

# ENDURANCE 101: THE ART OF CREWING VIRTUAL EDITION

PRESENTED BY THE OLD DOMINION EQUESTRIAN ENDURANCE ORGANIZATION (ODEEO)



# PRESENTERS

- 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](mailto: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](mailto: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](mailto:dconnolly24@gmail.com)
- Sonja Knecht-Hoshi is 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](mailto:pikkachan@verizon.net).

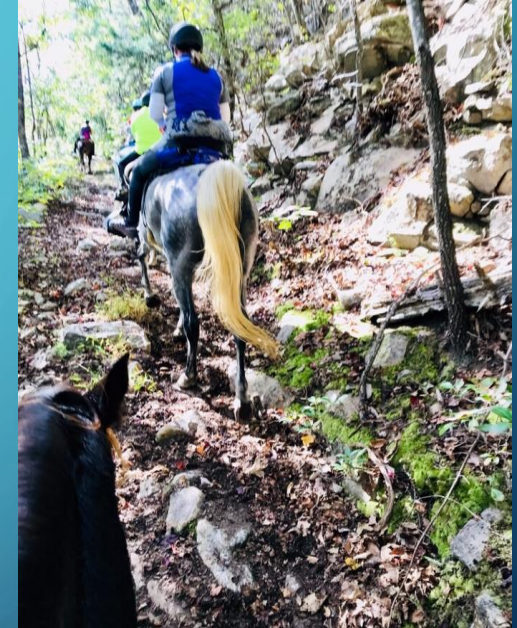
# THE OLD DOMINION EQUESTRIAN ENDURANCE ORGANIZATION (ODEEO)

- 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)



## THE OLD DOMINION EQUESTRIAN ENDURANCE ORGANIZATION (ODEEO)

- The OD 100 is known as the Beast of the East because of the heat, the humidity and the rocks.
- Because of the terrain, all equines participating in our rides must wear hoof protection.
- The OD is also rare in the world of endurance because it is a point-to-point competition. Rather than returning to base camp for the holds, the riders travel to the next point down the trail for holds and vet checks.



# A TALE OF TWO RIDERS



Mary Endurance Rider has a gray Arabian gelding and she has carefully conditioned him. She has also camped with him and thinks the tack she has for now will work. She is ready to make the jump into endurance riding and is going to the OD 55. Mary's husband and her friend have agreed to come help her as crew.



Emily Limited Distance rider is also coming to OD. She has a horse, but he's a draft cross and she's not so sure he can do the sport. He does well training at home, but she's worried because he's a non-typical horse for the sport. Emily is certain her tack will work and has signed up for the OD LD. Unlike Mary, Emily is coming to the ride alone and will have no extra help

Both are very excited, but they keep hearing about loops, ribbons and holds. What does this mean?

# THE DAY BEFORE THE OD



- Mary and Emily arrive to camp the day before and get themselves and their horses set up for camping.
- Mary uses an electric pen and Emily uses a combination of an electric pen and a Hi-Tie.



# NEXT THEY TAKE THEIR HORSES TO THE PRE-RIDE VET CHECK

- Both horses are checked for:
  - Pulse and respiration (P&R)
  - Check metabolics
    - Hydration
    - Gut sounds
    - Muscle fatigue/cramping
- Trot out
  - Soundness
- Cardiac Recovery Index (CRI)
- Wounds/blemishes
- And the riders are given a rider card with this information noted. This card travels with the rider to each vet check.

A detailed pre-ride vet check form. The form includes fields for rider name (Sarah Mackinnon), horse name (Pr Valley), date (19/06), and distance (50). It features two diagrams of a horse for marking points of concern. The form is divided into sections for 'Pre Ride (P&R) Examination' and 'Post Ride (P&R) Examination'. The 'Pre Ride' section includes fields for Pulse (A, B, C, D), Respiration (A, B, C, D), and other vital signs. The 'Post Ride' section includes fields for Pulse (A, B, C, D), Respiration (A, B, C, D), and other vital signs. The form is signed by the rider and the examiner.

# NEXT MARY AND EMILY MUST SET UP THEIR CREW AREAS AT BIRD HAVEN AND THE FINISH LINE

- Finding the ideal crew area
- Proximity to shade/water/vet-check/grass

MUST HAVES: Food/Water Buckets (variety)/Sponges  
Electrolytes/Fleece or Blanket (cold weather)/ First Aid/Hoofpick

NICE TO HAVES: Chairs/ Cart/ Pop-up tent/Saddle rack/Lead Rope/  
Heart monitor/Stethoscope/ Extra parts/tack/Sprayer

MARY MUST PACK ANY ITEMS THAT SHE WANTS TO HAVE AT LAUREL RUN. HER CREW WON'T BE ABLE TO GO THERE. MORE ABOUT THAT LATER.



