

Best of America Trail Club

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of America by Horseback!

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Issue 7, January 2010



Upcoming Shows

January 3 - Texas riding
locations

January 10 - Mammoth Cave
and The Farm & Ranch
Museum, NE

January 17 - Flying W
Ranch, KS

January 24 - Paradise Ranch,
Wyoming

January 31 - Eastern riding
locations

Tom's Words of Wisdom

I grew up on a rural farm in Virginia. We always had horses and used them with my Grandfather to work the farm. My Father used horses growing up to work fields and haul hay. I remember seeing him use the horse drawn hay rake as a child.

We did not think about safety issues back then, not that accidents did not happen and I did not know what a riding helmet was until we saw the English riding folks use them in jumping. Obviously we did not need them.

I lost two good friends this past year to accidents on horse rides.

How can this be as the two that lost their lives were instructors and incredible horsemen? Nope, it was not thunder or lighting, or a car wreck or something someone else did. The weather was fine. They were on their favorite horses. The truth is, it can happen to anyone at anytime.

In a recent article sent to me, it referenced a study done in 1985 by Dr. J. L. Firth estimating that while "a serious incident can be expected at the rate of 1 per 7,000 hours of motorcycle riding, serious injury rates exceed one per 350 hours of horse back riding."

continued on pg 2

Howdy from Mark Laney!



As we juggle and coordinate dates and finalize the schedule for 16 trail riding and production shoot locations, in 4 states over 8 weeks for our spring Southwest Grand Tour through Texas, New Mexico, Arizona & Southern California from the end of March to the middle of May, we are really getting excited about all the wonderful trail riding venues that we will be riding, filming and featuring on our show - not to mention the interesting & historical aspects of many of the venues. This will be a great escape for those further North who wish to thaw out sooner than later. Join us at one or more of these riding locations. A partial listing is noted in this

newsletter & we expect to finalize the remaining stops and post on our website, hopefully by next week. On another front, we are starting to schedule our 2012 Northwest Grand Tour for August and September, 2012 in the Pacific Northwest Region, and expect to film a similar number of trail rides and production shoots over 4 or 5 states, also over a 6 to 8 week time frame.

All this is not to minimize our expectations and excitement for our Caribbean Cruise February 27- March 5 and the trail ride at Banana Bank Lodge in Belize. <http://www.bananabank.com>

IT IS NOT TOO LATE TO JOIN US!!

Life's a Journey, Enjoy the Ride! -Mark

Dutch Henry joins with Best of America!

...Freelance Writer, Author, and Staff Writer for ACTHA

Howdy Folks,
We are excited to kick off a new feature in our newsletter! Each month I'll write a story about someone who shared an adventure with Tom Seay and the Best Of America By Horseback family.

Many folks have told Tom that BOABH has helped them realize a long held dream. We believe by telling the stories of folks who joined in the fun we can inspire others to follow their dream and join in the fun. If you have a story you'd like me to write please contact me at dutchhenry@hughes.net. It's all about the fun and dreams, after all. Gitty Up,

Dutch Henry
dutchhenry@hughes.net



Nancy Stewart goes to Alaska

by Dutch Henry

For our inaugural story I interviewed Nancy Stewart of Alabama.

While watching Best of America by Horseback last summer Nancy saw the announcement for a cruise to Alaska. She'd always wanted to see Alaska so she went directly to BOABH website, found the information and signed up that moment.



"I just figured if not now, I'll never do it!" Nancy said. "And the next thing I knew I was in Anchorage!"

Not only was the cruise with Tom Seay and the BOABH family a first for Nancy, but every day brought forth something she'd never done or, in most cases, never would have dreamed of doing. Nancy enjoyed every minute of her Alaskan vacation, from the helicopter ride to the top Hubbard Glacier to trying her hand at dog sledding, to trail riding way up north in the Yukon, to Zip Lining. ...Continued on pg 3

Tom's Words of Wisdom Continued...

