2015 Michigan 4-H Trail Ride & Family Camp Weekend
www.ans.msu.edu/youth_extension_programs

Whiskey Creek Campground
5080 Sippy Road, Custer, MI 49405
Phone: 231-898-2030
www.whiskeycreekcamp.com

June 19-21, 2015

Purpose: To provide 4-H members, parents, and leaders with an opportunity to meet and become acquainted with 4-Her’s from across the state, to provide training in planning and conducting club and county trail rides, and to develop an appreciation of conservation and natural resources.

REGISTRATION: Registration forms and fees are then due to the State Extension Office no later than June 8th, 2015. Please send entry forms and check (payable to MSU) for all entries to State 4-H Trail Ride, 474 South Shaw Lane Room 1287, Anthony Hall, East Lansing, MI 48824.

Eligibility: Michigan 4-H club members, families, and leaders. Participants under 14 years of age must be accompanied on the State 4-H Trail Ride and its individual rides, by a parent, legal guardian, or responsible adult. Members 14-17 years old must have a 4-H leader in attendance at the ride, designated by the county, to whom they are responsible, but this advisor does not need to accompany them on all rides. Youth are responsible to any of the State 4-H Trail Ride Committee members.

ASTM/SEI approved riding helmets are required for youth under the age of 19 and highly recommended for all riders.

Horses: Participants will be responsible for bringing their own horse for their use. NO STALLIONS ARE ALLOWED. Hay and grain will not be furnished. There will be space for picket lines. DUE TO THE TERRAIN IN THIS AREA IT IS RECOMMENDED THAT YOUR HORSES BE SHOD AND CONDITIONED. Horses should be controllable and safe on the trails to ensure a safe enjoyable ride for all.

Fees:
This fee includes all meals (Fri. Dinner -- Sun. Brunch) and camping fees*.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Non 4-H Youth Members**</th>
<th>4-H Youth Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>11-19 yrs</td>
<td>$55.00</td>
<td>$45.00</td>
</tr>
<tr>
<td>5-10 yrs</td>
<td>$45.00</td>
<td>$35.00</td>
</tr>
<tr>
<td>4 yrs old &amp; under</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td>ALL Adults</td>
<td>$45.00</td>
<td>$45.00</td>
</tr>
<tr>
<td>NOT Pre-Registered (Show Up)</td>
<td>$60.00</td>
<td>$60.00</td>
</tr>
</tbody>
</table>

**Not a 4-H member? Contact your local county extension office to sign up! The extra $10 in registration includes your 4-H participation enrollment fee!

*Electric campsites are available for an additional $15.00/night/site but sites are first come, first served upon
Welcome to the 2015 State 4-H Trail Ride!!

We are thrilled to be returning to the beautiful venue, Whiskey Creek! We are hoping to bring a new level of fun to the trail ride.

We would like to get our youth more involved with camp activities. 4-H activities are for learning. We welcome anyone who enjoys singing around the campfire to join us with that activity. If anyone has any other recreation ideas please let me know.

For those of you who may not like to ride but would like to enjoy the weekend with your club or family, recreational activities such as swimming, fishing, orienting, hiking, and volleyball are available. Your own equipment is needed, however. We are always open to new activities around the camp, as well.

We really stress safety on the trail ride. ASTM/SEI approved riding helmets are required for youth under the age of 19 and highly recommended for all riders.

Please remember that we all participate in making the ride work. We need everyone to sign up for work duties. Without YOUR participation things won’t be as much fun. Remember that many hands make the work light.

We welcome and encourage all those interested in horses and the outdoors to come and enjoy the State 4-H Trail Ride! Additional camping fees will be assessed if participants camp before and/or after the State 4-H Trail Ride. We have a limited number of electric sites that are available on a first arrive basis.

Whiskey Creek is a chance for a whole new set of memories.

See you at the campfire!!!

