

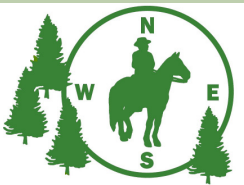
MEADOW MUFFIN



VOLUME 2, ISSUE 1
FEBRUARY 1, 2017

SPECIAL POINTS OF INTEREST:

- **NACMO A Year In Review**
- **NEW RIDE MANAGERS**



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NACMO A Year In Review

THIS MONTH we are focusing on the ride managers. Without these volunteers, who sacrifice their time, energy and sometimes personal funds, we would not have the cool rides to attend!

Stacy Kissel wrote to Meadow Muffin .. I managed my first ride this year at Stoney Run...it definitely makes you appreciate how much ride managers put into managing for a weekend...I did a small park so I was able to walk the whole thing but I couldn't imagine if you had to constantly get on and off the horse... it was a great learning experience... one of the circles was in the wrong place on the map and a few of the descriptions were a little confusing so it helped me become a better competitor as well...everyone was willing to give feedback so I can do a better job the next time....

Mary Greiner wrote to Meadow Muffin .. Don't let it take

you six years to build up the courage to lay out a CMO course. I found Competitive Mounted Orienteering at the end of the season in 2010. I've owned and ridden horses my whole adult life. Late in the game, after the kids were out of high school, I purchased my first trailer and had the freedom to go places with my mare. I spent my first summer trailering my horse from one park to another and tried out one event after another. When I finally tried CMO I knew I was home. I love the event! My horsemanship has grown by leaps and bounds, from learning to keep my horse still while I juggled a pen, paper and compass on horseback, to traversing mud and stream, to confidently moving off trail into the woods. From the beginning, I imagined putting on an event but was intimidated by the paperwork. I volunteered to manage the Kensington Metro Park ride this year because the original manager had to cancel because of her work schedule. I thought the paperwork was done. Well, it wasn't. So, I made it through

obtaining permission from the Metro Parks and straightening out the National organization insurance certificate to satisfy the Metro Park. Then I thought that I was home free to enjoy the pure bliss of setting out a course, finding curious, interesting and unique clues and natural hiding places for the plates. Again, I didn't know what I was in for. Planning and setting the course was a lot of fun but there were many things to learn that only experience would teach me. The first day out we set about 1/3 of the course by horseback. The first thing I learned was to take better notes. I struggled to write out the clues and degrees at home from cryptic notes. I found that the plates were too close together and I couldn't uniquely describe the clues in a sentence. Later, when I went out to check the plates my friends and I couldn't find 2 of them! I got better at it after that but was still learning something new every day. I think that I will be a better competitor next year because of the experience. We checked and double checked

NEW RIDE MANAGERS (Highlights)

Upcoming new ride managers—
REGIONAL DIRECTORS! PLEASE submit your new ride manager information to the Meadow Muffin so we can praise these hard working volunteers.

NACMO 2016

- 1) Lindsey Cooke (PA)
- 2) Sherry Zwart (WI)
- 3) Karen Trott (WI)
- 4) Dana Blattner (MN)
- 5) Emily Blodgett (WI)
- 6) Logan Lea (WI)

- 7) Stacy Kissel (IN)
- 8) Mary Greiner (MI)

BENNY'S NEW LIFE, a ride story by Wendy Klein

I've lived in a lot of places in my life, and recently moved to a new farm. I'm a pretty good little guy, and I hear them talk about me that I'm "bomb proof". I don't quite know what that means, but I know not much scares me. I'm a mule!

A month or so ago, after having a really cushy life without much work (thought I had an early retirement!) I got a trailer ride to this place. Didn't much care for being by myself in a pen at first, but then there was this psycho white horse who kept charging the fence trying to bite me, which made me kinda glad to be by myself. These people have some little people who come to visit sometimes. They like to look me right in the nose and say, "Benny's soooooo cuuuttte!" They're pretty cute, too. I'm happy to carry them around – the bigger one never wants to get off, but the littler one is a little scared and only wants to sit in the saddle for about 10 seconds. But that's okay, I'll stand very still while she does that, and pretty soon she'll know I'm not scary.

