



FMH '18 ©

Equestrian Endurance Organization, Inc.
~ Building Partnerships Along The Trail ~

BY THE OLD DOMINION EQUESTRIAN
ENDURANCE ORGANIZATION (ODEEO)

THE OLD DOMINION EQUESTRIAN ENDURANCE ORGANIZATION (ODEEO)

- ▶ We host three rides in Virginia—No Frills, the Old Dominion and Fort Valley—as well as other activities to support the sport of endurance.
- ▶ Our rides are sanctioned by:
 - ▶ American Endurance Ride Conference (AERC)
 - ▶ Eastern Competitive Trail Ride Association (ECTRA)
 - ▶ Ohio Arabian & All-Breed Trail Riding Society (OAATS)
 - ▶ Southeast Endurance Riders Association (SERA)

FACILITATORS

Lani Newcomb did her first endurance ride, the Old Dominion 100, at age 16 because she didn't know any better. She had such a good time she's still at it more than 40 years and 8900 miles later. She says she's still trying to get it right. Also, she has 4000 ride and tie miles, which is the most fun thing ever. You can reach Lani at: give2bute@aol.com

Teri Carroll fell in love with Endurance when she volunteered at an Old Dominion Ride as a teenager. Since then, she has trained, competed, volunteered, crewed, mentored and any other thing a person can do to be a part of this wonderful sport. Teri has 1725 Endurance miles and 125 LD miles. You can reach Teri at: tericarroll6735@gmail.com

Diane Connolly did her first endurance ride in 2002. She now has 4600 total miles of competition. She is also the ride manager for the No Frills ride in April and Old Dominion 100 in June due to her amazing organizational skills! The Old Dominion is lucky to have her. You can reach Diane at: dconnolly24@gmail.com

Dave Franklin has been riding horses since he was 7 years old when he started on a cantankerous old pony. For the past 50 years he just hasn't been able to get enough. He has been involved with other disciplines but thought endurance would be fun to try. When he moved to his current farm, which just happens to be a couple of miles from Bob Walsh and Teri Carroll, the opportunity became available. All it took was going to one ride and the rest, as they say, is history. Dave got the surprise of his life when, in 2019, he bought a raffle ticket that will change the course of his endurance career. He was fortunate enough to become the proud owner of the Asgard Arabian mare, Truthful. Together Truu and Dave are accomplishing great things. In 2022, they earned not one but two BC awards and a high vet score.

BEHIND THE SCENES

- ▶ BOB HELTIBRIDLE - TECHNICAL SUPPORT
- ▶ LISA TROUTMAN - CHAT ROOM/QUESTIONS

HOW TO PACK LIKE A PRO





HOW TO FIT 10 POUNDS OF STUFF INTO A 5 POUND BAG

NOTES ON PACKING

- ▶ START WITH A PLAN
- ▶ CLEAN OUT THE SPACE BEFORE YOU TRY TO PACK IT
- ▶ REDUCE ITEMS TO THEIR SMALLEST POSSIBLE SIZE
- ▶ GROUP LIKE ITEMS TOGETHER
- ▶ USE MULTIPURPOSE ITEMS
- ▶ PACKING WITH CARE WILL ALLOW FOR MORE ITEMS
- ▶ CONTAINERS THAT FIT TOGETHER MEAN LESS WASTED SPACE
- ▶ LABELS HELP TO IDENTIFY WHAT YOU ARE LOOKING FOR
- ▶ THERE IS NO “RIGHT WAY”

BASIC SUPPLIES WHILE YOU'RE ON THE ROAD

- ▶ SPARE TIRES FOR TRUCK AND TRAILER
- ▶ JACK/TOOLS FOR TRUCK
- ▶ JIFFY JACK/TRAILER AID/TOOLS FOR TRAILER
- ▶ GOOD LUG WRENCH
- ▶ GENERAL TOOL KIT (PLIERS, SCREW DRIVER, WRENCHES)
- ▶ JUMPER CABLES OR PORTABLE JUMPER (HALO)
- ▶ ROAD SAFETY KIT
- ▶ DUCT TAPE
- ▶ W-D 40
- ▶ WEATHER RELATED ITEMS
- ▶ STEPLADDER
- ▶ HEADLAMP WITH FRESH BATTERIES
- ▶ EMERGENCY STUFF CLOSEST TO THE DOOR/EASY TO FIND



