

Trail Riders Of Today

Dedicated to maintaining and expanding sustainable trails for equestrian use.

www.trot-md.org/

trot

Get your friends to join TROT - higher membership allows more effective advocacy for trails!

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[Note: Articles & photos without attribution are by the Newsletter Editor, Barbara Sollner-Webb]

Hopefully everyone will enjoy riding this winter! But please, do not ride the trails if the ground is wet enough that your horse leaves foot-prints! And please pick up (or move aside) your horse's poop from parking areas & paved trails. Thanks!

TROT WELCOMES HOWARD LANHAM TO THE BOARD!

write-up from Howard

Dr. Howard G. Lanham is a retired physician, living in Westminster, Carroll County, Maryland. He learned to ride at his wife's urging in 1975. Since that time, he has participated in various equestrian activities, but for the most part is a trail rider. He is also member of the Carroll County Equestrian Council and works frequently doing trail maintenance at Morgan Run. He is a member of the Pennsylvania Rangers and enjoys riding at Codorus Park. His horse is a chestnut Thoroughbred gelding, named Spooner. He admits that he never intended to become a rider -- but is now glad to share and experience his wife's passion and the companionship of fellow equestrians, as well. He thanks the membership of TROT for their support of the organization and hopes he can contribute to the board's activities.



[photo from Howard, taken by Bethany P. Photography]

TROT WELCOMES JANET LEITZEL TO THE BOARD AND AS TREASURER!

write-up from Janet

My name is Janet Leitzel, and I live in Baltimore County. I retired from a career in banking and finance three years ago. Since then, I have been able to enjoy more time riding my horses. I have two mares: Lace, an 18-year-old paint, and Cyd, a 15-year-old thoroughbred. I look forward to working with TROT as treasurer and helping to continue its commitment to maintain trails for equestrian use. Here is a photo of Janet and her paint horse, Lace.



[photo from Janet]

IMPORTANT REQUEST FROM TROT'S NEW TRAIL RIDE COORDINATOR, REENA LENTZ (who we welcomed in the last newsletter)

write-up from Reena

Hi all TROT members! Happy New Trail Riding Year! Hope all are well, warm, and healthy! I realize the weather isn't looking the best right now, but warmer days are ahead!! Anyone interested in leading a ride for this upcoming year PLEASE send me an email at lentzreena@gmail.com and I will get the word out! Let's get this year going!! Even if we have to wait a little?

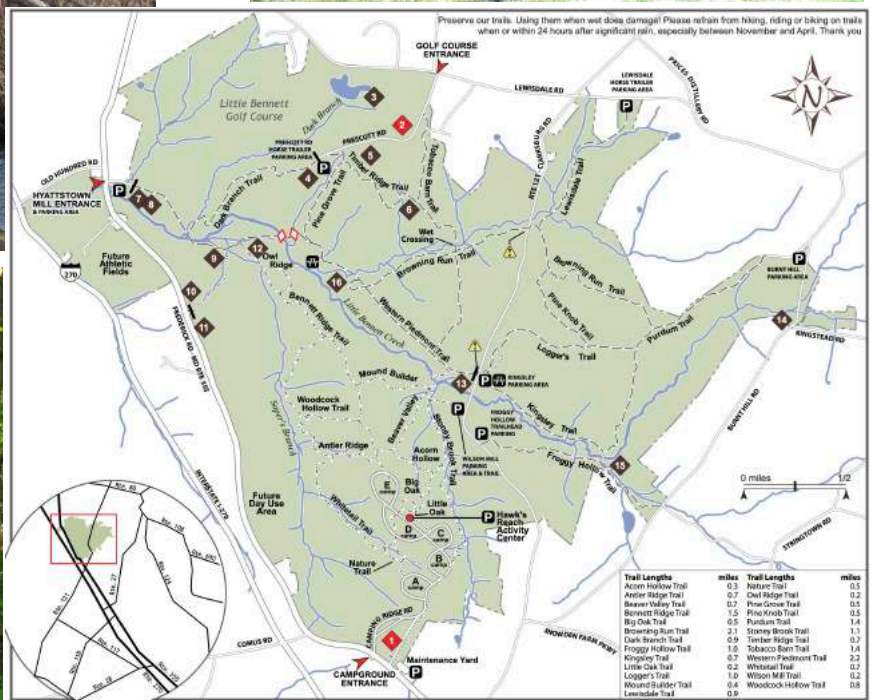
TROT REALLY needs trail rides this year and needs you to lead one! Its fun, and easy!

from Christina Micek

A fantastic TROT member came to a board meeting this past summer to let us know that some of the bridge crossings at Little Bennett are under thick tree canopies, which limit drying times and promote growth of algae, mold and mildew, making them slippery for horses. We all have most likely experienced that slippery feeling on wood surfaces at some point in our trail riding or walking. The TROT board took immediate action, researched the situation and possible solutions, and wrote up a proposal to fix things, which was submitted to the grant funding agency of the Maryland Horse Industry Board – and was recently funded!

We are working on this project in partnership with Montgomery County Parks, the parent organization of Little Bennett Park. We hope to make this a great, fun, social volunteer effort this year for TROT, as the steps will take a few days so that we don't fully close the trails and their respective bridges. Hopefully we will have team challenges and appropriate prizes, a picnic of some sort, the ability to meet some of Montgomery County Park's wonderful staff and volunteer crews who will be helping us, as well as document our progress for the Equiery Magazine, American Trails Organization, and the Horse Radio Network.

If you are interested in helping with logistics or volunteering, please contact <trotactivity@yahoo.com>.



PRESIDENT'S MESSAGE

from Carolann Sharpe

It was one of my first big, organized rides. A beautiful fall day, over 30 riders go out into Patapsco State Park. We are being led by a seasoned trail boss. I am on Ares, my then 13-year-old 16.2 Thoroughbred. He and I have only been partners a year. My beloved Buddha is 29, and long rides like this, overnight camping and multiple rides in a weekend would not be a good thing for him. Instead, he is spoiled with treats when I visit the farm and load Ares.

Ares has proven a solid, sane and nerves of steel horse. Discovering his history of 4th level dressage, eventer, jumper, and a butt like Kim Kardashian, he was powerful with a stride much more purposeful than Buddha's had been. To trot on Ares felt I was going to rocket off him with his huge strides, but he was my partner and like two musicians that were learning to play beautiful music together, we were dedicated to the process. I would have patience with him, and he definitely had patience with me.

