



The Bugle



June 2025

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Nancy Maenzo Memorial Ride Sponsored by J.F. Cove Insurance Agency



May 3rd offered a preview of summer, with temperatures in the low 80s, perfect for the Nancy Maenzo Memorial Ride, in Douglas State Forest.

It was also Kentucky Derby Day and many folks showed up in derby hats!

Riders were offered a choice of a five- or seven-mile route that included stretches along the Southern New England Trunkline Trail, Grand Trunk Trail, and lovely wooded areas. At check-in QR codes were posted, linking to the map on All Trails and Trail Forks, but the trails were so well marked, I personally did not use the map.

The BSTRA ride was not the only event in DSF that day. Riders encounter teams participating in a MedWAR race. According to their website, MedWAR provides "medical students, residents, health care professionals, and wilderness enthusiasts with a practical, interactive, and enjoyable curriculum for learning, applying, and evaluating emergency medical knowledge, skills, and techniques in a wilderness setting." It was neat encountering teams as they worked through orienteering and resolving emergency medical scenarios. But they were on foot, while we had the

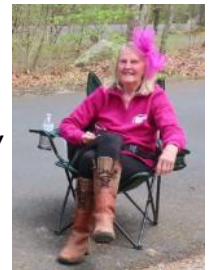
advantage of horses.

Four \$50 gift certificates to Market Basket were given as door prizes. The lucky winners were Jim Shaw, Kelly Berthiaume Anna-Maria Paul, and Patty Nameis

The winner of the opportunity raffle for a beautiful stained-glass pane, donated by Excalibur Glass Works, was drawn too. Congratulations go to Mary Ellen Coyne!

And as always, it takes quite a few hands to put on a ride. Thank you to Jim and Kelly Shaw, Suzanne Nicholas, Rose Zariczny, Gloria Duhaime, Kelly Berthiaume, Jerry Miller, Deb Deschene, Karen Parlin, Joyce Sandvik, Sherry Perry, Lori McCormick, Ann Marie Allaire, MaryEllen Coyne, and Sue Quirk for making the ride a success!

-Submitted by Anna-Maria Paul



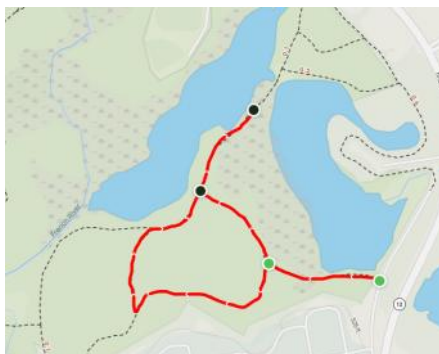
Hodges Village Dam Trail Workday

This year's theme seemed to be working around all the rain we've been having. With a 20% chance of precipitation in the forecast and nothing but rain all night long, we decided it was close enough to give it a go on the morning of May 10th.

I had asked Aidan which trails he wanted us to tackle, and he sent over a map. Armed with loppers, hand saws, and a pole saw, we set out for the day's work. There were a few spots where a brush cutter or battery-operated hedge trimmer could have come in handy, but that will have to wait for another time.

We were also joined by Briana Johnson from the Army Corps of Engineers for part of the morning. As it turns out, she has a horse, so we were in very good company!

In less than an hour, we had already finished the section Aidan had assigned to us. With time and energy to spare, we forged ahead and worked until noon. By the end of the day, we had cleared 0.86 miles of trail, logging a total of 12.75 hours of volunteer work—an effort valued at \$535.50!



Although it wasn't raining, we still got plenty wet. Every branch we cut showered us with water, but at least none of us melted!

A huge thank-you to Joyce Sandvik, Kelly Berthiaume, Barbara McCumber, and Becky Kalagher for their -hard work and dedication on the trails! - BK



Barbara McCumber, Becky Kalagher, Joyce Sandvik, and Kelly Berthiaume

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Thompson CT Trails Work Day

We had a nice turn out for our work day which fell on Mother's Day.

