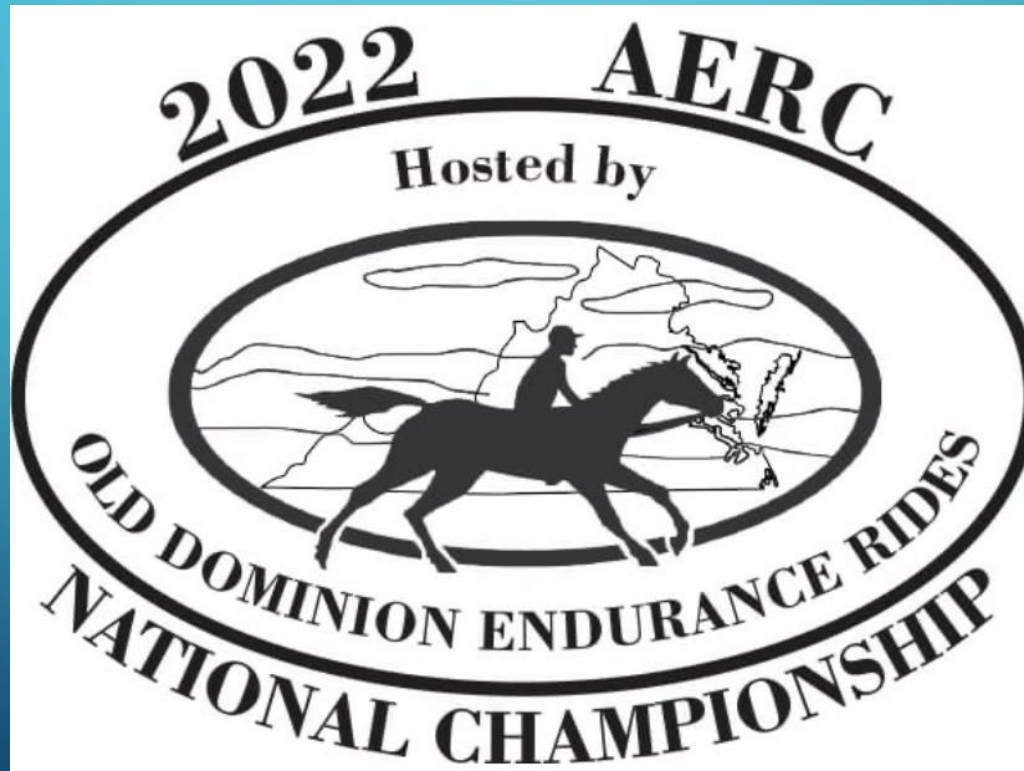


ENDURANCE 101: THOUGHTS ON SUCCESSFUL PREPARATION FOR THE OD 100

PRESENTED BY THE OLD DOMINION EQUESTRIAN ENDURANCE ORGANIZATION (ODEEO)



FACILITATORS

- Bob Heltibridle is the current president of the Old Dominion. Everyone knows him as Janice Heltibridle's husband. She and her horse and human partner completed the OD 100 Ride and Tie. He manages the national points and miles for Ride and Tie. In 1996 he started a 5-mile Ride and Tie with his wife- to- be Janice. They pulled in the first mile when Janice tore her ACL. After that he took up crewing. In 2000 he did his first and only 30-mile ride (The No Frills) in Fort Valley. He finished in the top 20 in 5:38. After that he went back to crewing full time for Janice. In 2001 Janice and he got married after she finished The Swanton Pacific 100-mile Ride and Tie. He figured he could catch her.
- Sonja Knecht-Hoshi is a more recent addition to the sport of endurance riding. She started with her first Competitive Trail Ride in 2014. She now has over 1,000 ECTRA miles. She also has 805 LD miles and 355 Endurance miles. She hopes to ride a 100 someday. You can reach Sonja at: 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.
- The ODEEO is will host the AERC National Championship in Orkney Springs in conjunction with our June ride in 2022. (June 9th and 11th is the National Championship. June 10th is the open division.)
- 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)



- This evening we are honored to have seven riders that have over 53,000 miles between them, with 219 one hundred mile starts and 172 one hundred mile finishes.
- One rider currently holds the course record for the current Old Dominion 100 with a time of 13:23:44.
- Five of these riders have 17 Tevis starts between them. In that group there are two riders that have twice completed both the Old Dominion and the Tevis in the same year on the same horse.

