

ENDURANCE 101: VIRTUAL EDITION

A JOINT VENTURE BETWEEN THE OLD DOMINION EQUESTRIAN ENDURANCE ORGANIZATION (ODEEO) AND
EASTERN COMPETITIVE TRAIL RIDE ORGANIZATION (ECTRA)

PRESENTERS

- Carolyn Blocker has over 500 ECTRA competitive trail ride (CTR) miles. She is also a volunteer extraordinaire and has over 4,000 official ECTRA volunteer miles. In 2014, she was recognized by ECTRA for her volunteer work with the Jane Soule Volunteer of the Year Award. She travels up and down the east coast volunteering at CTRs and endurance rides as a scribe, pulse taker, timer, and gap filler. You can reach Carolyn at: eagleonvineyard@msn.com
- 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
- Sonja Knecht-Hoshi is very new to the sport of distance riding. She started with her first Competitive Trail Ride in 2014. She now has over 1,000 ECTRA miles. She also has 635 LD miles and 305 Endurance miles. Her main goal this year is for her mare to get 1,000 ECTRA miles. She hopes to ride a 100 someday. You can reach Sonja at: pikkachan@verizon.net.

WHAT IS ENDURANCE RIDING AND COMPETITIVE TRAIL RIDING?



- Think of it as a type of veterinary controlled organized trail ride
 - Horse must compete on its own natural ability
 - Strict drug policy
- Riding a marked trail in a specified time frame
- Periodic vet checks to monitor equine's soundness
- Horse must be deemed "Fit to Continue" at ride's end in order to earn a completion

ENDURANCE RIDING

“To Finish Is To Win”



**American
Endurance Ride
Conference**

- American Endurance Ride Conference (AERC)
- Veterinary controlled ride
 - Endurance distance (50-100 miles) – 12-24 hours
 - Limited Distance (LD) (25-35 miles) – 6 hours or more
 - Introductory Rides (<22.5miles)
 - Multi-day or pioneer rides
- “To Finish Is To Win”

ENDURANCE RIDING CONTINUED



- All horses start at the same time and have a maximum but no minimum time requirement. It is possible to do an endurance ride considerably slower or faster than a competitive trail ride (CTR).
- Rider may dismount and run/walk at any time.
- Pit crews are allowed to assist (in designated areas).
- Trail has no mileage markers.
- Horses may wear leg protection.
- Placing is based on speed - “top ten” receive special recognition.
- Distances can be 25, 50, 75, or 100 miles in one day.

The Old Dominion Equestrian Endurance Organization hosts three rides in Virginia—No Frills, the Old Dominion and Fort Valley—as well as other activities to support the sport of endurance.

COMPETITIVE TRAIL RIDING (CTR)

- A veterinary judge, and usually, a lay judge compare the horse's condition at the end of the ride to its condition at the start of the ride.
- Judges subtract points for changes in the individual horse, such as for fatigue, metabolic difficulties, or tack rubs
- Placings in the ride are determined by the total points each horse has at the end.
- Trail must be completed in a specified time frame
- Horses that finish early or late receive time penalties
- Usually 25-40 miles/day
- Conditioning Distance Rides (CDR) – 10-15 miles
- Multi-day CTR



Eastern Competitive Trail Ride Association (ECTRA) is interested in encouraging the growth and understanding of distance riding and driving.

COMPETITIVE TRAIL RIDING CONTINUED

- Horses start at intervals, usually 2-4 horses every 5 minutes.
- Horses must finish the ride within a 30-minute window, with half an hour leeway or lose points –For example, for a 25-mile ride, a horse must finish the ride between 4:10 to 4:40 hours or lose points.
- Trail has mileage markers every 5 miles and every mile the last 5 miles.
- Rider must be mounted for the entire mileage, but may dismount, if needed, without making any forward progress.



RIDE & TIE

- Ride & Tie is two people and one horse that alternate riding and running over a course.
- Ride & Tie follows AERC criteria with one exception –
 - no mandatory holds (horses rest on course).
- Typically horses can leave tack on for mid-race checks
 - unless horse is having issues.
- Runner may leave vet check prior to horse vetting thru.
- Team member must vet horse.



