

SILVER CREEK NEWSLETTER

Spring of 2017

Welcome To The Park!

UPCOMING RIDING EVENTS IN 2017

Allegan County Pleasure Riders 43rd Anniversary Benefit Ride on Saturday, April 15, 2017...follow them on Facebook!

Judged Trail Ride will be the weekend of May 19 - 21, 2017. Contact Kristine Dipple at 616.617.4673 or email krisdipple@outlook.com for more info.

MiCMO (MI Competitive Mounted Orienteering) will be the weekend of June 3 & 4, 2017. Contact Vicki Horsley at 269.244.9913 or email vickihorsley@yahoo.com for details.

MiCMO (MI Competitive Mounted Orienteering) will be held at **ELY LAKE CAMPGROUND** the weekend of August 11 - 13, 2017. Contact Trudi Reurink at 616.813.6682 or email tl_reurink@yahoo.com for details.

Oak Leaf Run Endurance Ride will be on October 13 - 15, 2017. Please contact Barb Kurti at 616.896.6798 or email silverheartsfarm@yahoo.com for more info.

For camping reservations visit www.allegancounty.org/parks or call the Parks Office at 269-686-9088. If you come across an impassable trail or other trail issues, call the Parks Office at 269-686-9088.



WARM UP THE RIGHT WAY

By Jennifer Forsberg Meyer

Following are excerpts from article published Sep 21, 2015 website: www.horseandrider.com

Don't be blasé about warm-ups. A proper pre-ride session avoids injury and sets your horse up to perform. A proper warm-up is one of the best things you can do to maximize the success of your ride and protect your horse from injury. When you ease him into exercise through a phased-in warm-up, you allow time for his breathing and heart rate to increase gradually. As the blood flow to muscles steps up, the muscle fibers are warmed and strengthened.

The gradual increase also helps to avoid a build-up of lactic acid and other metabolic rates in his tissues, which helps your horse avoid early fatigue and other issues. Phased-in work enables joints to flex and tendons to stretch gently as they prepare for more vigorous exercise.

Be smart, go easy. Start slowly. If your horse has been stalled rather than turned out, be extra careful in this regard, and allow extra warm-up time. As you plan your horse's warm-up, think "loosen, warm, supple"--in that order.

Walk to loosen. Easy walking is the part of a warm-up many experts stress the most. Put your horse on a draped rein and in as relaxed a frame as possible to loosen him up

Work in extra-large circles to keep stress on joints and tendons/ligaments low. Allow a good 5-10 minutes at this easy walk, more if your horse is older and/or especially stiff. (Like aging human athletes, older horses need extra time to get the blood flowing and the muscles/tendons ready to work.)

Trot, lope to warm. After that critical walking period, ease into a trot to get your horse's blood flowing and his heart rate up. This begins the actual warming up of your horse's muscular-skeletal system. Continue to use your large circles as you work for a few minutes at a trot, then advance to a forward-moving lope.

Bend to supple. When you can feel your horse settling in and warming to his work at the trot and lope, begin some bending to further stretch and supple his muscles. Make your circles smaller, and add serpentine or other exercises to the mix. Be sure to work equally in both directions, so you supple both sides equally. After a few minutes of bending, your horse should be ready, mind and body, to focus on whatever you want to work on in earnest.

Short on time? Just warm up. On days when you don't have time for a 20-30 minute warm-up, don't shorten the warm-up. Instead, use it as your saddle time for that day; he'll be tuned up and ready to ride again tomorrow.

BASIC PARK RULES

- Register before setting up camp
- Check-In/Out Time: 3pm
- Make check payable to Allegan County Parks
- All sites are available for equestrian use however at this time, sites 1-10 do NOT have picket posts
- Camping permits must be properly displayed
- Park quiet hours are 10pm to 7am
- Speed limit is 15mph
- Alcohol and fireworks are prohibited in AC Parks
- Use designated fire rings only
- Do not leave fires burning unattended
- All fires must be extinguished with water
- Tying of horses to trees is NOT PERMITTED
- Horse 'cribbing' or 'chewing' of trees is not allowed
- Pets **MUST BE LEASHED AT ALL TIMES** no greater than 6 feet in length (State Law)
- Pets are not to be left unattended
- Leave campsite cleaner than how you found it by broadcasting manure/hay waste into wooded area away from the site
- All unused hay and straw must be removed when the campsite is vacated
- For complete rules read County Ordinance #1010

BASIC TRAIL RULES

- Day Riding permits must be properly displayed
- Respect all private property
- RIDE ON MARKED TRAILS ONLY
- Do not move or damage trail markers
- Practice "Leave No Trace" ethics
- NO LOOSE DOGS on the trails
- Trails are closed November 15—30 annually for firearm deer season
- Bright colored clothing always recommended when riding in the fall
- Respect other riders
- Leave parking area cleaner than how you found it by putting all droppings, hay, and garbage back onto your trailer

ATTENTION PARK USERS!

MANURE/HAY/STRAW

Broadcast into woods—do not leave in campsite or day ride areas!

FIRE PITS!

Do not burn or leave trash in the fire pits!

FIRES!

Use designated fire rings only and do not leave campfires unattended!

PICNIC TABLES!

Do not move the picnic tables from one site to another!

DOGS!

Must be kept on a 6 foot leash whether in the park or on the trails!

Fall Color Tour

Did you know the Heritage Trail self-guided tour which is a 122-mile route that virtually touches all four corners of the county, also makes a great fall color tour? To make your trip the most enjoyable and informative you'll want the free guidebook available at the Parks & Tourism Office and most county libraries. Free downloads of the guidebook, map and MP3 audios can be found at www.allegancountyheritage.com. Hope you enjoy your drive and don't forget your camera!



Allegan County Parks Recreation and Tourism

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Web site: www.allegancounty.org/parcs
Visitor Info: www.visitallegancounty.com
Ronda Foreman – Parks Administrative Assistant
Brandy Gildea – Parks Coordinator

The Allegan County Tourist Council is wanting photos of Allegan County. Photos should encompass the true character of the county and both amateur & professional photographers are welcome to participate. Photos may be used on the Tourist Council Facebook page, their website at www.VisitAlleganCounty.com or included in the annual *Inside Allegan County Visitor's Guide*.

Visit our website
for more information.

Happy Shooting!

