

“The Score” with CR Bradley

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This is Chelsea Shaffer, and this is season four of the score. You all have listened to this podcast, three quarters of a million times, and we are here in season four to bring you even more of what you love.

Today's episode is brought to you by manna pro. I'll tell you more about them at the episode break. Hey everyone. Surprise it's Caitlin goo stuff here with this episode of the score. Uh, Chelsea is busy, um, this week doing video shoots all throughout Texas. So stay tuned for content from a roping.com powered by the team roping journal.

We got some great content coming soon. Um, so with that being said, I got to take over on the score this week and talk to CR Bradley, who is an AQH world champion and reserve champion. Um, he is a NFR qualifier. He qualified in 2004 in the calf roping. And on this episode, you know, he was on the score a year ago in season three.

Uh, talking about growing up in the horse training world training techniques, uh, goals and more, and today on the score CR and I got to chat about, uh, rope horses, training scoring, and the breakaway roping. Um, we dipped into that department and talked about the breakaway horses and the women in the sport, um, and what, you know, what he likes to see in a calf horse.

And, um, And more topics. So I'm not going to talk to you guys too much. Um, enjoy this episode with CR Bradley. Hey, CR how's it going? Good. You were in Ohio visiting some family. So I was from, I was from Ohio, so I, and I haven't seen my mom and dad for a month or a year and a half since COVID. So I went back and there's my mom and my dad.

I spent a few days with him to Cooper and my whole family. We had a little family trip up there. Yes. I came back in his heart. Lisa, quit at least to quit raining though. That's what, yeah, that's it. They thank goodness that the rains kind of lit up a little bit. Cause it's been, it's been downpour the past few weeks.

Awesome. Well, it has the rain, you know, kinda slowed down your, your practice and training. It's made team roping tough. I have a, I have a covered calf valley at my house, so I've been able to rope calves a lot, but, um, and I have a friends, a friend that has outdoor draws faster than mine, that I've gotten to team ropes.

Um, but not, not near as much as I wanted to. Gotcha. Gotcha. So it's been a little slow lately. Yes. It's been hard, but hopefully we can get after it now. Quit raining. Yeah, definitely. And I know I'm, you know, Just about a year ago, you were on this podcast talking to Chelsea. Um, and you were talking about what you were working on.

Um, you're reaching. Is that still what you're working on? Or I sold my head horse. So now I have a couple for the fraternity though for the heading and a couple for the healing for in

October. So now my. Um, goal is to get those ready. And they're both, they're all a little bit. They have not been to a team roping for charity yet.

And, um, I have a couple ready. That I would like to go to the, um, role of crown for charity in rock Springs in August. So my goal is to get them ready for that. Gotcha. Gotcha. Now, did you go to the fraternity the past weekend? I did, but just calf roping. Yes. Yep. I didn't wrote very well. Um, I wrote really good at the horse show and, uh, and I won under a judge both days and one second horse to really good.

And then I missed on both of them. I missed one calf on both my horses and the charity. I kinda, I had one calf that run a little bit harder and I reached a little bit. And then the other one, I don't know. I didn't, I didn't, it was my fault. I didn't rope. Good enough. And I missed one. The going into the charities kind of, I guess, what's the mental, your mental game going into them for each horse?

Normally, normally I thought my mental game is pretty good, but I don't think it was last week. I normally, I mean, it's kind of a balance between showing them and roping. You still have to rope. I mean, you still have to think about your roping. Um, and, uh, I think that's what I didn't do real well. You still got to find your target and think about your, you still got to feel your rope and find your target.

Um, and I didn't do a very good job and kinda, you can kinda, you gotta be careful not to think too much. You gotta ride your horse. Like you think a little bit more about your horse than you do, like at a time. Roping, um, cause you're thinking about making your horse look good, but she's still it, but you can't forget throughout because if you get, if you forget to concentrate roping, you'll miss and that's what I did.

Gotcha. Gotcha. So now, uh, I guess going back, do you just go back to the drawing board and just work on that more in the practice pen? I practice, I practice quite a bit and I felt pretty sharp and I was roping around really good the first day for me. I'm 44 now. So yeah. Actually I won the jacket. I was like first and third and the jackpot, the first day the gaffer opened.

