

# Loomis Basin Horsemen's Association

P.O. Box 2326 Loomis CA 95650

Volume 32 Issue 6

JUNE 2016

## Newsletter

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## PRESIDENTS MESSAGE by Maureen Henderson

I've noticed the mornings are getting a little warmer, an indication that hot summer days are not too far away. If you're like me, you're getting ready to get up early to ride your horse to beat the heat. We have a light summer schedule this year with a Western Dressage clinic coming up on June 26, however, no scheduled event in July. We will have a Board/membership meeting at Loomis Round Table on July 20. We will be discussing current issues and our upcoming horse show. If anyone has items they would like to have heard at the meeting, please let me know so I may place them on the agenda.

The Board has received an "open" letter from one of our members addressing the lack of participation in our most recent organized events. Unfortunately, we had to cancel our April 17 event at the arena due to lack of participation. The last two dressage clinics were lightly attended. As President, and on behalf of our Board, I am interested in knowing what types of events interest our members. Our event chairperson has no problem putting together activities which are in demand by our members, however, we need to know what those activities are. If there are events you would like to see us host, please contact me directly. Additionally, if there are things we are doing which deter you from attending our scheduled events, I am interested in being informed about what that may be. We sent out a survey last year to all of our members, however, received light feedback. Based upon that feedback, we put together the current year schedule. It appears we are still falling a little short on member participation.

Please let us know what we can do to make your organization more interesting to you. I look forward to hearing from you. My contact information is set forth on our web page.

Thank you.



Website to LBHA has been changed! [www.lbha.us](http://www.lbha.us)

**SUPPORTING LBHA HELPS SAVE AND MAINTAIN OUR TRAILS, THE ARENA AT THE PARK , TRAYLOR RANCH AND THE RURAL LIFESTYLE**

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 Horseshow Janis Rau 916-652-0894  
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 County Liaison-Trails Pat Gibbs 916-765-3006  
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### PLACER COUNTY AG COMMISSIONER

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 Richard Preston (interim super) 916 988-0205 ext 226  
 Brian Moses (trails maint super) 916 240-7198  
 State Parks Dispatch 916 358-1300  
 (Call above number for incidents in State Parks)

*"Half the failures in life result from pulling in one's horse when it is leaping."*

~ Author Unknown



### TRAYLOR RANCH NATURE RESERVE

On May 28 we had our third workday of the year. We had a good turnout. The trails were all mowed and holes filled. We also cleared some tree limbs which were invading the trails and of course beating back the blackberries which at this time of year are growing as if on steroids.

A big thank you to all the volunteers, Maureen Henderson, Judie Lew, Mary Westfall, Jennifer Wright, Jim Groeser, Kate Brennan, Annette Nylander, Bob Sydnor, Nicolas Pusteria and his son Lucas and me of course. Please note our workdays are the 4th Saturday of the month. The next workday is June 25. Mark your calendar now.

**PLEASE NOTE:** Any day now, there will be goats coming to the park. They are currently at Griffith Quarry and will be moving to Traylor Ranch this week. Placer County is using the goats to reduce the fire danger by clearing the perimeter of the park. Some trails will be closed for a few days at a time.

We'll try and send out an email and post on our facebook page if we have any additional details.

If you have any questions about Traylor Ranch, don't hesitate reaching out to me.

*Dave Faoro*

**TRNR Committee Chairman,**  
[dave\\_lbha@faoro.us](mailto:dave_lbha@faoro.us)



**Antelope Creek muddy crossing at the Old-Barn Cut-off Trail**

**within Traylor Ranch, Placer County Parks Department**

by Robert Hadley Sydnor, *California state Certified Hydrogeologist and A.E.R.C. Trail Master*  
**June 2016**

**Introduction**

Antelope Creek is the principal drainage for Traylor Ranch in Penryn. During the past 4 years of severe drought, the flow in the creek has been minimal and the creek was typically dry in the late Summer and Autumn. However, with Spring rains of 2016, Antelope Creek has begun to flow again. An significant collateral predicament is that beavers have built a number of dams upstream of where the horse-trail crosses Antelope Creek, thus disrupting the natural drainage and making the muddy section much wider.

