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Horse Lover's Daily Companion is a unique, easy-to-use, and inspiring handbook filled with a year's worth of insight, helpful tips, and practical advice into the equine-human relationship for all horse lovers and owners. Whether you're a riding veteran or someone who's simply pined away for horses since childhood, this book will provide you with a lifetime's worth of ways to enjoy and appreciate horses, whether or not you have 40 acres and a stable of Appaloosas in your backyard, or just a shelf full of books! The format—a year-long, day-minder-type book—is not meant to be read cover to cover; rather, the book can fall open on any given day and provide insight, inspiration, and valuable information on everything equine. Each day features rousing notions, activity suggestions, and novel facts that remind you of why you love horses: Monday - An illustrated guide to horse breeds, from Appaloosa to the Zorse Tuesday - Equine activities, such as riding sidesaddle, herding cows, and driving Wednesday - Horses through the ages, from prehistory to modern equine heroes Thursday - Behind-the-scenes access to real life in the stable Friday - Health, wellness, and nutrition Weekends - Bonding, relationship building, and planning special occasions With Horse Lover's Daily Companion, you'll find a year's worth of ideas and activities that will stoke your passion for horses and inspire you to spend as much time as you can in their presence. Covers the basics of beginning horseback riding, including clothing, equipment, mounting and dismounting, the various paces, jumping, and safe riding practices for young riders. Jo holds a M.A. in Education with an emphasis in Equestrian Studies (1986) and a B.S. in Equestrian Studies with a minor in Education (1986- graduating magna cum laude). Both of her academic degrees are from Salem International University, West Virginia. She also holds a Riding Master Diploma, 1975 from Meredith Manor School of Horsemanship where she was named to the Who's Who List for Outstanding Students in American Vocational and Technical Schools, 1975. As an administrator, Jo was formerly Dean of Meredith Manor School of Horsemanship, 1980-1985. She has a strong professional background in teacher education, program administration and curriculum development. While teaching at this internationally known school for 10 years, she focused on the development of the jumping and teaching departments. As former Vice-President for the United States Combined Training Association, Jo served on the executive committee from 1987-1989 and the board of governors from 1984-1989. During her tenure, she developed the AHSA-USCTA Combined Training Officials seminars as well as carried out the educational seminars for the general membership including beginning the USCTA Event Colleges. In 1988 she received the USCTA's Governor's Cup Award for outstanding contributions to the sport of Eventing. As an educator, Jo has provided equestrian education to riders and instructors, nationally, since 1975. From 1989 through 2002 she provided an on-going education program for horseback riding instructors focusing on improving their teaching effectiveness. She has also developed a working student program for Shenandoah Farm of Staunton, Virginia on training and breeding, and advised Wetherbee Farm of Boxboro Massachusetts on developing their Fitness by Riding Program. As a rider, competitor and athlete, Jo has trained and competed through the Advanced Level in Eventing and the Prix St. Georges Level in Dressage. She earned her USDF Bronze and Silver Medal Rider Awards during the late 1970's. She has also been long listed during the 1980's for The Eventing Olympic Team. American Motorcyclist magazine, the official journal of the American Motorcyclist Association, tells the stories of the people who make motorcycling the sport that it is. It's available monthly to AMA members. Become a part of the largest, most diverse and most enthusiastic group of riders in the country by visiting our website or calling 800-AMA-JOIN. Do you wish your horseback riding lessons could come with a user manual? Do you feel that you could serve your horses better as a rider if you only know how and what to do? Would you like to be the rider that all horses dream of? "Horse Listening: The Book" focuses specifically on riding as a means of improving the horse. Based on the popular blog, HorseListening.com, the exercises and ideas are purposely handpicked to help you develop your path to becoming an effective rider, not only for your own benefit, but also for your horse's long-term well being. Special "In the Ring" sections give specific suggestions to try while riding. By following these simple, useful exercises, you will be able to develop a better understanding about: - the rider's aids - the use of the seat - the half-halt - accurate turns and circles - transitions - hind end engagement - rein