Doug Lewis
Committee Chair
## PROGRAM

### 2015 STATE 4-H TRAIL RIDE

PLEASE PARTICIPATE IN ALL ACTIVITIES AND HELP US STAY ON SCHEDULE

---

**Friday, June 19**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00 - 5:00 p.m.</td>
<td>Check-in* and get settled</td>
</tr>
<tr>
<td>5:00 – 7:00 p.m.</td>
<td>Evening ride</td>
</tr>
<tr>
<td>6:00 - 7:00 p.m.</td>
<td>Set-up for dinner</td>
</tr>
<tr>
<td>7:00 p.m.</td>
<td><strong>Mandatory</strong> Orientation meeting - Review ride schedules, introduce committee, trail bosses, sign up for Saturday lunch ride, etc. Dinner <em>(option: bring your own meat to grill!)</em></td>
</tr>
<tr>
<td>8:00 – 9:00 p.m.</td>
<td>Pool is open</td>
</tr>
<tr>
<td>9:00 p.m.</td>
<td>Campfire &amp; Recreation-Youth S’mores Party</td>
</tr>
<tr>
<td>10:30 p.m.</td>
<td>Quiet time</td>
</tr>
</tbody>
</table>

**Saturday, June 20**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 a.m.</td>
<td>Rise &amp; Shine Breakfast Set-Up</td>
</tr>
<tr>
<td>7:00 – 8:00 a.m.</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>First trail ride leaves</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Lunch Set-Up</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Lunch Ride leaves</td>
</tr>
<tr>
<td>12:00 - 1:00 p.m.</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00 - 5:00 p.m.</td>
<td>Afternoon trail rides &amp; Activities</td>
</tr>
<tr>
<td>1:00 – 5:00 p.m.</td>
<td>Pool is open</td>
</tr>
<tr>
<td>5:00 p.m.</td>
<td>Dinner Set-Up</td>
</tr>
<tr>
<td>6:00 – 7:00 p.m.</td>
<td>Dinner</td>
</tr>
<tr>
<td>7:00 p.m.</td>
<td>Evening program or Ride</td>
</tr>
<tr>
<td>7:00 – 9:00 p.m.</td>
<td>Pool is open</td>
</tr>
<tr>
<td>8:30 - 10:00 p.m.</td>
<td><strong>Line Dancing Lessons in the Lodge!</strong></td>
</tr>
<tr>
<td>9:00 pm</td>
<td>Cake and Ice Cream</td>
</tr>
<tr>
<td>10:00 p.m.</td>
<td>Campfire and quiet time</td>
</tr>
</tbody>
</table>

**Sunday, June 21**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 a.m.</td>
<td>Rise and shine w/ coffee, juice &amp; donuts on the hill</td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>Church on the hill <em>(optional)</em></td>
</tr>
<tr>
<td>9:15 a.m.</td>
<td>Morning Ride</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Brunch Set-Up</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Brunch</td>
</tr>
<tr>
<td>12:15 p.m.</td>
<td>Break camp <em>(Assistance from everyone to clean up lodge area!)</em></td>
</tr>
</tbody>
</table>

---

**PLEASE LEAVE THE CAMPSITE CLEAN**

Have a safe trip home -- We hope you have a memorable weekend!!

* **Required to Sign up for Kitchen Help**
  Must sign up prior to be given packet
Additional camping fees will be assessed if participants camp before and/or after the State 4-H Trail Ride.

**Preparation for Ride:** The committee strongly recommends that a minimum of three weeks be allowed to condition your horse, at least ten miles per day. **Horses participating must negative Coggins test for the previous 12 months (no earlier than June 21, 2014)** and it is strongly recommended that they have their annual Tetanus booster and be vaccinated for Rabies, Equine Influenza, Sleeping Sickness (EEE and WEE, VEE), Potomac Horse Fever and West Nile virus at least one month prior to the ride.

**Volunteers:** ALL PARTICIPANTS ARE REQUIRED TO SIGN UP FOR A KITCHEN SHIFT. Your contributions keep the registration fee as low as possible.

**Rides:** Rides will be designed for different riding levels, with types and lengths suited to experience, conditioning and interests. A special, slow ride will be included for those that would like to stop and take pictures. Experienced trail bosses will lead each ride. Riders will be expected to stay with a scheduled group ride. **Trail bosses and drag riders must be approved by the State 4-H Trail Ride Committee.**

**Recreation Options:**

- Silk Screening t-shirts will be available at a small extra fee. You may bring your own shirt.
- A craft will be provided (a small extra fee may be required).
- An ice breaker
- Fun, science activities
- Saturday night line dancing lessons! **NEW
- Knot tying demonstrations
- Swimming (outdoor pond and indoor pool)
- Bring items for tack swap (go from trailer to trailer to shop!)
What Should You Bring??