Where the Old-Barn Cut-off Trail crosses Antelope Creek is a double-predicament for equestrians: ① a section of deep clayey mud with pools of water that are spooky for horses, and ② low branches from a large tree (a beautiful California Box Elder). There are several wooden planks for hikers to use, but equestrians will have to negotiate low branches, while your horse tends to spook sideways in the deep soft mud. This is basically not a safe situation for equestrians.

Plans are being developed by Dave Faoro, LBHA Managing Director for Traylor Ranch. The muddy crossing was jointly surveyed on Saturday, May 28, 2016, during the regularly-scheduled workday. The first step was to prune low-hanging branches for equestrian safety, and to provide for overhead clearance for a backhoe to excavate a French drain. This is an interim progress report, and LBHA members will receive subsequent reports in the months ahead.



View looking eastward along the Old-Barn Cut-off Trail near the center of Traylor Ranch. Antelope Creek flows under the trail with two large culverts where Dave Faoro is standing.

However, there is a significant muddy section on the west side (shown at lower-left). Hikers can use the wood planks at center-right, but horses have to negotiate the deep soft mud.

The first step was to prune the box-elder tree, and this was accomplished. The second step is to draw a large-scale hydrogeology map of the Antelope Creek crossing. A French drain is planned, and it will be necessary to plan the volumes of gravel, and the dimensions of the backhoe trench. This will be coordinated with Placer County Parks Department for their approval.

The actual construction is planned for the dry Autumn months, and ahead of the winter rains.



The first step was to prune the low-hanging branches on the California Box Elder tree. This increases safety for equestrians, and will provide overhead clearance for a backhoe that will excavate a French drain. There are already two large culverts at the Antelope Creek crossing. However, beaver dams upstream have altered the drainage channel. The cut branches shown in the trail bed were subsequently dragged away off-site.

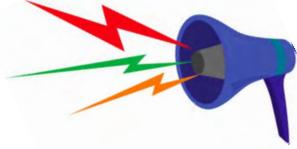


To read the complete report please go to:

<https://groups.google.com/forum/#!topic/horsetrails/ZBAeS0xGq3I>

**Don't Miss these scheduled events!****June 26, 2016****Western Dressage: How to be a Rider Instead of a Passenger**

Time: TBD  
 Vivian Mevorah  
 LBHA Arena

**August 2016****Tentative Competitive Trail Clinic with Debbie Murphy**

Event will only take place with enough demand.  
 RSVP Debbie at [equuspassage@aol.com](mailto:equuspassage@aol.com)  
 Cost: TBD  
 LBHA Arena

**September 25, 2016****TACK SWAP**

Tack must be serviceable usable and in good repair.  
 \$25 for a 10'x10' space  
 Set up: 8:30 am. Event begin (open to public): 9:30 am - 2:00 pm  
 RSVP: Liz Daffner [lizdaffner@gmail.com](mailto:lizdaffner@gmail.com)  
 LBHA Arena

**October 8th & 9th 2016****LBHA Horse Shows**

October 8th ENGLISH  
 October 9th WESTERN  
 Start Time 8:00 am

See [Oct. Horse Shows](#) page link for more details



## Lost & Found & For Sale

WESTERN SADDLE FOR SALE - Custom made by Doug Galli of Newcastle. It has a 16" tree with a slick fork and high cantle. It includes a martingale style breast collar and has a latigo wrapped horn, back cinch with a knife and hoof pick holder attached, and 4" over-size stirrups. The stirrup leathers are turned so it is easy on the knees. . \$2,200. Call the Jerry or Linda



Link to our Classifieds on our LBHA Website  
[www.lbha.us](http://www.lbha.us)

**MEMBERSHIP**

**Please Renew Today!**

Please renew your membership.

If you are not getting e-mails from LBHA, we may not have the correct e-mail or you are blocking LBHA. The Newsletter goes on line the first week of each month, so if you do not get a notice, just check the webpage and then get the correct e-mail to LBHA.

