

Sleepy Hollow Trail Riders Association

PRESENTS



CMO Beginner's Clinic

Saturday July 24th 10:00am

COST: \$10 includes "How to CMO" booklet, Beginner's Clinic and entry fee to the Beginner's Short Course.

AWARDS: Prizes for all placings and Beginner's Clinic Completion Certificate.

JUST WHAT IS CMO? CMO (Competitive Mounted Orienteering) is a fun sport that is enjoyed by all ages of riders. You don't have to be the most experienced of riders. Novices are welcome at all our rides. CMO is similar to a scavenger hunt on horseback. Each competitor is given a map with numbered "clues". Each "clue" contains compass bearings taken TO or FROM identifiable landmarks or objects. You use an orienteering compass to find each hidden "station" (a "station" is a white plate that is hidden in a stump, on a log, in a bush, etc.) When a station is found, write down the letters on the map to prove you found that station. All stations are placed so they can be read from horseback. There is no need to dismount. Find all the stations and get back in the least amount of time. It's as fun and easy as that.



The Beginner's Clinic will be held on Saturday of SHTRA's annual DAMN Ride weekend. You can come for the day or camp the weekend. Fun and festivities the entire weekend: Moonlight Ride (Friday and Saturday nights), pancake breakfasts, potluck dinner 6pm Saturday, Poker Runs, Scavenger Hunts, Timed Rides. A variety of fun camp games Saturday evening including the 2nd Annual Silly Stick Horse Race. Saturday evening live entertainment by The Singing Cowboys—Rex Battestilli and Danny Campton. Saturday night campfire. Lots to do all weekend...you won't be bored. Visit: www.shtra.org

You will need to bring an orienteering compass. Orienteering compasses can be found at Meijers, Sporting Goods Dept, Camping aisle for around \$3.99

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