



Great River Classical Horsemanship Association e-News

<http://GRCHorse.org>

Newsletter 2008-7

A USDF GMO

March 1, 2008

GRCHA members are automatically USDF members .

GRCHA On-Going Activities

LESSONS:

Private Dressage Lessons with Genelle Royer at Pat Pollpeter's Arena near Donnellson are held weekly. Lessons will emphasize correct, effective rider position and correct, progressive development of the horse. Approved helmet, boots, and bit required. Dates are pending suitable weather. Auditors free. Cost: \$30 for GRCHA members, \$50 for non-members. **Contact:** Genelle at 217-453-2409 or geneller@frontiernet.net.

Lessons in Classical Horsemanship, a foundation for any discipline, offered at Windrush Hill Farm, Mount Pleasant, Iowa. Email Ann Bennett at windrushhill@farmtel.net or call 319-986-2199 for information. **Lessons scheduled on Saturdays or private lessons by appointment.** One hour group lessons on your own horse, \$20. 30 minute private lesson on your own horse, \$30. Using a school horse, \$35 for a group lesson. **Check out her website:** www.windrushhill.com.

Roping/Cattle Working Practice. Winter schedule: Some Sunday afternoons---weather cooperating---so check before you come or send an e-mail request to be on the e-mail list for **notice of activities.** Schedule is usually 11 to 4. \$20/rider. Auditors free.

Location: indoor arena at **Dreamcatcher Stable**, 18859 152nd Ave, Sperry, Iowa.

Contact Cheryl or Mark Lieurance at horsepor@mepotelco.net. See <http://northpinefarm.com/dcs.html>

Special Events Coming Soon :

Date/Time	Activity
March 1 11:00AM (GRCHA)	<p>What: Soup, Soap and Saddle (GRCHA Members and prospective members welcome)</p> <p>Where: April Crossland's Home, Fairfield, IA</p> <p>Directions: From Fairfield take 34 east approximately 2 miles; pass Overland's (four story fancy barn), take the <u>first left (north)</u> onto Nutmeg Ave. Take second driveway and park in driveway. We will meet at April's apartment (just past the barn on the left (north) side.</p> <p>From Mt. Pleasant: Take 34 west until the 4 lane turns to a 2 lane. Take the first road to the right (north), Nutmeg Ave—see above. (If you pass Overland's --you've gone too far... may not be a Nutmeg sign due to construction.)</p> <p>Description: Clean tack, talk, and eat (potluck) ---some of our favorite winter activities. Individuals interested in joining are welcome as well as all GRCHA members. Bring any used but usable horsey items to donate for our silent auction.</p>

	<p>April will be fixin' chili and a soup—so bring something to go with them—beverages, bread, salad, cheese, dessert—oh yeah.....</p> <p>Contact: April Crossland at aprilccrossland@yahoo.com</p>
<p>March 2 9-4</p>	<p>Socializing and Handling the Young Horse Clinic full day, 9-noon, potluck lunch, 1-4, \$100. Windrush Hill Farm, Mt. Pleasant, IA Contact: Ann Bennett at 319-986-2199 or email windrushhill@farmtel.net</p>
<p>March 3 6-7 PM Note Time change!</p>	<p>BOOKIES meet at H&K in Farmington Assignment -Pages 69 – 87. E-mail Lori at: msfield@iowatelecom.net</p>
<p>March 4 6:30</p>	<p>EIDEA Meeting-Program: Haul Your Horses by Sarah Hauschild Location: Kirkwood Equestrian Center Concession Area, Cedar Rapids, IA Inquiries: eidea-NEWS@mwnet.com</p>
<p>March 9</p>	<p>Daylight Savings Time Begins. Oh Yes it Does!!! (Remember: Spring forward, Fall back)</p>
<p>March 11</p>	<p>Purina Horse Owners Workshop Location: Horse & Hound Country Store 3620 Flint Ridge Drive Burlington, IA 52601 Contact: Jennifer Sterne at (319) 752-6611</p>
<p>March 20</p>	<p>First Day of Spring.... well—in theory anyway.....maybe in a galaxy far, far away</p>
<p>March 29 10:00 AM (GRCHA Event)</p>	<p>Games on Horseback (GRCHA Riders only - Auditors Welcome) Ray & Lora Conrad's indoor Arena near Douds, IA; Trails on the farm available for riding, weather permitting. No charge to participate or audit. Spend the day with your horse, building his/her confidence as you enjoy a casual day of fun and games. Does your horse still have the spring spooks? Participate in the in-hand classes or just bring your horse along to watch. The day will do you both good!!! Lora will have a pot of soup—bring whatever else you want to go with it at the Potluck lunch. Contact: lpconrad@tctwb.com</p>
<p>March 30 9-4</p>	<p>Get Ready to Ride Clinic full day, 9-noon, potluck lunch, 1-4, \$100. Windrush Hill Farm, Mt. Pleasant, IA Contact: Ann Bennett at 319-986-2199 or email windrushhill@farmtel.net</p>
<p>April 5</p>	<p>USDF Region 4 Mid-Year Meeting Des Moines, IA Host: Iowa Dressage & Combined Training Association More Later</p>