**All Memberships NOW renew every January 1 so those of you that have memberships that expire in June have an extension to December 31st.**

Being an LBHA Member is a great way to give back to our community.

**We thank you in advance.**

**AD FEES For LBHA Members**  
(Non-Members add \$10 to below fees)

**NEWSLETTER ADS** Deadline is the 25<sup>th</sup> of the month  
 ½ page: 1year \$60 Includes Business card on Website.  
 ½ page: 6mos \$30 one time \$5 Full page one time \$10  
 Business Card Ad per issue: \$10 / issue  
 Business Card Ad/year: \$40/year includes card on Website

**DIRECTORY ADS** Deadline for Directory ads is March 1  
 Full Page Ad: \$25  
 ½ Page Ad: \$15  
 Business Card Ad: \$10 - Free for **LBHA Business Members**

**WEB ADS**  
 Business Card Ad – one year Members \$40  
**Free to Business Members**  
 Classified Ads- Free to Members

**NOTE add \$10 to fee for Non-LBHA members**



Kathy Dombrowski & Barbara Heyward at LBEMC Event

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916-470-1337

English, Hunter /  
Jumper  
Western & Trail

# **BACK TO BASICS SCHOOLING SHOWS**

## **ENGLISH / HUNTER JUMPER**

**MAY 5, 2016**

**MAY 19, 2016**

**JUNE 2, 2016**

**JUNE 16, 2016**

**Class listing can be found at [www.sachorsemen.com](http://www.sachorsemen.com) and on our facebook page.**

## **WESTERN / TRAIL**

**MAY 12, 2016**

**MAY 26, 2016**

**JUNE 9, 2016**

**JUNE 23, 2016**

You may register for classes beginning at 5 pm.

Classes will begin at 6 pm.

Cash or check only.

The Kozy Kitchen will be open, serving delicious food, drinks, and snacks.

### Event Testimonials from Members

I have been participating in the events that LBHA has been having both at the LBHA arena and at Kathy and Elliot Robert's arena at their residence.

Marty Courtney has held 3 dressage clinics on Wednesday evenings at the LBHA arena. He covered Effective Transitions, Lateral Work and Useful training patterns in the arena. All 3 clinics were very useful to me when working with horses and the suggestions and instructions that Marty made were very helpful to me, and I'm sure to all the participants, when riding our horses. I could see the improvement in my horse when using the techniques at home. Learning to get the horse to respond to 1/2 halts when making transitions and trying to get the hang of shoulder in and shoulder out in the lateral work was very helpful. The 3 training patterns to use in the arena will be very beneficial giving me something specific to work on. I was very pleased with these 3 clinics. Thank you, Marty!!!

The cow clinic held at the Robert's residence is so useful and also so much fun! I have found that exposing your horse to cattle teaches the horse that it can make an animal move away from it, thus giving the horse confidence when out on the trail or when working cows. This has been very helpful to me when trail riding my horses. The experience can also interest riders in cattle work and open doors for them and their horses. Great experience with good teaching from Kathy and Elliot.

So glad LBHA is holding these interesting events!

#### Linda Potter

Hi Debbie and Marty,

I just wanted to thank you for putting on the dressage series. I thoroughly enjoyed bringing my girls out and getting some fresh ideas for how we can "play" at home and keep improving.

All the best,

Erin (and Sadie and Lindy)

#### Erin L. McCabe

Hosted an LBHA Cow 101 clinic at their ranch. It's such a lovely and welcoming venue. The clinic was exceptional in that the horses were safely introduced to cattle and the riders learned to maneuver and control a herd.

The cattle sorting during the last hour gave the riders and horses a chance to use the skills they learned.

A huge thank you to the Roberts for their expertise and use of their facility!

