



June 2023 Newsletter

Two BIG Extreme Cowboy Races

SOCA hosted two incredible races in May and June.

The Alabama State Championship Extreme Cowboy Race was held at The Canyon Lodge in Hodges, AL on May 6th. Thanks to our judge Chris Redden, our announcers Romona Edge and Denise Redden, as well as all of the volunteers. Our amazing hosts (Vaudry & Romona Edge, The David Archie Family, Danny Emerson and James & Karen Huey) - Thank you so much for the awesome facility, obstacles and all the fun!!

The EXCA National Championships were held at Champions Arena in Shelbyville, TN on June 3rd and 4th. There were 140 entries from all over the US - From as far east as the Carolinas and as far west as California. Thanks so much to all of the judges and volunteers that made this event happen. It was certainly one for the record books!!

THANK YOU TO ALL OF THE VOLUNTEERS THAT MADE THESE EVENTS HAPPEN!!!!

2023 Events

1/14-15/23 – Craig & Cole Cameron Clinic – Darby Oaks Stables, Bushnell, FL

3/4-5/23 – Florida Horse Park – Extreme Cowboy Race (double points) on Saturday & Obstacle Challenge on Sunday

4/15/23 – Obstacle Challenge – Darby Oaks Stables, Bushnell, FL

5/6/23 – Extreme Cowboy Race (double points) The Canyon – Hodges, AL

6/3-4/23 – Extreme Cowboy Race – EXCA National Championships, TBD (5X Points)

7/8/23 - Obstacle Schooling Day – Darby Oaks Stables, Bushnell, FL

8/11/23 – Lee Hart Clinic, Gainesville, GA

8/12/23 – Extreme Cowboy Race –SE Regional Championships - (Triple Points) Chicopee Agricultural Center, Gainesville, GA

11/18/23 – Obstacle Challenge – Darby Oaks Stables, Bushnell, FL

July Event!!!

7/8/23 – Obstacle Schooling Day at Darby Oaks Stables in Bushnell, FL RSVP now – Flyer is attached.