I do have to work a bit at this place. I heard them talking about the lady, who hasn't ridden for a couple of years because of some eye problems – apparently her eyes don't work together and she sees things moving that aren't really moving. Not sure what the big deal is; that's what horses and mules see all the time. But they also said it affects her equi....equi... equality! No, that's not right. Equi....equi... equine! No, that's me. Equilibrium, that's it! And something about a ditzzy Arab mare not going to work right now. I'm sure I can help out, though.

So one day the big red trailer gets pulled out, and they put the psycho white horse into it. Then they put the Appaloosa in. Then they came and got me. Boy am I glad my friend the Appy went along as a buffer. After a couple of boring hours, we pulled into a nice green place with lots of other trailers and horses, and I was so happy to see another mule.

The next morning all those critters were being saddled up, including me, to play some sort of game. I like games! Was a little apprehensive, though, when my Appy friend got to stay on the picket line and they put a saddle on that psycho white horse who so far had just wanted to bite me.

First thing we did was trot down the road, then UP a hill. Seemed that hill was never gonna end, but hey, I'm a mule, I know how to climb a hill, so I went first. The white horse came up behind me. He sure seemed to use a lot of extra energy, but he made it to the top. He was panting a little, but I wasn't. And for some reason I couldn't figure out, now this white horse LIKED me and wanted to be my friend. Go figure!

Off we went down the trail. Our riders had some paper that they kept looking at, and which seemed to cause a lot of discussion. Seemed to me there was a perfect trail on a beautiful day (OK, well at least it wasn't raining) and that trotting through the trees was just fine. Then out of the blue, they hollered "There it is", and pulled us to a stop. Then they wandered aimlessly back and forth on the trail, until they said "there's the other one". Other what? There were hundreds of trees and stumps, couldn't see anything special about the ones they spotted.

Then, they made us go into the woods – leave a perfectly good trail!!! And go in circles around some random trees. OK, is this the game? I can circle trees. But she seemed to want to go around SOME trees, but not others. Weird! It made no sense to me, so I just picked out a tree and walked around it. That didn't seem to make my rider very happy, either! The white horse (Lancer, I think they called him) seemed to understand the system and was weaving in and out of the trees. Then there was another holler of "Got it". The riders took out their papers and pens, scribbled on the paper, then charged back to the trail.

Game. It's supposed to be a game. So as long as Lancer was being my friend now, I thought I'd follow him in the woods and see if I could figure out what I was supposed to do. The next time we left the trail, I put my nose almost on his tail and followed him. That didn't seem to make my rider very happy, either, but at least I knew where to step, because Lancer had already stepped there. My rider kept trying to make me go around a different tree, but I knew better and no way was I going to try THAT!

At one of these diversions, there were other horses there, too. It got a little confusing – at that point, I was very comfortable following that white butt around trees. So that's what I did, regardless of what my rider wanted (she doesn't have much mule sense, either) – but then I realized it was a different white butt – and then there was another one – and another one! Aha; the 3 horses in the woods were ALL white ones. Oh, well, as long as I had a white butt to follow I was good.



There were some muddy spots on the trail, and some logs to step over, and sometimes even standing water. Most of the time when we went over/around/through one of these things, I got a pat on the neck and a "Good boy, Benny". Not sure what the big deal was, but it was nice. At one of these puddles, Lancer abruptly stopped and actually wanted to drink it. Ick! I didn't even pause, just went around him and on down the trail. There's way better water to drink than mud on the trail!

At last, we were headed back to camp. I was kinda tired, but doin' okay. Ahead of me on the trail were those friendly white butts. I trotted the best I could to try to catch them, because they were my friends. I called out to them, but they didn't wait for me. And I thought Lancer was my friend – guess he was kinda fickle. Then much to my surprise, Lancer came up from BEHIND me! Guess it wasn't his white butt I was following down the trail.