Organized rides are a true test of a horse and riders' partnership. You are going into a situation with an unknown number of horses, riders' skill levels and the unpredictable nature which can be a little nerve wrecking. Therefore, I have always preferred TROT's method of organizing rides where intended participants **MUST** speak to the ride leader before joining, so the leader can share the particulars of the ride, ask questions about the rider and horse's experiences, and in some cases even pair up riders to look out for each other. I would not be the person I am today if not for the patience of those that rode with me, and still ride with me. That patience comes from recognizing we are all in it together and the ride is successful when **EVERYONE** has a good time.

On this autumn afternoon, our 30 or more riders were walking along for 20 or so minutes, and we were about to climb a relatively steep hill. I am about six horses from the front. We are all talking, sharing, introducing ourselves. There is a beautiful gal on a whitish horse three horses ahead of me. As you can imagine, I am 3/4 up the hill and the remaining riders are within a horse length of each other in varying stages of climbing the hill. In a spilt second, I feel Ares tense and side-step almost like perfect parallel parking on a driving test, behind a tree. I am just in time to see this whitish horse going in reverse down the hill as a bowling pin knocking three other horses aside. No one was hurt -- which is the goal of any ride. The gal on the horse looked beyond embarrassed and was apologizing faster than a horse coming out of Pimlico's starting gate. There were some not kind words being spoken "Why do you have that horse out here?", "Control your Horse!", and "Look what you did to me". Some of the other riders had forgotten the moments in their lives when things didn't go as planned. They were not extending the patience they would have liked someone to extend to them. Maybe, because when it happened to them, no one gifted them patience and support. This lady gathered her horse, and we continued the ride.

Later in the ride, she lost a Chicago screw and her bit came off. The ride had to stop for her; the trail boss stopped the ride to come help her; and then he called her a "problem child" and told her to ride next to him. I heard the grumbles. I heard the impatience in people's voices. I rode up and got next to her. "Hey, I know these trails **REALLY** well. Tell him you must go potty and he should go ahead. Drop back with me. I have a better solution for your bit". I explained the importance of Zip ties and baling twine in your saddle bags. We rode side by side laughing and making fun of ourselves for the many times things didn't go right. We also discovered we both have extremely stressful, altruistic, "everyone else is a priority" jobs. We both had husbands with dangerous jobs that took them out of the house for long periods of time, leaving us to be self-reliant, alone, and patient with everyone and everything, except ourselves. We were least patient with ourselves. We had such high expectations of ourselves and fear of failing those around us that both late in life, we started horseback riding for the common reason of, it quieted our souls. It was only when we were horseback riding, nothing else mattered. No one needed anything from us but our horse. We didn't think of our long to-do list or the frightening thoughts that went through our minds every time a phone rang. We had one goal, one responsibility, to keep the HORSE between the GROUND and US. It was the one time in our day, week, month that we gave and received patience. Riding our horse refilled our empty tank of the patience we gave to others.

That beautiful girl is my best friend now. She found her passion in breeding Clydesdales. Do not forget the moments when you needed patience. Give to others what you might not have gotten. Don't be so proud of your accomplishments and skills you forget someone else is still on their journey to that place. You don't know what they have overcome or are dealing with. Extend the grace. Horses continues to refill our tank when it is depleted. In the end, we all ask for what our horses give us: love, compassion, guidance, a purpose, safety, and patience.

MAYOR'S PARADE

from Carolann Sharpe

On December 5th, 2021, at 1 PM, TROT took part in the Mayor's Parade in the Hampden and Medfield neighborhoods, in Baltimore. This 2.5-mile route had over 25,000 viewers and included 160 marching bands, local TV and radio station floats, Mummies of Philadelphia, and of course Santa. TROT members rode their horses down the parade route, stopping from time to time for onlookers to pet and get to say hi to their horses. After completing the parade, it was time to ride through the tree-lined ... *[continued next page]*



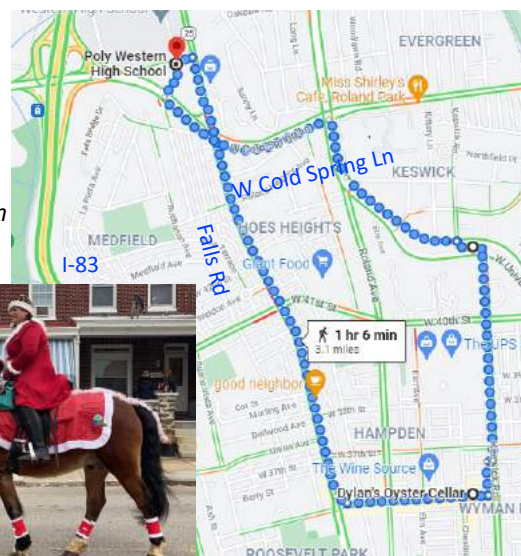
©Buckleman Photography

continued from previous page: MAYOR'S PARADE

neighborhood, back to the horse trailers at Poly High School. This is almost as much fun as the parade itself. Walking along next to cars and other vehicles, surprising residents who gathered their children to see the little herd come down their streets, it was a wonderful time of Christmas spirit. TROT took 1st Prize for Equine Club participant. I want to THANK everyone who came out and help us do what we love -- share our equine passion with others.



[photos from Carolann]



VOLUNTEER! *P*L*E*A*S*E*!*

from Ivy Smink

What does Volunteer mean? As a noun it can mean someone who helps, an unpaid assistant or helper. The word Volunteer also has other meanings as a verb such as step up, offer, advise, come forward, or donate. How often have you been the recipient of an act of a volunteer? What about the parade you saw? Volunteers made it happen. What about the scout leader, soccer coach, or the 4-H leader your children interact with? Volunteers make it happen. And, when you needed a ride to pick up your repaired car from the shop, your friend or neighbor volunteered to help you. Volunteers are there when you need them, providing an unfilled need. TROT was founded on this very word. A small group of people who donated their time, expertise, and actions and made a positive impact on the very trails we use today and, hopefully, in the future.

TROT continues to need its members to step up and help. TROT, the organization, cannot be maintained with a handful of people. All members have something to offer to this organization no matter how small. In addition to the financial need (membership dues help cover the operating costs), there needs to be "boots on the ground" if TROT is to continue to be a strong, visible, and viable organization. Volunteers will secure the future of TROT and its mission.

What are the needs of TROT? TROT needs volunteers to fill positions, develop and spearhead activities, plan and lead trail rides, participate in committees, and create educational events not only for its members but also for the equine community as a whole. All volunteer participation promotes and showcases TROT's mission and TROT's commitment to advocate, promote, and preserve equestrian trails and open spaces for public recreational use.

