

# Loomis Basin Horsemen's Association

P.O. Box 2326 Loomis CA 95650

Volume 29 Issue 9

SEPTEMBER 2013

## Newsletter

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## PRESIDENTS MESSAGE by Denise Howell

Howdy All,

Where did the summer go? The kids are back in school and the nights are getting cooler. We've had a smoky atmosphere for several weeks now and I'm thankful for all the firefighters that lay their life on the line everyday for us. A big shout out for the families that wait at home for them praying for their safety as well.

We are busy getting ready for our annual horse shows. As you know our office at the Arena was vandalized and we haven't had any volunteers to step up and offer to repair the drop down window but be assured we will get that done by show time.

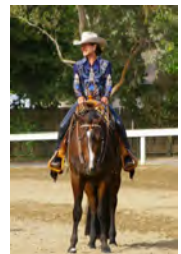
With all the fires and new building going on the snakes are disturbed. Please be careful. 3 very large snakes were found at my friend's home in Granite Bay. Our local rattlesnake catcher was on the job and rescued her from what she thought was a sci-fi movie! I've never seen rattlesnakes this big. Watch where you walk!!

Don't miss our September meeting when we will get a private tour of the new Loomis Basin Equine Medical Center. I've been there already (unfortunately!) and it is beyond beautiful. They have really done a wonderful job in catering to the people that the animals own. See you there!



*Tally Whoa,*

*Denise Howell  
& Beethoven*



Email to LBHA has been changed!  
[LBHA@garlic.com](mailto:LBHA@garlic.com)

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

## 2012 OFFICERS AND BOARD MEMBERS

### COMMITTEE HEADS

<b>PRESIDENT:</b>	Denise Howell	916-207-2543
<b>VICE PRES:</b>	Maureen Henderson	916-663-9362
<b>TREASURER:</b>	Donna Kelly	916-956-6248
<b>SECRETARY:</b>	Nancy Steuck	916-645-9659

### BOARD OF DIRECTORS

Dave Faoro	916-663-3437
Bob Sydnor	916-335-1441
Janis Rau	916-652-0894
Ricky Johnson	916-778-9748
Debbie Murphy	916-719-6265

### COMMITTEE HEADS

Trail Info.	Robert Sydnor	916 335-1441
Trail Maint.	Open	
Historian	Donna Kelly	916 956-6248
Publicity-	Open	
Horseshow	Janis Rau	916-652-0894
Traylor Ranch NR	Dave Faoro	916-663-3437
County Liaison-Trails	Open	
Newsletter	Denise Howell	916-207-2543
Arena	Kathy Dombrowski	916 652-5204
Membership	Kathy Dombrowski	916 652-5204

### PLACER COUNTY PARKS ADMINISTRATOR

John Ramirez 530 889-6807

### PLACER COUNTY AG COMMISSIONER

Joshua Huntsinger 530 889-7326

### CALIFORNIA STATE PARKS – Gold Fields District

Scott Nakagi 916 988-0205 ext 226  
 Brian Moses (trails) 916 240-7198  
 State Parks Dispatch 916 358-1300  
 (Call above number for incidents in State Parks)



### TRAYLOR RANCH NATURE RESERVE

The trails are in excellent shape. The park is looking awesome. Come on out and enjoy.

We did not have our scheduled August workday and will let you know if we need to have one in September.

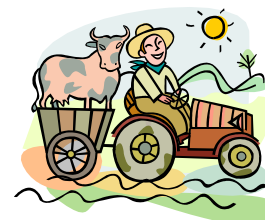
If anyone has any questions on TRNR, please don't hesitate to drop me a note.



*Dave Faoro*

**TRNR Committee Chariman**

[dave\\_lbha@faoro.us](mailto:dave_lbha@faoro.us) (916) 663-3437



*Horses and children, I often think, have a lot of the good sense there is in the world.*

*~Josephine Demott Robinson*



Minutes

There was no official August meeting due to heat and smoke from the fires.

Keeping Yourself Safe when Riding

by: Marie Rosenthal, MS

Horseback riding is more dangerous than motorcycle racing, according to Heather S. Havlik, MD, director of the sports medicine program at Charlotte Medical Clinic in North Carolina.

"Never take for granted the fact that your partner in equestrian sports is much larger and much less predictable than in any other sport out there, and that situation requires constant awareness to help prevent injury," she said.

Havlik reviewed published studies done across a three-year period. She found the risk of injury was greater among equestrians than for motorcycle or automobile racing participants.

One in five horseback riders suffers serious injuries, most often head and neck trauma.

"Having grown up showing horses, I had a pretty good idea of the risk of injury, particularly head injuries," she said.