We were very happy that the trails were not in bad shape this year. Nothing major that needed to be cleaned up. Just a lot of branches and smaller dead trees. Breaking into two groups we headed out.



The chainsaw group headed out to the one trail that we knew had some small trees that needed to be cleared up.

This section of trail was .4 miles long. We got the trees all cleaned up and worked on some trimming back. The other group caught up with us and helped us finish up the trimming.

Many thanks to the following: Rita Ballou, Becky Kalagher, Bill & Angie Knott, Laurie Smigelski, Valerie Clark, Janeen Rose, and Denise Leonard who all put in a total of 23.25 hours valued at \$976.50. Lunch for the volunteers was \$81.96



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Livelark Acres Ride sponsored by EquidDoc Veterinary Services

The only “complaint” about this ride was due to mother nature and her numerous rain dances this spring. The weather was clear for the ride, but we ended up making a shorter loop for those that wanted to avoid the places we knew were going to be muddy.



Other than that, it was perfect. Valerie did a super job with the marking and we had the Eastern Connecticut Amateur Radio Association (ECARA) and some of the Town of Thompson’s volunteer constables assisting us with road crossings and keeping track of everyone out on the trails along with our usual volunteers.

One of the volunteers showed up in his 1930 Model A sport coupe Ford. Quite a few of us were over there checking that out-yours’ truly included!

We all had a nice surprise when we saw that Sharron Cochran joined us on the ride with Peanut. After a year in rehab, he is finally back to “work”.



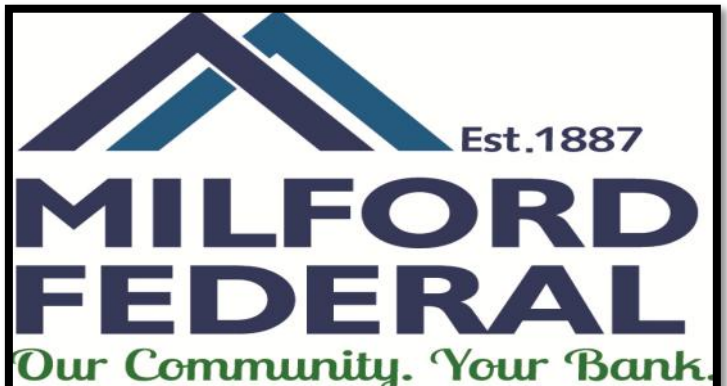
After a 7 mile loop or the 4.3 mile loop (and one person did both!) we all settled in for lunch with some pretty fancy pizzas and some great home made desserts. Most of the riders stayed quite a while just chatting and relaxing. It was quite the social hour.

The back bone of any event is the volunteers, so thank you to the following volunteers for making this possible. Joyce Sandvik, Suzanne Nicholas, Scott Ruskin, Rose Zariczny, Kelly Berthiaume, Deb Deschenes, Angela Authier, Kathy Gardner, Karen Parlin, Janeen Rose, Valerie & Dave Clark, Linda Horanzy and all those that brought desserts. **BK**



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Virginia Tech Helmet Lab updates their ratings for equestrian helmets.

The new study builds on the lab's previous work that documented video-captured falls in a wide array of equestrian disciplines, where riders fell from varying heights on the front, side, and back of the helmet. Horse racing and other high-speed accidents were not included with the initial research project.

The testing now includes impact scenarios where the horse and rider are moving with horizontal velocity, which typically occurs in racing and cross-country events.

Equestrian Helmet Ratings

Our ratings provide an independent and objective assessment of equestrian helmet performance for consumers, free from manufacturer influence.

Each helmet is evaluated using 16 laboratory impact tests that simulate a range of real-world fall scenarios. We use two different impact devices to replicate different fall conditions. Pendulum impact tests simulate falls when the horse is moving slowly or is stationary. Oblique drop tests simulate falls when the horse is traveling at speed.

For every impact, we measure both linear and rotational head acceleration, biomechanical factors closely correlated with concussion risk. All helmets in these ratings have passed American (ASTM F1163, SNELL E2016) and/or European (VG1 01.040, PAS 015) certification standards.

