



Next meeting May 6th 7 pm
Norm and Deborah (coffee) Connie (treats)

Capitol Riders Chapter, BCHW Officers for 2014

Norman Green - President
Peggy Tucker - Vice President
Deborah Green - Treasurer
Chris Enrico - Secretary
Karen Johnson - Director
Sue Koch - Alt. Director

Chris Enrico - Newsletter
Chris Enrico - Web
Chris Enrico - Legislative
Connie Bailey - Membership
Connie Bailey - Communications
Chris Enrico - Communications
Carrie Russell - Rides
Dean Hartman - Rides
Norman Green - Work Parties
Connie Bailey - Social
Peggy Tucker - Hoofprints

Capitol Riders Chapter, BCHW

Mission :

1. To perpetuate the common sense use and enjoyment of horses in America's back country and wilderness.
2. To work to insure that public lands remain open to recreational stock use.
3. To assist the various government and private agencies in their maintenance and management of said resource.
4. To educate, encourage and solicit active participation in the wise use of the back country resource by horsemen and the general public commensurate with our heritage.
5. To foster and encourage the formation of new chapters in the state organization.

Capitol Riders Chapter, BCHW

www.capitolriders.org (with a link to our Facebook page)

Meet monthly at the Littlerock firehall, 10828 Littlerock Road SW (larger of the two meeting rooms). Please verify the meeting by either going to the chapter web site and the Events page, or call 360-459-4759.

The next general meeting is scheduled

for May 6th, 7 pm at the Littlerock firehall, 10828 Littlerock Road SW, Olympia, WA.

From your President:

Spring is upon us and it would be a good time to tend to all of our horse tack, cleaning, oiling and doing any needed repairs.

It is also a good idea to have our trailers checked out by a mechanic or perhaps you can do it yourself. Let's not forget our 4 legged friends so make sure that they are current on all shots and worming.

Enjoy yourself on the rides.

Norman D Green Jr

Courage is being scared to death but saddling up anyway. John Wayne

Work Parties - on April 12th we had 6 of us cleaning up the parking lot and campground, Tom Shedd from DNR stopped by and was thankful for the hard work and dedication of the chapter. We have one more sign that needs to be put up, Deborah and I will do that next time out.

On April 19th we had another work party that was a wet walk and ride. There were 5 of us, 3 walking and 2 riding. Deborah and I went out to our trail end and did cleaning and clearing along the way. I was really impressed with the work done by Laura Shillam. Cindy and her husband Kelly who walked in the rain, got the campground trail cleaned. Great job done by all.

Norman D Green Jr

Yet another work party is scheduled for April 26th. This one will be a multi-chapter with Scatter Creek and out of the Appy Club on Waddell Creek Road. It's a DNR sanctioned event thus eligible towards a Discover Pass.

Speaking of work parties, the Great Gravel Pack-In has come and gone since the last newsletter went out. An excellent turnout and even though it was another damp day, all enjoyed themselves.

The chapter Garage Sale is here (almost). The date is Saturday, May 3rd. We will be in the gravel lot next to the Littlerock Saloon in "downtown" Littlerock. Please show up before 8:00 am since we need to be set up and ready by 9:00. We'll have tables and several pop-up "tents".

Be prepared to get a bit damp since the forecast is for rain and we'll be outside.

Price your items using labels. If you plan on selling an item on consignment, the usual percentage that the chapter gets is 15%. Put your name on any such items.

Anything not sold and not picked up by it's owner when we take things down will be taken to the transfer station (the dump). Anything!

Capitol Forest opens on May 1st to equines. Get out there and ride! Check out the trail and report any issues such as downed trees or anything else you have trouble with.

I attended a Dutch Oven clinic on April 27th in Enumclaw. My first time cooking with coals. It was raining pretty good and there were over 30 people there.

My selected recipe (by the hostess) of Pizza Pull-aparts turned out pretty well. I think if I was to do it again I would add more coals on top from the start in order to brown the bread dough better. But it was cooked through.

Shall we get together and cook some food?

