



**2016 Empire Farm Days: August 9-11**  
**Rodman Lott and Son Farms, Seneca Falls, NY**  
**Show Manager Melanie Wickham**  
**877-697-7837, [mwickham@empirefarmdays.com](mailto:mwickham@empirefarmdays.com)**



Laura Bagley of Sunshine Meadows Farm and Stables in Penn Yan, NY, will offer Introduction to Equestrian Vaulting demonstrations on Thursday, August 11 at the 2016 Empire Farm Days. Photo: Courtesy of Laura Bagley

**PRESS RELEASE: May 12, 2016**

### **Introduction to Equestrian Vaulting Coming to 2016 Empire Farm Days**

Seneca Falls, NY. Equestrian vaulting is the featured topic for the Thursday August 11 Empire Farm Days Equine Center presentations at 11 am and 2 pm at Rodman Lott and Son Farms in Seneca Falls, NY. Laura Bagley of Sunshine Meadows Farm and Stables in Penn Yan, NY, will provide an introduction and demonstrate the sport that combines dance and gymnastics on horseback.

Laura, 15, first explored vaulting in a workshop with World Equestrian Games gold medalist vaulter Megan Benjamin Guimarin of Zemi Farms in Cooperstown, NY. Laura researched vaulting, developed her vaulting skills, and created a public speaking presentation on vaulting for the New York State 4-H competition in May 2016.

Her 11 am and 2 pm programs on Thursday, August 11 at Empire Farm Days will include her presentation and demonstration on barrel and horseback. Vaulters use padded barrels that resemble the back of a horse to choreograph and practice their routines. Laura will demonstrate the compulsory moves required to show balance and strength as well as a freestyle and technical routine.

Laura keeps one horse and three ponies with which she has competed in English, Western, dressage, jumping, and gaming competitions at local shows and the New York State Fair. She is active in Horse Bowl, Hippology, Horse Judging and Public Speaking with 4-H, and has placed top 10 in all of the State competitions.

Laura takes weekly lessons in ballet and modern dance at the Family Life Center for the Arts in Hammondsport. She is the past publisher, editor and webmaster for Strive, a quarterly magazine featuring articles by other young authors involved in 4-H. She visits the Penn Yan Nursing Home weekly with her Dutch rabbits and has offered pony rides at charity events.

The Empire Farm Days Equine Center Round Pen Seminars are a popular twice-daily feature the event that is the largest outdoor agricultural expo in the Northeastern U.S. The Tuesday, August 9 seminars will feature miniature horses with trainer Jessica Gulvin of Heart O'Gold Equine; the Wednesday, August 10 seminars will feature American Mustang horses with Rose Hill Ranch trainers Emma and Jack Minter.

Experience Empire is the theme of the 2016 Empire Farm Days. Parking is \$10 per vehicle. Learn more at [www.empirefarmdays.com](http://www.empirefarmdays.com).

**MEDIA CONTACTS:**

- . Mrs. Trish Bagley, 315.536.4457
- . Empire Farm Days Manager Melanie Wickham, 877-697-7837, [mwickham@empirefarmdays.com](mailto:mwickham@empirefarmdays.com)
- . EFD Publicist Kara Lynn Dunn, 315-465-7578, [karalynn@gisco.net](mailto:karalynn@gisco.net)