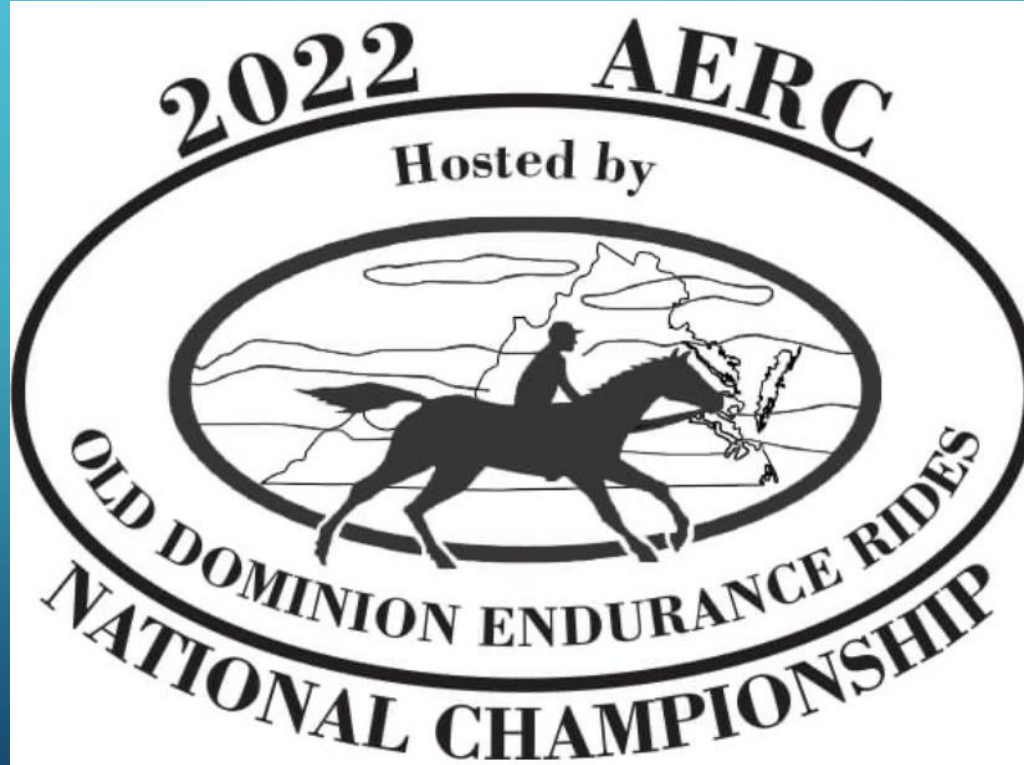


ENDURANCE 101: YOUR QUESTIONS ABOUT THE JUNE OLD DOMINION RIDES ANSWERED

PRESENTED BY THE OLD DOMINION EQUESTRIAN ENDURANCE ORGANIZATION (ODEEO)



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
- 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)



CONDITIONING/PREPARATION



TRAIL



LOOP MILEAGE 100 MILE RIDE

100 Mile

- Base Camp to Bird Haven VC 1 15.7 miles
- Bird Haven to Laurel Run VC 2 16.4 miles
- Laurel Run to Bucktail VC3 14.5 miles
- Bucktail to Waites run (Gate & Go) 7.2 miles
- Waites run to Little Sluice Hospitality 12.5 miles
- Little Sluice to Big 92 VC 4 4.0 miles
- Big 92 to Laurel Run VC5 8.0 miles
- Laurel Run to Bird Haven VC 6 13.4 miles
- Bird Haven to finish Line 6.5 miles

LOOP MILEAGE

55 MILE RIDE & LD

55 Mile

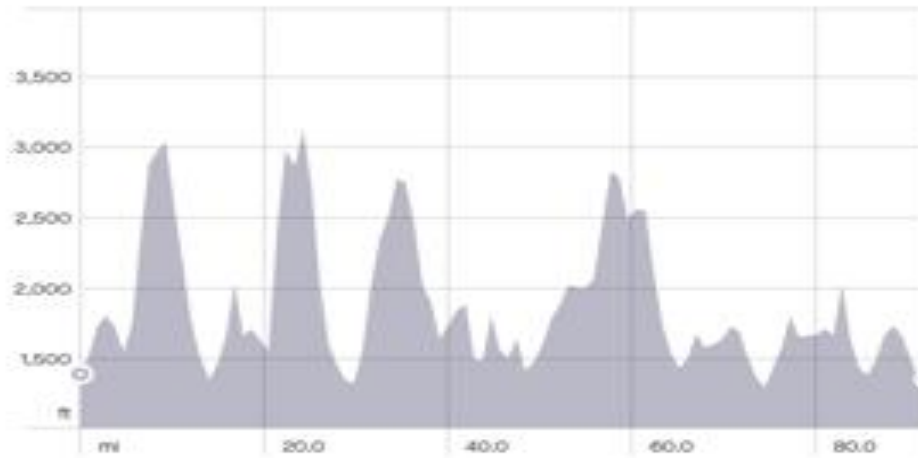
- Base Camp to Bird Haven VC 1 15.7 miles
- Bird Haven to Laurel Run VC 2 16.9 miles
- Laurel Run to Bird Haven VC 3 13.4 miles
- Bird Haven to finish Line 6.5 miles