#### Debbie Murphy

## Understanding Your Horse's 'Engine' During Exercise

By [Erica Larson, News Editor](#) [The Horse.com](#)

The exhilaration of a gallop through a field might make your heart race, but you're not alone: Your horse's heart is working hard to power every stride he takes. Along with his respiratory system, a horse's cardiovascular system serves as the engine he needs to perform everything from day-to-day activities to high-level athletic pursuits. But both systems have limits, and it's important to understand them.

Here, Anna M. Firshman, BVSc, PhD, Dipl. ACVIM, ACVSMR, an associate clinical professor at the University of Minnesota College of Veterinary Medicine, reviews how the horse's cardiovascular and respiratory systems function during exercise.

But first, here are a few terms and concepts you should be familiar with:

**Heart rate (or HR)** The number of times the heart beats each minute. A resting horse's HR is generally around 30 to 40 beats per minute, or BPM, Firshman said; during exercise horses' heart rates can increase to anywhere from 150 to more than 250 BPM, depending on the exercise intensity. Veterinarians and owners can [measure HR](#) by feeling the horse's pulse, using a stethoscope, or via electronic means, the latter being the most practical and reliable when evaluating horses during and after exercise.

**Maximal HR (HR<sub>max</sub>)** The highest rate at which a particular horse's heart can beat. Firshman said this can range from 210 to 280 BPM.

**Stroke volume (or SV)** The amount of blood pumped during each heartbeat. At rest, an average 1,000-pound horse will have a SV of about 900 milliliters (ml), Firshman said. During exercise SV can increase roughly 33% to about 1,200 ml, she said.

**Cardiac output (or CO)** The amount of blood the heart pumps each minute. Firshman said an average 1,000-pound horse pumps 30 to 45 liters per minute (l/min) at rest, while an exercising horse will pump up about 240 l/min.

**Respiratory rate** The number of breaths a horse takes each minute. At rest, most horses' respiratory rates are between 12 and 20 breaths per minute, while at exercise that number can increase to as high as 180 breaths per minute, Firshman said.

**Tidal volume (TV)** The amount of air inhaled and exhaled with each breath. Firshman said the average 1,000-pound horse has a tidal volume of 4 to 7 liters at rest, which can increase to about 10 liters during exercise.

**Minute volume (MV)** The amount of air that passes in and out of the lungs each minute. An average 1,000-pound horse at rest has a minute volume of about 100 l/min, while an exercising horse can have upwards of 1,500 liters pass through its lungs each minute, Firshman said.

**VO<sub>2max</sub>** The maximal volume of oxygen a horse can use each minute. Most horses' VO<sub>2max</sub> is around 200 milliliters per kilogram body weight per minute.

Using all the aforementioned measures, the horse's cardiovascular and respiratory systems "work in a coordinated way to transport oxygen and energy products (such as glucose and fatty acids) to the muscle fibers, where they are used for aerobic energy production, and to remove waste products (such as lactate, carbon dioxide, and water)," Firshman said.

### The Cardiovascular System During Exercise

So how do the horse's heart and related structures react when he starts to exercise? First—and sometimes even beforehand—his HR will increase.

"HR increases in anticipation of exercise," Firshman said. "The more excitable the horse is, the more it will show an anticipatory rise in HR."

Once the horse starts exercising, his HR increases rapidly—often to a higher rate than needed for the work being performed—before settling to a slightly lower plateau two to three minutes after work begins. Both values—the amount the horse "overshoots" the HR and the working HR—will vary depending on how fit the horse is and the work's intensity, Firshman said. So, a fitter horse's HR will tend to rise less than an unfit horse's HR at the beginning of work, and a horse working intensely right off the bat will tend to have a larger HR spike than a horse eased into exercise.

Cont'd from Pg 8

"In horses working at a steady speed on flat ground, there is a linear relationship between speed and HR at speeds in the range of 350 to 700 meters per minute (or, 13 to 26 miles per hour), which are roughly equivalent to an HR of 140 to 200 BPM," Firshman explained.

But as a horse continues to exercise and his HR approaches  $HR_{max}$ , the rate at which his HR increases will slow until it plateaus: "Once a horse reaches its  $HR_{max}$ , a further increase in speed is still possible, but it does not elevate the HR anymore," Firshman said.