Specifically, here are some volunteer positions that TROT is hoping generous members will step up to fill: Trail Work Coordinator, Webmaster, Expo Volunteer, Inventory Manager, and Logowear Manager (some described below). Or if you rather prefer to work in a Committee instead of as a solo volunteer, TROT has and would love your participation in the Action Committee, Banquet/Picnic Committee, Events Committee, Membership Committee, and Social Media & Outreach committee. And last but not most important, as an Area Coordinator. Furthermore, every year brings the need for new Board Members and elected officers. Might you see something that you feel could be a good fit? Do you have ideas about developing a "horse-oriented" clinic; do you interface with other local clubs or even the park manager when you identify a safety hazard on your favorite trail? Please, send a message to <trotactivity@yahoo.com> concerning how you would like to volunteer with TROT.

The next time you ride on your beloved trail, think about all the volunteers that made your trail happen. Whenever people volunteer for a non-profit, there are remarkable outcomes that benefit everyone! Make it happen! VOLUNTEER.

PLEASE VOLUNTEER AS A COORDINATOR FOR YOUR AREA or COUNTY

With TROT covering such a large region, we critically need local input -- best provided by coordinators, either for a county or for any smaller area you may wish to designate. It can be as small as just the parks in which you regularly ride. Right now, TROT only has coordinators for a few areas/counties (see page 9), so PLEASE volunteer, to <trotactivity@yahoo.com>.

TROT IT GURU NEEDED – please share your expertise with TROT!

Are you one of those brilliant people with a knack for websites, and hopefully willing to share your expertise with TROT? We aren't asking for a ton of time; any help will be most appreciated! Please contact <trotactivity@yahoo.com>.

TROT NEEDS A TRAIL WORK COORDINATOR (also folks doing trail work)

In earlier years TROT had a wonderful Trail Work Coordinator, but that position is now vacant. We are greatly hoping that someone will now volunteer for this position because it is VERY important to TROT's mission for maintaining sustainable trails. This role would entail relaying information about trail work planned by other equestrian and outdoor enthusiast groups,, including Maryland Horse Council Trails and Greenway Committee, encouraging members to do trail work when they are out riding and to then report those hours to TROT, and whatever else you might want to do! The trail work hours are important to report to park officials because they generate increased funding for the parks (as well as creating kudos for TROT members). Please volunteer, at [<trotactivity@yahoo.com>](mailto:trotactivity@yahoo.com).

And to all TROT members: TROT encourages that every rider do AT LEAST four hours of trail-related work each year. It can be as easy as breaking branches and clipping vines while you are out riding anyway. And then, please report your work hours to [<trotactivity@yahoo.com>](mailto:trotactivity@yahoo.com), along with your full name and the location and date of the work, as this helps increase park funding.

TRAIL RIDERS AND TRAIL USERS ARE NEEDED

from Carolann Sharpe

The Trails and Greenway Committee of the Maryland Horse Council is requesting your presence at the 1st Monday of the Month Town Hall. These meetings are open forums allowing all attendees a chance to speak their minds, ask questions and share what they are concerned about related to trails in Maryland. Our goal is to strengthen and intensify the voice of the Maryland trail rider and get in front of decisions makers, to unify all the different clubs, organizations, and stable owners to have one voice and share our accomplishments, concerns, and find solutions. Come join us on Monday February 7th at 5:30 PM, Link: [<https://www.mdhorsecouncil.org/mhc-calendar/icalrepeat.detail/2022/01/03/210/-/trailsgreenways-town-hall>](https://www.mdhorsecouncil.org/mhc-calendar/icalrepeat.detail/2022/01/03/210/-/trailsgreenways-town-hall).



TROT IS LOOKING FOR AN AFFORDABLE STORAGE SOLUTION

TROT is looking for an alternative to the commercial storage facility for which we are currently paying market rate for a small storage enclosure to house TROT's paraphernalia, technology, event items, archived documents, etc. Since this is ¼ of TROT's annual budget, we are hoping to find a free or less costly alternative. The size could be a small walk-in closet. Our ideal location would be in Maryland, easily accessible to all board and committee members, and secure. Might you know of a local equestrian or agricultural organization, non-profit, government office, place of worship, or larger organizations such as United Way that might offer low-cost office space or storage for non-profits? Alternatively, in past years generous TROT members with a few cubic yards of spare space in a dry basement had kindly offered to store TROT's stuff there, and that had worked out very well. So, if your living arrangement might make that possible, it would be most appreciated, and only involves quite infrequent access. Please send any and all possible leads to [<trotactivity@yahoo.com>](mailto:trotactivity@yahoo.com).

UPCOMING HORSE EXPO AND PET EXPO

Might you be willing to organize or participate in representing TROT at the Horse World Expo that will be March 3-6, 2022, at the Farm Show Complex in Harrisburg, PA? Or at the Pet Expo, a 3-day event at Timonium Fairgrounds on March 23-25, 2022? If interested, please contact [<trotactivity@yahoo.com>](mailto:trotactivity@yahoo.com).

ADAPTIVE BIKES

The last issue of the TROT newsletter described how adaptive bikes – that allow physically impaired individuals to experience some of the wonderful outdoors that we so enjoy on horseback – will be coming to some area parks, evidently starting in Patapsco. It will be great if you see them on the trail, that you take a few minutes to teach your horse that these are friends to share the trail with and not monsters, to shy from.

[photos from Carolann]



RENEW YOUR TROT MEMBERSHIP

Please renew your TROT membership at www.trot-md.org or mail in the two-page membership form, on pages 11 and 12 of this newsletter. TROT's bylaws make clear that: "*Dues are owed at the beginning of the fiscal year. Renewing members who fail to pay by the end of the third month shall not be a 'Member in good standing', and shall be terminated from membership.*"

Please invite your friends and riding buddies to also join TROT. This is important because when TROT advocates for trails and open space to elected or agency officials, the more members TROT has, the more credence they give to TROT's comments.

