



Seminar Lineup

Rider Round-up: Thoughts and Tips from Experienced Competitors

Whether you are new to NATRC or a seasoned pro, you may have wondered: "How do they do that?" What's the best way to teach my horse to _____?", "What do the experienced folks do to condition?", "What do I need to do to prepare to move up to competing in A rides? CP? Open?" Join us for a Rider Panel where we can discuss these topics and more. We will have a group of experienced competitors of various levels ready to answer your questions and convey lessons they have learned along the way. The panel discussion will be facilitated by Kimberly Murphy, Region 4 President and experienced competitor, having earned an Open National Championship with her somewhat non-traditional distance horse, a draft cross named Rowdy Rooster.

High Tech Treasure Hunts: Geocaching and Mounted Orienteering

Long time NATRC competitors and supporters, Amy and Danny Martin are looking forward to introducing you to the world of orienteering and geocaching as a way to improve your map reading skills with your horse with this interactive seminar of fun activities. Amy is a long time Girl Scout leader and geocacher and she has worked collaboratively with the National Organization of Competitive Mounted Orienteering in the past to organize and set up Mounted Orienteering Trail Challenges with the Texas Trail Challenge Club and with different Scout troops and riding clubs. Danny is a long time Boy Scout leader who recently completed a week long Philmont Trek with his troop and he enjoys backpacking and hiking and is a natural with maps and directions.

Nutrition, Hydration, Supplements, and Performance

Join us Saturday for multiple sessions with Dr. Susan Garlinghouse. Dr. Garlinghouse is a renowned equine veterinarian and distance rider with tremendous knowledge to share regarding nutrition, dehydration, supplements and performance problems of distance horses. The topics of discussion will address the unique health and maintenance issues faced by the distance horse and its rider whose priority is to bring home a healthy horse. Topics will include Beating the Metabolic Pull, Running on Empty, Choosing the Better Bucket, and Rocket Fuel or Failure to Launch.