2023 SOCA EVENT FLYERS ARE POSTED ON THE WEBSITE – IT'S NEVER TOO EARLY TO ENTER!

Southern Obstacle Challenge Association

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RESULTS FROM THE EXCA NATIONAL CHAMPIONSHIPS, SHELBYVILLE, TN

Nationals Combined Results - EXCA Race 6/3/23 - 6/4/23

	Young Guns Divison Results		Round 1	Round 2	Total
1	Brooklyn Baldwin	Drover	333.993	343.354	677.347
2	Braylie Sturgeon	Diablo Roger	335.203	338.307	673.510
3	Ryleigh Jade Rodrigues	Mony	314.250	336.476	650.726
4	Jordan Jeffers	Champ	276.715	305.225	581.940
5	Ryleigh Jade Rodrigues	Lego	286.655	287.636	574.291
6	Braylie Sturgeon	Boots	246.738	282.487	529.225
7	Rilynne Rose	Jack	219.878	283.568	503.446
8	Layne Rose	Tuff	191.675	276.075	467.750
9	Kinsleigh Rose	Spirit	110.293	157.447	267.740
	Novice Divison Results		Round 1	Round 2	Total
1	Edward Brown	Spook	406.268	387.749	794.017
2	Jamie Caldwell	PeptoMaster	380.518	391.007	771.525
3	Angela Graham	Jack	378.903	379.618	758.521
4	Shannon Washam	TRUE	376.315	375.577	751.892
5	Jamie Caldwell	Roo's Pine Olena	337.803	397.893	735.696
6	Tyler Howe	Indy	319.545	403.424	722.969
7	Danielle Varn	Titan	351.630	363.915	715.545
8	Terri Glonek	One Tuff Cowgirl	352.615	351.673	704.288
9	Laurin Whitaker	Reycee	329.868	361.714	691.582
10	Stephen Oetzel	Meva	328.533	313.052	641.585
11	Sandra Baird	Cody	334.120	301.601	635.721
12	Alecia Grissett	Pepper	303.655	328.864	632.519
13	Sara Milby	Buttons	332.415	296.447	628.862
14	Stacy Chambers	Sparkles	284.088	339.684	623.772
15	Tom Onings	Dozer	288.818	327.841	616.659
16	Cullen Green	Tater	303.878	270.546	574.424
17	Charles King Sr.	Raja	273.270	289.772	563.042
18	David Chambers	Angola	200.765	190.464	391.229
	Green Horse Division Results		Round 1	Round 2	Total
1	Chad Blunk	Redden's Dual Zip	406.315	450.755	857.070
2	Mike Jeffers	Gus	421.959	423.792	845.751
3	Annie Chance	Doc's Dazzling Remedy	430.473	415.109	845.582
4	Angeline Saliceti	Colonel's Lucky Gun	409.699	395.109	804.808
5	Shelby Ratliff	One Tuff Cowboy	407.611	389.477	797.088
6	Carly Renault	Sign That Check	428.221	363.101	791.322
7	Cindy Branham	RC Aztec	391.035	397.073	788.108
8	Jen Peterson	Tinker	390.455	395.902	786.357
9	Kirsten Mew	Slate	379.843	402.156	781.999
10	Jason Keeker	Hollywood	395.855	378.488	774.343
11	Tracy Pinson	Tuff Lil Texan	383.145	389.399	772.544
12	Mike Jeffers	Spirit	386.077	378.355	764.432
13	Cindy Branham	Molly	388.018	361.091	749.109
14	Kaylie Hiers	Dealer	347.444	340.886	688.330
15	Chris Redden	Dualin Pistol Duke	333.709	317.648	651.357
	Non Pro Division Results		Round 1	Round 2	Total
1	Kelsie Yates	Whiskey	543.292	577.874	1121.166
2	Tracy Pinson	Tuff Struck Gold	550.780	562.554	1113.334
3	Lee Chapman	Ike	541.305	551.895	1093.200
4	Leanne Hale	Jigsaw	541.875	544.401	1086.276
5	Tracy Pinson	2X T-Buck	531.995	553.019	1085.014
6	Kirsten Mew	Mister Twister	548.685	533.897	1082.582
7	Rick Peniston	Savvy Gun Play	517.482	542.736	1060.218
8	Karen Huey	Pepite	522.893	535.575	1058.468
9	Rick Schroeder	Nu Model Mercedes	507.096	539.938	1047.034
10	Cindy Mitchell	Smartypants Marty	523.402	521.159	1044.561
11	Tim Yoho	Jewel	519.760	517.665	1037.425
12	Jim Ochs	Jesse	508.059	510.792	1018.851
13	Jennie Wentworth	Superstar Playboy	478.850	525.521	1004.371
14	Hannah Howe	Yadi	444.087	524.091	968.178
15	Laura Green Hart	Ruthie	486.411	465.571	951.982
16	Frank Twitty	Poppie	471.787	474.554	946.341
17	Jennifer Wendt	Reddens Pretty Song	480.935	452.092	933.027
18	Angie Jones	Yadi	488.035	440.012	928.047
19	Lee Chapman	Deuce	469.792	443.067	912.859
20	Dennis Tipton	Roos Pine Olena	438.108	467.942	906.050
21	Courtney Pearre	Tuff	422.720	471.791	894.511
22	Kelsie Yates	Belle	451.584	442.405	893.989
23	Lesia Roe	Cat	417.845	472.415	890.260
24	Bob Hill	RJ Freckles Jewel (Shango)	408.699	411.345	820.044
25	Laura Green Hart	Sheza Tuff Pearl	364.822	445.606	810.428
26	Bennett Green	Corr	384.313	415.145	799.458
27	Steve Barrett	Gus	351.635	379.115	730.750
28	Tina Louise Icorn	Lil Buckwheat Sugar	300.625	350.819	651.444

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CONT'D RESULTS FROM THE EXCA NATIONAL CHAMPIONSHIPS, SHELBYVILLE, TN

