpool or consider using Uber to get to and from the party. Don't forget to bring a Secret Santa gift if you want to participate in our always ever-so-fun gift exchange with the "two steals and then it's dead" rule. Remember that there is a \$20 maximum, just have it wrapped so we don't know what is inside or who it is from.



Birthdays:

Our October babies are:

4th, Kim Orser; 13th, Eddie Martinez;
18th, Howard Hughes; 22nd, Patti Karcher;
23rd, Stu Edleson; 24th, Marilyn Gibson;
24th, Gail Young; 27th, Don Vincent;
and 29th, Rhonda Rhodes.



LFR logo T-Shirts are here!!!

Yes, they have been delivered. If you ordered any shirts, please contact Karen to pick them up and pay for them. Email Karen at karenensall@yahoo.com. We do have a variety of extra shirts available for purchase. They will be available at our meetings and the poker ride Nov 7th.

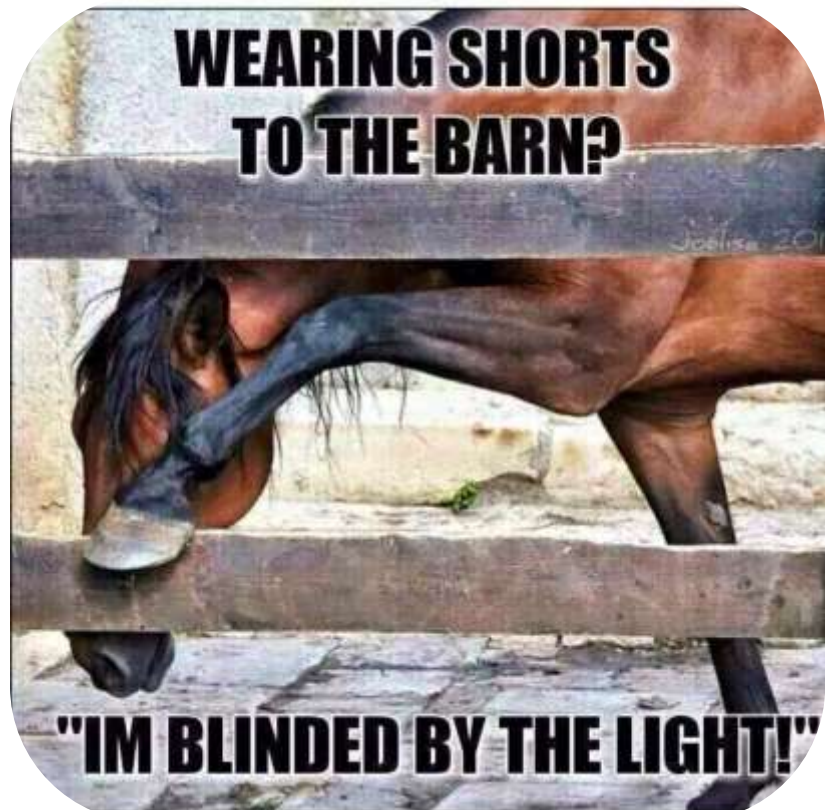


Bragg:



Barbara Hughes is retiring!!!
and

Tara Pohlson bought her first home, a cute condo in El Cajon. Her parents, Tom and Barbara Wagner, have worked super hard helping Tara get it in move-in ready condition.



Five Exercises to Improve Your Riding Seat and Leg Position

reprinted from AQHA, America's Horse Daily

By *Katy Krshka*, AQHA international intern, Summer 2015

Starting at the walk, participants walk in a circle. Something to remember when doing this is to not pull on your horse's face to balance yourself. When going up and down, it is important to keep your hands in the correct position and not worry about the horse's face. Working on the horse's flexion and body position can come at a later time when you are not working specifically on *your* body.

