

Stable Life Activity Woods Project

Stable Life is located in a very wooded area near Lawrence Lake. We have a beautiful little patch of woods in between our Social Center and the horse area. In the summer the woods provide a pleasant place where we can ride and work with the horses even when it is hot outside.

For several years we have been using obstacles to provide equine program participants the opportunity to enhance their communication with the horse both on the ground and under saddle. Some participants have even designed obstacle courses in open areas of our property to challenge themselves and their riding friends. When we started developing the trail system in our woods, we began making plans to add an Activity Trail on an outer loop and build several obstacles into the trail for riders to complete under saddle.

In 2013 we were chosen by the American Competitive Trail Horse Association to host a competitive trail challenge as a fundraiser. We were excited about this collaboration because it is a great way for our organization to make money for the equine program and it fits into our values and philosophy to offer challenges for participants to overcome. We plan to host two ACTHA events in 2014—one will be a Competitive Trail Challenge on May 31 and a Halloween themed Arena Obstacle Challenge on October 18.

Once our Activity Woods Project is complete we will have nearly all of the 42 ACTHA obstacles in our little woods as well as a few of our own. The completed project will also provide four beautiful, quiet spots for meditation/reflection, private time, or for individual psychotherapy sessions.

Two main projects we would like to have completed is our Pit Stop area and making and posting signs. The pit stop is a clearing in the center of the woods where we all end up congregating to rest and socialize at the end of ride time. This area is mostly cleared and prepped, but we would like to finish it off and add two hitching posts and a bench or two. We also want to make and put up signs for the different obstacles as well as trail arrows and a trail map to make it easier for participants to find their way around the woods.

If you are looking for something meaningful to do with your time, consider volunteering at Stable Life and helping us complete our Activity Woods Project. Volunteering is easy! Get your group together, whether family, friends, co-workers or community group. Decide how long you can stay for, pick a project from the list below and get to work! Please bring work or gardening gloves, and feel free to bring your own nippers, shears and other gardening tools (we have some, but not always enough to accommodate large groups).

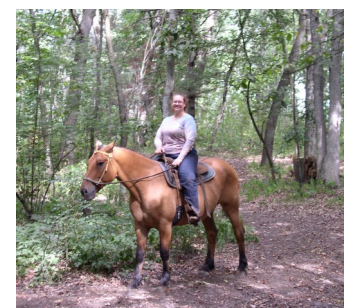
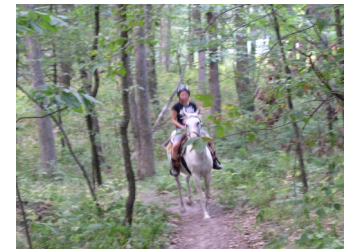
Contact Joann to set up a time to come to the farm! Call 608-296-4634 or via e-mail at joann@stablelifeinc.org.



W7897 Eagle Avenue
Westfield, WI 53964

Ph: 608-296-4634
Fax: 608-296-4631

www.stablelifeinc.org



Activity Woods Projects:

Project:	Time to Complete:	# of People Needed:	Materials /Supplies Needed:	What needs to be done?
Bridge	*Special Project—skilled construction person needed to help!			
Sit A Spell	1 hr	2	gloves, brush tools	clear the path
Back Out Alley	3-5 hrs	2-4	gloves, twine, branches	clear the path, gather long, straight branches, use trees to tie branches in a thatch style to about 2' high
Low Branch	1 hr	2-3	gloves, brush tools	clear the path, be sure there is a litta path that can also serve as a way around the branch
Trot Weave	4-6 hrs	2-4	gloves, brush tools possibly gravel	clear the path, determine which trees to use for trot weave pattern, create litta path
Gate	1 hr	2		clear the path and area, be sure there's enough space for horse and rider to move all around the gate, Set two posts, position gate in between
Log Obstacle	1-2 hrs	2-4	gloves, brush tools	clear the path, find a suitable log to bring into the path, create a litta path
Poles	1-2 hrs	2	gloves, brush tools, 4-6 4" to 6" round	clear path, find suitable branches and space them on the path
Sanctuary	4-6 hrs	4-6	gloves, brush tools	blaze trail in and out, clean up area
Tire Décor	2 hrs	2-3	gloves	Bury in a tire on either side of trail
Tires	2 hrs	2	gloves	clear area, set tires in pattern
Barrel board	4 hrs	2-4		Use tires as barrels, set and fill with dirt
Jump	1 hr	2	gloves	clear the area, be sure footing is safe, set log for jump
Fern overlook	1 hr	2	gloves	clear the area
Platform	6 hrs	4-6		clear area, build platform w/step up on 3 sides and slope for 4th side. Will need to bring fill
Stop	less than 1 hr	1-2	Stop sign & post	insert stop sign
Bell	less than 1 hr	1-2	bell & post	insert post and attach bell
Mailbox	less than 1 hr	1-2	mailbox and post	insert post and affix mailbox
Labyrinth	1-2 hrs	2	6—4 to 6" round posts	clear area, arrange posts in labyrinth style
Secret Spot	4-6 hrs	4-6	gloves, brush tools	blaze trail in and out, clean up area

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