Nationals Combined Results - EXCA Race 6/3/23 - 6/4/23

Intermediate Division Results			Round 1	Round 2	Total
1	Rick Schroeder	Nu Model Mercedes	515.771	570.384	1086.155
2	Lesia Roe	Cat	476.291	523.433	999.724
3	Angie Schulte	Diamondback Boy	469.530	521.369	990.899
4	Lisa Steinbach	Tuff Struck Gold	486.751	498.356	985.107
5	Rick Schroeder	Show Me Your Guns	484.836	498.383	983.219
6	Courtney Pearre	Tuff	458.037	520.584	978.621
7	Jennifer Wendt	Reddens Pretty Song	489.822	486.867	976.689
8	Susan Wingo	Rosie	465.674	506.485	972.159
9	Mary Jo Veluzat	Boom Jac Kid	490.408	472.808	963.216
10	Terri Glonek	One Tuff Cowgirl	474.734	485.605	960.339
11	Angela Graham	Jack	466.307	483.389	949.696
12	Jenna Bishop	J-Low	476.363	462.955	939.318
13	Tina Louise Icorn	Lil Buckwheat Sugar	467.250	463.001	930.251
14	Shannon Washam	TRUE	450.634	448.996	899.630
15	Edward Brown	Spook	467.310	430.912	898.222
16	Kayden Frazier	Koonah	411.042	460.793	871.835
17	Jamie Caldwell	PeptoMaster	420.443	412.685	833.128
18	Kim Washam	Oakley	422.850	409.331	832.181
19	Laurin Whitaker	Reycee	414.835	397.151	811.986
20	Alecia Grissett	Pepper	366.192	442.340	808.532
21	Cheyenne Layton	Ace	431.601	374.430	806.031
22	Pat Keck	J Lo	358.786	385.363	744.149
23	Steve Perry	Little Peppy River	337.528	401.786	739.314
24	Steve Perry	Peppy Shiny Badger	343.561	375.109	718.670
25	Kayden Frazier	Joker	279.718	296.764	576.482
26	Sharon Kornman-Oetzel	Lou	443.108	0.000	443.108
Youth Division Results			Round 1	Round 2	Total
1	Angleine Saliceti	Samson	546.314	574.417	1120.731
2	Madison Branham	American Patriot	512.009	583.278	1095.287
3	Paityn Blunk	Eldon	531.496	554.502	1085.998
4	Madison Branham	Willow	516.180	553.418	1069.598
5	Kye Tomlinson	Mony	505.388	546.778	1052.166
6	Kye Tomlinson	Dexter	511.477	526.784	1038.261
7	Bailey Jones	Ellie	494.644	508.986	1003.630
8	Paityn Blunk	Not Henry	489.122	509.403	998.525
9	Shelby Keeker	Frenchie	451.357	524.571	975.928
10	Dixie Marrese	Trending on TikTok	467.265	500.021	967.286
11	Bub Ellis	Dozer	380.468	435.702	816.170
Ride Smart Division Results			Round 1	Round 2	Total
1	Tracy Pinson	Tuff Night At The Ritz	547.845	567.198	1115.043
2	Cindy Mitchell	Smartypants Marty	544.489	569.700	1114.189
3	Tim Yoho	Jewel	531.150	575.497	1106.647
4	Karen Huey	Pepite	514.561	528.654	1043.215
5	Tracy Pinson	2X T-Buck	506.127	523.765	1029.892
6	Laura Green Hart	Ruthie	491.620	528.405	1020.025
7	Rick Peniston	Savvy Gun Play	508.998	508.500	1017.498
8	Jennie Wentworth	Superstar Playboy	516.781	497.742	1014.523
9	Lisa Steinbach	Tuff Struck Gold	466.686	531.247	997.933
10	Ricky Carey	Diablo Roger	495.739	501.810	997.549
11	Susan Wingo	Rosie	485.986	508.591	994.577
12	Angie Schulte	Diamondback Boy	472.838	521.118	993.956
13	Frank Twitty	Poppie	513.760	476.204	989.964
14	Tina Louise Icorn	Lil Buckwheat Sugar	470.879	517.276	988.155
15	Bob Hill	RJ Freckles Jewel (Shango)	478.242	456.558	934.800
16	Dennis Tipton	Roos Pine Olena	438.886	492.481	931.367
17	Dennis Tipton	Pepto Master	461.235	465.182	926.417
18	Laura Green Hart	Sheza Tuff Pearl	383.154	461.434	844.588
19	Pat Keck	J Lo	370.654	444.374	815.028
20	Steve Barrett	Gus	399.358	0.000	399.358
Pro Division Results			Round 1	Round 2	Total
1	Kelsie Yates	Whiskey	512.723	614.931	1127.654
2	Kirsten Mew	Oakley	510.861	603.624	1114.485
3	Chad Blunk	Eldon	510.172	576.927	1087.099
4	Annie Chance	Show Me Your Guns	510.893	575.212	1086.105
5	Lee Chapman	Ike	507.002	576.697	1083.699
6	Leanne Hale	Jigsaw	510.272	571.570	1081.842
7	Annie Chance	Hardtobehumble	531.404	546.868	1078.272
8	Jennie Wentworth	Superstar Playboy	504.393	537.613	1042.006
9	Jim Ochs	Jesse	490.854	535.444	1026.298
10	Jen Peterson	Quinlynn	487.976	503.564	991.540
11	Carly Renault	Cat N Sugar	498.892	0.000	498.892
12	Kelsie Yates	Belle	465.473	0.000	465.473