"However, seeing the risk related to motorcycle and automobile racing was a bit startling."

Yet, most physicians do not recognize the injuries experienced among horseback riders. "There are certain injury types or patterns that physicians automatically think of in association with certain sports, such as football, basketball, or gymnastics; however, most physicians have little awareness of what injuries they should be most concerned about among riders, which makes it more likely for less severe injuries to go undiagnosed and untreated."

Novice riders experience the most injuries, but experienced riders tend to suffer more severe injuries because they spend more time in the saddle and, therefore, increase their chances of injury. In addition, experienced riders tend to take more chances. "Riding greener horses, jumping higher or more complicated combinations, riding at faster speeds-- these all put the more experienced rider at higher risk for a more severe injury," she said.

Havlik offered these tips to avoid injury:

- Be aware of the risk.
- Know your horse, your surroundings, and your limitations.
- Always wear an approved helmet, even when just hacking or training at home.
- Wear an approved vest when jumping.
- Wear proper footwear and gloves.

In addition, if the horse is inexperienced or nervous, take the time to warm him up or longe him first, or show him his surroundings when possible. "The unique factor in equestrian sports is the unpredictability of the horse-- minimizing the risk of shying or refusals is key in fall prevention for the rider," she said.

Havlik supports mandatory helmet laws. "Having seen the severity of head injuries and spinal cord injuries that can occur in riding, I think mandating helmet use would go a long way in further reducing head injuries in riders."



Office: (559) 896-9292  
 FAX: (559) 896-9282

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## MEMBERSHIP

There are many of you that have DEC 12 expiration dates for your membership and a few that had memberships that expired JUN 13. Would love for all to renew so they can keep the club strong. The list of those that need to renew for Jun 13 and Dec 12 can be found at:

<http://www.garlic.com/~lbha/NeedToRenew.pdf>

Please Renew  
Today!

This link is found on the main LBHA Page throughout the year. So if you are not sure, check out the list. There is also a list of those that did not renew in DEC 10. 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.

### March Performance Horses

Riding Instruction and Training



### Samantha March

1270 Fowler Rd.  
Newcastle, CA 95658

916.825.5427  
smarch05@msn.com

### 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

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  
 Classified Ads- Free to Members

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



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**Sterling Pointe Equestrian Staging Area**

*Loomis Basin, southern Placer County, California*

by Robert H. Sydnor, *AERC Trail Master*

**September 2013 LBHA Newsletter**

**Loomis Basin Horsemen's Association**

Sterling Pointe Equestrian Staging Area is part of Placer County Parks. There is ample space for horse trailers, and the equestrian staging area is available free-of-charge. Sterling Pointe Equestrian Staging Area provides key access for the Pioneer Express Trail within Folsom Lake State Recreation Area. From the center of Loomis Basin, a number of bridle paths converge at Sterling Pointe, and the Pioneer Express Trail connects to Granite Bay (to the south) and Rattlesnake Bar (to the north). In addition to equestrians, Sterling Pointe is also for hikers, Scout troops, and families with an interest in natural sciences (botany, mammals, and bird-watching). For public safety reasons, mountain bicycles and motorcycles are *not* allowed in either the county park or the adjacent Folsom Lake State Recreation Area.

**Sterling Pointe Equestrian Staging Area**



**Location Information**

From Auburn-Folsom Road in south Placer County, drive eastward on Lomida Lane for 0.8 miles, following brown county signs with white letters. Look for these street signs:



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

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

**Appointment Hours**  
Monday thru Saturday  
9:00am - 5pm

In-house & Ambulatory Emergency Services available 24 hours/7 days

**(916) 652-7645**  
2973 Penryn Road Penryn, CA 95663  
Visit us at: [lbemc.com](http://lbemc.com)

**DOCTORS**

Langdon Fielding, DVM, Dipl ACVECC  
Catherine Jacobs, DVM  
Jill Higgins, DVM  
Robert Morgan, DVM  
Diana Stolba, DVM  
Eduardo DeLaCruz, DVM  
Jennifer Mayer, VMD  
Emily Wilson, DVM  
Elizabeth Howard, DVM

Jason Errico, DVM Dipl ACVS - Surgery  
Dominic Dawson Soto, DVM Dipl ACVIM - Internal Medicine

Cont'd from pg 5

In the first mile, Lomida Lane ascends into a residential neighborhood of expensive homes. After 0.8 miles on Lomida Lane, *turn left* onto Sterling Point Court at the intersection with Lake Forest Drive with these signposts:



Turn left at this intersection and proceed for 0.4-miles on Sterling Point Court. Look for these detailed equestrian signposts.