That makes horseback riding 20 times more dangerous. As we begin the new year, we need to think about our safety and that of those around us. I offer some suggestions:

First, as a rule, I never ride someone else's horse before I see them ride that horse. I am seeing too much of people showing off their horse as spirited when it is really not properly trained. When you hear them say, "I trained him myself", I put up a real concern. Face it, the horse does not know you and you do not know how that horse was trained. Always side with caution. **Second**, regardless of what horse you are riding, even if it is the horse you have ridden for years, ask where the ride will go. Roadway? Crossing a small stream that may be five feet deep? Rough and steep rocky terrain your horse is not shod for? Or will the riders include someone with a two year old stallion on its first outing? These are recipes for concerns.

Third, consider who you will be riding with. A bunch of friends that ride together all the time might include their ritual of drinking before or during the ride. Don't even consider going. Give some thought to your trusted horse that has been in the barn or stable for the wet or snowy weather. They continually eat the oats and may have an urge to kick up their heels when you mount up for the first time in a while. Again use extra caution. Your horse may not be trying to hurt you, but the chances are very real. One of the most startling facts I have seen is from the University of Calgary trauma surgeons published in the American Journal of Surgery saying this: the average years of experience of seriously injured riders was 27 years and most were riding experienced horses. That is not 27 years old.....that is 27 years (a quarter century) of experience.

As you plan this year's rides, events, and pleasures, consider safety as the number one item. Include in your planning, consider the things mentioned above, stay alert and consider getting a helmet. If you have children or grandchildren, make them wear them. We need to make sure our memories of riding with friends are truly wonderful experiences.

All the best to you and your family in this New Year! *-Tom* pg. 2

Best of America by Horseback's
NEW online TRAIL CLUB!!
JOIN FOR FREE!!

Stay informed of everything "Best of America" plus enjoy discounts at our trail rides, events & even all equine products online at Stagecoach West!!

Also, track your riding mileage too!
1 FREE year!!

Simply contact us at 540-829-9555 or
info@bestofamericabyhorseback.com to sign-up TODAY!



SHOW TIMES! **RFD-TV**
Rural America's Most Important Network

Tuesday (Premier)	Wednesday (Encore)
4:00 pm Pacific	6:00 am Pacific
5:00 pm Mountain	7:00 am Mountain
6:00 pm Central	8:00 am Central
7:00 pm Eastern	9:00 am Eastern

Nancy Stewart goes to Alaska
 by Dutch Henry

continued from pg 2...
 You know, that's where you spend three hours climbing to the top of a mountain to hang on a cable and fly through the air for ninety seconds back to the bottom. "I was petrified, but I figured no way I was going to miss one single aspect of this adventure!" Nancy laughed. "Even the Captain of the ship did it! He couldn't believe I did it." She did tell me Tom didn't do it. Cruising the ports of Alaska & learning all about Salmon fishing & visiting with the folks who live and make their living with the Salmon



was another fun time. "But one thing I really enjoyed on the trip was the fact it was a horse group. We all had something in common. Tom has a knack of bringing together the most interesting & delightful people." Nancy also joined the BOABH family at Leatherwood Mountains for their fall ride. "What an absolutely gorgeous place! The people, trails and horses were all fantastic. That's another place I'd have never visited without BOABH. And one friend I met on the Alaska trip, Judith Hathaway, who lives in California, came with me to Leatherwood, and we plan other adventures together as well." Nancy also has plans to ride with Tom and the BOABH family in Arizona this summer. She invites everybody to come along. Use Tom as your reason to do something you've been dreaming about doing...He won't mind! Gitty Up,

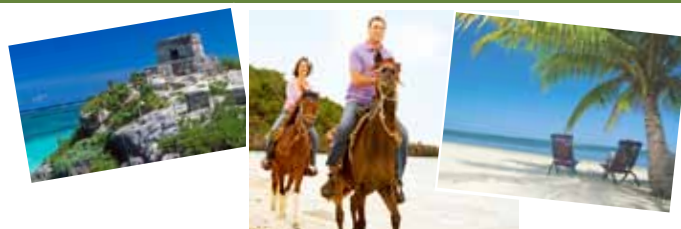
Dutch Henry

Steve Edwards...Why does my Equine Do That??