RIDE & TIE CONTINUED

- Equathon is where a horse and rider complete a course and then a runner completes the next course.
- Rider and runner may be same person or different.
- The runner may not begin their loop until the horse reaches pulse.



- AERC and The Ride and Tie Association have entered into an affiliate agreement for the 2021 and 2022 seasons to bring more R&T events to areas across the U.S.

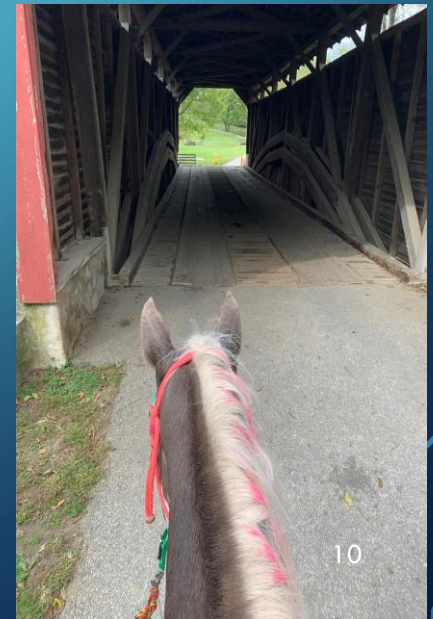
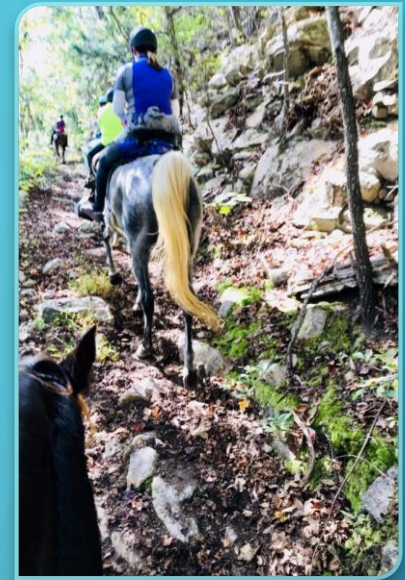
For more information about Ride & Tie, check out the website at www.rideandtie.org

WHERE AND WHEN?

- Endurance is an international sport
- AERC hosts rides in North America (US & Canada)
- ECTRA sanctions rides from Maine to Virginia

- Trails and terrain are variable.
- Trails can be mountainous, rocky, sandy, muddy, and can include bridges, streams, and tunnels.

- Rides are held year round and in all weather—rain or shine, hot and cold!
- Check out the [AERC](#) and the [ECTRA](#) websites for a ride calendar.



THE RIDERS - WOMEN



THE RIDERS - MEN



THE RIDERS – JUNIORS!

- Junior riders less than 16 years old must ride with a sponsor

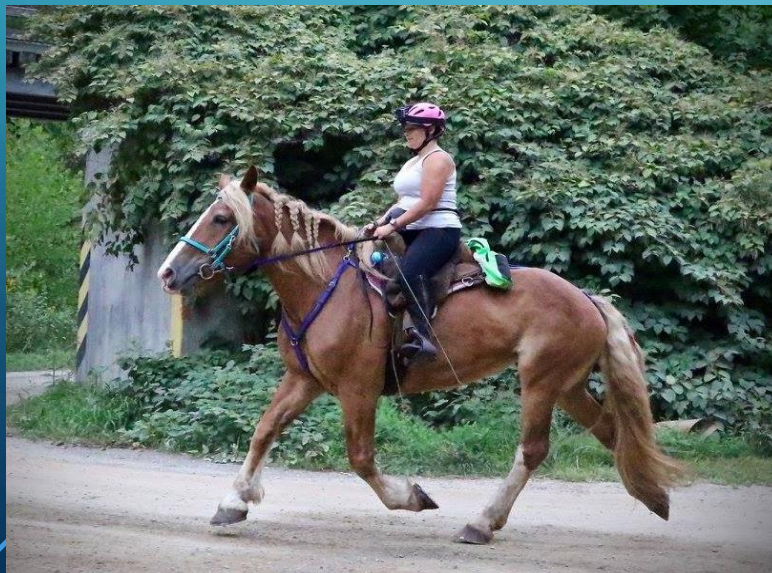


RIDES ARE OPEN TO ALL EQUINES

- Most riders start the sport with the horse or mule they already own
- Any equine (mules, ponies, and horses) that is sound both metabolically and physically and well-trained and conditioned can compete in distance riding
- Must be 4 years old for LD or CTR, or 5 years old for 50 mile rides, and 6 years old for 100s



BUT DON'T I NEED AN ARABIAN?