She cautioned that  $HR_{max}$  isn't something trainers should seek out during workouts, noting, "Maximal heart rates should not be used as a major part of conditioning programs; rather, they should be considered a danger zone where fatigue may occur quickly."

Once a horse stops exercising, his HR will decrease rapidly and eventually return to resting levels.

"Generally the fitter the horse, the faster HR returns to normal after a standard amount of exercise," Firshman said.

Although the amount of work a horse can perform at a certain HR can increase with conditioning, a horse's  $HR_{max}$  will never change, she said. Conditioning can also help improve the blood supply to the muscles and, hence, the horses' ability to consume oxygen, she said.

### The Respiratory System During Exercise

Horses' respiratory systems are also designed to help them exercise; however, many veterinarians and researchers believe the horse's respiratory tract is the "weak link" in horses' oxygen supply—and thus performance—pathway, Firshman said.

Horses are obligate nasal breathers, meaning they must breathe through their noses. Unfortunately, their nostrils, along with their larynx (voice box), are the two narrowest parts of the respiratory tract and the most likely to deliver resistance to incoming air. Firshman said horses will flare their nostrils and dilate their larynx during exercise to try reduce this resistance.

At the walk and trot horses can select their respiratory rate based on their oxygen needs. However, once they pick up a canter or gallop, locomotor-respiratory coupling determines their respiratory rate—this means they'll take a breath each time they take a stride.

"Expiration occurs as the forelimbs hit the ground, and inspiration occurs as the forelimbs push off the ground," Firshman explained. This seems to be the most efficient way for a horse to breath during hard exercise.

Once the horse stops exercising, his respiratory rate slows.

"Typically the horse takes a few deep breaths, and then the respiratory rate settles in the range of 60 to 100 BPM with the horse breathing deeply until the oxygen debt is repaid," Firshman said.

If a horse is taking quick, shallow breaths post-exercise (or panting), he could be overheated, she cautioned. At that point, she recommended evaluating the horse's respiration rate and depth closely and taking his HR and rectal temperature to determine whether he's overheating. If he is, take steps to cool him down or contact your veterinarian for assistance.

Similar to the cardiovascular system, conditioning can improve a few aspects of the horse's respiratory tract. For instance, Firshman said, the muscles in the nostrils, pharynx, and larynx—all of which hold the airways open during exercise—might gain some strength with conditioning. However, she said, there is little change in the lower airway, MV, or TV based on conditioning.



**40th Annual  
MOTHER LODGE MORGAN HORSE SHOW  
All Breeds Welcome**

**In conjunction with**

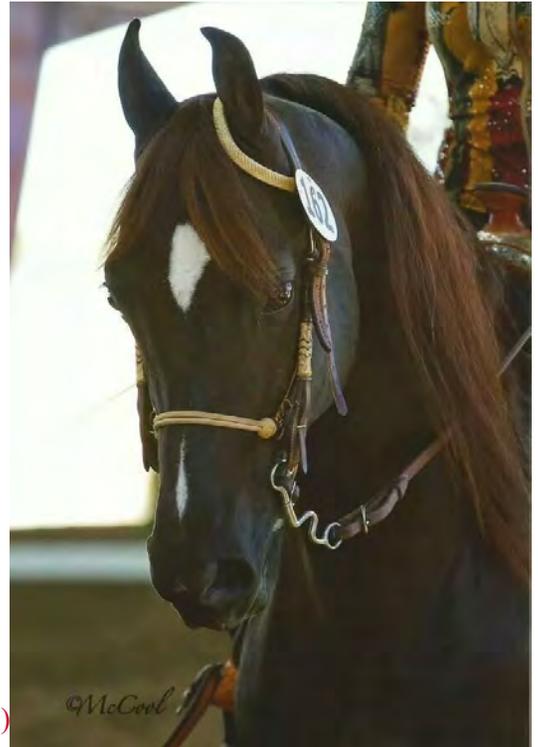
**THE 4TH ANNUAL CALIFORNIA GYPSY HORSE SHOW**

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**Contact:** Ron Smith at [530-268-3881](tel:530-268-3881)

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**CARRIAGE DIVISION—OPEN TO ALL BREEDS**  
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### **Do you know?**

Do you know when Spenceville will be closed for a turkey hunt? That beetles have closed Dru Bannner? That someone was shooting near Darrington Trail in Folsom Lake State Recreation Area? When and where bike races will occur on the local trails so you can plan your rides elsewhere? Go to [motherlodetrails.org](http://motherlodetrails.org) for all the latest information, alerts, links and so much more.

