

Distance Riding Clinic – April 20th, 2019

Agenda

Morning Session – Introduction to Distance Riding – What you need to know to get started. (9am – 12)

- What is distance riding (Novice/Intro, Competitive, LD, Endurance) **(9-9:30)**
 - Understand what the difference is between each of the events
- Getting started – conditioning for your first ride **(9:30 – 10:15)**
 - Learn how to develop your horse's cardio system and build strong bones and connective tissue.
- What to expect at ride camp **(10:15-11)**
 - Registration
 - Riders meetings
 - Basics of what to pack
- What are P & R's and why are they important? **(11-11:30)**
 - The language of distance riding – understanding what is on the different scorecards
- Vet checks – what to expect **(11:30-12)**
 - Demonstrations of different types of trot outs
 - What the vets are looking for during the vet checks
 - Pre/post ride
 - Vet checks during the ride

12 – 12:30 Lunch Break

12:30 -1:30 pm Break-out sessions (30 minutes each):

Choose up to 2

1. Camping at the rides
 - a. Learn what's important to have with you and what are the nice to have's
 - b. Learn about different ways to secure your horse and advantages and disadvantages of each.
2. The non-traditional Distance horse
 - a. Do you ride a gaited or other non-Arab breed of horse? Learn what can help you to be successful when you ride other breeds.
3. Learn to take your horses pulse and respiration (hands on – limited to 6 people)
 - a. Hands on experience on 2-4 different horses
4. Overcoming obstacles and breaking through to successful rides.
 - a. First hand advice from a newbie who has overcome multiple obstacles but has persevered and is ready to go the distance!
5. Competitive Driving
 - a. Basics of competitive driving. Rules, safety checks, equipment
6. Equitation and Distance Riding – why equitation is important

Afternoon Session – So you want to do 50's and beyond! (1:30pm – 4:30pm)

Conditioning for longer distances

- As distances increase, little things matter more
- Feeding the endurance horse
 - There is no “magic” recipe, but learn the basics of a sound feeding program that you can adapt to your horse.
- Electrolytes - You can lead your horse to water.....
 - Basics of electrolytes – why they are important–
- Make the most of your holds
 - Your hold time will fly by – how to get the most out of that time
- Managing the heat
 - Riding in the Midwest means rides in all types of weather, but heat and humidity can be the most difficult to manage
 - Understand heat indexes and ways to reduce the impact of high heat and or humidity
- Listening to your horse
 - What are some of the most common signs that your horse is not quite right...