

Saddle up your horse and report to the Timekeeper just before your allotted start time. Take a **First Aid kit**, mobile phone with the emergency number for the venue, your **map** and **written instructions** with you on the Ride. When on the course, which will be marked with fluorescent flags or tape, make sure that the Checkpoint Stewards have noted your number as you pass through - **this is your responsibility, NOT the stewards**. If, during the ride, you have not seen a marker for a while and think that you may have taken the wrong route, check with your map and written instructions, and, if necessary, go back to the last marker you saw in order to find the correct route. Organisers work hard to mark the route, but markers can be 'vandalised'. Be courteous to people you meet during the ride and give way to traffic, walkers and cyclists.

At the finish of the Ride, check in with the Timekeeper. You now have up to 30 minutes to prepare your horse for the final veterinary inspection. Once you have passed the 'vet', wait at least 30 minutes before returning your number bib to the secretary and collecting your copy of the vet sheet, your MasterCard and award.

If, for any reason, your horse does not pass the veterinary inspection or is eliminated or withdrawn on the course, you must get permission from the Veterinary Surgeon to travel your horse home.



Endurance riding is a very friendly sport, you will find at the rides people are more than happy to chat and share their experiences – if you need any further advice or guidance feel free to call any member of Endurance GB South West committee, contact details can be found on the website: endurancegbsouthwest.com

Good luck and remember “We do this for fun!”. Pre ride nerves are normal: we all suffer from them, at whatever level of ride we are doing!

Bibliography *Starting Endurance Riding*
Go the Distance
Endurance Start to Finish
Endurance Riding

Clare Wilde
Nancy Loving
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Kenilworth Press, 1997
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INTRODUCTION FOR NEW RIDING MEMBERS

▪ Documents you will receive

EGB Ride Schedule for current year
Your Membership Card
*Registration Card for your horse(s)
*Log Book/MasterCard for your horse(s)
Some Ride Entry Forms
*(*if you have registered your horse(s) and requested a log book)*

▪ What types of ride are there?

It must be stressed that the welfare of the horse is paramount in ALL the different events that EGB runs, and any Veterinary decision is final.

Non Competitive Rides (NCRs) - sometimes called Training or Pleasure Rides, may be of distances up to 40 km (24 miles). Open to non-members, they must be completed at 8 km/hr minimum speed and up to 12 km/hr maximum speed. When run in conjunction with competitive rides horses must be trotted up for the vet before and after no sooner than 20 minutes and no longer than 30 minutes after completion of the ride.

Competitive Rides (CRs) are between 30-80 km (20-50 miles). Speed varies between 8-18 km/hr with restrictions on higher speeds for novice horses and lower speeds for more advanced combinations. Horses must comply with set veterinary parameters to successfully complete the ride.



Endurance Rides (ER's) - These are only for advanced horse and rider combinations. They are the hardest test for both. All FEI and International competitions are ERs. They usually begin with a mass start, and the riders aim to cover the distance as fast as they can, taking into account the terrain and welfare of their horse. During the ride the rider will be required to present

their horse to the vet at various set intervals to be checked as fit to continue. Following this are rest periods called "holds" where the horse and rider can eat and take a short rest before continuing. Many riders ultimate goal is the successful



completion of an Endurance Ride. These vary from 65 –160 km in a day or longer over several days.

■ **Your first Competitive Ride**

Before entering competitive or set speed ride, be sure that you and your horse are fit enough. If you are contemplating a 20 mile (32 km) ride, try riding about 15 miles (24 km) two weeks before the competition at between 6 - 7 mph (10 - 11.5 kph) - this is an average of one mile (1.6 km) every ten minutes.

To make a ride entry, either use the "Ride Entry Form" sent to owners of registered horses, or supplied in the information pack obtainable from the Endurance GB Office, and also available to download from the website endurancegb.co.uk

Post your entry in good time (but not before the opening date), enclosing another large SAE (at least 10" x 8" size) in which the Ride Organiser will send you details of the route, your start time, rider number and any further information you will need, including how to find the venue!

When you receive your ride details, read the route description and study the map carefully. It can be useful to transfer the route onto an OS map for your crew/helper, if you have one (crews are compulsory at rides of over 60km). Check the speed at which you have to ride and work out the times that you should be at the checkpoints and at the finish (there is a spreadsheet available on the website). Make a note of your pre-ride veterinary inspection time and plan to arrive at the venue **at least** 30 to 60 minutes prior to this time.

■ **The day of the ride**

On arrival, go to the Secretary's Office to collect your number, (some organisers require a deposit on these), and hand in your **Log Book/ MasterCard** with the first four columns completed. Be sure to read all the information on the notice board as this will give you updated information regarding route changes, marking, etc. Find out where the farrier and veterinary inspections are being held.

Report to the veterinary steward, with your horse, five minutes before you are due to be vetted, having first been to the farrier with your horse and vet sheet to have hooves/shoes checked. **The horse's hooves must not be oiled.** For the vetting the horse must be presented in a **bridle** with no other tack or boots etc. Place yourself in front of your horse and make him stand square on his legs so that the Veterinary Surgeon can take his pulse. The Veterinary Surgeon will check him over for "lumps and bumps". You will then be asked to trot him up. All of this should have been practised at home, especially the trot up. All the veterinary comments will be noted on the Veterinary Sheet.