Currently Scheduled Events - partial for 2014

May

- 1 - Capitol Forest opens to Horses
- 3 - chapter Garage Sale, Littlerock Saloon, Littlerock.
- 3 - Kitsap Lady Trail Riders prize ride, Green Mountain, Stephanie Hanlon, cassyopia@yahoo.com
- 6 - General Meeting Littlerock fire hall 7 pm
- 10 - Lewis County chapter prize ride, Burnt Ridge, Tony Karniss (360) 748-8640 and Larry Davis (360) 520-1829
- 17 - chapter day ride - Nisqually-Mashel, annual chili dog ride, Susan Hartman, cowgirlathart@msn.com
- 17-18 - Cascade Horse Club & Trail Dusters' Chapters - LNT Basic Skills Class, Pilchuck Tree Farm, Arlington, Barbara Vache, dunerydr2@aol.com, Sue Ward, josuward@msn.com
- 17 - Oakland Bay chapter prize ride, Kennedy Creek, riders out 9:00 to 11:00. \$15.00
- 17 - Alpine Lakes chapter prize ride, Joe Watt Canyon, Joy Rucker, ruckmjdk@eburg.com
- 23-26 - chapter campout - Nile/Old Sawmill
- 25 - Roslyn Riders Poker Ride (Fun Ride)
- 29 - DNR User meeting 6 pm, 801 88th Ave Tumwater
- 30-June 1 - LNT Train The Trainer, Indian Camp multi-day, Jane Byram, Intjane_3@hotmail.com

June

- 1 - LNT Train The Trainer, Indian Camp multi-day Jane Byram, Intjane_3 @ hotmail.com
- 3 - General Meeting Littlerock fire hall 7 pm
- 7 - National Trails Day Work party Mima TH and Campground 8 am Norm Green normdgreen @ yahoo.com
- 7 - chapter day ride - Green Mountain, Belfair
- 12-15 - chapter campout - Indian Camp/Bruce Tropple Horse Camp
- 21 - 2nd QTR BCHW Board of Directors meeting - Ellensburg
- 21 - Grays Harbor chapter prize ride, Mary M Knight School Mary Owens, owens.maryj @ gmail.com (360) 482-8375
- 21 Livestock Coalition benefit ride, Evergreen Sportsmen's Club, Littlerock Livestock.coalition @ yahoo.com

Capitol Riders of BCHW Meeting Minutes

Littlerock Fire hall

April 1, 2014

President Norman Green called the meeting to order at 7:00 pm.

Fourteen people were in attendance with no guests.

The April 2014 meeting minutes were approved.

Treasurer's Report – Deborah Green

The chapter has \$1067.42 in the bank account. There is nothing outstanding. We have one new membership renewal.

Chris Enrico had nothing new to report on the newsletter.

Chris said that he continues working on the BCHW volunteer miles database.

Chris said that legislative items have slowed since session is over.

Directors Report – Karen Johnson

Karen passed around photos of Rendezvous and the gravel haul. She told the group that the auction at Rendezvous raised over \$10,000. One hundred twenty-five people attended the Great Gravel Pack-In. There were singing cowboys and a good lunch.

Karen said that the National Park Service wants to limit private horse riders in Bryce Canyon National Park. Be sure and send in your comments.

Karen mentioned that chapter directors in the Skagit County area wanted to donate to the Oso Animal Fund. The BCHW position is that chapters cannot donate but you as private individuals can.

The chapter has been asked by the Wine Ride organizers to help with parking. The event is October 25th out of Zillah. The chapters get compensation – the more volunteers the more money the chapter gets. They also need winery hosts, stock handlers and “watchers”. They are asking for at least four volunteers from us.

Karen told the group that Alpine Lakes chapter has found a group learning road maintenance who will do the Haney Meadow road work for free.

Volunteer hours – Deb Hall

Deb passed out forms and said they were old but revised slightly. They capture hours. We need your name, date, hours worked, miles travels, and hours traveled. Chris will put the workbook and other forms on the web site. Deb said that members need to keep on top of recording their time so they can accurately record what they did. Try and get it to Deb on a monthly basis.

Work Parties – Norman Green

Norm said we will have a work party on April 12th to clean up the Mima Campground and trailhead. On April 19th we will have another work party to clean up the trail. Carrie Russell said we have a chapter trail ride also scheduled for the 12th (moved back from April 13th after it was first moved from April 12th.)

Norman said we have 3 signs to put up. April 26th is reserved in case we get rained out on April 19th. Norm and Deb will be out at 7:00 am on horseback. Bring your horse if you so desire.