Pendulum Testing

Using a pendulum impactor, we test the helmet at the front, side, and rear locations, with two different impact severities. These test energies are based on industry standards, video analyses of equestrian falls,

and peer-reviewed equestrian research. The lower and higher energy conditions represent a range of impacts likely to cause concussions.

Oblique Drop Testing

Using a guided drop tower, we impact the helmet at the front boss and rear boss locations. Drops are performed at the speed and anvil angle recommended by the Fédération Équestre Internationale (FEI), addressing impact points distinct from those tested in the pendulum protocol.

Helmet Rating: Each laboratory impact is weighted in the calculation of a helmet's overall score. For each test, we compute concussion risk from the measured peak linear and rotational accelerations. Risks are multiplied by their weighting factors and summed to produce an overall STAR score. This score estimates the number of concussions an average rider would sustain if subjected to identical impacts as tested. A lower STAR score reflects better helmet performance.


Important Note: STAR scores from equestrian helmet ratings are not directly comparable to STAR scores from our helmet ratings in other sports. Differences in test methods, impact conditions, risk functions, and weighting factors are sport-specific.

Notes about these ratings

A lower score offers better protection.

*Any player in any sport can sustain a head injury with even the very best head protection. This analysis is based on data trends and probabilities, and therefore a specific person's risk may vary. This variation is likely dominated by genetic differences, health history, and impact factors such as muscle activation.

(Continued on page 6)



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Helmet	Score	Stars
Champion Revolve X-Air Mips Peaked	2.11	5
Champion Revolve X-Air Mips	2.67	4
Champion Revolve Vent-Air Mips Peaked	2.9	4
Champion Revolve Pro Plus Mips Jockey	3.05	4
Champion X-Air Plus Jockey	3.36	4
Trauma Void Lynx Eventing Mips	3.42	4
Trauma Void EQ3 Mips	3.65	4
Champion Revolve Vent-Air Mips Jockey	3.75	3
Charles Owen AYR8 Plus	3.76	3
IRH EQUI-Lite	3.92	3
Charles Owen 4Star	3.98	3
TuffRider Carbon Fiber	4.04	3
Trauma Void Lynx Mips	4.05	3
Charles Owen Halo Mips	4.16	3
Tipperary Sportage Hybrid	4.30	3
Trauma Void Pardus Mips	4.31	3
Charles Owen MS1 Pro Mips	4.33	3
TuffRider Ventek	4.63	3
UOF Race	4.73	3
Kask Kooki Lady	4.73	3
GPA Speed Air 2X	4.83	3
Resistol Straw Ridesafe	5.09	2
Kep Cromo 2.0	5.10	2
Samshield Shadowmatt	5.11	2
IRH 4G	5.14	2
IRH Equi-Pro SV	5.15	2
Charles Owen My PS Mips	5.23	2
Charles Owen EQX Kylo	5.27	2
IRH Equi-Pro II	5.37	2
Tipperary Windsor Mips	5.46	2
Ovation Jump Air	5.5	2
Troxel ES	5.54	2
Ovation SNYC	5.59	2
Kask Dogma	5.74	2

Ovation Deluxe Schooler	5.79	2
One K Defender 2023	5.86	2
Kask Star Lady	5.98	2
One K Avance CCS Mips Wide Brim	6.18	1
IRH Medalist	6.18	1
Troxel Spirit Low Profile	6.24	1
Troxel Spirit	6.31	1
Troxel Terrain	6.41	1
Kask Kooki	6.68	1
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BSTRA Board meetings are usually on the first Thursday of the month. If you wish to attend one of our meetings, drop us an email and we will send you the meeting link.

Welcome New Members

Tracy & Robert Gamble, Pelham NH
Danielle McKenney, Nashua NH
Sally DeGennaro, Rutland MA
Emma Tyler, Hubbardston MA

Poker Run sponsored by EquidDoc Veterinary Services

June 1st arrived, and despite the calendar insisting it's nearly summer, we found ourselves bundling up as the morning temperatures dipped to a brisk 48 degrees! The silver lining? No flies, and at least it wasn't raining.