lameness This book is a general guide to understanding horse behavior, how the horse learns and how horse handlers can adjust their behavior to avoid creating anxiety in the horse. The author begins by providing an overview of the evolution of the horse and the consequences of domestication. She goes on to provide a very detailed description of normal equine behavior and its impact on husbandry and training. This is followed by the causes of abnormal and undesirable behavior in the stable, handling and when being ridden. The author links difficulties arising from the management of horses today with the natural behavior of the horse and recommends therapeutic, as well as training, methods for horses exhibiting behavioral problems. The central theme of this book is prevention or cure of undesirable behavior through

understanding making this book useful to anyone who routinely works with horses, and is concerned with equine wellbeing. If you love riding your pony you will love it even more when you track and plan what you do. This is the only journal you will ever need. With 9 different pages you will love keeping it and so will your pony! With pages to: 1. Set your riding goals and record ideas on how to make it happen 2. Set a weekly riding plan and pony to-do list 3. Keep a record of your lesson, what went well, what needs work, instructor, horse etc 4. Create a practice plan for between lessons 5. Record the details of your practice - see what is working 6. Keep a horse care planner - remember errands and tasks eg. Farrier, Vet, Feed etc 7. Set your future goals and see where you can draw inspiration from 8. Keep a running Checklist 9. Place to write notes, dream, get inspired!! This highly visual collection of riding exercises will build specific Western riding skills and foster greater communication between horse and rider. Effective step-by-step lessons feature a complete description of gaits and movements, purpose and benefits, analysis and instructions, cautions, and tips for better performance. Provides lists of suggestions to improve safety and performance in bicycling, including tips on building skill level, maneuvering safely through traffic, riding long distances, and planning training. Whether your only ambition is to ride safely through the fields, or whether you aspire to a place on the Olympic Team, Riding School will offer you a safe passage on your journey. This book contains over 300 specially commissioned step-by-step photographs and diagrams for a complete, structured course for riders at all levels. It is co-authored by an internationally acclaimed riding partnership and packed with expert tips on leisure riding, competitive events and horse care. The purpose of this Guide is to serve as an informational resource for educators and other interested professionals in planning and developing bicycle safety education programs. The Guide examines 15 existing bicycle safety education programs in the United States and one from Canada. The Guide consists of the following three primary sections: (1) Case Studies - specific examples of how educators have developed bicycle safety programs; (2) Planning Your Program - describes lessons that can be learned from the bicycle safety education programs surveyed in six topic areas: funding your program, bicycle safety education and public schools, developing partnerships, alternative venues/subjects, evaluation methods, and publicity; and (3) Conclusion - summarizes the major issues that should be considered when developing a bicycle safety education course. Shows you techniques on how to develop real world skills for speed, safety and confidence on the street and track. "How to Ride Off-Road Motorcycles gives first-time riders all the information they need to know to get started in this exciting sport. Author Gary LaPlante takes riders through a step-by-step lesson plan that details the basic and advanced techniques to safely navigate the trails"--Provided by publisher. Master the essentials of horse riding and improve your technique with this practical illustrated handbook. Features advice for the beginner, from putting on the bridle to holding the reins, as well as tips on perfecting your posture and expert skills for the experienced rider. Branded For You Megan doesn't think there's a man who can love her just the way she is. But when she meets sexy Ryan McBride, everything changes. After learning that her family is in danger of losing their restaurant and home, Megan is shocked to learn that Ryan is responsible for the threats of foreclosure. Can Ryan and Megan succeed in overcoming their obstacles and fight for a love that was meant to be? Roping Your Heart With a heart filled with memories of the love she left behind, Cat returns to Arizona. Despite a changed appearance due to a tragic accident, Blake recognizes Cat with his heart, a heart that never stopped loving her. During a bitter legal battle, Blake stands to lose custody of his