We made it back to camp just fine, and I got a nice drink of water and roll in the soft sand. I was a little itchy and that felt really, really good. They showed me a red ribbon, patted my neck, and told me I was a good boy.

After a nice quiet night and a little shut-eye, the next morning the animals all got saddled again! And off we went down the trail. By now I knew what to do. Follow that white butt! After two days and two of these games, I was a pretty tired mule. But it was kinda fun, and sure nice to see some different trails rather than just the paved roads and driveway around my new home. After that second day they showed me a BLUE ribbon and cheered! And so began my CMO career.

Experienced Ride managers give advice..



Janet Citron, CMO member since 2005, ride manager since 2007 and a regional director since 2009, has offered some advice to new (or wanna be new) ride managers.

I am always thrilled when we have a new member to our NACMO group. I am willing to take them on to my team or set them up with an experienced team to show them the way. I don't want them to get frustrated their first time out. I explain that everybody rides their own ride...some being very competitive and some just happy to be out with their horses doing something a bit different.

Dodie Sable, CMO member since 2013 and relatively new to CMO ride management in 2015 .. but not new to managing organized rides (she is an endurance rider and ride manager since 1999) offers this challenge.

As a rider, you know how the game is played! When I setup my first ride, I found I had MORE fun setting it up and planning the hiding spots than I did going out and finding the objectives! I studied terrain and planned clues and it was so much fun. The paperwork is easy, and watching the riders come in at the end with smiles on their faces was all the reward I needed. Go out and do a ride, your fellow CMO members will love you for it.

Janet Wenger is a CMO member since 2010 and is focusing on getting new members into the sport in her region.

Due to social media and very helpful membership, we have many riders north of Grand Rapids that are interested in learning our sport. Due to this Chris Hubert has offered to do a beginners clinic at Hungerford near Big Rapids probably around the first of May. This will be a clinic on foot, no horses. This is a great way to focus on the mechanics of CMO without having to worry about also managing your horse. She will be finalizing the details and posting them on Facebook.

“Being a ride manager is rewarding (as well as scary) and full of adventure!”

New Ride managers tell stories ...

Mary Greiner continued .. readings. I ended up moving several plates for one reason or another. One week before the ride I had all plates set and the clues typed out. Just prior to the ride, I checked any plates especially at risk of a blowing away, being removed by pedestrians or getting covered by leaves. Despite double checking plates after work within 3 days of the ride, ending with a flashlight at nightfall, there was that demon plate #22 that befuddled and delayed many a rider as it lay silently within a log, nearly

completely covered by leaves from a last minute late fall rain and wind storm. And so, as a competitor, you are out in nature, with your horse facing challenges and surprises. If you have not tried Competitive Mounted Orienteering, I encourage you to do so.

Thank you to all the riders and friends who helped with the leg work, gave encouragement or tips and thank you to everyone who offering way more praise than criticism.

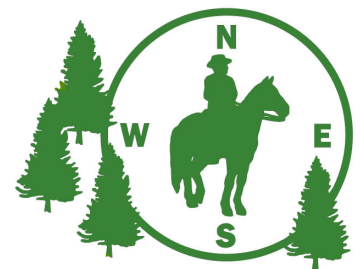
New Regions upcoming in 2017...

Naoma Campbell, starting a new chapter in SE VA/NE NC. Tidewater area.

There are many awesome trail systems, some with horse campsites, where CMO rides can be held over a weekend. If you know someone in that area, please have them contact her via the Facebook group, North Carolina/southeast Virginia nacmo.

Jessica Mala, starting a new chapter in New Mexico. She has experience in the WA CMO region.

I am hoping to start a New Mexico chapter of CMO (NMCMO). . I am currently gathering some people that may be interested in helping start up a chapter. Please call me 503-329-4827



Ride Food—Recipe Share Corner



THREE BEAN SALAD

Easy to prepare the night before a ride and keeps well at the picnic table. Mmmm!

Can garbanzo beans, drained

Can red pinto beans, drained

Can green beans, drained

(can use frozen instead of canned beans!)