Hoofprints – Peggy Tucker

Peggy reminded those attending that the Hoofprints program has a \$5 entry fee. Send in your trail mileage at the end of the year and get a \$15 gift certificate from Tack Room Too in Tumwater.

Club Rides – Carrie Russell

Carrie said we have the April 12th ride with Nisqually Chapter. If you attend two rides with Nisqually before having to join (if you want to continue riding with them.)

May 17th is the chili dog ride and Susan Hartman will be trail boss. Colleen Nickels of Nisqually Chapter will help flag the trails. Carrie asked Chris Enrico if he could be camp cook (Chris said yes). Bring salads and other food.

Carrie requested that the July 19th ride be changed to the Capitol Forest Equine Day ride. We are not rescheduling the Scatter Creek ride. Ride out at 11:00 am for the chili dog ride on May 17th.

Carrie asked Chris to add the Wine Ride to the chapter events page.

Garage Sale – Dean Hartman

Dean said the garage sale is May 3rd and 4th. There is a \$20 entry fee but we need a location. We will do one day only. Put it on the schedule as TBA but plan on May 3rd. It is before the next general meeting.

Price your items before hand. On consignment items notify the chapter as to the percentage to go to the chapter. Should we have an early start at 7:00 am? The sale begins at 8:30 am. Traditionally 15 percent of consignment items goes to the chapter. Put your name on any consignment item.

Cindy McAllister said that she attended the last Nisqually chapter meeting. There is a proposal to build a parking lot at JBLM training area 23. She also told the group that training area 22 is not permanently closed. Someone needs to talk to JBLM. Carrie Russell said that she had met a biologist who wondered why horses were not allowed. The butterflies are in the meadows and the horses are not in the meadows. Manure is good for butterflies.

Norman asked if there was any unfinished business. Honorary memberships was brought up. They would not be covered under BCHW liability since they would not be BCHW members. If they were to attend a ride or work party they will need to sign a liability release. They won't have voting privileges.

A member of the group asked to add Norm and Anita Rustvold as well as Joyce Nelson.

A motion was made and approved to make the list members (Jayne Bade, Myrna Conine, Nancy Garred and Jeff LaBreck) honorary members.

A motion was made and approved to make Norman and Anita Rustvold, and Joyce Nelson, honorary members.

For the good of the chapter – Connie Bailey told the group that there was good chapter representation at the WSLC (Washington State Livestock Coalition) presentation at the Appaloosa Club meeting.

Treats for next meeting – Connie Bailey volunteered. Norman and Deborah to bring the coffee (Karen will be on vacation).

Meeting adjourned by Norman at 8:26 pm.

Respectfully submitted,

Chris Enrico

Capitol Riders chapter Secretary, 2014

Ticks (or “it’s that time of the year again”)

Tick Removal :

Should you find a tick on your or your horse's body, remove it immediately. However, forget all the rumors you may have heard about tick removal. Do NOT crush or twist the tick, apply baby oil or petroleum, or "scare" the tick out with a lit match. These methods can cause the tick to regurgitate blood back into your or the horse's body, which increases the chance of infection or disease transmission. Worse, the above methods can cause the head to detach from the body, where it will remain beneath the skin.

Instead, use a pair of tweezers to remove the tick:

- Grab the tick firmly by the head, where it enters the skin
- Pull - do not yank - firmly and steadily straight away from the skin
- Dispose of the tick properly in a small jar of rubbing alcohol
- Wash the attachment site with a mild antiseptic
- Wash your hands

Tick Prevention/Repellants :

The most important areas to defend are your feet and ankles. Taping the bottom of your pants closed, or otherwise restricting access up the inside of your pant legs is recommended.

Essential Oils: Many compounds that occur in nature provide a brief period of repellency against certain insects. There are well over 150 natural repellents while the most common are: Citronella, Eucalyptus, Lemon Leaves, Peppermint, Lavender, Cedar Oil, Canola, Rosemary, Pennyroyal, and Cajeput. Persons concerned about exposure to deet or who prefer a natural solution can use essential oils. Generally the EPA considers these oils safe to use in low dosage but overall their effectiveness is limited to less than 30 minutes.

Deet (N,N-diethyl-m-toluamide): Deet is by far the most commonly used insect repellent worldwide. This is because it is the most effective repellent against mosquitoes, ticks and other biting insects. After researching hundreds of compounds, deet was selected by the USDA and the US Military as the safest and most economical.