TRAINING VS. CONDITIONING

- Training is about the brain!
- Conditioning is about the body and legs
 - Metabolic condition is achieved first
 - Conditioning the feet and legs (tendons, ligaments, etc.) can take months to years
- Beginning distance riders often focus too much on conditioning and not enough on training
- Concentrate on training, and the conditioning will follow naturally



CONDITIONING FOR ENDURANCE

- Start slow (walking and some trotting)
- Add distance, speed, elevation changes as horse gains condition, but never all at the same time
- Hills, hills, hills!
- Most riding horses (trail or show) already have a decent base of condition



TACK AND EQUIPMENT

- Any well-fitting tack can be used
 - Comfortable for both horse AND rider
 - English, western, treeless, bareback pad
 - Breast collar and crupper may be helpful for hilly/mountainous rides
- Most riders start with the tack they have and then decide what can make their ride better
- Synthetic strap goods – biothane!





THE RIDE

Containment Options



DAY BEFORE THE RIDE

- Setting up camp
- Setting up your vet hold area
- Pre-ride vet check
- Ride meeting
- Dinner
- Prep
 - Horse
 - Tack
 - Rider



WHAT GOES ON AT A VET CHECK?

- Pulse and respiration (P&R)
- Check metabolics
 - Hydration
 - Gut sounds
 - Muscle fatigue/cramping
- Trot out
 - Soundness
- Cardiac Recovery Index (CRI)
- Wounds/blemishes



RIDER CARDS AND CTR SCORE SHEETS

Endurance ride card:

Endurance Ride Card

RIDE NAME: Fr Valley DATE: 10/20/16 DISTANCE: 50 Rider # 189

Rider Name: Sarah Mountain Sponsor's Name (Juniors): _____ Weight Division: _____ Junior Rider: Horse Name: _____ Age: _____ Breed: _____ Sex: _____ Color: _____

Mark at points of concern (can use contrasting color at final exam)

Pre Ride (First) Examination

Parameter	A	B	C	D	Comments
Mus. Memb.					
Cap Refill					
Jugular Refill					
Skin Tenting					
Gut Sounds					
Anal Tone					
Muscle Tone					
Backwithers					
Back Galls					
Wounds					
Gait					
Impulsion					
Attitude					
Overall Impression					

Signature of Examiner: JW

Post Ride (Final) Examination

Parameter	A	B	C	D	Comments
Mus. Memb.					
Cap Refill					
Jugular Refill					
Skin Tenting					
Gut Sounds					
Anal Tone					
Muscle Tone					
Backwithers					
Back Galls					
Wounds					
Gait					
Impulsion					
Attitude					
Overall Impression					

Signature of Examiner: A-K

Elimination Reason: _____ Signature: _____

Competitive trail ride score sheet:

INITIAL EXAM / **FINAL EXAM** MAX PTS OF

TACK AREA — Head, Back, Girth, Chest, Tail and Butt. (Rubbed, Weeping, Open, Sensitive, Heat, Etc.)

LEFT RIGHT

10

LEGS — Self-inflicted trauma: (Increased or New Sensitivity, Interference, Filling, Scratches, Windpuffs, Etc.)