### **Auburn Endurance Challenge!**

How about challenging yourself and completing 100 miles in one year on foot, hoof or pedal? The City of Auburn and Auburn Recreation District is sponsoring this Challenge. Pick up a brochure at Echo Valley Ranch and other locations in Auburn. Keep track of your mileage and enjoy your new accomplishment along with a Challenge water bottle to commemorate your 100 mile completion in one year. A fun way to get motivated, get some exercise and find great new areas to explore right in your own back yard. Info at [auburnendurancecapital.com](http://auburnendurancecapital.com)

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### Equine Humor

My wife has a Quarter Horse, with shortened mane and extra long tail.  
She thinks he is the finest thing that ever jogged a rail.  
She calls him Dandy Darling, and if the truth I tell,  
That fancy pampered Quarter Horse has made my life pure hell!  
My wife she used to cook for me and serve it with champagne.  
But now she'd rather feed that horse and fix him special grain!  
She rides him every morning, and grooms him half the night.  
And the last time that she kissed ME, was just to be polite!  
He dresses better than I do, with matching wraps and ties.  
My wardrobe's so neglected now, that I attract the flies!  
One day my wife was shopping, she was way down at the mall.  
And fancy, pampered DANDY was just a standing in his stall.  
He looked so smug and sassy, that I began to grin.  
I'd saddle that fat sucker up, and take him for a spin!!  
I've wondered since if the cues I gave, he may have misconstrued.  
Cause when I climbed aboard that horse, he rightly came UNGLUED!!!!  
He bucked and spun, and snorted fire, then threw me through a fence!  
I saw big stars and there are 6 teeth, that I ain't heard from since!

My wife came home and saw me,  
just a lying in the dirt. She  
rushed up to her HORSE and  
asked him, "Sweetheart are you  
HURT?"  
He'd scratched his nose a little  
bit, and the memory galls me  
yet...  
She left me lying in the mud,  
and ran to call the VET!!!

~Author Unknown  
(but we all know that person)





# Leave only HOOF PRINTS



The Placer County Parks Division has partnered with several equestrian based organizations to develop and implement the "LEAVE ONLY HOOF PRINTS" program. Leave Only Hoof Prints is a program where horses leave only great impressions.

- To those who have already picked up after your horses, THANK YOU!
- Do not spread manure to the adjoining grass and bushes.  
Take it home with you.
- Please pick up all manure around your trailer.  
Please do not clean out your trailer at any staging area  
Take it home with you.
- LEAVE ONLY HOOF PRINTS

in the staging, parking and picnic areas.

Includes Hidden Falls, Traylor Ranch, Sterling Point Staging Area, & the LBHA Arena Trailer Parking areas (in front of Red Gate and in actual Trailer Parking Area).





