

Endurance and Competitive Riding Clinic!

Have you ever wondered what "distance riding" is?
Do you love to ride horses, maybe even for hours at a time?

Come attend a clinic sponsored by the
Arabian Horse Distance Riding Association

April 7, 2012

During the clinic you will:

- ✓ Discover how a Competitive ride is carried out.
- ✓ Learn the differences between Competitive and Endurance riding.
- ✓ Observe examples in trail marking.
- ✓ Converse with people who have been in the sport for years.
- ✓ Discuss questions that come up before, during, and after rides.
- ✓ See and work with horses that have thousands of miles under their girths.
- ✓ Talk about conditioning.
- ✓ Look at forms that tell you about how your horse is doing.
- ✓ Receive a goodie bag with fun and informational stuff!

The Arabian Horse Distance Riding Association (www.ahdra.org) is a national organization devoted to promoting the Arabian horse in an event it is not only good at, but excels in.

Competitive riding is an event held over a set mileage within a certain time limit, with the optimum speed between 5.5-7mph. Mileage varies between rides, but most are 25-30 miles. Veterinarians observe your horse at every checkpoint to see if they are sound and happy. Horses are scored based on their pulse, respiration, muscle soreness, and general fitness. **Novice** rides are those events that do not exceed 15 miles and are conducted the same way as a Competitive ride.

Endurance rides are those that cover distances of 50-100 miles in one day, and the first across the line wins. There are also rides called **Limited Distance** that are only 25-35 miles long, and the fastest horse to pulse down at the end wins. In both, there are holds intermittently where veterinarians check your horse for metabolic and physical soundness.

For more information or to send an RSVP (*not required, but appreciated!*) please contact:

Lori Windows

kickbuttshaman@cs.com

815-699-2318

Located at:

Run Along Farms

10A N Meadowbrook Drive

Geneseo, IL 61254



Clinic registration will begin at 9:00am. Lunch will be included.

Cost of Clinic is \$25 and includes all stated above, plus lunch.

Attendees do NOT have to own a horse to enjoy this sport!

Other distance ride organizations that have 'newbie' information on their websites are: www.aerc.org,
www.umecra.com