PRE FLIGHT CHECKLIST

- ▶ TIRE PRESSURE
- ▶ WINDOWS/DOORS CLOSED
- ▶ LIGHTS ARE WORKING
- ▶ SLIDE OUT IS IN
- ▶ OIL
- ▶ RAMP IS UP
- ▶ HITCH IS LOCKED
- ▶ EMERGENCY CHAINS ARE HOOKED UP
- ▶ FULL WALK AROUND
- ▶ PINS IN PLACE



ROADSIDE EMERGENCY SUPPLIES



HOME AWAY FROM HOME FOR THE HORSE



HORSE CAMPING BASICS



- ▶ CONTAINMENT SYSTEM
- ▶ FORK/SHOVEL/RAKE
- ▶ MUCK BUCKET
- ▶ BUCKETS FOR WATER/FOOD

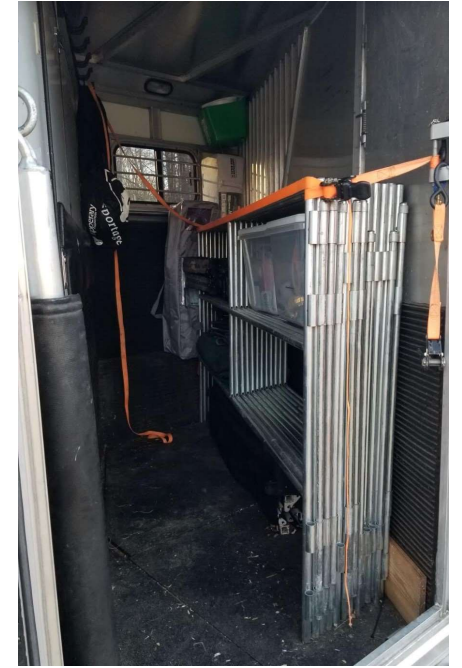


CONTAINMENT



CONTAINMENT





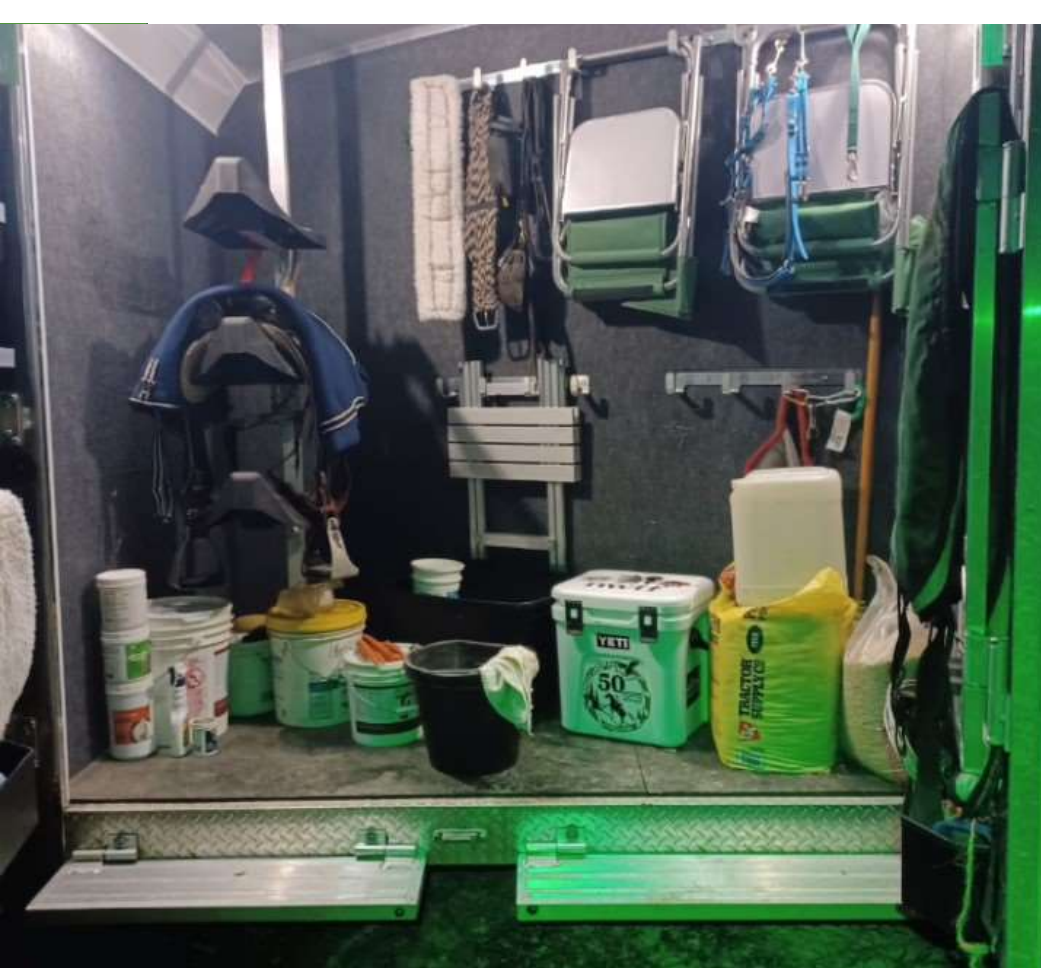
CONTAINMENT STORAGE



BUCKETS

GROOMING





ALL THE THINGS



HOME AWAY FROM HOME FOR THE PEOPLE

- ▶ WHERE DO YOU SLEEP?
- ▶ HOW DO YOU ESTABLISH YOUR “HOME”?