daughter. Can Blake fight for his daughter and keep the woman he loves or will shattering events tear them apart? Fencing You In Tess doesn't do playboy cowboys and that's what she thinks Gage McBride is. That's the farthest thing from the truth--Gage just hasn't been able to settle down since the woman he loved betrayed him. When Gage starts to win Tess's heart, they both find themselves in danger from a man from Gage's past who's out for revenge. Gage must save Tess while at the same time trying to stay alive. western, cowboy, country, sexy, sensual, romance, suspense, small town "Describes the sport of motocross, giving tips on race preparation, choosing equipment, racing techniques, dirt bike maintenance, and other information for how to become a skilled motocross rider"--Provided by publisher. Riding motorcycles is fun, but author Ken Condon maintains that there is a state of consciousness to be achieved beyond the simple pleasure of riding down the road. Riding in the Zone helps riders find that state of being. It's the experience of being physically and mentally present in the moment, where every sense is sharply attuned to the ride. Your mind becomes silent to the chatter of daily life, and everyday problems seem to dissolve. You feel a deeper appreciation for life. Your body responds to this state of being with precise, fluid movements, you feel in balance, your muscles are relaxed, and it seems as though every input you make is an expression of mastery. This is "the Zone." Condon identifies all of the factors that affect entering the Zone and addresses each one individually, from the development of awareness and mental skills to mastering physical control of the motorcycle. At the end of each chapter are drills designed to transform the book's ideas into solid, practical riding skills. Riding in the Zone takes riders to the next level in their skill set. If you love riding your pony you will love it even more when you track and plan what you do. This is the only journal you will ever need. With 9 different pages you will love keeping it and so will your pony! With pages to: 1. Set your riding goals and record ideas on how to make it happen 2. Set a weekly riding plan and pony to-do list 3. Keep a record of your lesson, what went well, what needs work, instructor, horse etc 4. Create a practice plan for between lessons 5. Record the details of your practice - see what is working 6. Keep a horse care planner - remember errands and tasks eg. Farrier, Vet, Feed etc 7. Set your future goals and see where you can draw inspiration from 8. Keep a running Checklist 9. Place to write notes, dream, get inspired!! Offers advice for young riders on how to deal with performance pressure, provides suggestions on achieving good balance, and gives information on self-monitoring and correcting mistakes. Smart Cycling: Promoting Safety, Fun, Fitness, and the Environment contains information that new or returning cyclists need to know before taking to the road, including basic cycling skills, rules of the road, safety strategies, and maintenance. The book includes a DVD of four videos that can be shown to participants to help them better visualize the skills being taught. American Motorcyclist magazine, the official journal of the American Motorcyclist Association, tells the stories of the people who make motorcycling the sport that it is. It's available monthly to AMA members. Become a part of the largest, most diverse and most enthusiastic group of riders in the country by visiting our website or calling 800-AMA-JOIN. Prepping your horse for a first ride requires plenty of ground work. Here are your step-by-step instructions. This book provides simple and objective training for the unbroke horse, from 1st-time bridling and saddling to sacking out, bridle work from the ground, pre-mount work, and your (necessarily short) first ride. You'll learn the proven methods of John Lyons, tips to keep you safer, and tricks to save time. Today's the day to get started putting a proper foundation on your horse, a solid start that'll pay big dividends for the rest of his life. If you began your training in the round pen, this book outlines the next steps If you haven't round penned your horse, you