25 Mile

- Base Camp to Bird Haven VC 1 15.7 miles
- Bird Haven to finish line 9.6 miles

ELEVATION

Elevation



Elevation Gain: 14,009 ft

Max Elevation: 3,127 ft

Pace



TACK/EQUIPMENT



SHOES/BOOTS/FARRIER



FOOD/ELECTROLYTES FOR HORSE AND HUMAN



RIDE STRATEGY / CREW / VET CHECKS



2022 OLD DOMINION VET CHECK SCHEDULES

BOTH THURSDAY, JUNE 9TH & FRIDAY, JUNE 10TH

55 MILE RIDE VET CHECKS

Start Time: 6:30 AM

13 hour 15 minutes elapsed time limit

Station	Incremental Distance	Total Distance	Opening Time	Hold Time	Latest Pulse Time
Bird Haven VC 1	15.7	15.7	8:00am	40 minutes	11:15am
Laurel Run VC 2	16.9	32.6	11:00am	50 minutes	3:45pm
Bird Haven VC 3	13.4	46	12:00pm	30 minutes	6:30pm
Finish Line	6.5	52.5	1:15pm	NA	7:45pm

FRIDAY, JUNE 10TH

25 MILE RIDE VET CHECKS

Start Time: 8:00 AM

6 hour elapsed time limit

Station	Incremental Distance	Total Distance	Opening Time	Hold Time	Latest Pulse Time
Bird Haven VC 1	15.7	15.7	9:15am	45 minutes	11:45am
Finish Line	9.0	24.7	11:15am	NA	2:00pm

SATURDAY JUNE 11TH

100 MILE RIDE VET CHECKS

Start Time: 5:30 AM

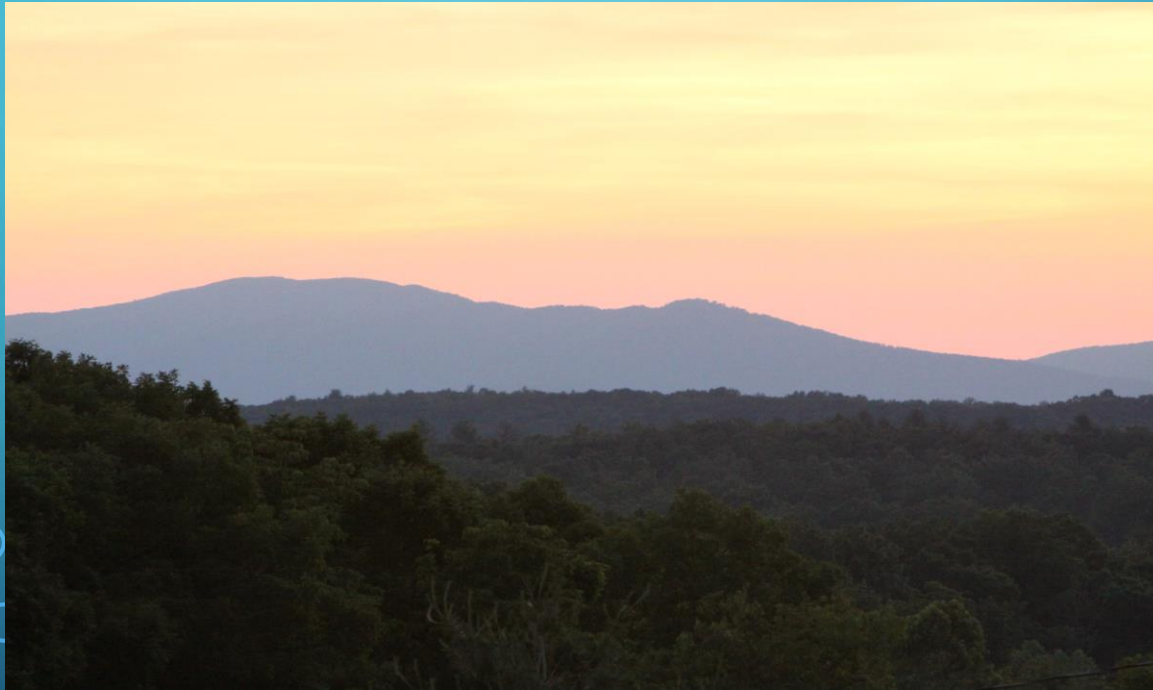
24 hour elapsed time limit

Station	Incremental Distance	Total Distance	Opening Time	Hold Time	Latest Pulse Time
Bird Haven VC 1	15.7	15.7	6:45am	40 minutes	9:15am
Laurel Run VC 2	16.4	32.1	10:00am	45 minutes	1:45pm
Bucktail VC 3	14.5	46.6	12:45pm	50 minutes	5:00pm
Waites Run (Gate and go)	7.2	53.8	2:45pm	10 Minute	7:15pm
Little Sluice (Hospitality Stop)	12.5	66.3	3:30pm		10:00pm
Big 92 VC 4	4.0	70.3	5:00pm	40 minutes	10:45pm
Laurel Run VC 5	8.0	78.3	6:30pm	30 minutes	1:00am
Bird Haven VC 6	13.4	91.7	8:45pm	20 minutes	4:30am
Finish Line	6.5	98.2	10:15pm	NA	5:30am

THINGS UNIQUE TO OD



EXTRAS



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

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/>