FOOD FOR THE HORSE

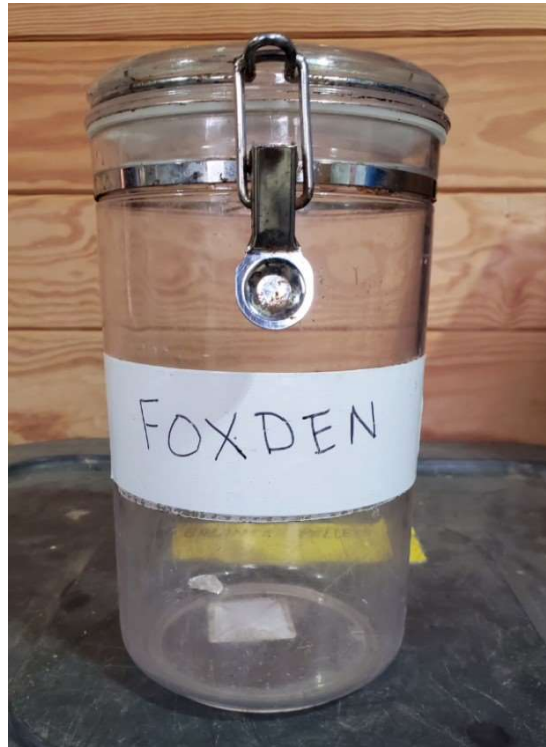




VARIETY IS THE SPICE OF LIFE



FORAGE STORAGE



ELECTROLYTES/SUPPLEMENTS



FOOD FOR THE PEOPLE



COOKING AND STORAGE

MOST PEOPLE'S MEAL PREP



MY VERSION OF MEAL PREP



WARDROBE FOR THE HORSE



- ▶ FLEECE COOLERS
- ▶ WATERPROOF BLANKET
- ▶ RAIN SHEET
- ▶ COTTON SHEET
- ▶ RUMP RUG
- ▶ FLY SHEET
- ▶ FLY MASK



BLANKET PACKING



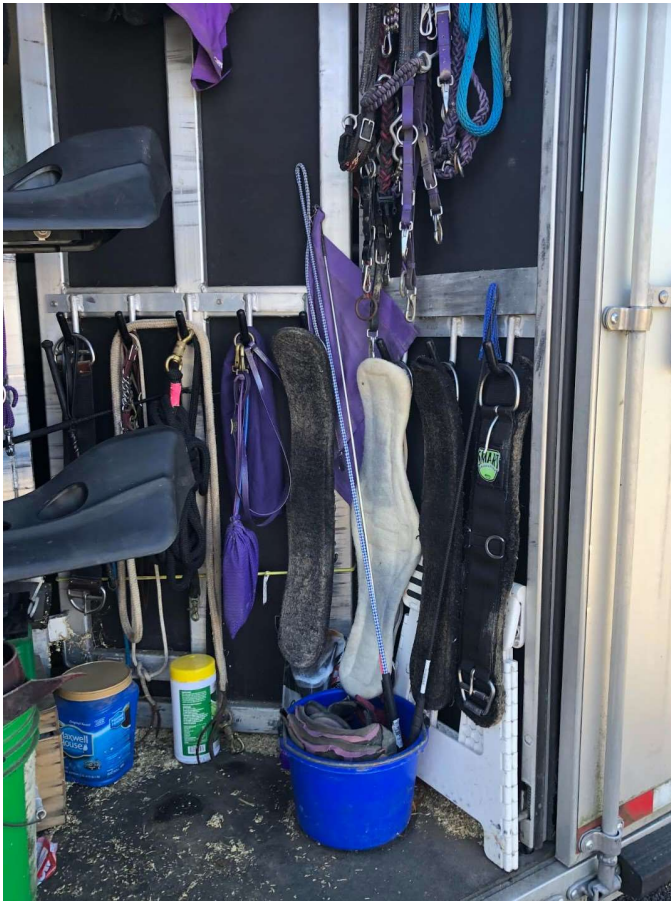
WARDROBE FOR THE PEOPLE

PACKING TIPS

- ▶ ROLLING VS FOLDING
- ▶ PACKING CUBES
- ▶ ORGANIZE BY PURPOSE
- ▶ IT'S NO FASHION SHOW



SPORTING EQUIPMENT FOR THE HORSE





SPORTING EQUIPMENT NIGHT BAG



- ▶ HEADLAMPS
- ▶ GLOW STICKS
- ▶ DUCT TAPE
- ▶ ZIP TIES
- ▶ REFLECTIVE VESTS



POST RIDE CARE

- ▶ POULTICE
- ▶ LEG WRAPS
- ▶ ICE BOOTS
- ▶ POST RIDE SUPPLEMENTS



SPORTING EQUIPMENT FOR THE PEOPLE

- ▶ HELMET
- ▶ HALF CHAPS
- ▶ GLOVES - HANG ON HELMET STRAP
- ▶ RIDING BOOTS
- ▶ GPS WATCH/CHARGER
- ▶ SUNGLASSES
- ▶ HEADLAMPS
- ▶ ANTI CHAFING
- ▶ GLOW STICKS

SADDLE BAGS

- ▶ BALING TWINE
- ▶ VELCRO STRAPS
- ▶ ZIP TIES
- ▶ SMALL RX - EPI PEN ET AL
- ▶ PLIERS FOR SHOE REMOVAL
- ▶ BICYCLE CHAIN WRENCH
- ▶ WATER
- ▶ SNACKS
- ▶ EMERGENCY STUFF
- ▶ BOOTS