And, um, I wrote really good. And, um, about third day, I dunno, I just I'll do better. I don't. I normally do. I normally I don't miss for him. He didn't count that it's just kind of fluke deal, but every once in a while it'll happen. Gotcha. What do you do? You know? The calf roping can take a toll on your body, physically.

Uh, what are you doing to kind of stay in shape? Um, just so you can, you know, get off in Taiwan. Um, I T I used to, I used to jump, jump rope a lot and run, but jumping ropes and runnings, almost hurting my body a little bit now. So, um, Rosie. My wife goes to a trainer about three times a week. And so sometimes I go with her and she just does parametrics and stuff.

And she also has a, um, elliptical and I really, I, I like spending 15 minutes on it. Um, and we have a rowing machine and a bicycle at our house. That like to use. I used to, when I, when I rodeo, I did my rodeo, I did typo. I used to run a mile do Tibo and jump rope, and then tie in tying calves itself is plenty of a workout.

Yeah, definitely. Wow. So you're definitely, you know, keeping up with it and making, making sure you can. I, um, I broke out a horse fall with me in February. This year. I was a young horse that I was heading on and I broke a rib in a later round the house for three or four weeks hailing up from that. And I got out of shape.

And so it's been, so I've had to work at it this spring, trying to get back where I want to be. And I'm still not quite there. Um, but it's getting better. I need to. Keep losing weight and keep getting in shape for the fall. Oh, yeah. Oh yeah. Um, man, and you know, I really I'd wanted to talk about it. You know, you talked about roping calves.

Um, I really want to talk about if you're cool with it. I want to talk about the breakaway since obviously breakaway roping is becoming huge these days. Um, yeah. And I know you showed hope Thompson's number one, breakaway horse, super Chrome, Inc. Um, in the calf roping and the healing. Um, I guess what did you, what did you like about that horse?

Inquisitive great horse. And she'd had so much foundation and all that. All I had to do is teach her how to work her out. Um, and we just showed her how to do it, and we really didn't tie that many chaos down on her. Um, just worked on rope and, um, not rope some and showed her how to do it. And she was great at it.

It wasn't hard at all. Gotcha. So yeah, the training process seemed to be pretty, pretty easy with her. She had, she had the scoring and run, stop everything down. So we just showed her how to work rope and she was really good. And she, I think she, she had a chance to win. We want to reserve on her at the world show.

Um, then she sure had the chance to win something. I don't, we didn't have quite a fast enough cath. I think we needed a little stronger calf to get a few more points, but she was, she was really fun to Rockcastle. Gotcha. Gotcha. And I know, uh, cause it's, it's cool. You know, ink still fresh in the calf roping at the time you were showing her and you were showing her and then hope, um, started to calf rope on her a little bit.

Um, unfortunately she broke her leg. Um, but then that next weekend you took her and showed her again. Um, that's cool that, you know, hope a female can go calf rope on her and then you can go and show her, um, in the same event. I think that's true. She's a really good horse. And I think that they, they did a good job training and the gypsy Starlights were pretty easy.

Good minded. Okay. Yeah. What do you look, I guess, in the breakaway horse, you know, rope, horse market, what, how, how do you think that's going? What what's it look like to you? It's exploded. I've had so many calls for breakaway horses. I don't have enough, mostly what I ride. Mostly other people send me horses to train to show.

And so I haven't had that. I haven't had near enough horses to sale that I get calls all the time for breakaway horses and I haven't had near the supply. Gotcha. Yeah. So it's just booming right now. Yes, it's awesome. Yeah, it's great. What, uh, when you're training one, what, what are you looking for in a horse?

Um, and what are you working on? Um, with the horse to progress in the breakaway. I think the scoring is very, very important. I think score is important in all the events, um, and being quiet in box, but listening to the, listening to my hand, um, when to go and, um, staying, not moving until you drop your hand and then breaking hard and getting behind the calf, I crossed over right out of the shooting, getting behind the calf and, and.

To me. Timing is very important with your rope. Um, I track calves around the arena a lot more than most people do, because I feel like I can get my timing, their timing with my rope better because I can follow. I mean, when I'm tracking, I don't feel like a pressure to throw where I can follow the calf round until the horses free enough.

So I like, I want him to feel like they're kind of free. Shoulders are picked up. And then when I throw in, as I finished my, I want to complete my thrill on, when I start pulling my slack, I want them to stop and alarm to keep their shoulders up. So they go down with her butt first and then kind of the same thing, but they got to, then you don't want them to slide too far, kind of like, you kind of want them to go with her butt first, but finish with her front end.