Updated e-news calendar for 2008 will be sent again soon.....So—be sure to get me any additional items you want listed. Send to me at lpconrad@tctwb.com.

The BOOKIES....

The Bookies met on February 18th at HyVee in Mt Pleasant at 7 PM, with heavily marked books in hand. Despite ice on the roads, Lori, Ann, Becky, and Lora made it to the meeting.

While we like Blixen-Finecke's do and don't lists, we find that some of the author's rider position suggestions do not agree with other authors or what we have been taught. Nevertheless, the book prompts great discussion and research afterwards re issues that are raised. Under Web-Walking we have included several great articles that Ann Benentt located in response to our discussions here.

Reminder: Next assignment is pages 69-87. This is *Book Two of the Masters of Horsemanship Series, The Art of Training, Lessons from a Lifetime with Horses* by Hans von Blixen-Finecke.

The next meeting is March 3 at 6:00 PM in Farmington at H&K Restaurant and Gas Station.

Hope to see you there...
Lora

When art ends, violence begins.

Region 4 News:

Mark your Calendars! We can attend the Region 4 Conference this year! Its not in northern Nebraska nor western Kansas---its right here in Iowa, in fact right nearby in Des Moines. See the following from Sarah Patrick, our Region 4 Coordinator.

Thank you for your feedback on the proposed dates for the Region 4 mid-year meeting. The

*meeting will be held on **Saturday, April 5 in Des***

Moines, Iowa. *Many thanks to P.J. Koehler and the Iowa Dressage & Combined Training Association for hosting this meeting this year (NDA hosted it last year and KCDS the year before . . .). More details will follow in coming weeks. Agenda items include: the Region 4 Symposium and additional educational events, the GMO Leadership Series, championships and team programs, and updates on the USEF performance (rider) and competition (shows) standards proposals. Please let me know of additional agenda items to include.*

Several GRCHA members have agreed already to help with this conference however we are needed. These include Becky Hassman, Ann Bennett, Lora Conrad, Martha Wick and Judy Duke. We will be talking about this further at the Soup Soap and Saddle event Saturday. Any other volunteers will be welcome. Becky Hassman will be leading the discussion how we can help. Also, from Sarah:
*I also wanted to ensure that the email invitation did reach the GMO leadership for our first GMO Lunchtime Leadership conference call. The roundtable topic to discuss is membership recruitment and retention. The session will be held Wednesday, **March 12 at noon Central** time for 55 minutes.*

Our Membership Coordinator, Martha Wick, has agreed to listen in to this conference call. Hopefully she will get some more great ideas on how to expand our membership.

On a personal note, Sarah Patrick let us know through an e-mail to Ann that her husband Brian continues to feel better. He has completed his chemo (2 rounds, and is now recovering) and will have surgery at Mayo Clinic on March 14. He will recover from that 4-6 weeks and then have surgery on the other lung. She thanked GRCHA very much for her "goodie box" sent to let her know we were thinking about her and Brian.

Revised Vaccination Guidelines

Its almost time to begin vaccinating your horses. But did you know that the Infectious Disease Committee of the American Association of Equine Practitioners (AAEP) has issued revised guidelines for the administration of vaccinations to horses? The Committee, chaired by Mary Scollay, DVM, has made recommendations for the use of vaccines based on the age of the horse and its previous vaccination history. The guidelines are intended to serve as a reference for veterinarians as they employ vaccines in their respective practices.