SUPPORT SAVING NASA's "AREA 400" BY TRANSFERRING IT TO THE PATUXENT RESEARCH REFUGE

from TROT's Action Committee

As you may have read about, "Area 400" is currently a lovely 105-acre natural forested area that is part of NASA Goddard Space Flight Center and an important part of one of the few large green tracts left in the Baltimore-Washington area. See <https://www.washingtonpost.com/opinions/2022/01/06/nasa-forestland-should-be-added-patuxent-research-refuge/> to read how this tract is scheduled to either be sold to a developer for development or become part of the abutting Patuxent Research Refuge, where it would continue to remain green in perpetuity. TROT urges the latter. Not only would this transfer increase the area of the Patuxent Research Refuge – which contains the marvelous North Tract trail system, so beloved by equestrians -- but keeping it green would help preserve the "lungs of our region". Please contact your state and federal senators and delegates, to urge the preservation of this green land.

GUILFORD WOODS --- ANOTHER GREEN AREA NEEDING HELP TO BE SAVED

from TROT's Action Committee

Another worthy effort for TROT members to advance TROT's mission of preserving open spaces is adding voice for preserving Guilford Woods. You may have been one of the hundreds of eclectic citizens who turned up to the rally at the University of Maryland this fall, asking them to preserve this lovely green tract of woods, rather than giving it to a developer for high-density housing (a bit for graduate students, but most for private, for-profit sales). After it was announced at this rally that Senator Paul Pinsky and the entire 21st delegation, led by Delegate Mary Lehman, as well as a number of other influential leaders, were supporting the citizens' and students' efforts to "Save Guilford Woods", the University of Maryland became convinced to pause their intended land transfer to the developer. To add your voice to really preserve this green area, consider signing the petition at <https://sign.moveon.org/petitions/pause-the-adelphi-rd-sector-plan>.

SOME LEGISLATION THAT EQUESTRIANS MAY WANT TO FOLLOW

from TROT's Action Committee

The Maryland Horse Council's Legislative Tracker for the 2022 season has noted several upcoming bills the horse community may wish to follow. These include:

SB 86 - Trail-Head Access Border Bill: anyone leasing DNR property must leave an access border wide enough to allow unobstructed access to trail heads by trail users and first responders.

HB 116 - "Right to Ride" Bill: acknowledging that Maryland residents have a right to engage in equine activities for their unique historical, cultural, social heritage and recreational benefits.

A helmet law for minors engaged in most equestrian activities is to be introduced (see TROT's September 2021 newsletter).

Bills to greatly expand Sunday Hunting in Calvert County (HB 170/SB 220), Somerset County (HB 143/SB 98), and Talbot County (HB 51/SB 140), and possibly more such bill still coming.

Stay tuned in!

SAD NEWS OF DICKY COWAN'S PASSING

from Jacquie Cowan

Jacquie Cowan recently lost her beloved husband and partner of 50 years, Dicky, after a debilitating illness of several months (not covid). In order to share Jacquie's love of horses and her time, Dicky learned to ride on Arabians before making the switch to Gaited. He was a natural rider with a deep respect for the horse, but admittedly, didn't know enough to "talk horse". Although he never had his own horse, he loved camping and hanging out with other horse folks; and occasionally took a ride himself on a borrowed horse (gaited of course). He was a great volunteer, always willing to pitch in and help. Dicky will also be remembered and missed for his home brew, *Righteous Richard's Applejack* "made with apples from Heaven with a touch of Tennessee for class", for his clogging when the right music came on, and for sharing his Tennessee heritage. Jacquie is making great strides recovering from her stroke and looks forward to making new memories with TROT this spring. In the meantime, she'd love to hear from you all, at jacquiecowan@comcast.net.



Editor's note: Jacquie is a long-time horse advocate extraordinaire and TROT's Anne Arundel County coordinator.

SHOULD TROT WORK TO PRESERVE EQUESTRIAN EASEMENTS? *YOUR* INPUT IS NEEDED!

from the Action Committee

The last issue of the TROT newsletter provided some background on how in past decades TROT had worked with the Maryland National Capital Planning Commission (MNCPPC) in Montgomery County to, through the subdivision process, preserve existing and sometimes also create new trails, mainly to ensure trail continuity. These trails then appeared as "equestrian easements" on the subdivision plat, intended to preclude lot owners from fencing off or otherwise blocking equestrian access to the easement area. Although theoretically in perpetuity, such easements can be lost if the County abandons them and/or they cannot be used (such as if the landowner erects a fence to block the trail or allows the easement to be so overgrown that it is not used, and this is not challenged). From the 1980's through around 2010, this Montgomery County process resulted in an extensive network of local equestrian trails around and through subdivisions in a number of areas in the county. During this same timeframe, equestrian trail easements also were created by similar land use planning processes in Prince George's County.

However, as these subdivisions have gotten older, with fewer horses in the area and some landowners discouraging such trail use, some of these trails have evidently become unused, which could lead to their permanent loss. The previous newsletter described one example of such an equestrian easement that appears in jeopardy and was recently brought to TROT's attention: in Montgomery County, connecting Rt 28 (Darnestown Road) to state parkland that contains Seneca Ridge Trail and Great Seneca Creek and joins to Seneca Creek State Park (it runs north from Rt 28 between Bondy Lane and Haddonfield Lane). Reportedly one property owner is refusing to allow anyone to use or maintain this 20-foot-wide equestrian easement. But evidently there is nothing in the easement language or county or state law requiring the easement land be kept accessible. Although the last newsletter asked for input if anyone knows anyone who might use this easement; if TROT should fight to keep it as a useable easement; and if any members are willing to help clear the easement or testify before public officials, not a single response was received. Zero! If anyone cares to keep this easement open, this is one more chance to respond (to <trotactivity@yahoo.com>). Please note that loss of one easement sets a precedent for loss of other equestrian easements.

MARK YOUR CALENDARS FOR TUCKAHOE's SPRING FLING

*from Joyce
Bell*

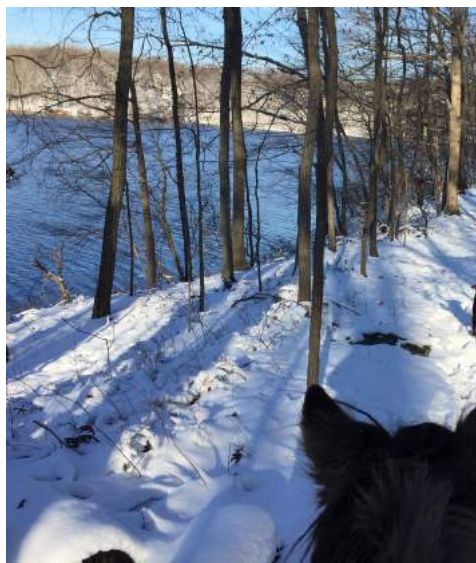
Plan on coming to enjoy a wonderful horse camping/riding weekend, with great meals provided, on April 1-3. Information and the application are at <<http://www.tuckahoeequstraincenter.com/>>, or contact Joyce Ball at <wbell2@washcoll.edu>.