Yeah. At the end of, at the very end of the stop. Gotcha. Yeah. So just so you know, obviously in the breakaway, it helps when they stop that quick, it just to get the flag broke off, um, get the rope broken off. Um, what's a good confirmation style, breakaway horse fruit. Do you see. Uh, I think, I guess it'd be the same as the calf open, you know, short, short neck in the alley.

My dad always talked about balance of a horse. You know, like you don't, you want one, the neck and their back are, you know, equal, but that you kinda want a short back and a short neck, short neck is easier to see on, in short back, they're going to stay sounder and seizure form to stop. And, um, you know, the Hawks underneath them, which means like, kind of like.

You want their Hawks lower to the ground? So some horses are made with their hocks high, especially like my wife runs barrels a lot. We have a lot of barrel horses go through here. And a lot of the running horses, their hot will be a little bit higher, but you still want like the real Porsches. I want their hocks underneath them more where they're closer to the ground.

And, um, it makes it easier for them to stop one, a little bit more angle to the bottom of their leg.

I know, I see a lot of girls, um, like some horses, you know, they don't pin the start. They kind of break wide. What do you, what could you recommend to anyone riding calf horses? You know, just to help them get that horse over, um, you know, to get a better start and get behind their calf quicker. Um, and I started, when I rodeoed, I didn't know it.

I started. It's been a little while ago. I think tuff taught me. So when we leave the box, we move them over almost to the left hip. Like when you, like, as soon as you can, as soon as you leave the box, I try to get to the left side of the calf and like, or barely on my side. Then I, then I pick them back up to the calf.

But I want him to break in when I've, every time I walk out of the box, I'll, I'll pull them off to the left quite a bit. Like I'll, if I w if I score calf, I'll come out of the box and move them to the left, maybe like 10 foot, and then bring them back to the cow. Um, so when I break, I want them to come straight.

Like I always liked him to break straight, a straight line from the corner is close to the shooters that can. Two, like right in front of the shoot. And then I want him to move just barely to the left of the calf and then come back to the calf. So, and when I over it, since I'll emphasize that more about getting to the left to the left side and then lining back up, my horses have broke to the right spot better, but by making a break to the left hip, And then back and since I've done that they've been, they have not real quiet.

Like I used to have some trouble with it, but I do it all. Like I do it all, but making them go over there in practice. So they, so they get a pattern. So they, they naturally want to do that so that I don't have to pull them over. And I've never been a Blake believer putting something in the box and making them go around it.

I want to train them to go that that's where they're supposed to go. Yeah, that's the spot and that's where you're going to be comfortable at. Gotcha. Gotcha. Anna, is there, do you pay attention to the breakaway a lot, like the pro pro level? I don't know if I really like lady and hope so I followed them and I used the team route with Jackie, so I follow them a little bit what they do, but it's the one that is sports exploded.

Yeah, it's, it's, it's getting huge. Okay. And I, I think it's great for the sport, I think. Yeah. I think adding another woman's event to the rodeo is a great idea, buddy. And, uh, is there anything, you know, in between Jackie and Larry D and hope, you know, obviously, you know, what their horses do, um, right. Grace, they write, they write great courses.

I think that helps them. Yeah. Is there anything you could kind of pick apart on their horses?

I know Larry diesel was cause I'd go for her to, for help. Cause I touch. Cause I've thought there's not a whole lot of people that I trust to critique me, but I trust the lady to. To help me. So, no, I think they do a great job. And does she help you, you know, do you come to her just for the cancer or do you come for the heading and he, everything?

Yeah, I I've. I went and wrote with her a lot and she's helping us. She helped me a lot with scoring. I think, I think a lot was scoring because I was having trouble. I don't know. I always thought I scored really good in my rodeo. Horse has always scored. Great. And it seemed like the first few years I was training horses here.

My horses scored real good. And then I went about three or four years. I don't know, like, like I dunno, late the late teens. And, um, I felt like my horses didn't score very good. And I wrote flare D a lot in my seems like the last two or three years, my horses court, my show horses have scored really good.

Again, I haven't had any trouble, but I went for a few years. It's felt like all my young horses weren't scoring. Good. So, what did you do? I mean, between you and Larry D and working at it, what, what was, you know, the aha factor that helped benefit your scoring and help fix

it? I think showing them what to do, like even without a cat, like even, even before I put a calendar shoot, like showing them what I wanted to do.

