
DCTR - Nov. 1 horse show and Nov 6 meeting with guest speaker

1 message

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Everyone,

What a great year we have had. Please join DCTR tomorrow for the last DCTR horse show of the season and on November 6th for the November club meeting.

DCTR Fall Fun Show - November 1st at the Douglas County Trail Riders Arena. Let's end the year with a great horse show. See the attached Show Bill.

Come to ride, relax on a beautiful fall day outside or volunteer to help. We could use people to help open gates, act as runners for the announcer or help set up for races in the afternoon. Text or email Liz Rombach, 785-393-3107 / emrombach@yahoo.com.) for more information or to volunteer.

November 6th DCTR Club meeting at the DCTR clubhouse – guest speaker Dendria Mclaughlin – Yoga Stretches for the Rider

We are excited to have Dendria Mclaughlin as our speaker at the November 6 Friday meeting. Dendria is a certified yoga instructor and will provide a short talk about benefits of yoga for the rider followed by instruction on 12 Yoga pose series for the whole body. These poses benefit riders balance and flexibility.

Masks will be required and please bring a yoga mat or large towel if you will be participating in the poses.

Club Meeting Schedule

6:30 pm Chili dinner

7 pm Yoga and the Rider

7:30 pm voting on 2021 DCTR Officers and Board

8 pm – 2021 events, what are you interested in, and update on DCTR business

As an indoor event DCTR will require a mask and separation

Looking forward to seeing you there

DCTR board

 **2020 DCTR Show Bill .pdf**
130K