Highlights of “Guidelines for the Vaccination of Horses” include:

- The identification of tetanus, Eastern/Western Equine Encephalomyelitis, West Nile Virus and rabies as “core” vaccines. Core vaccines have clearly demonstrated efficacy and safety, and exhibit a high enough level of patient benefit and low enough level of risk to justify their use in the majority of patients.
- The addition of a vaccination protocol for anthrax.
- Recommendations for the storage and handling of vaccines, as well as information on vaccine labeling and adverse reactions.
- Inclusion of the *AAEP's Infectious Disease Control Guidelines*, which provide an action plan for the containment of infectious disease during an outbreak.

The Committee, comprised of researchers, vaccine manufacturers and private practitioners, updated guidelines that were established by the AAEP in 2001.

The complete document, along with easy reference charts, is available on the AAEP website at www.aaep.org/vaccination_guidelines.htm

(Article adapted from an announcement at usdf.org; referred to us by Ann Bennett)

Illinois Horse Fair Cancellation Details

The Illinois state fairground has a lot of old electrical wiring underground. There is a problem that is exploding the transformers and blowing manhole covers out! They can't seem to find the source of the problem. They called in some expert electrical engineers to trouble shoot the problem, with no success. Since the safety of the public is the biggest concern, they canceled the Horse Fair and the Beef Expo

Web Walking.....

Baske Afire! Price Afire! 2.8Mil – Most Ever at Auction

Ann Bennett sent us this link:

<http://www.azcentral.com/news/articles/0220sr-arabian0221baske-ON.html>



Baske Afire brought \$2.8Million at auction in Scottsdale. (Photo from AZCentral.com)

Horse sense?

Both Ann and Lora have been checking out articles by Jessica Jahiel at

<http://www.horse-sense.org/>

This is a very useful site with articles addressing many issues related to both dressage and natural horsemanship. You can sign up to get her free newsletter sent to you regularly.

In locating follow-up information to a question

raised at the Bookies meeting, Ann Bennett referred us all to
<http://www.horse-sense.org/archives/20060326134934.php>

for an article by Jahiel that discusses when saliva and foam are a good sign and when they indicate problems when you are riding a horse.

Horsemanship article...

Ann Bennett also found an interesting article on horsemanship at
<http://www.lizgraves.com/Horsemanship.pdf>

This is an article by Liz Graves published in the The Gaited Horse magazine, Summer 2007. It is based upon applying Blooms Taxonomy to us as rider-students and to teaching our horses. (Everyone in education can identify with Blooms taxonomy.) Liz Graves specializes in gaited horse education at her site at
<http://www.lizgraves.com/>

Create a Dancing Partnership with Your Horse..... Ride your horse's hindquarters to create impulsion, suspension and balance, without confining his movement and rhythm by Charles de Kunffy. An excellent article you should read that Ann Bennett has found. It addresses issues discussed at the Bookies meeting. You'll love the article—very informative. He says regarding the neck...*to influence its position one must work on its position from the haunches rather than from reins.*

http://equisearch.com/horses_riding_training/english/dressage/dancing_partnership_022308/index.aspx

Member News.....

Ouch!!! This musta' hurt-----

On Sunday, **April Crossland** went outside to find her mare Bridgette cast with her hind legs stuck in a round bale ring. Right after getting her unstuck, she kicked out her back leg and caught April under the chin (April says she was just in the wrong place at the wrong time). April spent

most of the day in the hospital. Fortunately she didn't have a broken jaw, but she has a lot of pain. Pain meds are mitigating it somewhat. She is recovering and still plans to host the gathering at her house March 1. To send her an e-mail---
aprilcrossland@yahoo.com

To Hope and Encourage...

Pat Pollpeter and her family are deeply concerned about her brother Richard who has been diagnosed with colon cancer. He is undergoing treatment currently in Iowa City. Family members, including Pat, are taking him to/from Iowa City daily. Please send them your warmest wishes for his return to good health.
ppollpet@yahoo.com

Birthdays.....

Bonnie Moothart celebrates her continuing youth on March 12. Bonnie was born in a Year of the Tiger...Grrrr.....

Happy Birthday, Bonnie

walnutcreeklabs@cloudburst9.net



Bonnie aboard JR back when we could actually ride at Shimek. (Photo LPC)

Melanie Schaefer will celebrate her birthday on March 14. The Chinese Astrologist reports that she was born in the Earth Year of the Ox, and so will be happy on the farm, is artistic, creative, hard working and has a life full of possibilities. Enjoy them all.