And I started putting my hand, like in the third. Good. I'll let them, like, I'll put my hand down, which I never, I never did that. Cause I always believed like if I was in the corner, I had contact with them. And if I ever put my hand down, I want them to go forward, but I started letting them like rest in the corner on a loose rein.

But like I'll put my hand all the way down, like on their neck, not touching them at all and just let them sit there for a while and let them rest. And. Um, where they like it. And then, but when I'm scoring, I'll pick my hand back up and have contact. Like I want some context, they know my hands there. I really, and I'm scoring.

I really want to keep my hands still. And I think you have to have confidence. Like the horse has to know that you're confident. And once you're doing, you're doing the same thing every time. Like they're lined up in a straight line and they're standing straight up. They're not leaning on one leg or, yeah, they're, they're up on all four and I don't want to, and hold my hand real steel with contact with a bit.

And when you nod and the gate opens, I don't want to move my hand out. My hands, stay real still and be real. Definite. When I tell the horse to go, today's episode is sponsored by manna pro champions, colleagues, roommates, and personal trainers, whatever role they play. They're an important part of our lives in their quiet way and their not so quiet way.

They keep us young on our feet on the go. They pull us back to nature and push us towards the next adventure. And as much as we count on them, They count on us all the more to nurture their lives with the same commitment to protecting them, helping them grow and thrive and treating them as well as they treat us by giving them a little more of our lives.

Because no matter what role they play, we're here to make their lives the best they can be. Manna pro nurturing life for generations. Check them out@mannapro.com or on Facebook at manna pro course. Gotcha. Gotcha. And yeah, I was gonna say, I know Larry D is really big about, you know, she always says get the horse in the bridle, um, and push your horse up, make him step up into the bridal.

Um, yes, and I do a lot and I'll walk them forwards a lot, but I almost walking forward. Cause my. Like I might move my hand in forge an inch, but there's still contact with a bit and push them with my legs into the bra, like, but not into the bar, but like, yeah, like into the contact. So they're going into the, in my hand, leaving.

Yeah, no, that, that makes sense. You know, I I've spent my fair share of time with Larry D and that's no, I, I, I can picture everything you're saying right now, like perfectly. And she talks a lot about like riding with your body, like leaving with your body too. And that that's a thought a lot. I always thought I scored really good when I was younger, but, but now I feel like I'm, now it feels like my young horses are doing a lot better now.

And, you know, I like that you take the time, like, obviously you're very well known in the industry and can train one. Great. Um, but you take the time to go fix something instead of,

you know, thinking that you, you know, that you've got it all figured out. Like if there's something going wrong, you're not afraid to ask for help.

Right. It's good. I think everything is getting tougher. I think all the events are getting tougher. So you kind of need to keep getting better. Definitely, definitely. And I know, I really want to talk to you about, I was looking on your website too, and you do a lot of horsemanship clinics. Um, so talk about that.

So my dad. My dad taught at the university of Findlay. So it is an equine program. He just retired this winter. He's 76 years old, but he taught there for 40 years, probably, maybe longer. Now. I don't know. He, he took a break there. When I was a teenager and just train horses for the public. But, um, I don't know.

She might have taught longer than that, but he, so he taught horseman and then they do horsemanship schools and like mostly like for just general writing. Um, and he wrote too, and my mom judged horse shows and she helped put on the horsemanship schools when I was growing up and we'd have. Like five or six, just like weekly horsemanship schools during the year too.

So I kind of grew up doing that and, um, and I grew up riding reining horses and cutting horses and everything. So. I'm pretty good at getting I'm broke too. Yeah, I think that's helped my showing real courses a lot too. Cause I can get them broke and that's really made a difference in, on the show rope horses too.

So, and I really like the horsemanship schools, a lot of the horsemanship skills we've done. I've done some with barrel racers, like really good barrel racers with Michelle McCloud and um, And they've been really good too. And, and I'll just do, and I just, I try to stay away from the barrel race and part just, but just the basic horsemanship and what you want, the horse, how to control the horse, how to move the horse and how to be able to move the hip shoulders hit, keep them straight and keep them balanced.