Permethrin: Although known as a repellent, permethrin is actually a contact insecticide. That is, it kills ticks or other insects that come in contact with it. Permethrin is considered ideal because it is applied to clothing, gear, mosquito nets and bedding and is not applied directly on the body. When applied to clothing and equipment, permethrin is very effective at reducing the mosquito population in your campsite or sleeping quarters by killing mosquitoes that "hang around" camp and land on things. Where ticks are a concern, permethrin on clothing or gear will kill ticks that travel across as little as 10" of treated fabric. Spray applications of permethrin remain effective up several weeks and through weekly washings. Dip applications can remain effective even longer. Permethrin is harmless to skin and is used extensively in other formulas for treatment of head lice.

Permethrin is used in popular equine tick repellent products.



Rocky Mountain wood tick
hanging from grass with strand of animal hair



Male Rocky Mountain wood tick
or *Dermacentor andersoni*



Female Rocky Mountain wood tick



American dog tick

Diseases Spread by Ticks :

Washington has relatively few tick-borne disease cases reported each year in comparison to some areas of the United States. If you think you have symptoms of a tick-borne disease, contact

your doctor. Doctors are asked to notify local health departments of suspected or confirmed cases of tick-borne disease (see Notifiable Conditions). The following diseases can be transmitted by a tick bite in Washington.

Lyme Disease:

The first sign of Lyme disease is usually an expanding circular rash which starts at the site of the tick bite. The rash may have a target shape or "bull's-eye" appearance. Fever, headache, muscle aches, and joint pain may also occur. If left untreated, later symptoms can include recurring joint pain, heart disease, and nervous system disorders. Lyme disease is the most common tick-borne disease in the United States, but is rare in Washington. Only zero to three Lyme disease cases per year are reported to be infected in Washington. Lyme disease is caused by a spirochete (a corkscrew shaped bacteria) called *Borrelia burgdorferi* and is transmitted by the western black-legged tick, *Ixodes pacificus*. Western black-legged ticks pick up the bacteria after feeding on infected rodents. These ticks live in forested or brushy areas of western Washington. Lyme disease was first described in North America in the 1970s in Lyme, Connecticut, the town for which it was then named. This disease has since been reported from many areas of the country.

Tick-borne Relapsing Fever:

Tick-borne relapsing fever (TBRF) is an illness caused by bacteria that are carried by soft ticks. TBRF can cause serious illness in people. Symptoms include relapsing (recurrent) periods of fever lasting for two to seven days, disappearing for about four to fourteen days, and then reoccurring. One to 12 cases of tick-borne relapsing fever are reported each year in Washington. Most people become infected while staying in rural, mountainous cabins of eastern Washington during the summer months. The soft tick, *Ornithodoros hermsi*, typically feeds on rodents, which is where they pick up the *Borrelia hermsii* bacteria. The infected tick can then transmit the bacteria by feeding on a person for short periods of time while they are sleeping. Since these ticks are associated with rodent burrows and nests, it's important to keep rodents out of cabins and other sleeping areas.

Rocky Mountain Spotted Fever:

Initial symptoms of Rocky Mountain spotted fever may include fever, nausea, vomiting, muscle pain, lack of appetite, and severe headache. A rash generally, but not always, appears a few days later. Abdominal pain, joint pain, and diarrhea can also occur. Each year, zero to three cases of Rocky Mountain spotted fever are identified in Washington. Some of the cases are infected in Washington, some are infected elsewhere. The bacteria that causes Rocky Mountain spotted fever is transmitted by the bite of an infected American dog tick, *Dermacentor variabilis*, or Rocky Mountain wood tick, *D. andersoni*. These ticks are found throughout the state and prefer woodland areas, medium height grasses and shrubs between wetlands and woods, and sunny or open areas around woods. They are especially common in eastern Washington.

Tick Paralysis:

Tick paralysis is caused by a neurotoxin from the bite of an attached tick. When a tick feeds on a person or animal, a chemical in its saliva is released that inhibits the normal function of nerves and muscles. This condition is characterized by a progressive paralysis that usually starts in the legs with muscle weakness, loss of coordination, numbness, and difficulty standing or walking.