BOOT STORAGE



CREW AREA ESSENTIALS

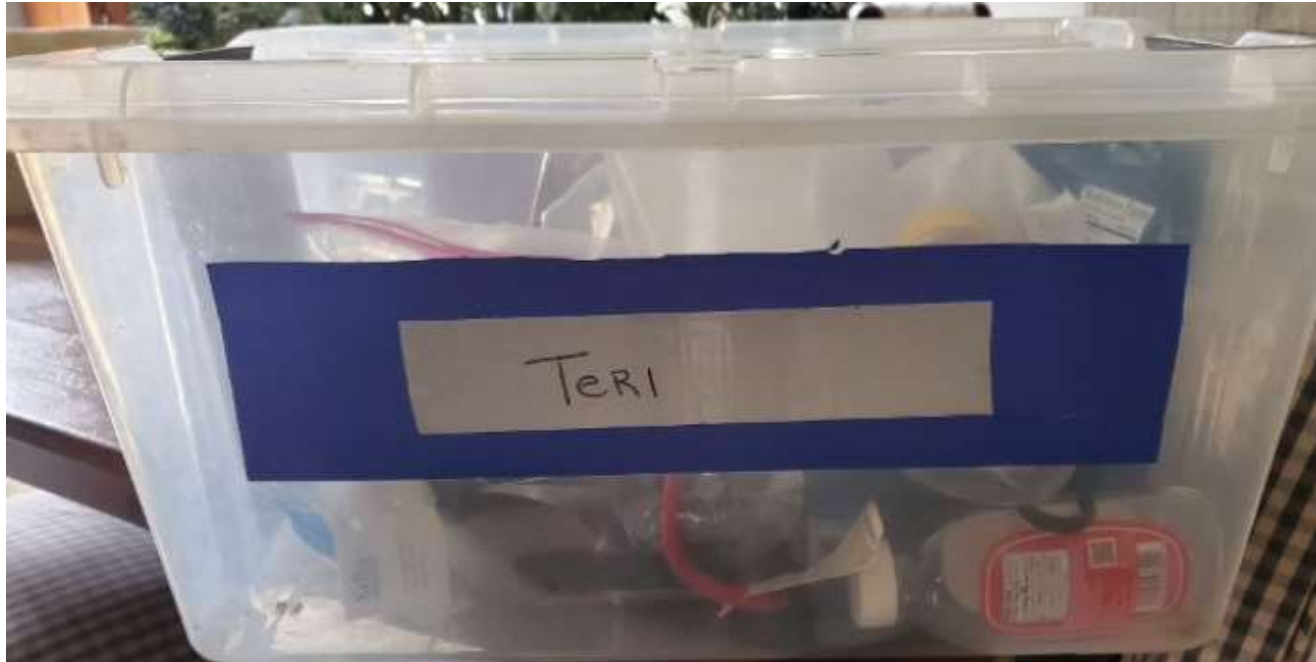




CREW BAG

CREW AREA IN CAMP





RIDER BOX

CREW STUFF

ON THE MOVE



CREW STUFF

ON THE MOVE



CREATURE COMFORTS

- ▶ CHAIR
- ▶ CART/WAGON
- ▶ POP UP
- ▶ SADDLE RACK
- ▶ SPRAYER SYSTEM
- ▶ INSECT REPELLENT
- ▶ GPS WATCH



PACKING LISTS

HORSE TRIP CHECK SHEET

DONE	HORSE SECTION OF TRAILER	DONE	IN THE LQ OF TRAILER
	WATER Fill Tank on Truck		DOG Fill food containers & can food
	WATER Fill Tank in Trailer		DOG: Biscuits and chewies
	HAY Pack 2 Bales in hay bags & fill (1/2 full) two hay nets		DOG: Cages & leashes
	FEED Refill buckets (hay pellets, Beet Pulp, Cavalor, TC Senior, TC Complete, Handy Mash)		PAPER PRODUCTS: Restock (plates, bowls, napkins, paper towels, toilet paper)
	FEED Carrots, Apples		Restock plastic silverware
	FEED: Vet check hold cans/baggies		Clean trailer (vacuum)
	FEED: Daily baggies		TOILET (treat with chem)
	ELECTROLITES and CMPK		
	BATTERIES: Charge Batteries (fencing and sprayer)		Refill toilet water: Gallon jugs of water to flush toilet
	GENERATOR & GAS fill cans for generator		Water (human) 6 frozen, rest frig
	Buckets (quart, 5 G, flex tubs, muck tub)		Tonic Water