We talk a lot about balance and a lot of collection I keep in my idea or how I talk collection is. Keeping them balanced from front of the back to like picking their shoulders up. So their use their hind in. So you're shifting weight from the front end to the backend. So they're not like not on their front end and they balanced and balanced in a turn where they're not where all their weights, not on one side.

And then I let the barrel racers talk about coming around barrels and I've really enjoyed doing those. They've been great. What about, you know, I guess with between the barrel racing and any, you know, roping horsemanship clinics, woods, what's something you see, people struggle with a lot in their horsemanship.

A lot of it. Um, I don't, I think everybody, everybody I've ever had it. At a clinic could use the horsemanship part. I think everybody could get better. It took me a long time and like, I grew up with professors, my grandpa, my dad and mom are very, both my grandpa and my dad were in the NRA hall of fame. I learned a lot in my thirties.

Like I think I got a lot better. Like I still learned, I was pretty good in my twenties and thought I knew how to get a horse broke, but. I learned a lot, the older I get, I still I'm still learning. So I think everybody can learn a lot. Yeah. They could always get better. Yeah. Every day you can get better and just work on different things and pull different, you know, ideas and traits from different.

Um, in this sense, ropers, um, you know, everyone has a different style needless to say, and some people do certain, certain things better than others. So. But I think it's still the team roughing. Sure. Evolving. It's still evolving or evolving. It's the headers are reaching farther and the others are getting better.

It's in the brain. I think the breakaway is getting better. I think everything's getting better. And I think you've got to keep practicing and getting better or you going to get left behind. Yeah, definitely. And there, you know, there's so many, so many young guys, which there's. You know, the regulars like Caleb and you know, those guys that are just phenomenal reachers.

Um, and then there's Dustin, now lightning. he's been around, but people are starting to talk about him more. Yeah, no, the Tanner Tom was coming along. Yeah. It's going to be tough. It's key and Skidmore. Yeah. I kind of wanted a jackpot and, and I have my Roan mare, so I have a six year old out of my roadmap that I wrote chaos on the tough road and that I made the NFR on and social.

We have a six year old lion's share of fame out of her and she's going to be my head horse. And she was doing really good last year. And then she got hurt. So she's been off a year. And she's and we've been riding her and, um, we're just getting ready to, as soon as it tomorrow, we'll start team roping on her again.

We had to wait, touch the ground. Got good again, but we're going to start. Our team rope on her and hopefully she'll be my team roping horse that I can go to the good Jack pot song and stuff too, after the fraternities. Gotcha. So you're not going to be rodeoing much anymore. Um, I think I'm about done rodeoing.

I think I'm getting old for the calf roping. I've been last year. I even went some last year. I went to. Local pro rodeos, but air and everybody was there. It was because of COVID. Everybody was still in Texas and I got beat pretty good adding, and they're all one headers and you had to be, that'd be four, five, or under everywhere.

We went. I didn't hit very good. That's hard when they, when all, all those big dogs come out. Yeah. Yes. And if I was still younger, I at the calf rope, but it's getting harder. It's getting worse just to practice too much. I'll still show horses and horse show in the fraternity, but I don't know if I want to practice enough to go to the rodeos.

Gotcha. Gotcha. So you're more, more of the average Roper these days. I think I'll stick with a few charities and jackpots, nothing wrong with that. There's nothing wrong with that. Thread mills are getting teamed up and looks really fast. Yeah. Yeah. It's getting pretty salty these days. I know I've been trying to keep up with it and it's, it's crazy how quick it's getting.

Well, uh, Anything else that you're kind of working on and you know, between all the events and no, I'm just trying to get my horses ready for the maturity in the world show this year. And I'm going to start. I just started, I passed my, um, life insurance license, um, tests. So I'm going to start selling life insurance.

I haven't, I haven't really started yet, but I've passed the pass and have my license. I'm gonna work for Jared Harris. Um, With selling insurance too. It was part time. So I can, I kind of just want to stick. I don't want really want to ride. I'm just going to ride my show horses and for charity horses, but I really don't want to ride anymore.

Just just rope horses. Gotcha. I'm just going to stick to the, what I can show the good ones and write a few less than sell some insurance and keep some good ones around. What made you want to dip into the insurance? Um, my wife sells, um, horse insurance, mostly. She's really big into the barrel race. She sells oxygen, the horse supplement, and she sells a magnetic blanket and she sells horse insurance, but most of our clients are feral racers and she's done really good with the insurance.

