

MHT e-Blast!

- April 2020 –
(see all 10 items below)



From all of us at Manitoba Horse Trials:

We hope that you, your loved ones, and your colleagues are safe and well and wish you good health and strength in the days and weeks to come.

Due to Covid-19, pre-planned events may be cancelled or postponed to later dates. Keep checking our MHT Facebook Page or [MHT Website](#) to stay current. See below for event changes thus far:

Snowbound 2 (March 13, 2020) – cancelled

Meet the Fences (May 2, 2020) – cancelled

MHT Spring MEET (May 3, 2020) – cancelled

Fence Painting (May 23/24, 2020) – Still planned if Social Distancing possible

Meet the Fences (June 13, 2020) – To be determined

MHT Summer MEET (June 14, 2020) – To be determined

***Also, for up-to-date national info visit the Equestrian Canada website at this link: [Equestrian Canada](#).**

Stay Positive and Keep Connected: Just when Spring was peeking around the corner and riding cross country with our friends was nearing the bend, the world has placed an obstacle in our path. Many of us are unable to ride during these times, and preparing for upcoming shows has been placed on hold. Rein in your frustration with self-care! See below for a few tips to stay positive and keep connected with your horse, riding and Eventing:

1. Rider Health and Fitness – we all know that being healthy and fit aids in our riding skills. As examples, a strong core and stamina are key to riding. Ways to develop a strong core include yoga or pilates; and cardio training will build your stamina to withstand longer periods of riding. Sport Manitoba offers many home workouts such as The Bodyweight 400. Click link below: <https://www.sportmanitoba.ca/bodyweight-400/>
2. Rider Mental Health – There are many books about Eventing, overcoming mental roadblocks, horse welfare and more! Ask your Coach for a recommendation or peruse the internet for podcasts about riding.
3. Spring Clean your Tack – Now is a great time to go through the tack in your garage and decide which items you need and which you can clean up for a future Tack Sale or donate to a Not-For-Profit Horse Club. Also, there is no better time than now to clean and condition your daily tack so it's ready when you can safely return to riding.

4. Reach out and connect to your friends - Phone calls, Texts, Emails, Facetime, Facebook, Instagram, Zoom, Skype, Facetime with your friends! Think of a horse-related topic to research and discuss together. Pick a friend to plan similar riding goals and write out the steps you need to reach those goals and make a plan for when you are back in the saddle again! Keep in touch and remember you're not alone - we are all in this together and can't wait to ride with you again!

MEMBERSHIPS ARE DUE: Don't forget to renew or purchase your membership for 2020! You will also need a Manitoba Horse Council (MHC) membership to participate in the shows - click links below!

[MHT Membership](#)

[MHC Membership](#)

Looking for more info on all things Eventing? Check out our website: www.ManitobaHorseTrials.com

Next Board Meeting scheduled for Friday, April 17 at 7:00pm – as this will most likely be a virtual meeting, spots are limited to the Board members. If you have information to be shared at this meeting, please contact an Executive member.

Stay Tuned!

50/50 Draw – On-line format – information to be sent out soon.

Special Events – More to Come! We plan to host some fun events throughout the year and will keep you informed!

Calling all Volunteers! As soon as we are able we will reach out for your help. Please keep an eye out on the [CALENDAR](#) and let us know when you're available to join us at future shows at volunteers@manitobahorsetrials.com.

Have Questions? Email us at: mht.info18@gmail.com

Or if you would like info on a specific topic, reach out to your Board Members and Committee Chairs by clicking here: [List of Board Members](#) or your

MHT Executive: Danae Martin (President), Deborah Shepherd (Vice President), Robby Tokar (Treasurer), Karla Iverson (Secretary).

Sent by Dione Peech, Communications Chair - on behalf of Manitoba Horse Trials