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PICTURES FROM 2023 EXCA NATIONAL CHAMPIONSHIPS EXTREME COWBOY RACE, SHELBYVILLE, TN

Thanks to Shelby Ratliff for the photos

Young Guns



Green Horse



Novice



Non Pro



Youth



Intermediate



Ride Smart

Pro



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PICTURES FROM 2023 EXCA NATIONAL CHAMPIONSHIPS EXTREME COWBOY RACE, SHELBYVILLE, TN

Thanks to Shelby Ratliff Photography



THANK YOU, JUDGES!

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RESULTS FROM THE MAY 6, 2023 ALABAMA STATE CHAMPIONSHIP EXTREME COWBOY RACE, THE CANYON, HODGES, AL

			Round 1	Round 2	Total
	Young Guns Divison Results				
1	Laynie Rose	Tuff	93.419	102.894	196.313
2	Tinley Leggett	Toby	84.713	106.906	191.619
	Novice Divison Results				
1	Tyler Howe	Indy	161.626	175.664	337.290
2	Edward Brown	Spook	152.612	172.286	324.898
3	Danielle Varn	Drifting Pick	161.570	160.735	322.305
4	Alecia Grissett	Pepper	148.969	162.855	311.824
5	Stacy Chambers	Sparkles	151.256	156.096	307.352
6	Angela Graham	Jack	144.333	158.661	302.994
7	Sherry Garman	Lumpy	165.460	136.221	301.681
8	Stephen Oetzel	Meva	137.356	163.853	301.209
9	Sandra Baird	Cody	141.005	155.132	296.137
10	Justin Archie	Tigger	136.795	146.684	283.479
11	Dustin Archie	Toby	146.429	104.273	250.702
12	Dennis Whitley	Cinch	141.011	0.000	141.011
	Green Horse Results				
1	James Huey	Marley	153.093	181.075	334.168
2	Courtney Pearre	Smokin' Leo Hayes	152.866	152.862	305.728
3	Shelby Ratliff	Tuff's Golden Girl	151.970	150.154	302.124
4	Vaudry Edge	Two X ThirteenDiamonds	138.090	133.305	271.395
5	Stacy Chambers	Bonita	118.970	115.833	234.803
	Non Pro Divison Results				
1	James Huey	Tickle	214.405	227.125	441.530
2	Vaudry Edge	Rojo Willy John 2	205.738	226.763	432.501
3	Tracy Pinson	Tuff Struck Gold	206.390	220.813	427.203
4	Tracy Pinson	2X T-Buck	193.153	233.982	427.135
5	Karen Huey	Pepite	205.839	209.202	415.041
6	Bob Hill	RJ Freckles Jewel (Shango)	180.013	208.378	388.391
7	Hannah Howe	Yadi	199.146	188.790	387.936
8	Michael Garman	Newt	193.904	189.684	383.588
9	Steve Barrett	Gus	171.070	167.300	338.370
10	Tina Louise Icorn	Lil Buckwheat Sugar	160.525	136.010	296.535