**Loomis Basin  
Equine Medical Center, Inc.**

**Office Hours**  
Monday thru Saturday  
8:00am - 6pm

**Appointment Hours**  
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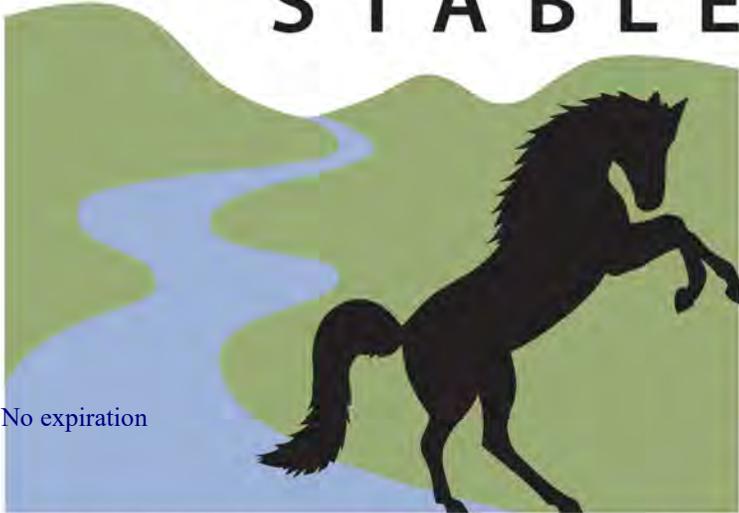
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# Knicker Knob

## STABLE



No expiration

**LOOMIS, CALIFORNIA**

Conveniently located near Horseshoe Bar Road and Auburn Folsom Road and within riding distance to the Folsom Lake trails. Knicker Knob has long been known in the Gold Country equestrian community for producing safe and knowledgeable horsemen.

**Boarding/Lesson special:** Boarders at Knicker Knob Stable can participate in free lessons every Friday 5:30-7pm during Daylight Savings Time. Non-boarders can trailer in for lessons for \$20 each. Lessons are taught by Terry Haney.

**Boarding** barn stalls | pipe corrals | pasture from \$305

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MEMBERSHIP FORM  
LOOMIS BASIN HORSEMEN'S ASSOCIATION

The Loomis Basin Horsemen's Association, founded in 1984, is a non-profit informational and awareness organization dedicated to the Arena at the Loomis Basin Community Park, Loomis Basin Trails, Traylor Ranch, and the preservation of the Rural Lifestyle

INDIVIDUAL (\$15) FAMILY (\$20) BUSINESS (\$25)  
Please submit business card for  
Roster  
NEW MEMBERSHIP RENEWAL

PLEASE INDICATE COMMITTEE(S) YOU WOULD LIKE TO SERVE ON  
CHECK AREAS OF INTEREST

___ Arena	___ Membership	___ Trail Riding
___ Trail	___ Phone	___ Western Horshesows
___ Publicity	___ County Liaison	___ English Horshesows
___ Newsletter	___ Traylor Ranch	___ Endurance
___ Horshesow	___ Anywhere	___ Dressage
___ Work Days	___	___ Roping/Cutting
		___ Other

I would like to contribute \_\_\_\_\_ to the Equestrian Fund or \_\_\_\_\_ to the Traylor Ranch Fund. Contributions to either Fund are Tax Deductible and will be used for construction and maintenance of the Arena at the Loomis Basin Community Park, and for Maintenance of Basin Trails OR for Maintenance and upkeep of the Traylor Ranch Nature Reserve.

TRAILER PARKING KEYS: Keys are available to members at \$.00 and \$10 to non-LBHA members. Check here if you need a Key \_\_\_\_\_

KEY NUMBER \_\_\_\_\_ to be filled in by LBHA)  
Name \_\_\_\_\_ Date \_\_\_\_\_

Business name: \_\_\_\_\_ Juniors \_\_\_\_\_

Address \_\_\_\_\_ Juniors \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

AMOUNT ENCLOSED for  
DUES, TRAIL/ARENA FUND,  
Or KEYS \_\_\_\_\_  
Make Checks out to LBHA  
and mail to:

TRAYLOR RANCH FUND  
( Please make out a separate check) \_\_\_\_\_  
LBHA  
P. O. Box 2326  
Loomis CA 95650