The symptoms progress upwards to the abdomen, back, and chest. If the tick is not removed, paralysis of the chest muscles can lead to respiratory failure and death within 24 to 48 hours after symptoms begin. Prompt removal of the tick usually leads to a complete recovery. Twelve cases of tick paralysis have been reported in Washington from 1990 through 2011. Ticks associated with tick paralysis include *Ixodes* and *Dermacentor* species that live in forested and brushy areas or along edges between open grassy areas and woods.

Tularemia:

Tularemia is an infectious bacterial disease (*Francisella tularensis*). Tularemia is usually a disease of wild animals, but severe illness and death may also occur in humans. The bacterium that causes tularemia is common in various kinds of ticks and in small and medium-sized mammals, especially rabbits, hares, beavers, muskrats, and voles. In the United States, there are two main sources of infection for humans: 1) bites by ticks or biting flies, and 2) contact with infected animals or their carcasses, especially the cottontail rabbit. People may also become infected from eating improperly cooked rabbit or hare meat or from contact with contaminated water, dust, hay, mud, or animal bites. The disease is not spread from human-to-human. A tick bite is one way people can get tularemia. Symptoms of tularemia following a tick bite include sudden fever, headache, swollen lymph nodes, and a skin ulcer near the bite. One to 10 cases of tularemia are reported each year in Washington - only some of these are due to tick bites and some cases are acquired in other states. Ticks that can transmit tularemia in Washington are the American dog tick, *Dermacentor variabilis*, and the Rocky Mountain wood tick, *D. andersoni*. These ticks are found throughout the state and prefer woodland areas, medium height grasses and shrubs between wetlands and woods, and sunny or open areas along the edge of woods.

Anaplasmosis:

Symptoms of anaplasmosis include headache, fever, chills, and muscle aches. No human cases have been reported in Washington; however, anaplasmosis has been diagnosed in numerous dogs in our state. Western black-legged ticks, *Ixodes pacificus*, can carry the bacteria that cause anaplasmosis and are found living in forested or brushy areas in the western part of the state. Human granulocytic anaplasmosis (HGA) is an infection caused by the bacteria *Anaplasma phagocytophilum*. HGA bacteria infect the white blood cells of their hosts, specifically the granulocytes. People get HGA when they are bitten by a western black-legged tick infected with HGA bacteria. Ticks become infected with HGA bacteria when they bite an infected wild rodent. If that tick later bites a human, the tick may transmit the HGA bacteria to the person. Dogs and horses can be infected with HGA bacteria, but they cannot transmit the infection to people. Most individuals infected with HGA bacteria have no or mild symptoms. When symptoms occur, they resemble the flu, with fever, headache, fatigue, muscle aches, and nausea. Some individuals may also have vomiting, cough, or a rash. Some patients, particularly elderly persons or those with weakened immune systems, may have a more severe illness and need to be hospitalized. HGA is rarely fatal.

Babesiosis:

Symptoms of babesiosis include fever, chills, fatigue, muscle pain, and anemia. Since 1990, only three cases (two presumably tick-borne and one associated with blood transfusion) have been reported as contracting the disease in Washington. The western black-legged tick, *Ixodes*

pacificus, is considered the vector of this disease in Washington. This tick is found in forested or brushy areas of western Washington.

Babesiosis is an infection of red blood cells by a parasite called Babesia that is transmitted through the bite of a tick. Patients with babesiosis have an illness with fever, chills, muscle pain, and fatigue. Nearly all of cases of babesiosis have been in the northeastern United States and have been due to a kind of Babesia called Babesia microti.

Borrelia miyamotoi:

Borrelia miyamotoi are spiral-shaped bacteria that are closely related to bacteria that cause tick-borne relapsing fever (TBRF). They are more distantly related to the bacteria that cause Lyme disease. First identified in 1995 in ticks from Japan, the bacteria have since been detected in two species of North American ticks, the black-legged or “deer” tick (*Ixodes scapularis*) and the western black-legged tick (*Ixodes pacificus*). These ticks are already known to transmit several diseases, including Lyme disease, anaplasmosis, and babesiosis.

Ehrlichiosis:

Ehrlichiosis (air-lick-ee-oh-sus) is a tick-borne disease of white blood cells caused by very small bacteria. The bacteria invade white blood cells called monocytes and so ehrlichiosis is also called human monocytic ehrlichiosis (HME). Ehrlichiosis occurs primarily in the southeastern United States. The bacteria that cause ehrlichiosis are carried by certain kinds of ticks and can be transmitted to a person when a tick bites them. In the south central U.S., the lone star tick (*Amblyoma americanum*) is known to carry and transmit the agent of ehrlichiosis.