			Round 1	Round 2	Total
	Intermediate Divison Results				
1	Courtney Pearre	Tuff	210.663	214.502	425.165
2	David Archie	Toby	197.423	217.154	414.577
3	Michael Garman	Newt	212.227	201.837	414.064
4	Danielle Varn	Drifting Pick	200.999	197.512	398.511
5	Mary Jo Veluzat	Boom Jac Kid	188.429	195.725	384.154
6	Lisa Steinbach	Tuff Struck Gold	186.514	195.358	381.872
7	Danny Inman	Bourbon	179.155	201.391	380.546
8	Angela Graham	Jack	169.027	207.248	376.275
9	Mary Jo Veluzat	Nitros Doc Tari	181.363	184.284	365.647
10	Alecia Grissett	Pepper	183.899	178.932	362.831
11	Edward Brown	Spook	173.437	177.608	351.045
12	Tina Louise Icorn	Lil Buckwheat Sugar	181.430	146.286	327.716
13	John Hodges	SB Shaney Face Dunit	172.161	0.000	172.161
	Youth Divison Results				
1	Braxton Leggitt	Toby	162.383	160.574	322.957
	Ride Smart Results				
1	James Huey	Tickle	229.725	246.453	476.178
2	Tracy Pinson	Tuff Night At The Ritz	236.122	239.127	475.249
3	Karen Huey	Pepite	217.147	231.388	448.535
4	Vaudry Edge	Rojo Willy John 2	213.854	229.016	442.870
5	Tracy Pinson	2X T-Buck	209.967	230.616	440.583
6	Michael Garman	Newt	218.290	196.493	414.783
7	Steve Barrett	Gus	204.385	198.451	402.836
8	Bob Hill	RJ Freckles Jewel (Shango)	195.731	206.808	402.539
9	Lisa Steinbach	Tuff Struck Gold	205.391	194.790	400.181
10	Danny Inman	Bourbon	207.858	190.603	398.461
11	Sherry Garman	Lumpy	185.438	191.690	377.128
12	Tina Louise Icorn	Lil Buckwheat Sugar	191.107	151.481	342.588
13	John Hodges	SB Shaney Face Dunit	181.862	0.000	181.862
3	Pro Divison Results				
1	Karen Huey	Pepite	234.767	237.318	472.085
	Mule Results				
1	Grant Kirksey	Colonel	0.000	200.883	200.883
2	Stacy Chambers	Sparkles	0.000	198.213	198.213
3	David Archie	Hopscotch	0.000	181.039	181.039
4	Ben Kirksey	Laurie Darlin	0.000	180.718	180.718
5	Jason Guin	Nancy	0.000	177.146	177.146
6	Jason Guin	General	0.000	175.477	175.477
7	Stacy Chambers	Bonita	0.000	166.370	166.370
8	Jason Guin	Hopscotch	0.000	149.108	149.108

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PICTURES FROM THE MAY 6, 2023

ALABAMA STATE CHAMPIONSHIP EXTREME COWBOY RACE IN HODGES, AL Thanks to Shelby Ratliff Photos



Young Guns



Novice



Green Horse



Non Pro



Intermediate



Youth



Pro



Ride Smart



Mules



Dustin Archie,
Alabama Cowboy
Champion



June 2023 Newsletter

PICTURES FROM THE MAY 6, 2023

ALABAMA STATE CHAMPIONSHIP EXTREME COWBOY
RACE IN HODGES, AL Thanks to Shelby Ratliff Photos