A huge thank you to Anna-Maria Paul and Kathy Rich, who went the extra mile by marking the trails the day before—despite getting caught in the rain. Your dedication is truly appreciated!

We had 34 riders join us for the adventure, and they certainly kept things interesting. Some opted (not intentionally!) for the reverse route and still managed to collect all their cards, while others took a slightly unconventional approach—starting one loop forward, missing a turn, completing the second loop, then reconnecting with the first at the missed turn to finish the last section. Safe to say, we had an adventurous bunch!

During the ride, I met a couple of ladies out for a walk and ended up chatting with them. One of them turned out to be a former BSTRA member, who sadly lost both of her horses a couple of years ago.

Another group I encountered had been out hiking—20 miles yesterday, starting at 3 AM! I didn't ask how far they planned to go today, but that level of dedication is impressive. Hats off to them!

As we rode through Hodges Village Dam, the yellow flag irises were in full bloom, adding beautiful splashes of color to the scenery.

By lunchtime, riders were settling in while the scoring team recorded each hand from the day's event. And finally, here's what Lady Luck had in store for us:

Senior Division

1st: Sue Perry
2nd: Valerie Clark
3rd: Phil Rutledge
4th: Becky Kalagher
5th: Norma Fay
6th: Mary Ellen Coyne

Adult Division

1st: Kristin Connell
2nd: Lori Nero
3rd: Ann Marie Allaire
4th: Kaitlin Morin
5th: Ron Pease
6th: Denise Leonard

Junior Division

1st: Bryson Nolf
2nd: Marshall Streeter

The prize for the best hand of the day went to Kristin Connell.

This ride was the first ride the Kelly Berthiaume had run and she did a very nice job. She even made up small lemon cakes in the shape of hearts, diamonds, clubs, and spades. We have to give our thanks to the most important part of any ride—the volunteers, because without them there would be no rides! Thank you to the most important people: Kelly Berthiaume, Anna-Maria Paul, Kathy Rich, Joyce Sandvik, Suzanne Nichols, Deb Deschenes, Rose Zariczny, Kathy Gardner, Ann Degnan, Frank Whitney, Becky Kalagher, Debra Larose, Caila Hanson, Jane & Phil Rutledge and David Clark.

I am not sure if everyone knows this, but to have an organized ride at Hodges Village Dam, we are required to go through the trails after the ride and kick the poop off of the trails, so that certainly adds to the volunteers that are needed.

Thanks to all that joined for the day! **BK**



Senior Div. stand in for MaryEllen Coyne, Valerie Clark, Becky Kalagher, Sue Perry, Norma Fay

POULIN GRAIN PROGRAM

When you buy Poulin grain for your animals, make sure to tell the clerk that you are a BSTRA member. That's all you have to do! We get .25 for each bag you buy. The collected bag amounts are remitted to Poulin and they send us a check. Participating dealers: Mane Place (Uxbridge).

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VOLUNTEER HOURS

You can now submit your volunteer hours online from our website. Please make use of this throughout the year so you don't forget what you did.

Stained Glass Winner



Our winner was presented with her stained glass piece at the Poker Run ride.

What made it even better was the person that made the piece was also at the ride.

Thus Laurie Smigelski presented her work of art to our lucky winner - MaryEllen Coyne. MaryEllen was quite happy to have won that piece.

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For Sale: Orange Loop reins 8 feet long. Black & White Loop, and Red Loop reins 10 feet long. All are made from heavy yacht rope. 9/16". Won't get slippery and are adjustable for the desired length. Each end is spliced with a small leather popper. They attach to the bit with slobber straps. The reins are washable. \$15 each. Black & red lead rope. 11.5' long. \$10. Saddle Ups Olde Time brand cantle roll holds lots of stuff from extra clothing or to pack away a medical kit, rope, lead & halter. Attaches in back of your cantle with string ties and footman's loops Has zippered top. Made from soft full grain leather with solid stainless steel hardware. Measures 18"L x 5"D expanding to a circumference of 20". Lined with Cordura water resistant leather. Retail for \$145. \$50. Leather Grab strap/night latch. Attaches easily to your saddle adding security and safety. Black \$10. Email Suzanne @ HC07645@gmail.com