Green onions, chopped

Celery, chopped

2 cloves garlic, chopped

1/2 c cider vinegar

1/4 c peanut oil

Tablespoon raw honey

1/2 teaspoon ground mustard

1/4 teaspoon powdered garlic

1/4 teaspoon black pepper

1/4 teaspoon onion powder

1/4 teaspoon cayenne pepper

In a bowl, gently mix the garbanzo beans, kidney beans, green beans, green onions, garlic and celery. In a separate bowl, whisk together the

vinegar, oil, honey, mustard, garlic powder, black pepper, onion powder, and cayenne pepper. Pour dressing over the salad, and toss gently to coat. Cover, refrigerate at least 2 hours, and gently toss before serving.

“Not everyone likes foods spiced up so I always keep that in mind and will make a Spicy batch and a Non-spicy batch.”

HAVING FUN AT A RIDE ...

This just in ... it's okay to be silly.

Yes, many submissions came in over the holiday season of CMO riders dressing up for their competition appropriate to the holiday pending. Riders and horses wearing costume decorations is more than fun, it is pleasing to those people you may encounter on the trail

while searching for your objectives. It also says that you're here to have fun and enjoy the time with your team members and your horse.

Be creative! Some ride managers (like me!) have prizes for the best riding costume!



FOLLOW THE YELLOW BRICK ROAD

(as sent by one member who wishes to remain anonymous) As a competitor, nothing is more frustrating to me than a map that is useless. In our area, many trails are “pay attention because there are no markers”. We are fortunate that the ride managers know the trails and will make notes

on the map of hidden offshoots or dangerous areas to avoid. We did, however, have one ride in which the map was a squiggly line with no terrain markers or junction crossings and all the riders at that ride got off trail and lost. It was disheartening to the riders and to the ride manager as no-one

had any fun being out on trail for over 6 hours without finding all the objectives. I reached out to the ride manager later, with a better map, and asked that at the next ride at this location, this map would be better utilized. The ride manager was grateful and we look forward to it again.

ASK MUFFIN

your “Go To” for more information

Answers to “Ask Muffin” questions are based on NACMO board member opinions and do not constitute a rule-change or addition. Rather, they are suggestive of what the board as a whole, believes proper behavior to be. Please submit questions for “Ask Muffin” to your state Director, or via email to: askmuffinCMO@gmail.com



Dear Muffin:

I started CMO in 2016 and we formed a small team of three. We competed in two rides in our region and had terrible experiences at both rides. The other team riders were very unfriendly and one

person was downright nasty when we asked for some guidance. We did not attend any more rides because we were disappointed and disgusted. I really enjoyed the CMO and want to do it again this year but don't want to be subjected to that kind of poor sportsmanship. HELP!

Wanna Ride CMO

Dear Wanna Ride.

I am soooo sorry that you had this terrible experience. Might I

recommend that you reach out to your regional director and ask to join an established team? By riding with experienced people, you will learn quicker and (hopefully) will have a better experience at the rides. Also, in the future, never hesitate to contact the ride manager and tell them of your experience (be it good or bad) They will be in your corner!

(Related to Meadow Muffin from NACMO's Rule Book)

PROTESTS

O-1 Any protest must first be brought to the attention of ride management.

The ride manager may initiate an action including reducing points, disqualification, or other remedy as deemed fit. The Ride Manager may consult with the State Director for

advice and rule clarifications. A rider may protest the action of a ride manager under this rule O-2

O-2 (Official protests for misconduct require filing fees—see rule book)

O-3 Riders may send comments and concerns to the Executive

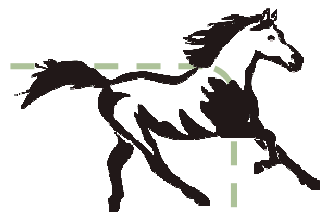
Director and/or Board Members at any time.

Classified Ads ... FREE!