LF RF LH RH

LEFT RIGHT

13

LAMENESS (Circle One)

SOUND 0

G1 DIFFICULT TO OBSERVE 1 2 3 4 5

G2 CONSISTENT IN SOME CIRCUMSTANCES 6 7 8 9 10 11 12 13 14 15 16

G3 CONSISTENTLY OBSERVABLE ELIMINATE

(Circle One)

1 2 3 4 5

6 7 8 9 10 11 12 13 14 15 16

* VERY MINIMAL .25 or ELIMINATE * (M C O - and no placing)

25

FATIGUE — MECHANICAL (Circle One in Each Category and / or comment)

LGTH OF STRIDE (impulsion) EXT + AVG AVG - AVG A B C D

HIGHT OF STRIDE (animation) A B C D

OVERALL BODY CARRIAGE A B C D

WILLINGNESS A B C D

TOE DRAGGING (Not toe dropping) NONE SL MOD. EXT. 0 .5 1 1.25 1.5

COORDINATION COORD. SL UNC. MOD UNC. EXT UNC. 0 .5 1 1.25 1.5

MUSCLE SORENESS (By Palpation/Except Back) NONE SL MOD. EXT. 0 .5 1 1.5 2

MUSCLE TONE SOFT/LOOSE AVG FIRM STIFF/HARD 0 .25 .5 .75 1

12

FATIGUE — METABOLIC (Circle One in Each Category)

SKIN PINCH SECONDS > 0 .5 1 1.5 2 3 4

CAPILLARY REFILL TIME SECONDS > 0 .5 1 1.5 2 3

M COLOR YELLOW PINK/PINK 0, PALE/RED 2, WHITE/GRAY 4 0 1 2 4

M MOISTURE WET 0, STICKY 1, DRY 2 0 1 2

GUT SOUND NORMAL 0, SL DIM/HYPER 1, MOD DIM/HYPER 2, ABSENT 5 0 1 2 5

ANAL TONE TIGHT 0, SL LOOSE 5, MOD LOOSE 1, FLACCID 2 0 .5 1 2

20

20 MINUTE HOLD Pass / Fail

PULSE Parameter: 60 MIN / 64 MAX

1st DAY 10 MIN 20 MIN TEMP

PULSE MANDATORY 103° & OVER ELIMINATE

RESP 1 Hold - 5 Points

2nd DAY 10 MIN 20 MIN TEMP

PULSE MANDATORY 103° & OVER ELIMINATE

RESP 2 Holds - 2.5 Points

5

INITIAL PULSE 44 TEMP

FINAL 1st DAY TEMP

PULSE MANDATORY 103° & OVER ELIMINATE

FINAL 2nd DAY TEMP

PULSE MANDATORY 103° & OVER ELIMINATE

FINAL 3rd DAY TEMP

PULSE MANDATORY 103° & OVER ELIMINATE

RESP 24 (optional) RESP RESP

10

BEHAVIOR Reared, Bites, Strikers and Kickers ONLY (Judged through out the Ride)

PENALTY

May eliminate in extreme cases

CONDITION SCORE 100 - =

BEHAVIOR PENALTY (max 5) - =

ON TRAIL COMMENTS: 1st DAY 2nd DAY 3rd DAY

High spirits trucking along Dashing jills/efficient

FINAL: FINAL: FINAL:

FINAL SCORE Judge's Signature

ELECTROLYTES

- Electrolyte usage during a ride should be planned.
- Remember, you are giving it to prevent problems, not treat problems.
- Also keep in mind what works for YOUR horse can change with the conditions of the ride, time of the season, and fitness level.
- 1 dose - the night before the ride. This can be skipped if you don't feel it is necessary, but many riders like to have the horse "pre-loaded" before the excitement of the next morning.
- 1 dose - the morning of the ride just before you mount up
- 1 dose - at the end of every vet check after the horse is finished eating and just before you head out on trail again.
- 1 dose - after the ride to help cover any depletion and to help the horse recover more quickly.

RIDE DAY

- Early AM Start
- “Loops” marked with ribbons
- Vet check
 - # of checks depends on length of ride
 - 30 minutes to reach pulse criteria
- Holds
- Final vet check
- Best Condition (BC) and High Vet Score
- Awards