REPORTS FROM COUNTY AND AREA COORDINATORS

NEWS FROM PRINCE GEORGE'S AND MONTGOMERY COUNTIES -- THANK YOU, WSSC!

from Barbara Sollner-Webb

We are delighted to report that WSSC kindly decided to keep their recreational trails open during the winter months this year, allowing us to enjoy this environmental treasure on horseback. Indeed, riding on WSSC's Rocky Gorge trail during the last couple of weeks after the big snowfalls was a winter wonderland, like a picture postcard (see photos). WSSC's



Triadelphia trail is also gorgeous! Thank you for these, WSSC!

Although there is a nominal fee for most folks to use these WSSC facilities, WSSC gives free trail passes to those age 65 and over, to encourage fitness and outdoor exercise! Yay! This surely is one perk of getting older!

Also, please see the notes on page 4 about preserving the forested Area 400 and Guilford Woods properties. Any supportive voice you might give will be most helpful.



MORE NEWS FROM MONTGOMERY COUNTY

from Christina Micek

There has been a proposal for Montgomery County Parks to acquire the 473 acres of the Broad Run Creek Farm II property on Club Hollow Rd in Poolesville, to create the Broad Run Conservation Park. The county would purchase the property from the Montgomery County Agricultural Easement Program, and it will be paid for from the Legacy Open Space CIP Bond. This will require County Council approval for the use of funds. If this goes through, Broad Run Creek Farm will provide conservation, research, and interpretation of significant natural and cultural resources, and will serve as a focal point for the Broad Run Park by providing public access for recreation and education at this unique place in Montgomery County. A natural surface trail will connect through this property to the C & O Canal Historic Park to the north and south, creating a major loop trail system. Montgomery County Parks has indicated that it will be horse back-riding friendly! Although the County Agricultural Easement Program designation is being removed from the property, the property will continue to support the agricultural economy and rural setting through agricultural leases on crop fields, a private farm on 62.5 acres retained by the sellers, and no additional residential development potential on the entire 535-acre property.

Also, Conner-Puricelli Equestrian Facility in Derwood on Warm Spring Drive near Lake Needwood received conditional-use approval for an equestrian facility to be placed in a residential zone, to board two horses and provide riding lessons on two acres. This small plot request might be of interest to TROT members as a template: <<https://montgomeryplanningboard.org/wp-content/uploads/2021/11/CU-22-03-Conner-Puricelli-Equestrian-Facility-Staff-Report-Final-with-Attachments.pdf>>.

NEWS FROM FREDERICK COUNTY

from Christina Micek

The *Sugarloaf Treasured Landscape Management Plan 1st Draft* has come out to the public. Learn more here: <<https://frederickcountymd.gov/8046/Sugarloaf-Area-Plan>>. A meeting will be held on January 19, 2022. Please provide feedback you may have to Tim Goodfellow, Principal Planner at <tgoodfellow@frederickcountymd.gov>.

NEWS FROM ANNE ARUNDEL COUNTY

from Jacquie Cowan

Anne Arundel County Horse Talk is a non-membership, informal group of folks with the common interest of horses. The group meets for dinner to share information, hear a guest speaker, and of course talk horses. Attendees traditionally include trail pleasure enthusiasts, riders and competitors in all disciplines, trainers, boarding stable owners, professional service providers, and business owners. For more information contact at <JacquieCowan@comcast.net> or 410-215-4979, or see the Anne Arundel County Md Network on Facebook.

NEWS FROM BALTIMORE COUNTY

from Priscilla Huffman

We have exciting trail news regarding the Hereford section of Gunpowder Falls State Park. Our local park ranger contact, Ranger Andrea Bucher, Maryland Park Services Associate Lead, has been leading a trail crew project funded by a Maryland State Highways Administration Recreational Trails Program grant. Beginning in October 2021, and finishing in early January 2022, the trail crew's goal focused on two main trails that border the Gunpowder River: The GP South trail and the GP North trail. Both of these trails are widely used by hikers but only portions have been accessible in recent years to equestrians. By addressing cut-backs around those sections of the trail which are too close to the river's edge to be safe for riders, much more of these two primary trails will be rideable. Ranger Bucher reports that cutbacks have been addressed on the entire of GP South and some temporary cutbacks have been added to GP North from Big Falls Rd to York Rd. In March of this year, there will be a Maryland Conservation Corps project to fully reclaim this section of GP North.

We would love to have TROT members and friends join us on these reclamation projects to help open up more trails for riders. Please e-mail Ranger Andrea Bucher directly at <andrea.bucher@maryland.gov> for more information. Andrea, who is an equestrian herself, has been invaluable in responding to our messages about downed trees on all of the GP trail system. Let's show our support for this excellent partnership by volunteering to help with upcoming trail workdays.

Our grateful thanks to Andrea and all of the crew who have been and will be involved! We will definitely be planning a TROT trail ride this summer to show TROT members this beautiful trail system.

IMPORTANT REQUEST TO ALL, FOR COUNTY AND AREA NEWS

Please, whichever county you live in, board your horse in, or ride in, whenever you hear news/plans/rumors/ideas that may be of interest to other equestrians, send in a note to your newsletter editor (Barbara Sollner-Webb, at <bsw@jhmi.edu>), for inclusion in the next issue. Getting such info from YOU is especially important for people living/boarding in areas where TROT does not currently have a county or area coordinator (see list on page 9), for otherwise there is no way for TROT to know about -- and possibly help with -- things that may affect the riding venues and open spaces in your area! Please!

SWELL HORSE INFO FROM *THEHORSE.COM* ... KINDLY SUGGESTED BY JUDY THACHER

From: <https://thehorse.com/181582/alfalfa-or-grass-hay-which-is-better-for-winter-warmth/?utm_medium=Nutrition+enews&utm_source=Newsletter>

Alfalfa or Grass Hay: Which Is Better for Winter Warmth?

Our equine nutritionist weighs in on which type of hay best helps horses stay warm during cold nights.

Posted by Clair Thunes, PhD Dec 10, 2021

Q. I've heard that alfalfa is a good hay choice at night for horses because it helps generate heat and keep them warm. Where I board my horse, the barn managers feed grass hay at night and told me that it keeps horses full longer. So, which is better for winter night feedings: grass or alfalfa hay?
—Julie,
via e-mail

A. As we head toward the colder winter months, you're not alone in wanting to make sure your horse stays warm overnight. When temperatures drop, feed requirements increase for your horse to consume enough calories to maintain condition. Staying warm requires calories beyond those needed for regular maintenance. Horses have different ways to regulate their body temperature depending on the ambient temperature, wind chill, and other climatic challenges they face.