	Pop Up(s)		
	Tables on truck		Food Stock food in trailer
	WASH and/or CLIP HORSE		Clothes Pack clothes for trip
	TACK: Clean and check all tack		Coats, Jacket, vests
	PROPANE Check tanks fill if needed		
	PROPANE Fire Pit		
	TRUCK: Clean out		Babysitting arranged for horses
	TRUCK: Check Oil		Directions for trip (extra coggins)
	TRUCK: Check Tire Pressure		
	TRAILER: Check Tire Pressure		

GROCERY LIST

DONE	MAIN STAY ITEMS	DONE	MAIN STAY ITEMS	DONE	PERSONAL ITEMS
	Wine/ Vodka/ gin		6-8 Eggs		Cell Phone
	Tonic Water		Oatmeal		I-Pad
	Cranberry Juice Cocktail		Bagels/English Muffins		Camera
	Waters		Peanut Butter		Chargers
	Sauces and dips		Pudding & Jell-O		
	Apples		Coffee		Red lights
	Grapes		Hot chocolate		Tens unit
	Salad Stuff		Smart Pop		
	Veggies		Chips		Pills
	Nuts		Peanut Butter pretzels		Oils
	Cheese		Animal Crackers		Computer (OD rides only) 52
	Crackers				Printer (OD rides only)
	Trail Mix		Check Condiments		Cables (OD rides only)

Q & A

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light to dark. The shapes are primarily triangles and polygons, creating a modern, layered effect. The text 'Q & A' is centered in a green, sans-serif font.