LOOMIS BASIN HORSEMEN'S ASSOCIATION

RELEASE AND HOLD HARMLESS AGREEMENT

The Undersigned assumes the unavoidable risks inherent in all horse-related activities, including but not limited to bodily injury and physical harm to horse, rider and spectator. The Undersigned acknowledges that horse-related activities are dangerous and that horses themselves have unpredictable temperaments which can sometimes cause injury. The Undersigned acknowledges that even the most experienced horse event sponsor, participant or horse owner cannot predict how each individual horse will react in a variety of situations and cannot guarantee my safety. THEREFORE, BY SIGNING BELOW, I KNOWINGLY ASSUME THE UNAVOIDABLE RISKS INHERENT IN ALL HORSE-RELATED ACTIVITIES, WHETHER KNOWN OR UNKNOWN, INCLUDING BUT NOT LIMITED TO BODILY INJURY AND PHYSICAL HARM TO HORSE, RIDER AND SPECTATOR, AND AGREE TO THE FOLLOWING ON BEHALF OF MYSELF AND MY SPOUSE, IF ANY:

1. I HEREBY RELEASE AND DISCHARGE LOOMIS BASIN HORSEMEN'S ASSOCIATION ("LBHA"), THE LBHA BOARD OF DIRECTORS, ALL LBHA OFFICERS AND INDIVIDUAL CLUB MEMBERS AND THEIR AGENTS, EMPLOYEES, OR REPRESENTATIVES, AS WELL AS PLACER COUNTY, (HEREINAFTER COLLECTIVELY KNOWN AS "RELEASEES") FROM ALL ACTIONS, CLAIMS OR DEMANDS I MAY NOW OR HEREAFTER HAVE FROM INJURY, DEATH OR DAMAGE RESULTING FROM MY PARTICIPATION IN ANY HORSE-RELATED ACTIVITIES SPONSORED BY LBHA, AT LOOMIS BASIN HORSEMEN'S ARENA OR AT ANY OTHER LOCATION.

2. I also EXPRESSLY WAIVE any rights I may have under California Civil Code §1542, which states: "A general release does not extend to claims which the creditor does not know or suspect to exist in his favor at the time of executing the release, which if known by him must have materially affected his settlement with the debtor."

5. I agree that I will DEFEND, INDEMNIFY AND HOLD HARMLESS Releasees against all claims, demands, and causes of action, including court costs and actual attorney's fees, arising from any proceeding or lawsuit brought against them due to any act done by me, or brought by me or for my benefit.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT CAREFULLY AND COMPLETELY, AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND RELEASEES, AND I SIGN IT OF MY OWN FREE WILL. I FURTHER AGREE THAT NO ORAL REPRESENTATIONS, STATEMENTS OR INDUCEMENTS APART FROM THE FOREGOING WRITTEN AGREEMENT HAVE BEEN MADE, AND THAT I RELY ON NONE. THIS AGREEMENT SHALL REMAIN IN EFFECT UNTIL REVOKED IN WRITING BY ME.

Signature(s) \_\_\_\_\_

Name (s) \_\_\_\_\_ Age, if minor \_\_\_\_\_

If minor, Parent or Guardian must sign \_\_\_\_\_

Name of Parent or Guardian: \_\_\_\_\_

- Financial Planning for Families and Businesses
- Life Insurance
- Investments



Monte



**Liz Daffner**  
*Financial Advisor*

**(916) 905-7526**  
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 www.diligencewm.com

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**Next Meeting**

**July 20, Wednesday** Membership and Board Meeting. Round Table Pizza, Loomis  
 Eat 6:30pm, Meet 7:00pm

*Please see our Events Calendar on Website at*

[www.lbha.us](http://www.lbha.us)

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# HAPPY FATHERS DAY

*From the Loomis Basin Horsemen's Association*



### *ABOUT LBHA*

The Loomis Basin Horsemen's Association founded in 1984 is a non-profit 501 (C) 3 information and awareness organization dedicated to the South Placer County Trails, Traylor Ranch, the Arena at the Loomis Basin Community Park and the Preservation of the Rural Lifestyle.

### Loomis Basin Horsemen's Association

P.O. Box 2326  
Loomis CA 95650

E-MAIL:  
lbha@garlic.com

We're on the Web!

*See us at:*

**Lbha.us**

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### Get Info on

- Trails
- The Arena at the Park
- Meetings
- Clinics
- Traylor Ranch
- LBHA Horseshow