HIGH POINT STANDINGS AS OF 6/10/23

SOCA RACE HIGH POINT - 2023

		Total
Young Guns Division Results		
NO BUCKLE		
1	Brooklyn Baldwin	Drover 677.347
2	Braylie Sturgeon	Diablo Roger 673.510
3	Laynie Rose	Tuff 664.063
4	Jordan Jeffers	Champ 581.940
5	Braylie Sturgeon	Boots 529.225
6	Rilynn Rose	Jack 503.446
7	Kinsleigh Rose	Spirit 267.740
8	Ashlyn Kelley	Snazzy 234.355
9	Brooke Bremer	Shades 215.239
10	Tinley Leggett	Toby 191.619
Novice Division Results		
1	Edward Brown	Spook 1466.433
2	Stacy Chambers	Sparkles 1252.679
3	Angela Graham	Jack 1061.515
4	Tyler Howe	Indy 1060.259
5	Terri Glonek	One Tuff Cowgirl 1045.489
6	Danielle Varn	Titan 1045.069
7	Alecia Grissett	Pepper 944.343
8	Stephen Oetzel	Meva 942.794
9	Sandra Baird	Cody 931.858
10	Cullen Green	Tater 824.854
Green Horse Results		
NO BUCKLE		
1	Shelby Ratliff	One Tuff Cowboy 1137.555
2	Tracy Pinson	Tuff Lil Texan 1096.001
3	Chad Blunk	Redden's Dual Zip 857.070
4	Mike Jeffers	Gus 845.751
5	Carly Renault	Sign That Check 791.322
6	Kirsten Mew	Slate 781.999
7	Mike Jeffers	Spirit 764.432
8	Kaylie Hiers	Dealer 688.330
9	Chris Redden	Dualin Pistol Duke 651.357
10	Holly Rosenau	Faline 651.958
Non Pro Division Results		
1	Tracy Pinson	Tuff Struck Gold 1977.448
2	Tracy Pinson	2X T-Buck 1951.609
3	Karen Huey	Pepite 1473.509
4	Hannah Howe	Yadi 1356.114
5	Bob Hill	RJ Freckles Jewel (Shan) 1208.435
6	Kelsie Yates	Whiskey 1121.166
7	Dennis Tipton	Roos Pine Olena 1093.811
8	Lee Chapman	Ike 1093.200
9	Leanne Hale	Jigsaw 1086.276
10	Kirsten Mew	Mister Twister 1082.582
Intermediate Division Results		
1	Lisa Steinbach	Tuff Struck Gold 1798.270
2	Edward Brown	Spook 1625.355
3	Courtney Pearre	Tuff 1403.786
4	Jenna Bishop	J-Low 1373.537
5	Mary Jo Veluzat	Boom Jack Kid 1347.370
6	Angela Graham	Jack 1325.971
7	Terri Glonek	One Tuff Cowgirl 1322.540
8	Tina Louise Icorn	Lil Buckwheat Sugar 1257.967
9	Alecia Grissett	Pepper 1171.363
10	Lesa Roe	Cat 999.724
Youth Division Results		
NO BUCKLE		
1	Breanna Bork	Diego 398.407
2	Gina Gatto	Patch 326.398
3	Meredith Crews	Dixie 325.555
4	Braxton Leggett	Toby 322.957
5	Charlotte Kelley	Fitz 292.462
6	Gia Faiello	Oops 182.505
Ride Smart Division Results		
1	Tracy Pinson	2X T-Buck 1937.739
2	Lisa Steinbach	Tuff Struck Gold 1826.263
3	Tracy Pinson	Tuff Night At The Ritz 1590.292
4	Karen Huey	Pepite 1491.750
5	Bob Hill	RJ Freckles Jewel (Shan) 1337.339
6	Dennis Tipton	Roos Pine Olena 1333.544
7	Tina Louise Icorn	Lil Buckwheat Sugar 1330.743
8	Dennis Tipton	Pepto Master 1324.029
9	Tim Yoho	Jewel 1106.647
10	Laura Green Hart	Ruthie 1020.025
Pro Division Results		
NO BUCKLE		
1	Kelsie Yates	Whiskey 1127.654
2	Kirsten Mew	Oakley 1114.485
3	Lee Chapman	Ike 1083.699
4	Leanne Hale	Jigsaw 1081.842
5	Carly Renault	Cat N Sugar 958.179
6	Karen Huey	Pepite 472.085
7	Kelsie Yates	Belle 465.473
8	Jazzy Durgin	Bullet Proof 445.048
9	Jazzy Durgin	Dreamer 409.608
10	Cat Zimmerman	Stitch 384.345

SOCA OBSTACLE CHALLENGE HIGH POINT - 2023

	Rider	Horse	Total
Novice Division			
1	Karen Chadwick	GB Bocelli	265.50
2	Kimberly Paquette	Absoluteontherocks	259.50
3	Janet Bozeman	Fergie	258.00
4	Sarah Bremer	Rocket	252.00
5	Donna Milliken	Thor	244.00
6	Leslie Davis	WR Esmeralda's Will By Caymus	241.50
7	Dusty Bremer	Diesel	235.50
8	Julie Testa	Boone	224.00
9	Robin Staley	Demi	186.50
10	Courtney Snyder	Finn	182.00
Youth Division			
1	Meghan Maharrey	One Tuff Cowgirl	266.50
2	Kailey Hetherman	One Tuff Cowboy	203.00
3	Brooke Bremer	Shades	197.00
4	Alexa Jackson	Pepperoni	128.50
5	Ella Laiosa	Doc Holiday	115.50
6	Charlotte Kelly	Fitz	108.00
7	Gina Gatto	Patch	104.50
8	Sophia Johnson	Fergie	94.00
9	Ashlyn Kelly	Snazzy	89.50
10	Khole Murray	Twizzler	74.00
Intermediate Division			
1	Margo Cook	Luna	281.50
2	Marilyn Loaces	Manolo de Erimar	274.00
3	Garey Wallace	Breeze	267.50
4	Phyllis Kirby	Patrone	265.00
5	Lisa Cusimano	Sierra	262.50
6	Donna Bellusci	Chicago's Lad (Caz)	258.00
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7	Jazzy Durgin	Bulletproof	141.50
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9	Paige Mulford	Maya	117.00