1. Tent or camper for sleeping (no housing facilities are available at the campsite)
2. Sleeping bag or warm bedding, and pillow
3. Halter and sturdy tie rope at least ½ inch in diameter, and fitted with a heavy snap
4. **Eating utensils, plates, silver ware etc**
5. Bridle, saddle, other riding equipment
6. Grooming equipment, including hoof pick
7. Extra halter, lead/tie rope, saddle pad, girth
8. Flashlight, miscellaneous camping equipment, utensils
9. First aid materials for human and horse
10. Mosquito repellent for human and horse, fly spray for horse
11. Sunburn preventative
12. Adequate clothing that includes a warm jacket and sweatshirt, raincoat, or poncho, at least two pair of footwear (both boots for riding and tennis shoes for lounging are suggested), swimsuit and towel
13. Towels, soap and other personal items
14. Water storage container
15. Grain, hay and salt for your horse, equipment needed for feeding
16. Card table, folding chairs, lawn chairs

**Optional items**
- Riding raincoat that covers saddle
- Camera
- Saddlebags (something for equipment)
- Lantern
- Games for leisure time activities (cards, horseshoes, volleyball, tubing)
- Rubber footwear
- Compass
- Horse blankets
- Canteen (water for during riding)
SUGGESTIONS FOR CONDITIONING HORSES AND RIDERS FOR TRAIL RIDES

1. Your horse should be fed a balanced ration that will have them in good physical condition prior to the trail ride. The ration should allow free access to a trace-mineralized salt block or supplement.

2. In preparing for a trail ride, you should carefully condition your horse as well as yourself. Walking develops muscles, and cantering develops wind. As most trail riding is done at a walk or trot, it is essential that you ride your horse at a walk several miles a day during this conditioning period. As in any conditioning program, you should start with short rides and gradually lengthen them each day.

3. Many ponies are not suited for long trail rides, although some can go all day without tiring.

4. It is good to practice riding your horse through areas of rough terrain (hills and water crossing) to get them used to cross country riding.

5. Proper foot care is important. For longer rides, most horses should at least be shod in front, although many horses with exceptionally good feet can go barefoot. Proper trimming should be done early enough so the horse is not tender during the ride. The terrain at the trail ride site should be considered. For information, contact the State 4-H Trail Ride Coordinator.

6. A minimum of three weeks should be allowed to condition both you and your horse.
STATE 4-H TRAIL RIDE GUIDELINES

It is understood that all participants will agree to conduct themselves in a responsible manner and observe the following guidelines. These guidelines apply to everyone on the ride, both youth and adult! Those participants not following these guidelines are subject to disqualification from this ride, or may be barred from future State 4-H Trail Rides.

ASTM/SEI approved riding helmets are required for youth under the age of 19 and highly recommended for all riders.

RIDING IS ALLOWED ON DESIGNATED TRAILS ONLY-ABSOLUTELY NO OFF-TRAIL RIDING.

GENERAL
1. Attend and be prompt for all group meetings and general sessions
2. Wear name tags wristbands at all times
3. Youth participants will be responsible to any adult on the State 4-H Trail Ride Committee
4. We are not responsible for any lost or stolen items
5. Adults should use care with matches and smoking
6. Report any sickness or injury (even minor) to a committee member immediately
7. State 4-H Conduct Policy: It is suggested by 4-H staff persons, leaders, and members that a self-governing body of participants be formed for each state-sponsored event. Such a governing body would concern itself with the development and implementation of ground rules for conduct of participants. Whether or not there is a governing body, participants will adhere to the following general conduct policy: anyone participating in a state-sponsored 4-H activity who is caught in the act of theft or vandalism, or caught with illegal drugs or alcohol, or who is involved in other such offenses shall immediately be sent home at his/her own expense and if it is determined by 4-H staff persons, leaders, or persons in charge of the activity, that the offense warrants it, the offender may be turned over to proper authorities.
8. Riders should select rides that fit their ability and conditioning, and that of their horse
9. All riders must wear boots with a heel

CAMP MANNERS
1. Be sure all horses are tied securely in camp. Double check all ropes and snaps. Please check with one of the State 4-H Trail Ride Committee members if you need assistance
2. Pick up any litter that you see on the campground at any time
3. No horses are allowed in the headquarters, cooking, recreation areas or pond. Rivers are to be used only for crossing and watering horses unless special instructions are given by the State 4-H Trail Ride Committee
4. All dogs must be tied or on a leash at all times. No dogs allowed on the trails. No dogs allowed in group areas or food area.
5. No running of horses permitted in the camp area. Tied horses become anxious.

POOL MANNERS
1. Parent or chaperone must be present in the pool area whenever a youth is in the pool.
2. Please clean up after yourself.
3. Follow all posted pool rules.