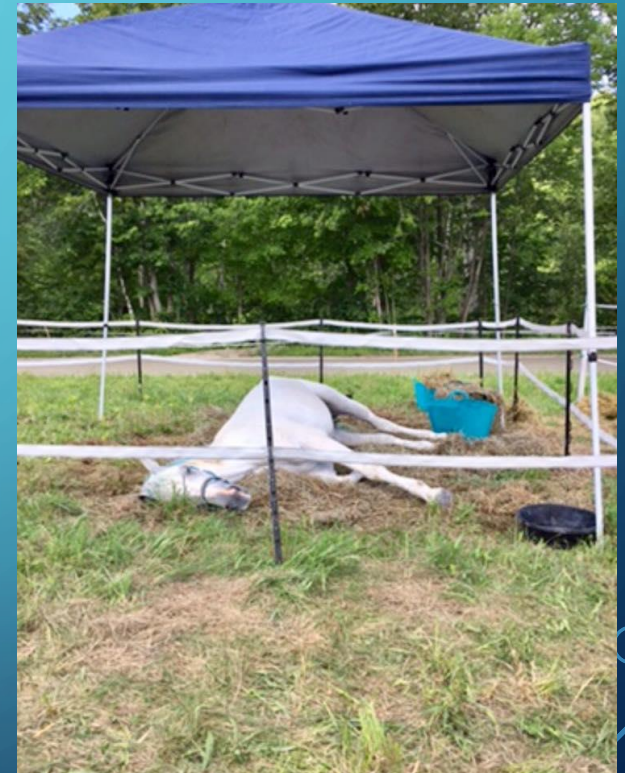
TAKING CARE OF YOUR HORSE DURING THE RIDE AND THE HOLD

- The most important thing is to know how your horse is doing. Is the horse EDPP (Eating, Drinking, Peeing and Pooping) normally? Any changes in these can indicate a problem.
- During the hold it is time for you and your horse to rest and relax, rest, drink, pee, and cool out before it is time to go out on the trail again. Set out your horse's feed and hay and water, put on a cooler if the weather calls for it, and let the horse relax and eat.
- Don't forget to take care of yourself -- you are every bit as important to the team effort.



AFTER THE RIDE

- Rest and food
- Good rule of thumb is one day off for every 10 miles of competition
- Two weeks off for a 50 miler and one month for a 100 miler is common
- Turnout



EVERYONE AT THE RIDE WANTS YOU AND YOUR HORSE TO HAVE A GOOD TIME!

- Ask lots of questions! We were all beginners once, and we are all still learning.
- Riders and horses make new friends all the time.



VOLUNTEERS MAKE THE RIDES HAPPEN

- Volunteering is a great way to learn about the sport before participating in a ride.
- Many volunteers are needed to run competitive trail and endurance rides.
- One job is marking the trails and drag riding.
- Other jobs include scribing/recording for the vet and lay judges, taking horses' pulse and respiration rates (P&Rs), standing guard at road crossings, and giving out snacks and water at water stops on trail.
- Come and join the smiles and the fun!



YOU CAN DO THIS!

Sometimes the first step--registering for your first ride--is the hardest part!



Thank you to Emily Carrico, Bob Heltibridle and Lisa Troutman for your behind-the-scenes work!

Special thanks to Sarah Mountain, Patty Lambert and Lindsey Cooke for use of your previous PowerPoints to develop this virtual clinic!

RESOURCES

- AERC—click on the Education Tab for lots of great information
 - <https://www.aerc.org/#>
- Old Dominion—The Endurance Primer—great information for new riders to the sport
 - <http://www.olddominionrides.org/EndurancePrimer/EnduranceHowTo.html#ectra>
- ECTRA
 - <https://www.ectra.org/>
- Ride & Tie
 - www.rideandtie.org

RESOURCES CONTINUED

- **Green Beans**

- The Green Bean Endurance Challenge is an awards program for new and aspiring endurance riders. All members have fewer than 1,000 career Limited Distance and Endurance miles from our parent organization, the American Endurance Ride Conference.

- <https://greenbeanendurance.org/>

- **More about Electrolytes**

- <https://www.distanceriding.org/electrolyte-essentials-a-brain-dump/>

- **Endurance Introspection**

- <https://enduranceintrospection.com/wp/>

- **Endurance Essentials Web-Based Course**

- Endurance Essentials is an online educational program dedicated to riders who are new to distance riding or would like to improve their understanding of the sport, and strategies for success.

- <http://www.horselearningonline.com/>