5 Mental Health Benefits Of Riding

“There is something about the outside of a horse that is good for the inside of a man,” the wise words of Winston Churchill, the former Prime Minister of the United Kingdom. He knew the impact of horses on mental health before it was a popular topic to discuss.

There is no doubt there are numerous physical health benefits with horses. Let's take a look at their mental health benefits, too.

Reduces Stress and Anxiety - Horseback riding is a form of exercise. As you ride, your body releases endorphins which help decrease any stress or tension. They also act as listening partners to hear all your troubles and air out any negative energy.

Increased Self Esteem - As you go through your journey of working with horses, your confidence will boost as you do things you never thought you could. Running a 15-second barrel pattern, lope through pastures on a loose rein, turning a steer down the fence... the possibilities are endless on the back of a horse. You can't help but feel confident on the back of 1200 pounds.

Increased Positive Thinking - Horses distract your mind from any negative thoughts. You are now focusing on caring for another creature. You fall in love with their soft muzzles and endless listening ears. You'll soon find yourself more worried about them than what troubles you.

Creates Emotional Awareness - Horses are prey animals with flight or fight instincts. They read your emotions on the ground and in the saddle. When working with horses, you learn to regulate your emotions and understand your feelings for better outcomes. You'll come through with better mental clarity for it, too.

Increased Trust - When you're around horses, you put your whole trust in them. They are big animals. You have to trust they will act in your best interest. As herd animals, they also bond. There is no better feeling in the world than a bond with a horse.



June 2023 Newsletter

SOCA would like to thank our 2023 Corporate Sponsors
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2024 SPONSORS NEEDED!

SOCA is a **501c3 Non Profit Organization**, so donations are tax deductible. Small or large, **ALL** donations are appreciated!!! Sponsorships help us provide better events for you, including prizes, donations to charities and buckles for high point awards.

THANK YOU!!!

SOCA would like to thank the following for Product Donations:

Adequan, Bardsley Products, Compana Pet Brands (Manna Pro), Custom Embroidery by Maggie, Durango Boots, Life Data Corp & Farrier's Formula, Mrs. Pastures Cookies, Platinum Performance, Ride Smart Horsemanship, Rocking S Tack, Spurr's Big Fix, Straight Arrow (Mane n' Tail & Cowboy Magic), Triple Crown, TWHBEA, US Rider, Vetericyn, and Winner Circle Horse Supply



SOCA NEWS

Purpose of SOCA

OBSTACLE CHALLENGES

- Divisions for all levels of horses and riders
- Open to all breeds
- Payback in all classes, prizes, and ribbons
- Ten to fifteen obstacles
- Events will be in arenas and on the trail

EXTREME COWBOY RACES

- Sanctioned Extreme Cowboy Races with divisions for: Pro, Non-Pro, Novice, Intermediate, Ride Smart, Youth, Young Guns, & Green Horse
- Open to all breeds
- Payback, prizes, and ribbons

CLINICS/SCHOOLING DAYS

- Learn to negotiate obstacles
- Schooling days will allow you to practice obstacles with the help of others, and without the pressure of competition.

THANKS TO ALL OUR
SPONSORS, JUDGES &
VOLUNTEERS THAT MAKE OUR
EVENTS POSSIBLE!

Extreme Cowboy Racers

Reminder to pay your dues to the
EXCA so your points will count! If
you aren't sure if you are current,
check the EXCA website under the
club page.



SOCA dues (\$10) are due
January 1st!

Please renew at your first
event of the year. Dues help
fund the highpoint awards
and administrative costs of
the club.

If you have news that you would like to submit to the SOCA
newsletter, please email it to
southernobstaclechallenges@gmail.com