can still begin with this book BUT round penning beforehand is highly recommended. We'll get you into the saddle for a first ride -- and finish up with a chapter designed to prep you the rider/trainer, for all future rides, demonstrating specifically how to use your reins for quicker, easier results with horses of all ages. A good 90 percent of the issues I see at a typical riding clinic could have been prevented if the rider knew a few simple rules about how to hold (and release!) those reins. Developing a "good feel" for when and how to pick up and drop those reins will make training easier at all stages of your horse's life -- especially when astride a young, nervous colt when clear communication is most paramount. Finally, pinned to the tail of this book, you'll find "Cinchy Horses." Should you find yourself training a youngster who's especially goosey at the tightening of the cinch, you'll want this "what to do" fix. Only you can judge whether your colt or filly is ready for this material: Though not a mandatory prerequisite, round penning your horse (using the methods of John Lyons) is the smart thing to do before completing the material in this book. Ideally, your horse is now relaxed around you, leads well, has been taught to turn away from you as well as to face you (consistently keeping two eyes on you), and is wholly desensitized to your hand and various objects. At an absolute minimum, your horse must remain calm and willing in most circumstances when being worked with (today), is thoroughly "used to" being handled, and you must have the ability to turn the horse toward you as well as away. You must be able to lead your horse, he isn't head shy, and you can handle his entire body, ears, and all four feet. If not, check out the prerequisite work found in my book "Round Pen: First Steps to Starting a Horse." This book is broken down into five "Days" or sessions, each designed for you to take at a pace you set: - Day One: First-time bridling - Day Two: Bridle work from the ground (hip and shoulder control) - Day Three: Sacking out and first saddling - Day Four: Pre-mount work up - Day Five: First Ride Plus: - "The Reins: 5 Tips to Improve Your Use" - "Cinchy Horses" What this book does not cover: It's loaded with early-stages training for the green horse - but it does not cover elementary sacking out (again, see my book "Round Penning: First Steps to Starting a Horse"), nor does it offer training beyond the first few weeks after first saddling up. It teaches you hip and shoulder control from the ground, how to bridle and saddle up for the first time and what you need to do to take the first ride - which will necessarily be a short one. It gives you pointers as to how you should further your training (beyond the parameters of this book) but it does not cover "riding training" (turning, stopping, speed control, etc.) beyond lessons recommended for your first dozen or so "rides." If you're going to be the first person to sit on your colt, don't you want to do everything possible to assure success? Use the Lyons methods described in this book to build a solid foundation! You'll save tons of time and aggravation in the future if you do it right today. Ride faster and smarter than ever before! Olympian, former national champion, and elite cycling coach Ann Trombley is your authoritative guide to learning how with improved -selection and fitting of equipment for the optimal match of personal attributes with current technology, -technical maneuvers that maximize both speed and safety, -training methods and workouts that yield superior results, and -racing preparations and tactics that make competition more rewarding and more successful. Serious Mountain Biking gives you the answers to the questions and solutions to the problems you've encountered while participating in the sport. No need to continue learning by trial and error when such experience and expertise are at your fingertips. Make every minute and mile you invest on the bike more beneficial and enjoyable with the help of this invaluable resource on mountain biking. A completely revised version of one of the best-selling motorcycle riding skills books of all time. Today's super high-performance bikes are the most potent vehicles ever sold to the public and they demand advanced riding skills. Get it right, and a modern motorcycle will provide you with the thrill of a lifetime; get it wrong and you'll be carted off in a meat wagon. The line between ecstasy and agony is so thin that there is absolutely no margin for error. Total Control provides you with the information you need to stay on the healthy side of that line, providing a training course developed and perfected through decades of professional training in Lee Parks' Total Control Advanced Riding Clinic. This is the perfect book for riders who want to take their street riding skills to a higher level. Total Control explains the ins and outs of high-performance street riding. Lee Parks, one of the most accomplished riders, racers, authors and instructors in the world, helps riders master the awe-inspiring performance potential of modern motorcycles. This book gives riders everything they need to develop the techniques and survival skills necessary to become a proficient, accomplished, and safer street rider. High quality photos, detailed instructions, and professional diagrams highlight the intricacies and proper techniques of street riding and the knowledge gained will apply to all brands of bikes from Harley-Davidson and Suzuki to Ducati and Kawasaki to Honda and BMW and more! Readers will come away with a better understanding of everything from braking and cornering to proper throttle control, resulting