The total distance is 1.2 miles from Auburn-Folsom Road to the equestrian staging area.

Continue to this bend in the street, then swing right when you see this signage:

The entrance gate is typically open 8:00 AM to 9:00 PM.



### Entrance Gate

The entrance gate to Sterling Pointe is generally open and unlocked during county park hours (8:00 AM to 9:00 PM, daily). As a member of Loomis Basin Horseman's Association, you can obtain a brass key to the padlock for a \$5.00 deposit. (Non-members: \$10.00) This way, a prepared rider with a loaded horse-trailer and truck cannot be inadvertently locked-out ..... or locked-in. LBHA members plan ahead and have a key; and thereby avoid predicaments of returning in the evening later than planned — due to equestrian delays on the trail.

### Informational Signage at Sterling Pointe

There are excellent signs explaining all the rules. No mountain bicycles or motorcycles are allowed. The upper (paved) parking lot is generally used by hikers and handicapped parking. One portable out-house is located at the upper parking lot, with two steel hitching rails located under the oak trees. There is no water available in the upper (paved) parking lot.

Sterling Pointe Equestrian Staging Area provides an access point into the Pioneer Express Trail, approximately near Milepost 42.6. The picnic tables and hitching posts at Long Bar are near Milepost 43. The Peregrine Trail (named because it "wanders") is also a connector trail to the historic Pioneer Express Trail. There are several picnic tables that have been constructed as an "Eagle Scout" project on the east side of Sterling Pointe.

Cont'd from pg 6

## Equestrian Staging Area

The entrance road descends eastward to the lower parking lot with a gravel surface. There is ample parking space for horse trailers and equestrian staging. Signs notify everyone that dogs must be leashed at all times, guns are not allowed, and any potential vandals are warned that Sterling Pointe is under surveillance.



**At left:** the horse watering trough with engraved names of 17 persons and equine-related businesses that generously contributed money for the development of Sterling Pointe Equestrian Staging Area.

**At center:** a special dog-watering trough and a human drinking fountain.

**At right:** mounting blocks and steps, plus an information kiosk for equestrians.

## Street Address and Latitude & Longitude for GPS

Although there is no mail-box, the actual street address might be useful for GPS mapping instruments that are being increasingly used for satellite navigation in trucks and sedans, and carried by horsemen in our saddlebags:

**Sterling Pointe Equestrian Staging Area, 9688 Sterling Pointe Court, Loomis**

For **latitude and longitude** coordinates (at the entrance gate to Sterling Pointe), use these approximate values:

38° 48' 7" North Latitude      -121° 6' 41" West Longitude

The horse staging facilities at Sterling Pointe are not to be confused on your GPS module with the Sterling Pointe Park which is a suburban park located in the same neighborhood about a mile away on Lake Forest Drive. This attractive Placer County park has mowed lawns, a baseball playing field, picnic-table facilities, restrooms, a playground for small children, and a paved parking lot. The suburban park is *not* suitable for horses which should remain only at the equestrian staging area. Extended families or large groups of horsemen might consider having little kids and grandparents or non-riders play at the park with nice picnic facilities, while adult riders use the equestrian assembly area.

Sterling Pointe Equestrian Staging Area is part of Placer County, Department of Facilities; Parks and Grounds Division, Auburn. ☎ 916-886-4901 <http://www.placer.ca.gov/departments/Facility/Parks>



## Horse Cookie Molasses Treats

Your horse or pony will love the sweet crunchiness of these cookies. They keep well in an air-tight container. Never feed too many treats too often.

**Prep Time:** 15 minutes    **Cook Time:** 10 minutes    **Total Time:** 25 minutes

### Ingredients:

1 ½ cup all purpose flour  
1 cup bran  
1 cup molasses  
1 cup grated carrot or apple



### Preparation:

Preheat oven to 375F and oil 2 cookie sheets. Put aside a small bowl of white sugar and a drinking glass with a flat bottom. In a large bowl mix all the ingredients thoroughly. The mixture shouldn't be too wet, and should stick together. Add more flour to make the mixture firmer and hold together if necessary. Drop by teaspoonfuls, about 1 ½ inches apart on a greased cookie sheet. Grease the bottom of the glass, dip it in the sugar, and stamp the cookies to flatten them slightly. Bake for about 10 minutes. This makes about 25 cookies, depending on the size. Store in an air-tight container or bag.

# J & K Horse Blanket Cleaning and Repair



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Superior Feed  
McCourtney Road Equestrian Center

Pick up services available

\*\*Only quality materials and hardware used in repairs. We build heavy elastic leg straps so no stretching out of shape.