Happy Birthday, Melanie

NOT an Iowa Winter.....

Yvonne and Jay wrote:

Right now it is about 50 degrees, got up to 70's today, although kinda windy, supposed to be in the 80's over the weekend. No it's not Iowa, we are in Sierra Vista, AZ. Usually still gets down into the 30's overnight here in the high desert. (We are at 4600 feet) We are enjoying our wonderful but brief respite here. Today we rode on a 1600 acre working cattle ranch, just outside of Tombstone, tomorrow we are planning a ride in the Huachuca mountains in Brown Canyon. The boys are really enjoying being out of the cold weather too. Unfortunately we are going to have to head north on Monday.....:(

Yvonne has promised a journal for our newsletter when she gets back.

Tara has been to Arizona for her annual sojourn to a warmer clime, but no horseback riding. She takes Trace to the doctor for pre-surgery examination later in March.

Sell \$wap & \$eek \$hop.....

Want something listed? Need a copy of the complete advertising policy? E-mail Lora at lpconrad@tctwb.com (Ads free to GRCHA members, up to ¼ page per issue.)

Mare for Sale: Mary Doyle's Zara. 16H Clydesdale/Thoroughbred mare. Coming 7; trail riding and camping experience; two open shows at walk/trot at Kirkwood; Ann's "Get Ready to Ride Clinic" last Spring and Jeff Griffith's clinic last April. He referred to her as the "Gentle Giant". A few lessons taken with Genelle and Doug Bogart. Zara has a calm, sweet temperament and only needs regular riding to be a very dependable horse. She is for sale due to Mary's continuing back problems. Qualified home only. \$2500. Home 319-683-3314, cell 319-330-4998, email doyleszoo@gmail.com.



ZARA FOR SALE. Contact Mary at doyleszoo@gmail.com

TRAILER FOR SALE.



Lieurance's Trailer for Sale.

1994 Charmac 4 horse slant load trailer, weekender package with mangers and solid rear tack. Camper has a porta potti, sink, shower, water storage tank with pump, gas water heater, clothes hanging rod with a shelf and a TV shelf. It has drop downs on the head side and stock-type slots on the tail side with Plexiglas slide-ins for inclement weather. Call Mark or Cheryl Lieurance at 319-985-2551. **See photo.**

Mare for Sale: Grade-arabian mare, Roxi. 9 years old, 14'2 (just) bay. She is an excellent trail horse. She has a lovely disposition, very safe to be around and very willing and intelligent. She's been through two Jeff Griffith

clinics and has lots of experience camping and stalling at other facilities. She was handled by several different massage students at a massage seminar, so she travels well. She grooms, bathes, clips, and is a farrier's dream to trim. Contact Lyn Conrad at 319-461-0876. **See photo.**



Roxi, grade-Arabian for sale. Contact Lyn at circledblc@farmtel.net

For Sale: Breeding contract to Doc Freckles, APHA Palomino Overo. Check out his website at www.northpinefarm.com. There you will find the details of his pedigree, photos of him and his offspring. He's a super nice stallion and has a wonderful personality. Very athletic. His pedigree is full of Paint and Quarter horse cutting legends. Fee is negotiable. (This is a breeding fee Tara purchased last year but her mare would not breed, so the stallion owner agreed she could sell the breeding contract.) Contact Tara if you have any questions at 310-463-7143 after 6pm.



Breeding contract for sale to Doc Freckles --Photo from the North Pine Farm website. He is standing at stud at North Pine Farm in Watkins, IA.

FOR SALE—Dressage saddle. Used Belloir Saumur (french made). 18" with medium tree. Includes a Belloir Saumur girth with elastic on both ends. Will include a State Line Tack black dressage saddle pad. Less fittings. Price: \$500. For photos and further information, contact Marsha at achenbre@netins.net

FOR SALE- Aussie Saddle. 16-16 1/2" seat; has a horn, can use dressage girth, in excellent condition, purchased from Libertyville Saddle, weight about 23 pounds, gullet—medium wide, used on quarter horse, good starter saddle. \$175. call 319-937-5015 or jko@mepotelco.net. Yvonne or Jay

TRAILER FOR SALE.