in a more exhilarating yet safer ride. "Photos and text introduce readers to riding competitions and training, including different riding styles, various competitions, and clothing and equipment needed for both horse and rider"-- Readers will jump-start their cycling savvy with Jason Sumner's compilation of proven tips from the editors of Bicycling magazine. The book was first published as Bicycling Magazine's 900 All-Time Best Tips in 2000 and then in 2005 as Bicycling Magazine's 1,000 All-Time Best Tips; but with seven years of new material and information regarding bike technology, equipment, and technique (not to mention nutrition and exercise science), this is a much-anticipated, refreshed edition of the popular title—complete with 100 new tips! Bicycling 1,100 All-Time Best Tips is the most up-to-date, information-packed collection of advice on both road and mountain biking yet! The cycling tips cover a full range of subjects—from aerodynamics to zones for heart-rate training—and in this new edition, readers will enjoy the addition of assorted training plans, exercise photos, supplemental tips, and journal pages. With a sharp new design and value price, this book is a real steal and a must-have for cyclists of all levels. Ride to win with the pros, as this updated, third edition of Pro Motocross & Off-Road Riding Techniques puts you in front of the pack. Advanced tips and techniques from your favorite pro riders-Ricky Carmichael, James Stewart, Danny Carlson, Chad Reed, Greg Albertyn, Ty Davis, Jeremy McGrath, Guy Cooper, Steve Lamson, and others-give you the inside line on everything from body position to brake/power slides. New action sequences of professional riders take you step-by-step through specific techniques, including double jumps, rutted corners, braking bumps, starts, and whoops. Check out Gary Semics' riding techniques-with 10 years as a factory rider and over 20 more as a riding instructor, Semics knows motocross. His techniques and insight will improve even the most experienced rider's form. Techniques for motocross, supercross, hare scrambles, enduro, and desert racing are all included, as well as how to tackle off-road obstacles, practice methods, a buyer's guide for gear, goggle prep, race strategy, and an extensive chapter on riding four-strokes. Whether you're an expert motocrosser or a beginning enduro racer, this new edition of of Pro Motocross & Off-Road Riding Techniques is the hot line to improving your skills. American Motorcyclist magazine, the official journal of the American Motorcyclist Association, tells the stories of the people who make motorcycling the sport that it is. It's

available monthly to AMA members. Become a part of the largest, most diverse and most enthusiastic group of riders in the country by visiting our website or calling 800-AMA-JOIN. American Motorcyclist magazine, the official journal of the American Motorcyclist Association, tells the stories of the people who make motorcycling the sport that it is. It's available monthly to AMA members. Become a part of the largest, most diverse and most enthusiastic group of riders in the country by visiting our website or calling 800-AMA-JOIN. Balance, rhythm, pace, and straightness are the keys to every great hunter/jumper ride, whether on the flat or over fences. 101 Hunter/Jumper Tips offers suggestions for achieving these goals, as well as solutions to basic and more advanced schooling problems, using techniques from successful riders and trainers that will improve everything from your horse's saddle fit to your own position and mental approach. For example: To strengthen and test your position, practice transitions at all gaits while in your two- and three-point position. Walk to trot, trot to canter, canter to trot, canter to walk, walk to canter . . . even incorporate a halt now and then from any gait. If you have trouble maintaining your position through the transitions, you may need to work on deepening your heel and balancing your weight over your horse's center of gravity. If you find yourself falling forward in the downward transitions, you may be gripping too much with your knees and creating a pivot point. Concentrate on distributing the contact evenly from your calf up through your inner thigh. If you fall back into the saddle, your legs are probably slipping forward. First, try shortening your stirrups a hole or two. If you still fall back, focus on keeping your heels deep and directly below your center of gravity. The more you practice this exercise, the easier it will become. And remember, there's no shame in grabbing mane! With sections on tack and equipment, training, preparation for showing, and competition itself, this is a reference guide that no hunter/jumper rider or trainer should miss. Gives information to the beginner and advanced cyclist on what they will need for racing, recreational, and endurance cycling

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