FOR SALE: New, only ridden in three times. Stonewall Endurance Saddle. Lightweight at only 11 pounds, this particular saddle is built for a medium to narrow horse, 16" seat. New, rigged out was \$1700—selling for \$1200. Will ship for an additional fee. Contact Dodie, dodie@newpromisefarms.com or 610-756-3836



CHAPTER STORIES—(PA/NJ)



The annual 2016 Awards Ceremony meeting is scheduled for February 2017. In our region we get together for a lunch, companionship and lots of laughter. It's cold outside, and toasty warm inside. We exchange stories about those "hard to find" objectives and tease the appropriate ride manager for making the ride so much more challenging. Our Regional Director, Janet Citron, hands out our year end awards while we all laugh and clap and carry on like we're in grade school.

It is a great time and we are all in a non-competitive environment. Mostly, the camaraderie is amazing.

Please share with meadow Muffin any stories and photos you have of your annual awards meeting. We want to hear from everyone about their excitement in placing in the region and nationally.

This year, we had three teams from our region make top 20 Nationally. WHOO HOO!

NATIONAL TEAM RESULTS, 2016				
National Team Leaders - Long Course, top 20				
ID	Team	Ride Group	Points	# Riders
WA-42	Pony Express	WA	80	129
MI-40	Turn & Burn Babes	MI	80	128
IN-4	Babes of the Woods	INIL	80	110
MN-32	Wonderwomen	MNWI	80	84
WA-79	Gold Rush	WA	80	77
MN-03	K Klan	MNWI	80	62
IN-5	Seeing Spots	INIL	79	78
MI-36	Freedom Riders	MI	78	97
PA-14	The Four Horsemen	NJNY	78	87
PA-13	Pocono Pony Express	NJNY	78	77
IL-4	Boonie Whompin Yee-ha Chicks	INIL	77	95
MI-41	Trail Stompers	MI	77	85
WI-03	Bushwhack	MNWI	77	65
IN-23	Thoroughbred Rodeo Clowns	INIL	75	90
WI-31	Team Iowa (IA-1)	MNWI	75	77
WA-4	Hopalong Casualties	WA	75	76
IL-17	Gypsy Travelers	INIL	75	68
WA-6	Long Haulers	WA	74	90
WI-25	The Tall Guys	MNWI	74	57
PA-17	Lost Calamities	NJNY	71	82

1. The Four Horsemen in at 9th
2. Pocono Pony Express in at 10th
3. Lost Calamities in at 20th

Do you know your local regional members? Have you visited their Facebook Page? At this time, all the chapters now have an official Facebook page. Go join and stay current with your local members!

2017 ... a year to grow ...

Ride season is soon upon us. It should be everyone's goal to add new members to their region this year.

HOW DO I FIND A NEW MEMBER?

Who do you ride trail with during the year? Have you invited them to come to a ride and join the fun? Many riders do not think their fellow trail companions will want to try CMO so they don't mention it. MENTION IT! You never know who will be like, "Gee I always wanted to ask you to take me but you never offered so I didn't think you'd want me along."

WHERE CAN I POST RIDE INFO?

Oh my gosh, so many places you can put a poster or flyer about upcoming rides so that people you don't know can be involved. Feed Mills, local show barns,

Tractor Supply has a community bulletin board, local grocery stores usually have a community bulletin board, vet offices, FACEBOOK! Do you post your upcoming ride on Facebook? You should, and reach out asking people to come and join you!

MENTORING!

Prepare your team members that you want to mentor new riders. They will slow you down the first couple times out but as they quickly get enthused and learn the CMO sport, you will find that they will attract more people within their network of riding friends and before you know it, you'll have a new team to compete against!

REGIONAL DIRECTORS CAN HELP!

Ask your regional director about old members that have not renewed or come to rides for a year or two. Sometimes life gets in the way and a member has to stop competing for awhile. If they are remembered and invited back by their regional CMO friends, it's possible to get them back into the saddle and competing. Again, lots of times they feel forgotten and don't reach out to come back into the sport. Reach out to them first and make them feel missed.

HAVE FUN IN 2017! BE SAFE AND RIDE RIDE RIDE!