## LBHA 2013HS Sponsorship Form

The Loomis Basin Horsemen's Association (LBHA) is seeking sponsorships for its benefit English/Western Schooling Horse Show to be held on October 8 & 9, 2010 (LBHA Tax ID # 680001143)

LBHA is a non-profit organization dedicated to the development and preservation of facilities and trails in the Loomis Basin area of South Placer County for use by all horsemen. LBHA uses all profits from the benefit shows to help achieve these goals. Contributions are tax deductible and will be placed into the LBHA Arena/Trail Fund & the Traylor Ranch Fund. The following sponsorships are available:

Sponsor Type	Description	Sponsorship Cost
<i>General Sponsor</i>	Your name will appear on the show program and will be announced during the day of the show	\$10.00
<i>Class Sponsor</i>	Your name will appear on the show program as a class sponsor and will be announced individually during the class you are sponsoring as well as throughout the day of the show. ( With two class sponsors - you may put up a BANNER)	\$25
<i>Booth Exhibitor</i>	You may set up a booth at the show in a designated area. Your presence will be announced during the day. BANNER	\$30 for 1 day \$50 both days

**Sponsorship Record:**  
 Type of sponsor:    **General**     **Class**     **Booth**   
 Corporate Sponsor    **Silver (\$100-499)**     **Gold (\$500 - 999)**     **Platinum (\$1000 & up)**

**\*BUY TWO CLASS SPONSORSHIPS a BOOTH OR A CORPORATE SPONSORSHIP, AND HAVE YOUR BANNER PUT UP ON THE ARENA FOR THE SHOW**

Date \_\_\_\_\_ Check number: \_\_\_\_\_ Amount: \_\_\_\_\_

**Thank you for your generous donation**

~~Please keep this section as your receipt.~~ .....

LBHA MEMBER - YES    NO

Mail this bottom section of the sponsorship form to  
**Make checks out to LBHA**

**Loomis Basin Horsemen's Association**  
**P.O. Box 2326, Loomis CA 95650**

Name \_\_\_\_\_ Business if Applicable \_\_\_\_\_

Address \_\_\_\_\_ City/Zip/State \_\_\_\_\_

I would like to support the LBHA Benefit Horse Show As a:    Phone \_\_\_\_\_

General Sponsor     Class Sponsor     Booth Exhibitor  for Amount \$ \_\_\_\_\_  
 Corporate Sponsors    Silver (\$100-499)     Gold (\$500 - 999)     Platinum (\$1000 & up)

Product/gift certificate and value: \_\_\_\_\_

As a Class Sponsor, I would like to sponsor the class types indicated:

Halter / in hand     Equitation     Pattern class     Pleasure Class     Trail  
 Hunter/Jumper     Walk-Trot/Leadline     Any class     Specify a class \_\_\_\_\_

As a Booth Exhibitor, I will be selling/showing \_\_\_\_\_ Date \_\_\_\_\_

**NOTE: Due to space only booths representing Breed or Trail Organizations, Feed, Tack or Equestrian supplies/services will be accepted. If space is available, other booths will be considered.**

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 Horseshows
_____ Publicity	_____ County Liaison	_____ English Horseshows
_____ Newsletter	_____ Traylor Ranch	_____ Endurance
_____ Horseshow	_____ 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 \_\_\_\_\_ Make Checks out to LBHA  
DUES, TRAIL/ARENA FUND, \_\_\_\_\_ and mail to:  
Or KEYS \_\_\_\_\_

TRAYLOR RANCH FUND \_\_\_\_\_ LBHA  
( Please make out a separate check) \_\_\_\_\_ 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: \_\_\_\_\_



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## Next Meeting.

**SEPTEMBER LBHA MEETING - SEPTEMBER 18** Tour of the Loomis Basin Equine Medical Center on Penryn Road at 6:30.

**OCTOBER LBHA MEETING - OCTOBER 16** Horse Show evaluation. Suggestions welcome. Round Table Pizza, Horseshoe Bar Rd Loomis. Eat 6:30pm Meet 7:00pm

Stall with paddock available at private barn in Lincoln/Newcastle area. 85'x135' Covered arena. Grass hay fed twice daily. Contact Nancy (916)645-9659



## Lazy U Ranch

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# Enjoy!



*From the Loomis Basin Horsemen's Association*

**Renew your membership.**

[www.garlic.com/~lbha/NeedToRenew.pdf](http://www.garlic.com/~lbha/NeedToRenew.pdf)

### *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:  
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The Arena at the Park

Meetings

Clinics

Traylor Ranch

LBHA Horseshow

