



MnDra Distance Riding Clinic

April 18th, 2020

9928 Rich Valley Blvd.
Inver Grove Heights, MN 55077

Are you considering distance riding or driving but aren't sure? This is the clinic to learn all about the sport. Whether you have never been to a ride and want to learn the basics or you're ready to step up into longer distances, we have information for all experiences.

For more information, visit www.mndra.com or the [2020 Distance Riding Clinic Facebook Event](#)

SCHEDULE

Introduction to Distance Riding 9:00 AM to 10:30 AM

Breakout Session 1 (Pick One) 10:30 AM to 11:00 AM

- A. Ride your own ride—Competing with a non-Arabian horse
- B. How to take your horse's pulse and respiration
- C. Introduction to competitive driving
- D. Saddle fit

Vet checks—What to Expect 11:10 AM to 12:40 PM

- Discussion & Demo: Pre and post ride vet check
- Demo: Navigating from the timer to the vet
- Demo: Trot-out patterns based on event type.

Lunch 12:40 PM to 1:10 PM

Breakout Session 2 (Pick One) 1:10 PM to 1:40 PM

- A. Ride your own ride—Competing with a non-Arabian horse
- B. How to take your horse's pulse and respiration
- C. Introduction to competitive driving
- D. Introduction to equine bodywork for your horse.

Staying Balanced—Discussion & Demo - 1:40 PM to 2:10 PM

Endurance Horse's Emotional & Nutrition Needs - 2:10 PM to 2:40 PM

Electrolytes 101 - 2:40 PM to 3:10 PM

Handling the Holds - 3:10 PM to 3:40 PM

Breakout Session 3 (Pick One) 3:40 PM to 4:10 PM

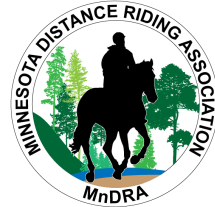
- A. Conditioning for novice rides from a novice's perspective.
- B. How to take your horse's pulse and respiration
- C. Leg wraps and poultice use after a ride
- D. Trot outs—hands-on practice (no horse required)

The Other Half of the Team: Taking care of the Rider! - 4:10 PM to 4:40 PM

Post Ride Horse Care and Identifying the "NQR" - 4:40 PM to 5:00 PM

Door Prizes & More!!

We always have door prizes to give out! **PLUS!** All first time clinic attendees will receive a **complimentary first year UMEC-RA membership** valued at \$25.



SAVE THE DATE!

Mock Ride & Camp

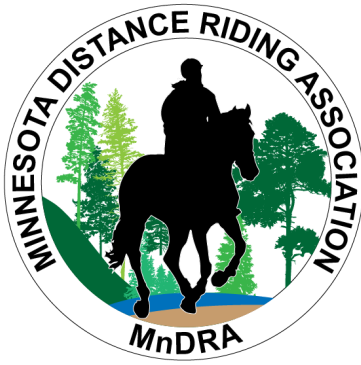
April 24-25, 2020

Get the whole ride experience without the stress of actual competition, with people there to coach you through the process.

The mock ride on Saturday will be held at the Riverbend Group Camp in Crow Hassen Regional Park in Rogers, MN

For additional information, visit www.mndra.com or the [2020 Mock Ride Facebook Event](#)

Current or prior clinic attendance is required to participate in the mock ride.



MnDra Distance Riding Clinic

April 18th, 2020

9928 Rich Valley Blvd.

Inver Grove Heights, MN 55077

Cost (per person)

\$20 in advance or \$25 at the door.

Juniors 16 & Under are Free.

MnDRA members are \$10 in advance. \$15 at the door.

Lunch and beverages are included.

Payments Accepted:

Checks (Make payable to Peggy Pasillas; checks held until day of clinic)

Paypal (peggy@pasillas.net; include a note indicating clinic fee)

Questions?

Contact Peggy: [Peggy@pasillas.net](mailto:peggy@pasillas.net) 651-353-7959 (evenings)

NOTICE:

The clinic is held in an unheated indoor arena. Dress appropriately! While some seating is available, it is recommended for you to bring a folding chair and possibly a lap blanket if it's chilly.

REGISTRATION FORM

Send form with payment to:

Peggy Pasillas
9928 Rich Valley Blvd
Inver Grove Heights, MN 55077

Name	MnDra Member?	Email	Phone	Jr?	Amount