Spotted Fever Group Rickettsia and Rocky Mountain Spotted Fever:

Spotted Fever Group (SFG) Rickettsia and Rocky Mountain Spotted Fever (RMSF) are related infectious diseases that are transmitted to people through the bite of a tick. SFG Rickettsia can cause a fever, headache and a small open wound about ¼ inch in size that turns into a dark scab (called an eschar).

Two of the most common diseases which horse owners should be aware of are Anaplasmosis and Lyme disease.

Up to three cases a year of Rocky Mountain spotted fever have been reported in Northeast Washington, officials said, although the number is more likely to be zero. Only five cases of tick paralysis have been reported in 20 years.

Relapsing fever – it comes and goes, as the name implies – is more common in Eastern Washington and North Idaho, although often not diagnosed, other experts say.

The Spokane area is infamous in medical literature for having the largest episode of relapsing fever recorded in the United States. In 1969 during a campout on Browne Mountain, 11 of 42 Boy Scouts and leaders were infected. Ten of 20 Scouts who spent the night in an old cabin contracted the disease, while only one of 22 who camped out in tents was infected, according to a report in the Journal of the American Medical Association.

The wood tick that causes Rocky Mountain spotted fever lives in natural areas. The relapsing tick is more closely related to rodent nests.

Cabins are prime places to come in contact with the relapsing fever tick.

A vaccine to prevent Lyme Disease in dogs has only just come on the market.



A sedate group waiting for dinner at Rendezvous



A not quite sedate group waiting for dinner at Rendezvous



Great Gravel Pack-In March 29th. Loading buckets using the makeshift scale to be sure the buckets weigh the same.



Great Gravel Pack-In March 29th. Loading the stock for the haul to the work location.



Great Gravel Pack-In March 29th. Lunch time and the two "singing cowboys".

Come Join Us!

To join or renew your membership with BCHW, complete this application:

- Please PRINT LEGIBLY.
- Sign the LIABILITY RELEASE (all members over 18).
- Make checks out to CAPITOL RIDERS.
- Give or mail the application to :

Chris Enrico
 4809 24th Ave SE, Lacey WA 98503-3252



Member Info

New Member Renewal – Membership number(s): _____

Adult's name(s): _____

Children's name(s): _____

Address: _____

City: _____ ST: _____ Zip: _____

Phone number: _____ E-mail: _____

Legislative district (if known): _____ County: _____

STATE MEMBERSHIP

Basic Membership

- Single \$41.00
 Family \$54.00

Optional Membership (includes family or single from above)

- Contributing \$75.00
 Sustaining \$125.00
 Patron \$250.00
 Benefactor \$500.00
 Lifetime (Single) \$1200.00

State dues paid online (attach receipt copy)

Additional State Donation \$ _____

Subtotal A \$ _____

CHAPTER MEMBERSHIP

Chapter Name (or Independent): _____

Capitol Riders

Chapter Dues - Single \$10.00
 - Family \$15.00 \$ _____

Additional Chapter Donation \$ _____

Subtotal B \$ _____

Grand Total (A+B) \$ _____

LIABILITY RELEASE & NOTICES

All ADULT members MUST sign! Adult's signature covers minor children.

Recognizing the fact that there is a potential for an accident wherever horse use is involved, which can cause injuries to horses, riders, and spectators, and also recognizing the fact that Back Country Horsemen of Washington, including Chapters, officers, directors, or members, cannot always know the condition of trails or the experience levels of riders or horses taking part in trail rides or other BCHW events, I do hereby release and hold harmless the above named from any claim or right for damages which might occur to me, my minor children, or horses.

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Back Country Horsemen of Washington (BCHW) is a public charity as defined in Internal Revenue Code Section 501(c)(3). Accordingly, membership dues paid to BCHW may be treated as deductions characterized as "charitable contributions" when computing federal and state income tax obligations.

Sponsors



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Ad Rates for your ad in both the web site and newsletter :
(per year)

Business card - \$25

1/4 page - \$48

1/2 page - \$72

full page - \$100 (subject to board approval)

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Chris Enrico
4809 24th Ave SE
Lacey WA 98503

Capitol Riders
<http://capitolriders.org>

