

ENDURANCE 101:
WHEN SHIT GOES RIGHT
SETTING GOALS AND MAKING PLANS TO HAVE SUCCESSFUL RIDES
VIRTUAL EDITION

PRESENTED BY THE OLD DOMINION EQUESTRIAN ENDURANCE ORGANIZATION (ODEEO)



Bryna Stevenson won the OD 100 at 14-years-old.

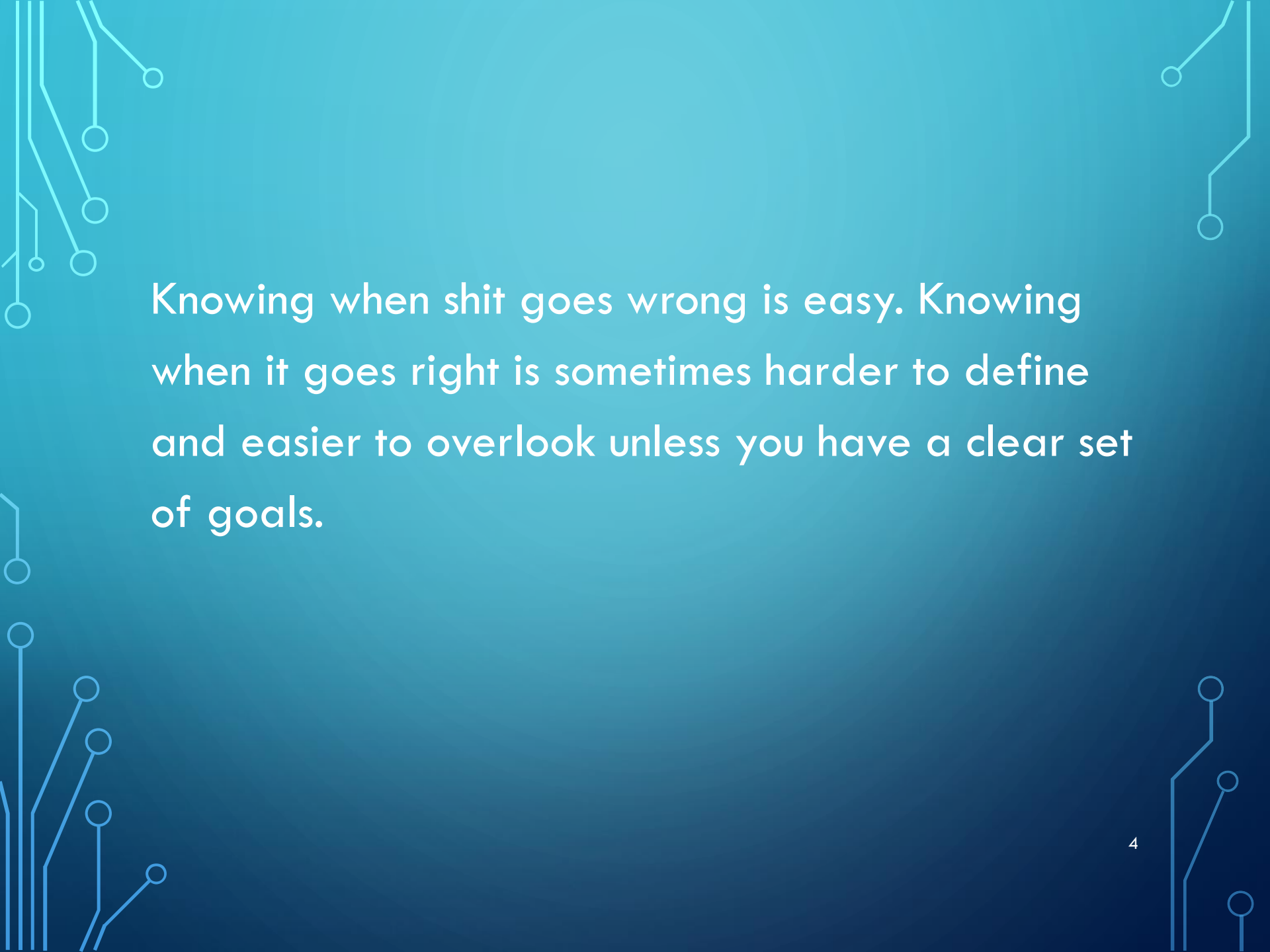
PRESENTERS

- 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 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)



The background is a dark teal gradient. In the corners, there are decorative white line-art elements resembling circuit traces or neural network connections, with small circles at the end of the lines.

Knowing when shit goes wrong is easy. Knowing when it goes right is sometimes harder to define and easier to overlook unless you have a clear set of goals.

MAKE SOME S. M. A. R. T. GOALS TO REACH YOUR POT OF GOLD ENDURANCE DREAMS!