ANN MEBANE

- My endurance career began in the early 80's thanks to an Aunt that had me riding very early in life. We drove up from NC in '86 to see the Old Dominion Endurance Ride/Run. Within a couple years the OD had me hooked and I have worked as a volunteer in many capacities since then. I've been competing over the years occasionally. Have had a couple wonderful horses that have taken me on many adventures in many parts of the world.
- I have ridden the OD 100 course five times (one was the National Championship) and the Tevis once.
- My win at the OD with the fastest time may eventually be bested but I am pretty sure not in the way Saba Shams and I had to go. We were alone the last half of the 100 miles and he lost a shoe not too far from the last vet check. We elected to finish ride with easy boot that fell off in the mud between VC and finish. We had to walk in a couple miles and still finished sound with best time yet and Best Condition. Needless to say Saba Shams aka Sunny was born to run.



BRYN STEVENSON

Bryn Stevenson has been competing at the OD since she was 9 years old. In 2014 she was the youngest person to win the OD 100 and in 2015 she won the NC 100 mile ride on the OD course. She has completed OD many times on many different horses. She has also completed Tevis 3 times. Bryn has a keen ability to get the best out of her horses especially on technical trails. She has also competed up to the FEI ** level at endurance, training level in eventing, and was a junior steeplechase jockey. In her free time she runs ultramarathons. As a junior she had a tremendous amount of support from her mentors such as Lisa Delp and Diane Connolly. Today, she mentors her own riders and teaches lessons at her family farm. She currently works full time as a behavioral therapist and attends Purdue University full time. Her mother and father are her biggest fans and supporters.



CLAIRE GODWIN

Claire started competing in 1992 and completed her first 100 in 2002 at the Old Dominion. She has an impressive 21,330 miles of endurance in her 29-year career. Claire has successfully completed thirty-three 100 mile rides out of 40 attempts. 10 of those 100s were at the Old Dominion with an 11th one at the NC in 2015 on the OD course. She was first to finish at the OD 100, in 2009 and 2013, on her horses, EH Ahmose+// and Sundown Reveille+/. She has also completed the Tevis an impressive 6 times, and in 2018 her horse, PL Mercury, completed the OD 100, Tevis and the National Championship 100 held at Biltmore, becoming the oldest horse to complete these rides.



KELLY STONEBURNER

Kelly began competing in 2007. She has 2,385 endurance miles and 355 LD miles. She has 11 hundred mile completions out of 15 tries.

In her own words, she tells us why the Old Dominion is a special ride to her. "It was my first 100. It was also the first 100 for two of my v horses. I think the OD is a great first 100 as the terrain is a perfect pace setter making it difficult to go too fast. I also love that the trail is very minimally repeating which makes it really fun for both horse and rider! I was fortunate to have the opportunity to ride the 100 in 2012 and 2013 on Laz. We did the 2013 ride Cavalry and it was truly one of the most memorable and magical days. In 2017 and 2018 I finished the 100 on Hope. I vetted the OD one year and hands down decided that was way more exhausting than riding! In 2019 we headed west and now live in Colorado. We love the rides out west and feel that the OD is truly the "beast of the east" and that the west coast endurance riders need to make an effort to attend! We hope to make it back to VA in the future for another OD."



SARAH SCHICK-MILLER

Sarah is a lifelong athlete, having been a competitive swimmer through college and completed several running and triathlon races, including a full Ironman. She had ridden horses in lesson programs off and on throughout her life when she learned about endurance riding. In 2007 while in between semesters at grad school she interned in Moab, UT at Global Endurance Training Center. She then moved to Virginia in 2008 and catch-rode for various endurance riders in the area for years until she was able to afford a horse of her own. Her current mount, Legalas, is a former OD Raffle Horse and has several AERC accolades, including Decade Team, Silver-level for 1-day 100's, multiple OD finishes, one Tevis finish, and a few Best Condition awards. Sarah has 3765 Endurance miles, 335 LD miles, nine 1-day 100 starts and eight finishes (including four ODs, one Tevis, and one Biltmore). She and Legalas have also competed FEI and qualified to try out for Team USA for the World Equestrian Games in Tryon, NC in 2018.



JOHN CRANDELL

John Crandell III began competing in the early 1980s. He has a total of 6,405 miles. He completed 33 out of 45 hundred mile rides. His last 100 was the OD 100 in 2015. He has completed the OD 100 nine times. In 2006 and 2010, he came in 1st place and his horse, Heraldic, was awarded Best Condition. Of the rides, six he came in 1st place. He rode Tevis six times. In 2006, he rode and completed on the same horse, Heraldic, for both OD and Tevis. In addition, he and Heraldic were the first to earn the American Endurance Triple Crown— the OD 100, Tevis and the AERC National Championship. In 2010, he rode and completed on Heraldic again for both OD and Tevis. He came in 1st place for both rides. In 2013, he teamed with ReactorPanel to design a new lightweight saddle called the Heraldic, in honor of his horse.



