

MnDRA NEWS

The Second Half Has Started

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Link to RFTR New Ride Flyer

[Ride Flyer](#)

Hi everybody,

Just a short newsletter this month. We have Ride for the Ridge, or this year's version, Ride for the Checkered Flag, this weekend. Remember it is at [Spring Creek Motocross in Millville](#). (Click on the link to go to Google maps for the directions.) More info can be found on page 4. Lynda Zimmerman has an excellent article on trail passing. The tips are great.



Photo by Bob Z

Sometimes I use this page to advocate as a rider and sometimes as a ride manager. I've been noticing this year a number of posts on FB complaining that results for rides are not online within a week or so of the ride. Ride managers are just like riders with the exception that for one ride they are willing to put in about eighty hours of work for the ride. They still have their jobs, their families, and their training to do. Sometimes something comes up and results may be delayed. As a rider, you know what your points and milage are and if a couple months go by, then maybe contact the RM to see if they need any help.

Also, if you need to leave a ride before awards, try to find someone to pick up your completion and any extra awards. It does add work for the RM to show you the choices of awards. If just one person did that it would be no big deal, but when five to ten folks do that it adds up. The RMs will love you for that.

Happy trails

Ken

Changes on LD Ride Time Coming NEXT Year

AERC is making a rule change in the LD rules for next year. The rule is meant for the riders at the very back of the pack. What it means for riders is that they have the whole six hours per twenty-five miles to finish the course. They have a half hour after they complete the course to reach criteria.

The motion passed is: *AERC Bylaw 4.01 (b) Limited Distance Ride: A "Limited Distance Ride" is defined as an event in which the same equine and rider cover a specified course of between 25 and 35 miles within a maximum time limit proportional to 6 hours per 25 miles and conforms to the Rules in effect at the time of the Ride. This time shall not include the time required to meet 60 bpm criteria. The actual finish time will be recorded when pulse reaches the criteria.*

This is what the motion was. They still need to clarify the language, but the intent of the max time being just for completing the course will stay. You will have an additional thirty minutes to reach pulse. One wrinkle will be standing for the final examination. The LD rules concerning this are:

L4. Completion requires meeting all of the criteria used for endurance rides with the following exceptions/additions:

L4.1 All equines must stand a mandatory post-ride evaluation within 30 minutes of finishing the course. Riders may present their equines for the final examination at a time of their choosing during the 30-minute period. An equine that does not meet the established criteria within 30 minutes of arrival time shall be disqualified.

And this is why there are lawyers. What does it mean to 'stand a ... evaluation'? The evaluation is done? It has started? You walked up and asked for a vet? This is probably something that AERC should consider as they move forward on this rule. It might only happen once in a year or two, but sometimes a rider will take 29 - 30 minutes to pulse down. I know many times we are just looking at the pulse down within the 30 minutes and not worried about the exam. If 'finishing the course' means your time in, then there have been a few riders who have not met this criteria in the past, and not just the turtles.

This rule will help some riders who perhaps got lost or are riding green horses. There will be some questions that need to be answered for the riders and RMs so there is no confusion as to the rules. The RMs are just trying to make the ride fair for everyone and the clearer the rules are, the better.

When this rule is finalized, I'll have a longer article on it. For our last two rides, the rule will be the same as it has been; you need to meet criteria and final vet within the maximum time.

One bit of advice from my observations in the pulse lane; many folks spend a lot of time getting their horse to pulse down and then come in with a 13. If you don't have a stethoscope, you should go buy a medium level one. You'll save a lot of time.

Season 2: [Click link to go to Google Maps directions for the campsite.](#)

Run for the Ridge, Sept 21 - 22. **Spring Creek Motocross Park**

Point Chaser, Oct 19 - 20. **Zumbro Bottoms - West Assembly**

TRAIL PASSING SAFETY

By Lynda Zimmerman

Horses experience a lot of new things in distance riding competition. It's a learning experience for them, which can be an exciting, nervous, fearful time causing them to act out suddenly and in ways the rider never anticipated. Passing or being passed on trail is one of those times, but there are things riders can do to minimize the chance of unpleasant behavior and/or injury. Whether your horse is new to distance riding or returning from a layoff (e.g. first rides in spring, from a vacation or injury), we can all improve our safety skills.

- Slow down when passing or being passed; walk if you can. If you know your horse gets anxious about being passed, step off the trail if possible. Walking helps diffuse tension.

- When passing others ahead of you, state your intention in advance so the rider and horse know you're coming. When the rider consents, proceed cautiously and slowly, watching the other horse for signs of anxiety (prancing, ears back, nose up, tail swishing), possible kicking or biting as you go by.

- If you're passing in a group, don't crowd. Give yourself and the horse ahead of you, as well as the one you're passing, some space for safety sake. The last horse in the group may get anxious about being left behind, so slow down. A group of passing horses can intimidate an otherwise confident horse, especially if they're close together and moving swiftly. Your group's behavior could prompt an accident, which can be avoided.

- Don't just power by without saying anything. This can be upsetting to horses and riders.

creating anxiety for the future. You may not know the rider and horse ahead of you or if they're having other issues that ride; it's not worth the chance of an accident. Yes, it is your responsibility to be courteous and avoid harming another ride team, even in competition.

- If you know your horse might kick out at others, tie a red ribbon in its tail to warn those passing from behind. When you are passing, you need to verbally warn the rider being passed so they can be alert to an incident and step off trail if they wish (they won't see your red ribbon until it may be too late).

Even though I ride alone almost all the time, I have seen horses kick out and injure other riders and other horses when passing. It seems to be a stressful event for horses new to our sport (even good "trail" horses), as well as experienced horses returning after time off. The excitement of speed may stir up their competitive or herd natures. Horses don't always kick out at "strange" horses; sometimes a rider in their own group receives the kick and may even get kicked out of the saddle. Ouch!

We are always encouraged to be courteous, friendly and safe with "trail riders" out there, slowing down to meet or pass them. Don't we want to show our own distance riding friends and colleagues the same caution? None of us wants our horse to cause another rider's injury or, worse yet, end a rider's season. Let's be more aware of practicing good sportsmanship and increased safety when passing on trail.

RUN FOR THE RIDGE UPDATE:

These are a few things Sarah wants to share about this year's RFTR.

- 1) Remember that it's a Friday/Saturday ride! That means there are 50 endurance rides both days.
- 2) Location is in SE MN. Check ride flyer for details.
- 3) Let me know if you're doing the 75 or 100.

Priority parking!

- 4) We will have a did stand for all meals and snacks. Still having potluck, but it's on **Saturday night** with awards.
- 5) Hot bread pudding on Friday evening about 7pm.
- 6) Beautiful hand made red cedar bench (Emma's dad is very talented and generous!)to be raffled off at the ride.