The saddle is most important to your mule, the bars in the saddle help distribute a riders weight correctly. I know a lot of folks using treeless saddles -- the major problem with treeless saddles is they do not have bars that evenly distribute the riders weight. (This year on my clinic tour throughout the United States I have never seen so many mules with their backs out of place) In speaking to some very prominent chiropractors they all basically said the same thing that mule's backs are out of place from using cruppers, incorrect fitting saddles, and rider's inability to ride center, just to name a few of the problems. A mule' scapula moves up and down like pistons in a motor. When you put your saddle forward you are interfering with the scapula - it is very difficult for the mule to properly move with the saddle sitting on top of the scapula. A saddle can move back 1 to 1.5" and even move more than that if your saddle is placed on top of the scapula. The saddle is damaging the scapula. Correct fit is critical!!



Happy Trails - *Steve Edwards*



Limited number of cabins still left open!
CALL TODAY TO RESERVE YOUR SPOT
AND CRUISE THE CARRIBEAN WITH TOM SEAY
AND THE BOABH CREW!!

540-829-9555

2011 Schedule!!

February 27-March 5: Western Caribbean Cruise (departs/returns from Miami) SPACE STILL AVAILABLE!

April 12-14: Arizona (production shoot/ limited space & attendance)

April 15-16-17: Southwest US - Grand Tour ride (location to be announced)

April 22-23-24: Reed Valley Ranch Hemet, California

April 29-30-May 1: Southwest US Grand Tour ride (location to be announced)

May 3-4: Production shoot (limited space & attendance)

May 6-7-8: Norco, California, "Horsetown USA" - Grand Tour Ride

May 13-14-15: Circle E Guest Ranch in Belvidere, Tennessee - Grand Tour Ride

September 18 or 25: Ride to the White House from the Lincoln Cottage (no public registrations at this time)

October 7-8-9: Brushy Creek Resort in Black, Missouri Grand Tour ride

October 21-22-23: 3rd Annual Fall Colors ride at Leatherwood Mountains, Ferguson, North Carolina

Trail Club Member Featured Riders... Rae & Jim Nenninger

We've been trail riding since 1984 with our children. Since we retired two and a half years ago, trail riding with buddies have become one of our major enjoyments. Riding is an experience of the soul for me! The tremendous elation and enjoyment I feel as my horse takes me over, around and through God's magnificent creation, being one with nature, is one of my greatest joys.

My first ride was on a horse at the Bedford Springs Hotel in 1952. I raised corn & earned enough money to buy my own horse, Butch, a 16.2 H American Saddle/TW in 1960. Jim's first equine experience was during his HS years with friends who had horses. But he graciously jumped into its intrigue as our family began to grow. Our children grew-up w/ horses on a small country farm in Wapwallopen, PA. Being retired since July, 2008 with my husband, Jim, trail riding with our horses, The Deacon, a quarter draft paint gelding somewhere between the ages of 19 and 21, and Wally, a retired 16 yo cutting horse, has become one of our passions. This February & March we will be travel camping with our good friends, Chick & Linda, along with our 3 dogs, to FL for two weeks. Then the Evans will return home and Jim and I plan to travel to the Dallas, TX area to visit relatives with our rig, horses and our dog, Sufi.. We plan to travel back to VA sometime during the middle to end of March , so if

anyone wants to connect with us on our journey send us an email. We'll be looking for new places to ride and new friends to encompass.

Trail riding is my therapy and Jim enjoys & supports my love for the adventure.

We have known Tom and Pat since their Fredericksburg ride in May, 2004, when BOABH was just an idea being developed. It is always enjoyable to experience their worship services on

horseback, their great fellowship and the exquisite places we ride with them and the great clinics they provide along the trails. We have experienced 2 of their

Alaskan cruises and rides in the Yukon and may be joining them on their second Lincoln ride in Washington, D.C.. My favorite ride with the Seay's was always at Graves Mountain.

Though we often ride Gettysburg battlefield, we weren't available for the BOABH there. We love the Tioga state forest near Wellsboro, Pa., where we

camped under enormous pines at the CCC Camp with the Evans. Other favorite trails have been: Flying W Ranch in Northeast PA (a BOABH ride), Grand Canyon of PA, Sandbanks near Shippensburg, PA, Hawk

Mountain, PA, FortValley, VA & Cold Water Creek State Park in Florida.

May your trails always be happy and your experience be the best you want them to be. Don't forget to smell the flowers and fellowship with all.

With God's blessings forever & always!

-Rae Nenninger