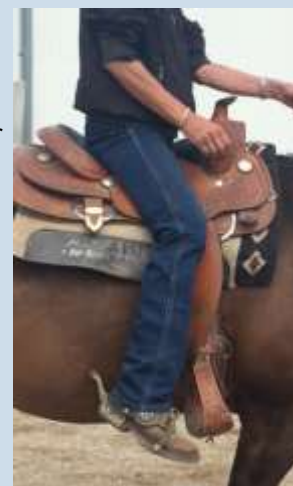
1. The first step in the series is to rise up in the two-point position. The phrase "two-point" comes from the two points of contact the rider should have when in this position. A two-point contact lifts the rider's weight off the horse's back and puts it down into the rider's heel and stirrups. The body, by leaning slightly forward, somewhat lightens the weight on the horse's back and allows the balance point to shift toward the forehead. At this moment, the two nominal points of contact between horse and rider are the rider's legs. Riders should not be standing up in their stirrups or using their stirrups to balance off of. This is simply rising out of the saddle while tipping the pelvis forward and using your leg strength to keep yourself up in this position. This helps riders find their balance and stay in the middle of their horse. Use this exercise to drive down through your leg and into your heel. Keep in mind, this does *not* mean to shove your hands forward with no contact with your horse. This is quite the opposite. Riders should shorten their reins to maintain the same contact they had while sitting in the normal position.



2. The next step is standing straight up in the saddle to drive your heel down. This exercise strengthens your thighs and improves balance. The ideal line you should be striving for is a straight line from your shoulder to your hip to your heel (demonstrated in the picture). This is important to maintain anytime you are riding, because it allows you to maintain a consistency in how you ask your horse to perform. Also, it is imperative for horsemanship and equitation riders to keep this position, as these are classes judged on the rider's form and ability to perform.



3. The next exercise requires riders to drop their stirrups. This allows rider to freely feel what their leg is doing without the aid of the stirrup. Clinicians first ask the riders to point their toes down. This may seem contradictory at first, but there is a method to their madness! Stretching the toe down helps strengthen and utilize tendons and ligaments in the front and back of the foot.



4. After feeling your legs with your toes pointing down, riders are asked to bring their toes up and stretch as far as they can down through their heel. When doing this, your toes should never be turned out. Turning toes out can lead to gripping with your spurs and creating a constant grip on your horse that is detrimental to teaching your horse a variety of maneuvers. It can also open your knee and thigh, leading to a weaker seat and leg.





INCREASE YOUR HORSE'S STRENGTH WITH EXERCISE

ANY HORSE CAN BENEFIT FROM A SIMPLE STRENGTH-TRAINING ROUTINE. HERE'S HOW TO SAFELY BUILD YOUR HORSE'S MUSCLE POWER.



Strength training for horses isn't just limited to heavy draft breeds competing in pulling contests. Any horse in any discipline can benefit from a strength-building regimen, and any rider can put together a systematic, safe program to muscle up her mount. Try these simple tips to increase the muscle power of any horse. Stamina has to be in place before strength can be increased, so put some endurance-building mileage on him before beginning power trips.

Undulating terrain is the best equine gym, as a horse must lift his own body weight with each stride when traveling up- or downhill. Start with jaunts up gradual slopes, and increase the grade and length of time spent in "climbing" as the horse becomes more muscular. If your horse has a particularly weak side, negotiate the ups and downs on the diagonal, with his weaker side toward the crest. The "high" side of the body has to exert more muscle to maintain balance. Flatlands riders can use man-made "hills," such as dry drainage ditches, in place of natural terrain; or they can practice jumping or pulling in a harness (drags and harrows, not easy rolling carts), even if their horses don't otherwise use those skills.

Monitor your horse during his strength training: Heavy blowing or trembling muscles indicate that he needs a break, Next-day soreness tells you that you pushed him too far; scale back next time out.

Strength develops slowly, but after a few weeks of power tripping, the first changes will become visible as increased muscle mass along the spine and greater tightness and trimness of the belly. Your horse's ridden performance will improve as well, with a greater reach in his gaits, more bounce in his jumps and increased control in his turns.

Upcoming Events:

October 10, ACTHA ride at Los Penasquitos Canyon Preserve, 10 am to 3 pm, sponsored by Backcountry Horsemen, San Diego chapter. Contact Jeani Buchanan at jeani@erlcomm.com. Volunteers are needed.

October 17, LFR club ride at Los Penasquitos Canyon Preserve, details to come.

October 24, Bonita Valley Horsemen, Trick or Trot ride, begins 8 am, Sweetwater Summit, obstacle and costume competition.

November 7, LFR Poker Ride, ride the "river bottom," staging at Tumbleweed Riding Arena. Check in at 8:00, ride out at 9:00, BBQ lunch 11:00 to 12:30, Prizes and raffle/silent auction items drawn at 12 noon.

December 5, LFR Holiday party, 5:00 pm, at the Morgan's home in Ramona, "white elephant" gift exchange after dinner.