Both Mary and Emily must also set up at the finish line.

At the Finish Line:

Food/Water Buckets (variety)/Sponges Electrolytes/ Fleece or  
Blanket (cold weather)/ First Aid/Hoofpick/Ice for cooling down the  
horse if it's a hot day.

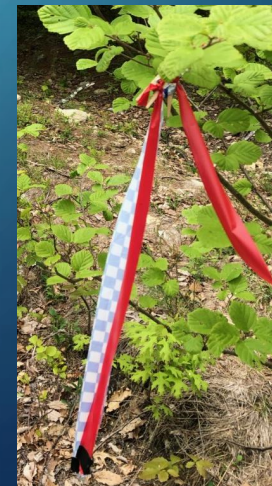




## RIDER MEETING--LEARNING ALL THE IMPORTANT DETAILS ABOUT THE RIDE

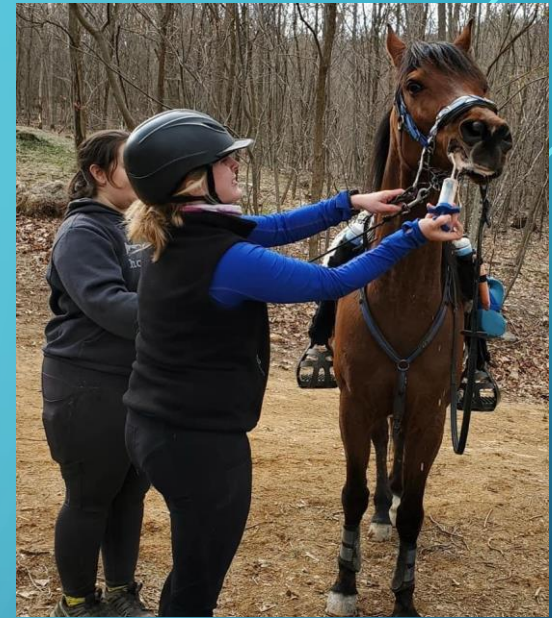
- After setting up Bird Haven and the finish line, both Mary and Emily head to the rider meeting.

- Early AM start
- Ride Briefings—details about the loops, the trails, how long the holds are, and pulse criteria.
- For ALL,
  - Double Red Ribbons to mark turns
  - All ribbons on the right EXCEPT for a left-hand turn
  - Confidence markers after a turn
  - Arrows and signs for turns also
- For the finish,
  - Final vet check
  - Best Condition (BC) and High Vet Score
  - Awards



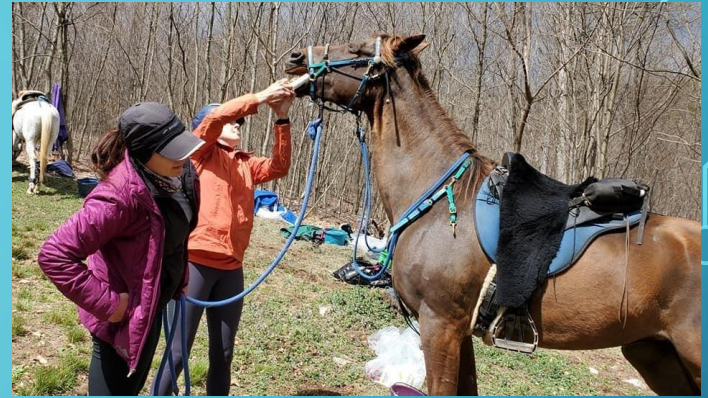
# ELECTROLYTES

- 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.



# THE PURPOSE OF THE CREW

- Get the horse/rider team through the day successfully
- Pit crew
- Support the horse/rider as needed
- NASCAR



## WHAT DOES THE CREW DO WHILE THE RIDER IS OUT?

- Prepare meals for horse and rider/Fill water buckets/Be aware of time/Pre-mix electrolytes/"Hurry up and Wait"/Help Others/Check in with out-timer/Socialize
- Decide who does what so everyone knows their job.