TRAIL MANNERS
1. Walk the first mile out and the last mile in.
2. Do not canter or lope past another horse. Trot up and ask permission to pass.
3. Put a red ribbon in the tail of any horse that kicks.
4. Horses must be ridden in a bridle at all times.
5. Ride at least one horse length behind the horse ahead of you.
6. Do not weave in and out of a line of riders.
7. Do not exchange horses unless you are accustomed to riding that particular horse.
8. Do not trot or canter on hard surfaced roads.
9. Your entire group should ride on the same side of the road.
10. Riders should alert the trail boss to any trouble along the trail. In case of trouble, the entire group will be asked to stop.
11. Do not canter in an area with low, overhanging branches.
12. Warn riders behind you of low branches or other hazards. Do not grab low branches and let them swing back toward riders that are following you.
13. Never tie your horse to a tree. Always use a picket line.
14. Do not move out of camp or a trail stop until everyone is mounted.
15. Keep up with your group at all times. If anyone needs to stop for any reason, the entire group will be asked to stop.
16. Do not leave your group while on the trail.
17. Do not drop litter on the trail.
18. No bareback riding will be permitted on the trails.
19. **Any riders who disobey those in charge or those riding in an irresponsible, unsafe, manner will be asked to stay in camp or be excused from the ride. Riders also may be barred from future State 4-H Trail Rides.**
20. Approved protective headgear is strongly recommended. And is required for 4-H Youth members.
21. NO riding double on trails.
22. When crossing at water, horses must go directly across. No swimming, bathing horses etc.
23. Rules may be enforced by any State 4H Trail Ride Committee member.

**CARE OF HORSE**

1. Each participant assumes the responsibility for their own horse. The State 4-H Trail Ride Committee assumes the right to call on a veterinarian if it appears necessary
2. **No stallions are allowed**
3. Make sure your horse has unlimited access to salt AND WATER during the ride
4. If your horse comes into camp sweaty and breathing hard, cool it down before feeding and watering. Horses will tolerate and benefit from sips of water during the cooling off process; however water should be lukewarm and not cold.
5. Be sure that your horse is sufficiently fed and watered after it is cooled
6. Horses should be in good physical condition for this type of riding
7. Limit cantering on hot, muggy days
8. Brush and clean your horse when you return to camp

**THOSE PARTICIPANTS NOT FOLLOWING THESE GUIDELINES ARE SUBJECT TO DISQUALIFICATION FROM THIS RIDE, OR MAY BE BARRED FROM FUTURE STATE 4-H TRAIL RIDES.**
Entries due no later than June 8, 2015 to the STATE extension office.

**SUMMARY SHEET**

Please type or print clearly and give complete information.

<table>
<thead>
<tr>
<th>COUNTY</th>
<th># of Entrants</th>
<th>Entry Fee Per Entrant</th>
<th>Total Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Participants</td>
<td></td>
<td>$45.00</td>
<td></td>
</tr>
<tr>
<td>11 to 19 (4-H Member)</td>
<td></td>
<td>$45.00</td>
<td></td>
</tr>
<tr>
<td>5 to 10 years old (4-H Member)</td>
<td></td>
<td>$35.00</td>
<td></td>
</tr>
<tr>
<td>4 yrs &amp; younger</td>
<td></td>
<td>FREE</td>
<td></td>
</tr>
<tr>
<td><em>Non 4-H Youth Member</em> (11-19 yrs)</td>
<td></td>
<td>$55.00</td>
<td></td>
</tr>
<tr>
<td><em>Non 4-H Youth Member</em> (5-10 yrs)</td>
<td></td>
<td>$45.00</td>
<td></td>
</tr>
<tr>
<td>Non Pre-Registered (show up at event)</td>
<td></td>
<td>$60.00</td>
<td></td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please make checks payable to **Michigan State University**

*The extra $10 in registration includes your 4-H participation enrollment fee!*

************************************************************************FOR OFFICIAL USE ONLY************************************************************************

<table>
<thead>
<tr>
<th>Date Received</th>
<th>Entries Complete</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ADULT REGISTRATION FORM
(Age 20 and over)

COUNTY: _______________________

2015 STATE 4-H TRAIL RIDE

Name: ___________________________ Male: ☐ Female: ☐

______________________________ Male: ☐ Female: ☐

Address: __________________________ City/Zip: ________________ Phone: (____ ) ____________

(Check appropriate box) Adult 4-H Leader ☐ Extension Staff Member ☐
Family Member ☐

<table>
<thead>
<tr>
<th>QTY.</th>
<th>FEE</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Adult Fee</td>
<td>$45.00</td>
</tr>
<tr>
<td></td>
<td>TOTAL</td>
<td></td>
</tr>
</tbody>
</table>

Checks should be made payable to MICHIGAN STATE UNIVERSITY and MUST arrive at the
STATE Extension Office (474 S. Shaw Ln, Room 1287, East Lansing, MI 48824) no later than
June 8, 2015. PLEASE BE SURE TO GET YOUR TRAIL RIDE INFORMATION PACKET.