- S = Specific
- M = Measurable
- A = Attainable
- R = Realistic
- T = Time bound



S = SPECIFIC

- Completing a certain event—the OD?
- Distance (Intro, LD, 50, 75, 100)
- Upping the distance
- Type of Terrain—a mountain ride or a sand ride
- Back-to-back rides



Endurance T-Shirt

M = MEASURABLE

- Scores on vet cards
- Recovery times
- Time from in-timer to vet check
- Happier horse/rider—recovery for both
- Fewer/no sores/rubs

DATE: 3/22 DISTANCE: 50 NECK #: 342
 Weight Division: 342

Body Condition Score (Must be between 2 & 8):
 1 - Poor
 2 - Very Thin
 3 - Thin
 4 - Moderately Thin
 5 - Moderate
 6 - Moderately Heavy
 7 - Heavy
 8 - Fat
 9 - Excessively Fat

Pre-Ride (Field) Examination: 140
 Post-Ride (Field) Examination: 140

Parameter	Pre-Ride	Post-Ride	Comments
Mucous Membranes	A	A	
Capillary Refill	A	A	
Jugular Refill	A	A	
Skin Tenting	A	A	
Heart Sounds	A	A	
Anal Tone	A	A	
Muscle Tone	A	A	
Back Withers	A	A	
Tack Galls	A	A	
Wounds	A	A	
Hoof	A	A	
Impression	A	A	
Attitude	A	A	
Overall Impression	A	A	

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Muscle Tone	A	A	
Back Withers	A	A	
Tack Galls	A	A	
Wounds	A	A	
Hoof	A	A	
Impression	A	A	
Attitude	A	A	
Overall Impression	A	A	

Parameter	Pre-Ride	Post-Ride	Comments
Arrival Time	9:25	147	
Exit Time	10:18	147	
Pulse	65	62	
Overall Impression	A	A	
Attitude	A	A	
Overall Impression	A	A	

Comments: 54 / 54 / 60 / 64
 Signature: NK / NK

A = ACHIEVABLE

- Don't plan to win your first (or first few) event
- To Finish Is To Win
- Learn to go slow to go fast
- Start with small hills vs mountains
- LD vs 100
- Intro rides and CTRs (ECTRA and NATRC)

I BELONG TO THE AMERICAN RIDE CONFERENCE BECAUSE **I AM AN ENDURANCE RIDER.** MY HORSE AND I FOLLOW IN THE TRADITIONS THAT ARE AS ENDURING AS THE PARTNERSHIP BETWEEN MAN – AND WOMAN – AND HORSE. WE RIDE THE PATHS FIRST TROD UPON BY NATIVE AMERICANS AND CAVALRY RIDERS, PIONEERS AND OUTLAWS. TODAY IT'S THE SPORT FOR THOSE WHO SEEK THE OPEN TRAIL, WHO CARE FOR THEIR BELOVED EQUINE ABOVE ALL ELSE, AND WHO KNOW **TO FINISH IS TO WIN.** EVERY RIDE IS AN ADVENTURE. RIDE ON!

R = REALISTIC

- Is the goal suitable for you and your horse
- Opportunities for different distances—Intros, LDs, CDRs, CTRs
- Volunteering may be a way to start



T = TIMELY

- [AERC Calendar](#)
- Have a target date and an appropriate timeline to prepare
- Conditioning
 - [Get Prepared--article from Endurance News](#)
- Preparing for your first ride
 - [AERC Preparing for your first ride](#)

04/15/2022 10/55 miles Has introductory ride! Ingr: Diane Connolly	The Old Dominion No Frills Ride - INTRO ONLY 4/16 Map 160 Capon Springs Grade, Star Tannery VA 22654-Ride Sect Emily-571334956 Control Judge: TBD
04/16/2022 10/55 miles Has introductory ride! Ingr: Diane Connolly	The Old Dominion No Frills Ride - INTRO ONLY 4/16 Map 160 Capon Springs Grade, Star Tannery VA 22654-Ride Sect Emily-571334956 Control Judge: TBD
04/23/2022 15/50 miles Ingr: Roxanne Winslow - SS Rep	NEATO Nachaug Map Cedar Rock Farm, 146 Estabrook Rd, Hampton CT; Secy: cmastele@gmail.com Control Judge: Matt Komatowski
05/22/2022 15/50 miles Ingr: Chrystal Woodhouse	Memorial Ride Map 2949 Cahllice Line, Millbrook, ON Control Judge: Arthur King
05/29/2022 10/50/75/100 miles Ingr: Dodie Sable - SS Rep	New York Adventure Elevator Map 176 Kelly Road, New Berlin, NY - Shoes recommended Control Judge: Nick Kohut
06/09/2022 15 miles Ingr: Diane Connolly	AERC National Championships @ Old Dominion Map 1794 Happy Valley Rd, Orkney Springs, VA 22845 Control Judge: Nick Kohut
06/10/2022 15/55 miles Ingr: Diane Connolly	Old Dominion Map 1794 Happy Valley Rd OrkneySprngsVA;Hoof protec.req'd;Secy:mzstumpy@gm Control Judge: Nick Kohut
06/11/2022 100 miles Ingr: Diane Connolly	AERC National Championships @ Old Dominion Map 1794 Happy Valley Rd, Orkney Springs, VA 22845 Control Judge: Nick Kohut

REWARDS

- Awards
 - Decade Team Award
 - Longevity Award
 - Equine Mileage
 - Rider Mileage



- Ride Awards
 - Turtle
 - High Vet Score
 - Best Condition
 - Top Ten
 - OD Triple Crown



YOU AND YOUR HORSE DID IT!! WHAT'S NEXT???

- Celebrate
- Be Proud
- Regroup
- Think about what's next (a new SMART goal?)
- Prioritize
- Help someone else achieve their goals



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/>

Q & A