## WHAT DOES THE CREW DO WHEN THE HORSE AND RIDER ARE IN?

- Timecard goes to timer/Get pulse down—pull tack, sponging/Get horse to vet ASAP—who will run the horse?/Horse/Rider need to eat and drink, stay cool or warm/Check shoes and feet, body for wounds/Check tack/re-stock saddle packs/Keep track of out-time (50 min feels like 10)/Bathroom!/Tack up, Electrolytes.
- Help the rider prep for the next loop

- LOOP 1 / BIRD HAVEN

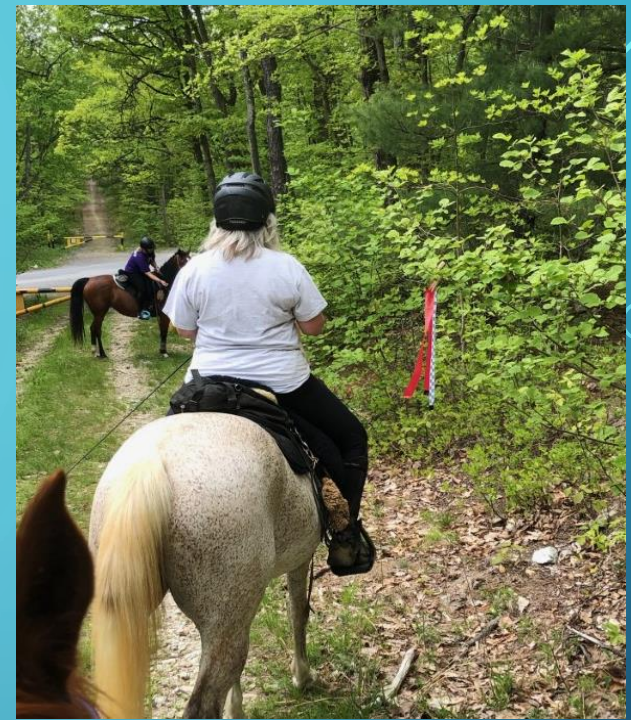
- 15.7 MILES
- HOT PINK AND BLACK CHECKERED RIBBONS.

- LOOP 2 (55)/LAUREL RUN

- 16.9 MILES,
- RED AND BLACK CHECKERED RIBBONS
- Laurel Run is an *Away Vet Check*
- You may send a few necessary items if you choose.
- Buckets to sponge your horse and horse food are provided. No crew is allowed at this vet check.

- LOOP 2 (LD)/FINISH LINE 9.0 MILES

- YELLOW AND BLACK CHECKERED RIBBONS.



- LOOP 3 (55)/BIRD HAVEN

- 13.4 MILES

- BLUE AND WHITE CHECKERED RIBBONS.

- LOOP 4 (55) TO FINISH LINE

- 6.5 MILES

- BLUE AND WHITE CHECKERED RIBBONS



# AFTER THE RIDE

- 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
- Monitor vitals after final vet check
- Extra food/snacks for everyone
- Poultice/wraps
- Clean up supplies/camp - know how site should be left
- Turnout



# YOU CAN DO THIS!

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



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

Ask lots of questions! We were all beginners once, and we are all still learning!

Riders and horses make new friends all the time!

# CALL FOR VOLUNTEERS FOR OD!

- 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.



*Thanks so much for your interest in being a volunteer for this year's Old Dominion Endurance Ride! Please click on the below link to register as a volunteer. Thank you!*

[https://docs.google.com/forms/d/e/1FAIpQLSdeESTyel165u9H Hh3g6J- mdXI81V7Jb3DSpV4xQxdlBpTXmg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdeESTyel165u9H Hh3g6J- mdXI81V7Jb3DSpV4xQxdlBpTXmg/viewform?usp=sf_link)





# 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
  - <https://www.ectra.org/>
- OAATS
  - [www.oaats.org](http://www.oaats.org)
- SERA
  - <https://www.seraonline.org/>
- Ride & Tie
  - [www.rideandtie.org](http://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/>

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

# Q & A

*Thanks so much for your interest in being a volunteer for this year's Old Dominion Endurance Ride! Please click on the below link to register as a volunteer. Thank you!*

[https://docs.google.com/forms/d/e/1FAIpQLSdeESTyel165u9HHh3g6J-mdXI81V7Jb3DSpV4xQxdIBpTXmg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdeESTyel165u9HHh3g6J-mdXI81V7Jb3DSpV4xQxdIBpTXmg/viewform?usp=sf_link)