Please specify if you are qualified to assist with any of the following:

Doctor ☐ Nurse ☐ First Aid ☐ CPR ☐ Recreation ☐
Trail Guide ☐ Other:(specify, please)

Every family/club is required to sign up to help in the kitchen for at least one meal.
Sign in at registration for your meal time assignment.

Yes, I have read and agree to abide by the enclosed Trail Ride Guidelines.

Signature needed for all registered.

PLEASE MAKE SURE YOU RECEIVE YOUR TRAIL RIDE INFORMATION PACKET FROM
www.ans.msu.edu/youth_extension_programs
4-H MEMBER/YOUTH REGISTRATION FORM
(Age 19 and under)  COUNTY: ________________________

2015 STATE 4-H TRAIL RIDE

Name: ________________________________________  Male: ☐  Female: ☐
______________________________________________  Male: ☐  Female: ☐

Address: ________________________________________

City/Zip: ________________________________________  Phone: (______) __________________
Email: __________________________________________

(Check appropriate box)
4-H Member  ☐  Family Member  ☐

<table>
<thead>
<tr>
<th>QTY</th>
<th>Fee</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 to 19 yrs.</td>
<td></td>
<td>$45.00</td>
</tr>
<tr>
<td>5 to 10 yrs.</td>
<td></td>
<td>$35.00</td>
</tr>
<tr>
<td>4 yrs &amp; under</td>
<td></td>
<td>FREE</td>
</tr>
<tr>
<td>Non 4-H Member</td>
<td></td>
<td>$55.00</td>
</tr>
</tbody>
</table>

Total

Checks should be made payable to MICHIGAN STATE UNIVERSITY and MUST arrive at the STATE Extension Office (474 S. Shaw Ln, Room 1287, East Lansing, MI 48824) no later than June 8, 2015.

TO BE FILLED OUT BY YOUTH: Name of adult advisor 4-H member is responsible to if parent does not attend. (This is for all 4-H members (and guests) 17 years old and under. MEMBERS UNDER 14 YEARS OF AGE MUST BE ACCOMPANIED BY A PARENT, LEGAL GUARDIAN OR RESPONSIBLE ADULT ON ALL RIDES.)
Name of leader/parent attending: ________________________

Each 4-H Member/Youth Registration Form must have a completed “waiver of liability” attached. This form must be signed by a Notary Public.

Every family/club is required to sign up to help in the kitchen for at least one meal.
Sign in at registration for your meal time assignment.

Yes, I have read and agree to abide by the enclosed Trail Ride Guidelines. I understand that these guidelines apply to both youth and adults, as adults are role models for youth.
Please remember to fill out and return your evaluations sheets on Sunday.

Signature needed for all registered.

PLEASE MAKE SURE YOU RECEIVE YOUR TRAIL RIDE INFORMATION PACKET FROM YOUR COUNTY OFFICE or from www.ans.msu.edu/horse_youth_programs
IMPORTANT

WAIVER OF LIABILITY

I, ______________________, being the parent or legal guardian of the minor child/children:

________________________________________

________________________________________

________________________________________

________________________________________

hereby release the Michigan State 4-H Youth Programs; Michigan State University Extension; Michigan State University; any local 4-H group; 4-H leaders, volunteers, employees and members; or any of the State 4-H Trail Ride Programming Committee, from any liability for any injury or damages resulting from the above named child’s/children’s participation in the State 4-H Trail Ride, June 19-21, 2015. The above names parent or guardian, pursuant to the above waiver of liability, hereby grants permission for the above named child/children to participate in the Michigan State 4-H Trail Ride.

This permission and waiver of liability is effective through June 21, 2015.

________________________________________
(Parent/Guardian Signature)

Subscribed and sworn to before me this

_______________ day of ________________, A.D., 2015.

________________________________________
Notary Public

_________________________ County, Michigan

My Commission Expires: ________________________________