4 star horse trailer with living quarters; 1997 model, all aluminum trailer. Rubber mats on the floor and half way up the walls. 4 horse with stud gate, fully self contained living quarters that include a full bath, microwave, countertop stove, 2 way refrigerator, sink, gas water heater, gas furnace and roof air with heat strip. If interested call Charlie at 319-461-2627.

Equine Massage Services. Charlie and/or Lyn Conrad offer equine massage therapy services at your barn. Rates: \$50 per hour plus a travel fee of \$15.



Grass-fed Beef For Sale. Organic, grass-fed beef, custom processed, quarter or half. Contact Ann Bennett for more information and availability dates. windrushhill@farmtel.net

Community Service Opportunity: Be a Fun Horse Show Judge!

Denise Schieffer has sent us the following request. The Lake Darling Saddle Club Whoopee Days Fun Horse Show at Brighton on June 20, starting at 6:30 pm needs volunteer judges. There are 21 classes, casual attire (riding boots or shoes required). It's a volunteer job—judge any number of classes you can. Anyone can judge. Denise thought it would be good if they didn't wait until right before the class to have a judge for it! Let her know if you'd be interested as soon as you can! No previous judging required. Contact Denise Schieffer at ponyexpress11@hotmail.com

Lora and Ann both have flyers with full details on the classes, just let us know if you want a copy e-mailed.

Warning! If you get an e-mail that says its from **Mamasource** and a friend of yours is sending a tree for you to plant or sending you a flower—**DELETE IT!!** If you respond to send back a flower or to “plant’ the tree--- then Mamasource can get into your address book and spam all your friends.

No- NAIS

In our last issue, we were encouraging you to contact your breed associations and Horse Councils to inquire regarding their positions on NAIS. Please note the following letter from FARFA, part of which is printed below. It is even more important to let the Horse Councils know how we feel about NAIS as they seem to be operating under some misleading information. Hope you can take time to read this extract from the FARFA letter—and act.

Open Letter to the American Horse Council dated **February 20, 2008**

The Farm and Ranch Freedom Alliance (FARFA) sent a public email last month alerting people to statements in a recent government document that call for breed registries to implement the National Animal Identification System (NAIS). We encouraged people to contact their breed registries (1) to find out if they planned to be part of this implementation and (2) to express the members' opposition to being part of NAIS. Many horse owners acted on this information and contacted their registries.

Based on the government documents, if NAIS becomes mandatory, it will require anyone who owns or manages property with even one horse or other livestock animal to register their home in a federal database and be assigned a permanent premises identification number (PIN). Next, each animal will be assigned an internationally unique 15-digit animal identification number (AIN) and be tagged, in many cases with electronic identification. The last step would be to track the animal's movements, particularly any movements that involve "commingling" (mixing) with other horses or livestock.

The American Horse Council (AHC) took exception to FARFA notifying horse owners of the issue of breed registries potentially implementing NAIS. AHC sent a letter to breed registries claiming that: "misinformation has been going around regarding the USDA's business plan for the NAIS This seems to be orchestrated in part by a group called the Farm and Ranch Freedom Alliance"

AHC has not contacted FARFA and their reasons for objecting to the FARFA alert are unclear. After all, FARFA's alert is based directly on the USDA's published documents.

AHC seems intent on downplaying what the USDA has published in its most recent document. The USDA's *Business Plan to Advance Animal Disease Traceability: Through the Harmonization of State, Federal, and Industry Programs and Convergence with the National Animal Identification System* was released on December 19, 2007. In a table of planned actions and target dates, it states: "initiate **use** of AIN in breed registry programs," with an "action target date" of March 2008. (Business Plan, p.52). AHC's letter instead claims that "the timeline states that USDA plans to initiate these **discussions** in March 2008." Since when does "initiate use" of something mean "initiate discussions"?

Perhaps AHC's objection is the statement in FARFA's alert that USDA plans to use breed associations to force NAIS registrations. AHC continues to promote the claim that NAIS is voluntary, stating: "As the NAIS is a voluntary program, it is the choice of each breed registry for all livestock species to decide whether they would like to utilize the NAIS options of AIN and PIN, and whether that will be mandatory or voluntary for their specific program."

But while it may be voluntary for a breed registry to decide whether to require NAIS, it is not voluntary for the animal owners who utilize a registry that requires NAIS. A coercive choice between being forced to participate in a government program to which one objects or having unregistered animals - which can have severe economic consequences - is not truly voluntary.