STAGG NEWMAN

- For Stagg, endurance riding is enduring partnerships with your horse. Stagg has ridden almost 10,000 endurance miles and completed over 60 100s. He and his Hall of Fame horse Drubin were the first AERC team to complete AERC rides in 20 consecutive seasons, the Double Decade Club. They also hold the AERC record for most point in one season in 100 mile competitions. Stagg and Jayel Super earned the Decade Club award and completed as a team in 15 seasons including 7 Old Dominion 100s with 5 wins. Stagg has learned from the 7 times that he started the OD 100 and did not finish. Four of those were shoeing issues. Proper shoeing is critical. Both Drubin and Super earned gold medals in international championships. Stagg and his horse Winston also tied for the first with O’Ryan and his wife Cheryl, his other enduring partner. Winson also earned the AERC Decade Club award. Stagg earned the Old Dominion 1000 Mile Buckle when he completed his 10th completion OD on his current competition horse Tanka.



- Stagg is passionate about endurance rider education and the growth of our sport. He has given dozens of presentations and clinics. He gives the Old Dominion New Rider Briefing each year. He is a former AERC President and chair the AERC Education Committee for a decade. Stagg and his wife Cheryl along with several others founded and ran a non-profit for endurance education, APEX (A Partnership for Endurance Excellence) for 6 years. He has written dozens of educational articles. He has been Trail Master of the Biltmore Challenge Endurance events for over ten years.

CONDITIONING/PREPARATION



TACK/EQUIPMENT/SHOES/BOOTS



FOOD/ELECTROLYTES FOR HORSE AND HUMAN



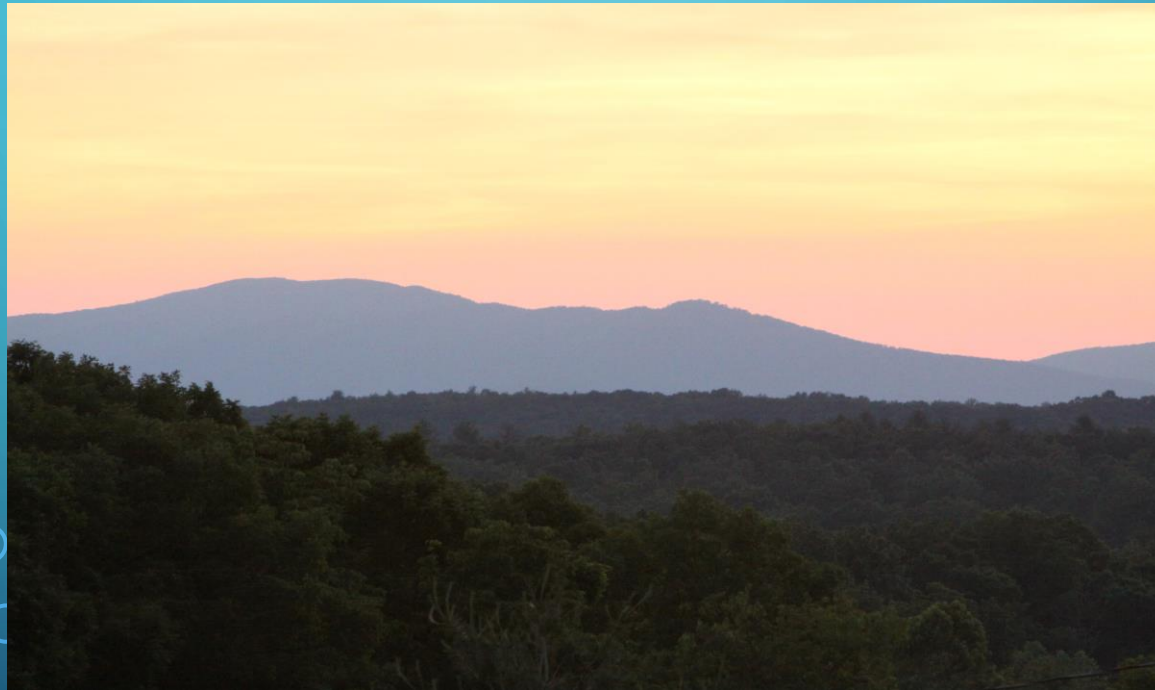
RIDE STRATEGY / CREW



THINGS UNIQUE TO OD



EXTRAS



A VIEW OF THE VIRGINIA MOUNTAINS TAKEN BY THE INCOMPARABLE BECKY PEARMAN.

Q & A

A GREAT WAY TO LEARN IS TO VOLUNTEER!

- 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.
- 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!
- ODEEO is always looking for volunteers!



- [No Frills Volunteer Sign Up Link](#)
- [National Championship Volunteer 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>
[etra](#)
- ECTRA
 - <https://www.ectra.org/>
- OAATS
 - www.oaats.org
- SERA
 - <https://www.seraonline.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/>