Thermal neutral zone is the range of temperatures at which metabolic heat production doesn't need to be altered to remain thermally neutral. When temperatures drop significantly, horses cross a boundary known as the lower critical temperature (LCT). Below this temperature, horses need to increase their metabolic heat production to maintain body temperature. Similarly, an upper critical temperature (UCT) exists, above which measures are taken to reduce heat production.

At exactly what point horses cross into the LCT varies based on a number of things, such as age, whether their coat is clipped, and the weather conditions they're used to. Upon reaching LCT, the question becomes what form of extra calories should you provide your horse? It might be tempting to increase horses' daily grain intake because it's the simplest way to add more calories. However, as you have heard, feeding more hay might offer advantages.

Forages such as hay require microbial fermentation in the hindgut to maximize their use in the digestive tract. This isn't a completely efficient process, and fermentation results in energy being lost as heat. This heat acts as an internal central heating system, helping keep your horse warm. Thus, any kind of forage can help keep your horse warm in winter. Less digestible types might result in greater amounts of heat being produced.

Because grass hay is a lower-calorie hay, you can feed horses larger rations of it than you can alfalfa hay, especially with easy keepers. Many people do believe alfalfa is the best hay to feed in winter for warmth. I suspect this is due to alfalfa's high protein content and the fact that metabolizing protein isn't the most efficient process—thus, it generates metabolic heat. Another reason is that people misguidedly believe protein is a good energy source.

Horses tend to eat grass hay slower than alfalfa, and so there's the possibility that grass hay will last longer during the night, resulting in a more continuous stream of fuel for the fermentation process. The bottom line is both types of hay will result in microbial fermentation in the hindgut. It comes down to which is the best type of hay for your specific horse. While in some cases I will pick the alfalfa, more often than not I choose to feed more grass hay.

ABOUT THE AUTHOR: Clair Thunes, PhD, is an equine nutritionist who owns Clarity Equine Nutrition, based in Gilbert, Arizona. She works as a consultant with owners/trainers and veterinarians across the United States and globally to take the guesswork out of feeding horses and provides services to select companies. As a nutritionist she works with all equids, from World Equestrian Games competitors to miniature donkeys and everything in between. Born in England, she earned her undergraduate degree at Edinburgh University, in Scotland, and her master's and doctorate in nutrition at the University of California, Davis. Growing up, she competed in a wide array of disciplines and was an active member of the U.K. Pony Club. Today, she serves as the district commissioner for the Salt River Pony Club.

Editor's note: Many horse keepers also recommend on cold nights to offer hard keepers a warm beet pulp slurry.

What To Do When Your Horse Has a Fever

See the entire webcast on at <<https://thehorse.com/Webcast-Fever>>.

A fever can be the first sign something is seriously wrong with your horse. Learn about the tools veterinarians have to manage fevers in the new article "Controlling Fever in Horses." <<https://thehorse.com/1107169/controlling-fever-in-horses>>.



When temperatures drop, feed requirements increase for your horse to consume enough calories to maintain condition. Staying warm requires calories beyond those needed for regular maintenance.

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TROT COMBINING EFFORTS WITH "EQUINE LAND RESOURCE CONSERVATION" (ELRC) TO PROTECT LAND

from Christina Micek

As reported in the last newsletter, TROT has become a partner in conservation with Equine Land Conservation Resource (ELCR), whose mission focuses on conserving land for equines, and uses its partners in conservation to further the reach of efforts for protection. With development encroaching on open lands all throughout the US and Maryland, horse enthusiasts are rightly concerned about where they will ride and compete, keep and raise their horses, and grow hay.

ELCR also provides important resources on land law, easement preservation, equine-friendly community planning, recreational access to public and private land, and best management principle. See <<https://elcr.org/whats-new/>>.

SWELL INFO FROM ELRC: How Equestrians Can Support the USDA 10-Year Trail Shared Stewardship Challenge

forwarded by Christina Micek

Equine access to public land is very important to our equine community as recreational riding represents a significant segment of equine activities in the United States.

With over 159,000 miles of trails, the U.S. Forest Service manages the largest system of trails in the country, including more than 10,000 miles of designated historic, scenic, and recreational trails. This presents tremendous opportunities for horsemen and women to saddle up and experience the great outdoors from the vantage point of horseback.

With so many miles of trails however, it is no wonder that maintenance of these trails is a huge undertaking that has resulted in significant backlogs. Recognizing the challenge, the USDA has initiated the 10-Year Trail Shared Stewardship Challenge, which will focus the combined efforts of employees, volunteers, and partners to increase efficiencies and capacity, eliminate obstacles, and lead to a more sustainable National Forest trails system that is more economically viable, socially valued, and supports ecological resiliency. The shift to a more strategic focus will allow the Forest Service to better serve the public and take advantage of opportunities like the Great American Outdoors (GAO) Act. For a summary of the GAO, go to <<https://elcr.org/great-american-outdoors-act-of-2020-over-view-and-implementation>>.

The Trail Challenge consists of 10 elements or focus areas that will be implemented in three phases, with each element having corresponding outcomes and metrics for accountability and to track progress, including:

- Assessing trail workforce capacity and trail sustainability regularly to identify and close gaps.
- Engaging and sharing leadership with local communities and stakeholders in trail priorities.
- Developing online toolboxes, including best practices, success stories and reference documents.
- Improving Forest Service trail data and reporting systems.
- Incorporating diversity, equity, and inclusion principles in all aspects of the collective work.

So, what can equestrians do to support the challenge? The 10-Year Challenge guidebook lists the actions and metrics the U.S. Forest Service will be working on. While some may be specifically targeted to partners, others may be something individual equestrian clubs could work on within a forest. Alternatively, equestrians can opt to join in on other community collaboratives to make sure the equine community is represented, demonstrating what they can bring to the table to help support the challenge.

Here are just a few examples of how equestrians can support the challenge.

- One of the 10 elements described in the guidebook is user ethics. Under this element a local equestrian group could consider organizing to enhance user ethics in the equestrian community or extended rail community. Or work to become Leave No Trace masters and educators and hold sessions within the local community. Maybe even partner with nearby stables or outfitters and guides that use public equestrian trails and work to make sure they include Leave No Trace or user ethics information so that equestrians visiting the area have the best information available and know to pack it in/pack it out, etc.