AHC has not told horse owners about some of the non-voluntary and coercive measures already being used to force NAIS on people in several states:

- Premises registration is mandatory in Wisconsin and Indiana;
- Horse owners in New York have reported receiving letters thanking them for registering their property in
- the NAIS database after having taken

- their horses for routine Coggins tests;
- Premises registration and NAIS-compliant electronic tags are mandatory for cattle in Michigan;
- Drought stricken farmers in North Carolina are required to register their farms to obtain hay from the state;
- Children in Colorado, North Carolina, and Illinois are required to register in NAIS in order to compete in the state fairs.

In addition, the USDA Business Plan contains several other measures that will affect horse owners that the AHC has failed to mention:

- The Business Plan specifically calls for equine organizations and associations to implement NAIS-compliant electronic identification technology by January 2009: **"Implementation of the 840 AIN RFID [Radio Frequency Identification Device] technology by all industry organizations that provide services to horse owners/breeders."** (Business Plan, p.55) (emphasis added)
- USDA's focus on horses is not limited to just competition horses. **"Horses that, when moved, require either a test for Equine Infectious Anemia or a health certificate, are also included in Tier 1."** (Business Plan, p.2).
- USDA has plans to expand the requirements for Coggins testing nationwide, to capture more people into NAIS. **"Efforts are underway to develop a USDA national State-Federal cooperative program for the control of EIA that would establish national EIA (Coggins) testing requirements....."**

NAIS will be a discussion item at the GRCHA meeting on March 1.

Training Kalan.....

Last issue I discussed my experiences with Kalan and Khokho in attempting to teach Kalan to pony and, as I realized, to teach Khokho to be ridden while another horse was ponied from his back. Genelle Royer kindly cleared up my quandry about what hands to hold what. She said: *Try this: On Khokho, reins in left hand. Whip UPRIGHT in right hand and Kalan's lead in right hand and short enough to keep his head about at your knee. You will be able to touch each horse on the chest with the whip or behind your leg by turning your wrist and hand down and toward the rear. You will also be able to keep Kalan from chewing on your boot!!!!*

So—this week we tried that. But I picked a day when the weather was cold and changing (what day isn't?) and the horses were a bit antsy. With Khokho handled with the left hand, dressage whip upright in the right hand between thumb and index finger and Kalan's rein through my hand and hanging off the other side of Khokho, off we went. Seemed to work pretty well for a few moments. Kalan tried to walk up past Khokho, I bend whip down a little with threatening motion and slight touch to Kalan's chest and say “No”, tug a bit on the rein. He steps back in place. OK! Go on. Do that a couple more times.

Meanwhile the rope keeps getting off down Khokho's left side kinda close to his foot. Trying to regulate the length of the line to Kalan was proving to be more than my limited dexterity could handle. Especially when he dropped back a bit to get right behind Khokho (annoying Khokho in the process) and my holding on too tight to the short rein might put my seat in the saddle at risk (I was on the dressage saddle this time—not the Aussie saddle). Then, Kalan suddenly figures it all out---move to the right just out of reach of her darn whip, bolt forward fast before she can take alternative action (whatever that might be?). Kalan: *Free!* Shake head.... Buck and frolic in delight. *I did it! I did it!*

Me---start over.....shorten rein, be firmer with “No. Whoa” (Hope Khokho does not buck. He

has already figured out that all the loud No's and Whoa's have nothing to do with him despite the fact I am on his back. Not too dumb for a fat gray horse.) When Kalan behaves OK, make one complete loop around the arena and quit right there!!

More practice another day.....

Next issue is scheduled for March 15. Keep sending me your articles, profiles, member news, feedback for authors, and ideas for e-news—and for our website. Our e-news is by, for and about GRCHA members and their horses...as our logo says.....

For you and your horse.

Lora Conrad,

Newsletter Editor lpconrad@tctwb.com

Hot off the electronic highway.....

Becky Hassman passed on to us all this great sale on helmets that Denise found. Look at <http://www.bigdweb.com/detail.aspx?id=74358>

Troxel Legacy Training helmets, ivory, size Large—**only \$10!!!** A variety of other helmets on sale though not such a great reduction in price. Don't think you need a helmet? Check that date you wrote in yours---you did didn't you? Becky and Denise remind us that we are supposed to replace helmets every five years, cracks and hits or not. Helmets can become brittle and the padding becomes less effective due to aging. *(Just like us....)*