And I don't, I was looking for something that I can do. Part-time. While I still ride a couple horses and then my son, my son's 12 and he's really good basketball player. And he plays basketball a lot. Um, So we drive him around to McKinney and April he's on the lake down there and they play a couple of times a week.

And he, so w w between all of that, I wanted something else that I didn't have to ride quite as many horses. Gotcha. Gotcha. And just be around, go walk, go watch him play some basketball and. Enjoy it. Have you always, did you have like part-time jobs when you were younger or I have never done anything. I have never had done anything else other than roping train horses.

My whole life. I, um, when I was a teenager, I did. I team roped a lot growing up. There's more team ropings in Indiana and Ohio back then the nurse gaffer, there really wasn't anywhere to go calf roping other than, um, the IPRA rodeos when I was young. So we went to jackpot a lot and I always want a lot jackpot.

And then I went to college and, uh, shoot, I think I. In college. I made the IPRA finals while I was in college and made the circuit prayer circuit finals while I was in college. And, um, so I never, then I started rodeoing right out of college. And then quit rodeoing and started training horses. Yeah. So this is a, this is a whole new venture for you.

That's cool though. Yeah, that's cool. Well, I hope it, I hope selling life insurance is very successful for you and ride a few good horses and basketball dad. Yep. Definitely. Definitely. So as your kid, he doesn't, does he ride at all or it, uh, no horses at all there. Now he wrote a little bit when he was younger, um, in that not, not a lot.

He, he had some ponies and Rhodes Tom and he wrote it down so, um, but no, he never really showed a big interest in it and you, you're not gonna, you know, push him into it. Not at all. Hey, um, so I even coached basketball the last three years, but now I'm done cause he's playing for the school for now on. So

yeah, well that's cool. That's uh, you know, best of both worlds, he can go do his sports and you got your horses and um, I think that's a big thing. I see, uh, you know, you see some families that they. Let the, you know, the kids decide what they want to do, and there's some families that really want them to get into the Western industry and rope.

And, um, yeah. What's, I guess what's your take on that? Oh, I think it's the only thing I ever wanted to do. I mean, I think since I was, I would've told you when I was three or four years old that I wanted to row, but that's the only thing I ever wanted to do. So, um, I don't know. I've I think you got to be good at anything you have to love.

Love doing it. And I think you have to want to do it. So I think the kids needed to decide and they'll, and they'll decide if they want, if they want to rope for a little bit and just have fun with it. That's fine too. They want to, they want to be great at it and have the desire and the will to work at it.

And that's great too. I give them, I give some roping lessons too, and I have some really good kids that. Come every week, I have a seven year old that ropes really, really good ropes. Great. He won, he won his region in the, um, dummy. They have a sled roping, but he's only seven. He's only seven and he ropes calves, breakaway.

So he then tied down, but he breakaways calves, ropes, ropes really good, but he comes every week. And. I have a couple other kids. I give lessons too, but I enjoy that too. Gotcha. Gotcha. Do you liked, uh, you know, teaching kids more than adults or? Um, I really enjoy ones that try. Yup. Yup. If they, if they, if they, if they'll listen and try, I re I love it.

Gotcha. Yeah. They, you know, like you said, they gotta, they gotta love what they do and they have to want it more than more than you do coaching them. Yeah, and we do, we do four or five, um, rural Penn schools, a year cap, most of the calf rope, and I've done a few team rope home, but mostly Katherine and I really enjoy the clinics.

Gotcha. I did want to talk about it or, you know, this podcast is brought to you by manna pro. Um, and you've been feeding man pro for. Long time. What, uh, what are your favorite products? Um, we liked the, the joint supplement and, um, with see Liam and we've had Roni on it. Ronnie, my Romero is 29 years old and still sound and still sound.

Um, she was on it the whole time. Um, especially in our later years that like the years tough rotor and, um, that really helps keeps the horse sound. Gotcha. Well, that's awesome. No, that they're a good one and I stay on it too. I think it helps with Joanne with my hip. Oh, you're on it as well. Yes. Yes. Gotcha.

So it helps keep you going. Correct. Gotcha. Well, perfect CR things. That's all I need then. Thank you. Yeah. Thank you so much. Thanks you guys for listening to the podcast today, remember to subscribe, like and share the podcast. Don't forget to leave us a rating and review. We do read those and we want to bring the best content to you guys.

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