- Organize saw trainings for clubs and organizations and put together a saw response team to get the trails reopened after storm damage.

- Organize a trail maintenance team within the equestrian community or larger trail community.
- Help with the trail assessments.

With any of these activities, equestrians would first need to meet with their local district office and talk through what items they could work on to assist the forest or district with moving the needle on the 10-Year Trail Shared Stewardship Challenge.

To learn more, see the USDA 10-Year Trail Stewardship Challenge guidebook at <<https://bit.ly/3DvP8SC>>. For more information and post-able public service announcements to spread the word, contact ELRC at <<http://elcr.org/contact-us/>>. And remember – Respected Access IS OPEN ACCESS!



Well-designed trails drain well and stand up to equine use. But give trails a rest for at least 48 hours after a heavy or prolonged downfall.

JOIN A TROT BUSINESS MEETING

These get-togethers are the first Wednesday of each month, at 7 PM, by Zoom. The link is on the calendar section of TROT's website (at <TROT-MD.org>). All TROT members are welcome to join, and your input will be appreciated!

WHO's WHO IN TROT

POSITION	NAME	E-MAIL	PHONE
President	Carolann Sharpe	< trotpresident@gmail.com >	410-908-5599
Vice President	Janet Whelan	< celticfrost214@gmail.com >	410-790-1044
Interim Secretary	Ivy Smink	< trotsecretary@gmail.com >	443-974-5896
Treasurer	Janet Leitzel	< trottreasurer@gmail.com >	410-833-0572
Additional Board members	Barbara Sollner-Webb	< bsw@jhmi.edu >	301-604-5619
	Christina Micek	< Christina.Micek@natgeo.com >	617-435-1187
	Howard Lanham	< hqlanham@gmail.com >	410-259-2964
	Joyce Bell	< wbell2@washcoll.edu >	410-820-6002
	Susan Gray	< susan@campususan.com >	240-426-1655
Action Committee	Barbara Sollner-Webb, Christina Micek, Joyce Bell and Susan Gray		
Inventory Manager	[volunteer needed]		
License Plate	Sandy Boyd	< ridersandyboyd@yahoo.com >	301-257-5177
Newsletter	Barbara Sollner-Webb	< bsw@jhmi.edu >	301-604-5619
Trail Ride Coordinator	Reena Lentz	< lentzreena@gmail.com >	301-471-4389
Trail Work Coordinator	[volunteer needed]		
Website Guru	[volunteer needed]		
COUNTY AND AREA COORDINATORS			
<i>(lacking official coordinators; some members are kindly providing info)</i>			
Anne Arundel	Jacquie Cowan	< jacquiecowan@comcast.net >	410-923-6157
Baltimore	Priscilla Huffman	< priscillahuffman@verizon.net >	410-215-4979
Frederick	Deborah Wagner		301-646-4422
Laurel/Burtonsville	Barbara Sollner-Webb	< bsw@jhmi.edu >	301-233-7738
Queen Anne's/ Talbot	Joyce Bell	< wbell2@washcoll.edu >	CALL OR TEXT: 301-604-5619 410-820-6002

Please, TROT members in **Carroll, Howard, Montgomery, and Prince George's counties** as well as other counties not listed above, consider volunteering as TROT's coordinator from your county. Or define some smaller area that you feel comfortable getting more involved with and volunteer to be its coordinator!

And PLEASE, TROT NEEDS a Trail Work Coordinator!

For info on these positions or to volunteer, contact <trotactivity@yhoo.com>.

THE NEWSLETTER NEEDS YOUR INPUT

Please, send information, news and photos for the newsletter to the editor, Barbara Sollner-Webb, at <bsw@jhmi.edu>.

Get Your TROT License Plates from Sandy Boyd, License Plate Guru

Have you considered getting a TROT license plate? What better way to show your enthusiasm for horses and educate the public about TROT at the same time! For a one-time fee of \$25, you can enjoy a lifetime of having a TROT license plate. The application process is very easy; within a few weeks you'll have your own gorgeous TROT license plate. Please contact me at <ridersandyboyd@yahoo.com> or call/text me on 301-257-5177, and I will help you with the process.



[image provided
by Karen Durilla]

TROT INFORMATION

TROT Website: <www.trot-md.org>

TROT has two Facebook pages;

(1) the "official" page for members:

<www.facebook.com/Trail.Riders.of.Today> and

(2) the "community" page:

<www.facebook.com/groups/127953560568829/>

TROT Newsletter archives: <www.trot-md.org/newsletter>

Barbara Sollner-Webb, newsletter editor (<bsw@jhmi.edu>)

CLASSIFIED ADS

To place a newsletter ad, email <bsw@jhmi.edu>. **TROT Members** can place one 100-word or business card-size ad in each issue **FOR FREE!** What a great deal! It will run in one issue unless you notify the editor that you want it to run again. TROT members wanting to run a larger ad get that \$6 off its rate (listed below).

Ad rates for non-members and larger ads:

100 words	\$6	(each additional word - \$0.10)	
Business Card	\$6	1/4 page ad	\$25
1/2 page ad	\$40	Full page ad	\$75

Great Organically-Raised Farm Products

from Leah Mack



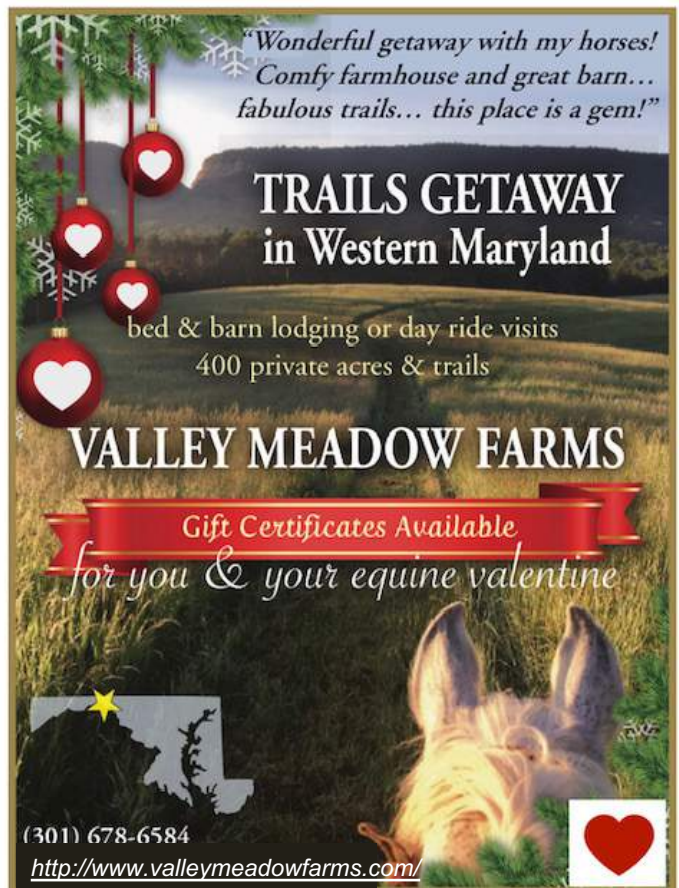
FOR SALE: 100% grass fed beef (ground beef \$6.99/lb) & **pastured, soy-free, corn-free eggs** (\$6/doz). Beef halves and whole lambs in fall. Organic practices. Pick up at my farm in Libertytown, MD or I can bring to a TROT ride.

