

ENDURANCE 101: PREPPING FOR MOUNTAIN RIDES

I WANT TO TRY A MOUNTAIN RIDE, BUT...OD RIDES ARE TOO HARD!

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
- 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.

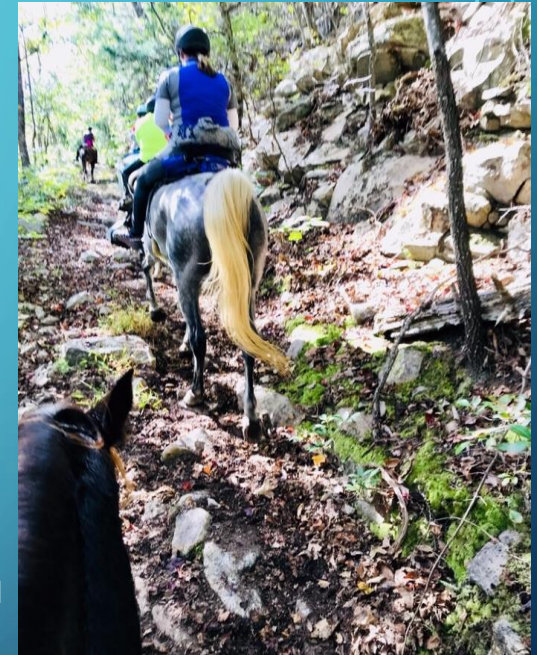
THE OLD DOMINION EQUESTRIAN ENDURANCE ORGANIZATION (ODEEO)

- 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 proud to announce that next year we 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)



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- Fort Valley is the culminating ride of our season. And is the final ride of the Triple Crown.
- All holds are in base camp and it's easy to do without a crew.
- Because it's all in a central location, it's a great place to meet new people!
- At Fort Valley, we offer two days of riding opportunities. 50 miles and 30 miles of endurance competition. An 18-mile intro ride up and over the mountain twice. A variety of Ride & Tie distances along with an equathon.
- Because of the rocks, all equines participating in our rides must wear hoof protection. This can be shoes or boots.
- The OD 100 is known as the Beast of the East because of the heat, the humidity and the rocks.
- The OD 100 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 the next hold and vet check.



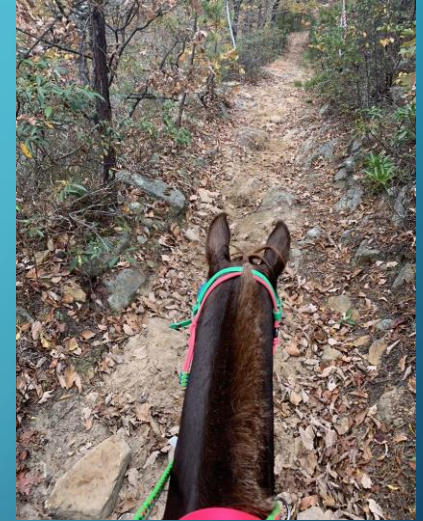
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Remember that small hills are better than no hills – use what you have available to you. You may need to use the same hill multiple times, but it will help.

Canter work equals mountain work. You can use this to build the hind end muscles of your equine.

Also, try and train on trails with a lot of exposed roots and/or use pole work. This will teach your horse to pick up his feet over rocks and you will manage just fine.

Help your horse develop a big walk—this will help with making time over rough terrain.



RIDING THE RIDE—MAKE TIME WHERE YOU CAN

- An important thing to remember at mountain rides is to make time where you can. This translates to trotting when you can, walking when you must and cantering when it's fun.
- By doing this and maintaining a 5mph average speed you can complete, not race, but finish. Remember, to end your day with a happy, sound, healthy horse is to win.

● You will be trotting as much as you can – use a big working trot to move when the terrain allows. Even if it's 100 feet, trot to make time when you can.

You and your horse will learn to move when you can and enjoy the scenery when you can't.

Stop worrying about pacing correctly and let the trail tell you when and how to move. You and your horse will find a rhythm that works for you on trail.



COOL WEATHER RIDE MANAGEMENT

Don't forget electrolytes – your horse still needs electrolytes even in cool weather.

Beware of cool mornings – don't go too fast just because it is cool. It is also humid, beware. Your horse will still be sweating a lot.

Keep large muscles warm – have a fleece in the vet check for keeping the hind end warm. You may also want to start with a rump rug if it's a particularly cool morning.

When sponging, be cautious putting cool water on the big hind end muscles of the horse. This can cause cramping in some horses.



RIDER NOTES

Get yourself in shape for mountain rides by riding in two point even on the flat.

Be sure to stay hydrated (we tend not to drink as much in cooler weather).

A cup of soup is a good pick me up at a hold in cooler weather.

You will be warm when you are riding but will cool quickly while waiting in a hold, have a jacket handy.



TACK AND EQUIPMENT

- Any well-fitting tack can be used
- Comfortable for both horse AND rider
- English, western, treeless, bareback pad
- Breast collar and/or crupper may be helpful for hilly and mountainous rides. Some riders use a breeching on their horses.
- Because of the rocks and other footing, all equines participating in our rides must wear hoof protection. This can be shoes or boots. These should be tested before the day of the ride.



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!

For some extra inspiration, let's watch this video made by our own board member, [Dawn Engle Hilliard of the 50 mile Ft. Valley ride.](#)

CALL FOR VOLUNTEERS FOR OD RIDES!

- 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!



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/>

Q & A