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Saddle for Sale: Custom Circle Y. Older, but in great shape. The fully hand tooled saddle leather is a mahogany color. It is accented with a rope edge with silver lacing. The horn is braided rawhide with silver lacing. The gullet is 6-3/4" wide which is considered semi-quarter horse bars. Set up for double rigging. The sheepskin is really good. 15" seat. Floral engraved conchos and matching pieces on saddle. One of a kind saddle. \$1,000. Pictures available. Email Becky.BSTRA@protonmail.ch

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Date (raindate)	Event/Location/Sponsor	Contact	Phone#	Email address
June 1*	Poker Run, Oxford MA <i>Ride sponsored by EquidDoc Veterinary Services</i>	Kelly	508-341-8091	canderemastiffs@gmail
June 8*	National Trails Day, Hubbardston MA <i>Ride sponsored by Whitehorse Truck & Trailer Sales</i>	Joyce	617-429-1319	bstra.org@gmail.com
July 3-6	4th of July Campout, Douglas MA	Rose	401-487-3190	rzariczny@verizon.net
July 19	Goddard Brunch Ride, E. Greenwich RI	Rose	401-487-3190	rzariczny@verizon.net
July 27*	Galloping Gourmet Ride, Royalston MA	Becky	508-476-3960	becky.bstra@protonmail.ch
Aug. 24	Northfield Mt. Ride, Northfield MA <i>Ride sponsored by Williams Restaurant</i>	Rose	401-487-3190	rzariczny@verizon.net
Sept. 14*	Wild West Ride, Upton MA	Suzanne	508-380-2124	hc07645@gmail.com
Sept. 21	Sue Brainard Memorial Hunter Pace, Douglas MA	Sharron	413-668-7606	hiddenhollowacres@comcast.net
Oct. 5	Ride for Open Space Wyndham Land Trust			
Oct. 12	Tack Sale, Oxford MA	Karen		
Oct. 19*	Lea MacInnis Ride, Lincoln MA			
Oct. 26*	Big Pumpkin Ride, Upton MA	Joyce	617-429-1319	bstra.org@gmail.com
Nov. 2*	Turkey Trot, Carver MA	Rose	401-487-3190	rzariczny@verizon.net
Nov. 16*	Thompson Raceway Ride, Thomson CT	Becky	508-476-3960	becky.bstra@protonmail.ch

*NEHT affiliated rides

1. Unless otherwise noted, all rides start at 10 am and trail work days at 9 am
 2. In case of questionable weather, call before leaving home. You will NOT be called if the event is cancelled.
 3. Most rides require advance registration and payment to receive lunch.
 4. Riders 17 years old and under, accompanied by a guardian, ride **free** (includes lunch if pre-registered). (May be exceptions on some rides)
 5. Alcohol is prohibited on State property. No smoking allowed while riding.
 6. A current Coggins within a year of the ride date is required.
 7. Please leave the trails and parking areas better than you found them and be considerate of others! Clean up your hay & manure at all rides!
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Divisions: Pleasure, Competitive, Accumulative. Age as of January 1st: Junior (17 and under), Adult (18-64), Senior (65 or older).
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9. PayPal payments for rides will no longer be transferred to another ride. Refunds will be made.



Jessica Macho & Michael Paparo



Joyce Sandvik, Frank Whitney, Deb Deschenes, Ann Degnan, Suzanne Nichols, Rose Zariczny

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Adult Div. Denise Leonard, Ron Pease, Kaitlin Morin, stand in for Ann Marie Allaire, Kristen Connell

Bay State Trail Riders Association, Inc.

c/o Joyce Sandvik
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JUNE 2025

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Bay State Trail Riders Association, Inc. Membership Application (expires December 31st)

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- by serving on the Board of Directors [] Committee []
- with _____

Questions? rzariczny@verizon.net or 401-487-3190

Thank you for your support. Happy Trails!