Leah Mack <1ecofarmer@gmail.com>, grazydays.com

Gaited Lessons w/ Jacquie Cowan

Find Your Pleasure Gait with Jacquie Cowan, specializing in softly gaited horses for trail and show. I also help build your confidence and trail skills. Contact Jacquie at 410-923-6157 or <jacquiecowan@comcast.net>.

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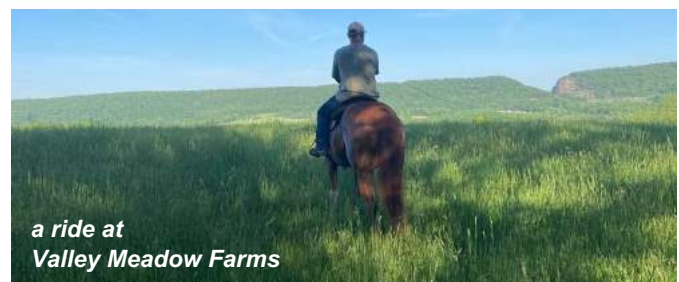
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SPECIAL THANKS!!!

Big thanks to the swell folks who contributed articles and other information to the newsletter! Readers highly appreciate these contributions by TROT members! [So please keep them coming!]

And ENORMOUS appreciation for most helpfully catching typos in articles of the draft text goes to Janet Litzel, Howard Lanham, Judy Thacher, Susan Gray, Jacquie Cowan, Ivy Smink, Joyce Bell, Christina Micek, Carolann Sharpe, and Denis Webb. You guys are wonderful!



TROT Membership Application

TROT, a nonprofit organization, partners local organizations, state government agencies, land developers and the public at large to advocate to preserve and promote equestrian trails and open space for public recreational use with ecological and esthetic benefits.

Annual membership is January 1st to December 31st

Check all that apply

- ☐ New Membership (membership is a calendar year and is not pro-rated)
☐ Renewal Membership (Renewing members have until March 31st to renew, after that date will be removed from email list)

Benefits of membership: free participation in TROT organized events & rides, free electronic newsletters and membership directory, eligible to run & vote for Board/Executive Office, participate in surveys, attendance at all business meetings, join working committees, educational opportunities, logo wear, and free annual picnic or banquet.

- ☐ Day Membership \$5.00 (one-day attendance at a TROT event/mounted ride)
☐ Single Individual \$20.00 (individual aged 18 or older)
☐ Family \$30.00 (multiple adults aged 18 & older residing in same household, minors are free and must have adult member)
☐ Donation \$ _____ (Additional contributions are optional and welcomed. TROT is tax exempt)
☐ Printed Membership directory \$5.00 (optional) ☐ Printed Newsletter \$20.00 (optional)

* Required information is for the purpose of membership statistics. Check the information that **you do NOT want listed** in the Membership Directory. You are not required to list your information in the Membership Directory.

Date: _____

* ☐ First Name _____ * Last Name _____

*Family Membership Adults: _____

Child(ren): _____

* ☐ Address _____

* ☐ City _____ State _____

* ☐ 5 Digit Zip Code _____

* ☐ County _____

* ☐ Email _____

* ☐ Telephone # _____

**Membership information is kept
confidential and is not released
outside of the organization.**



TROT Membership Application

TROT, a nonprofit organization, partners local organizations, state government agencies, land developers and the public at large to advocate to preserve and promote equestrian trails and open space for public recreational use with ecological and esthetic benefits.

Payment Total _____

Check payment type

☐ Check

☐ Cash

☐ PayPal

Payment of dues, fees, or donations may be paid online using PayPal on <https://trot-md.org/join-now/> or by mailing payment to: **TROT Membership, PO Box 425, Finksburg, MD 21048.**

The completed form can be emailed to TROTmembership@yahoo.com or printed and mailed to: **TROT Membership, PO Box 425, Finksburg, MD 21048.**

Volunteer Opportunities

TROT relies on volunteers for all its activities and management such as ride leaders, area coordinators, executive positions and more. You can contact trotactivity@yahoo.com for more information.

☐ Yes, please contact me about volunteer opportunities.

Helmet Policy

Helmets are required for all members under 18 years old, for all mounted events, except for when safety exceptions have shown that it is safer to not wear a helmet (such as swimming). The decision about whether helmet use is required for trail rides is at the discretion of the Trail Ride Leader for each trail ride. A statement will be included in the description for each ride. The helmet requirements for all other mounted events (clinics, parades, etc.) will be announced with the event.

.....

I, _____, sign this hold harmless release of responsibility statement, agreeing the Trail Riders of Today, Inc. (TROT), its members, agents, officers, or board members will not be held responsible or accountable and to indemnify them as needed in any way for accidents, injuries, bodily harm to person or animal or equipment that may occur during my association or activity involvement with TROT.

(Primary Member Signature)

(Date)

(Secondary Member Signature)

(Date)

(Guardian Signature for minor(s))

(Date)



TRAIL RIDERS OF TODAY

TROT Membership
PO Box 425
Finksburg, MD 21048

Inside this issue:

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Resurrecting TROT's Trail Ride Program

TROT Receives Grant for Bridge Improvements –Yay!

TROT Receives Award in Mayor's Parade

The Need for Volunteers

and Key Activities TROT Hopes Members Will Step Up to Fill

Renew Your Membership and the Membership Form

Help Save Guilford Woods and Area 400, Important Green Spaces

Some Key Legislation

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Hay Information

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