

A Photographic Guide to Endurance



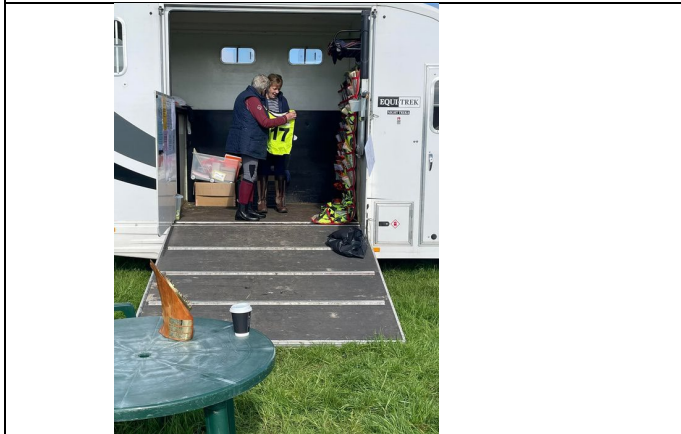
Once you have entered your ride on EGB Clubhouse, make sure you download the ride and venue map. Plan your route and get your bib number and vetting time.



Endurance GB

Competitive Long Distance Riding

There will be a team of volunteers at the venue to help you park. We could not run rides without the time and commitment of these lovely people.



Once parked and horse is happy. Check in and get your bib. At most rides you will also get an ID tag. One for you, one for your horse.

Nice and relaxed, hooves picked out, they're off for pre-ride checks



Get a check from the farrier. Barefoot and booted horses still need a farrier check as do pleasure riders

Hand your vet sheet to the vet steward.
Remember to fill in all your details including number, class distance and any injuries you wish to declare before the ride. A bit like picking up a hire car, they will know what was already there at the end of the ride



After a visual and hands-on check, heart rate over a full minute will be taken. Maximum is 64 at any stage. Practice at home with a stethoscope and get to know how different conditions/ work affects your own horse.

Top tips from our wonderful vet Nic. If your horse presents with a rug on, leave it on for heart rate check. Stand on the same side as the vet. You must always wear your number bib for the pre ride checks. Trot away in a straight line. Walk around the cone (handler on the side away from the vet) and trot back. A loose rope lets them swing and move their head freely. A tight lead rope restricts movement and balance. Watch out for tail ribbons. Green for a novice horse which may be unpredictable, red for a kicker and blue for a stallion. Respect the ribbons and give them some space.





Get your horses ready and a good tip is to get all you need ready for when you get back. Horse's drinking and cooling water, sponges and slosh bottles etc. Don't forget to take your map and drink and some high carb nibbles for the ride.

Maps: plan ahead, know the route and checkpoints. Graded riders will work out their planned speed in advance and where they expect to be by when. A GPS watch or fitness App can also be helpful. Never follow the rider in front. They may be going the wrong way! Routes will be marked but adverse weather or mean-spirited people have been known to move/scrub out markers so always know where you are on the map. A good waterproof map case is vital



The starter will give you your time of departure. Enjoy the ride!



Volunteer road stewards will see you safely across busy road crossings. They have no delegated authority to stop traffic so the choice is yours about when to cross when you are ready. Please be nice to these lovely people giving up their day to help. They are often there because their own horse isn't fit and really want to be where you are.



Biodegradable chalk arrows will help you to navigate and reassure you that you are on track. Big cheer for the route markers who are out with their cans of spray, marker tape and maps the day before each ride

The Ride organiser will have secured all the necessary permission, notified the local Constabulary and often negotiated with tricky land owners in advance.

Crewing: a competitive and technical sport of its own! Drivers have planned their route and time to the crew point. Horses are efficiently 'sloshed' with time served fabric conditioner bottles. Rehydrated with their preferred tippie; sugar beet, recovery mash, floating carrots and apples. Anything to get them to drink. Riders should also take on fluid and food, they are athletes too!



Checkpoint: attend every checkpoint on your route. You cannot miss any out. If you do you will be declared 'lost'. Make sure your bib number is visible and call out your number to the steward.

There is usually an official ride photographer out on course. Remember to smile or wave! Please purchase any photos from their official site. Copying their images is a breach of copyright and damages their livelihood!



Back at the venue and there's 30 mins to get to the vet. This is where what you do and how well you know your horse really matters. The aim is to help them to recover from the wonderful ride you have just enjoyed together. The weather will also play a big factor here. Water to cool them down or rugs to warm them up? Try to encourage them to drink as much as possible, especially on a warm day. They will have lost lots of fluid during the ride. Some are better walking around gently grazing, others like to stay calm and still . Doing your heart rate check (the horse of course) before presenting will help you to understand their recovery.

The longest 60 seconds.....waiting for the heart rate to be declared then it's hold your breath on the trot up as you pray for a sound horse.



Vet sheets to the Technical steward who calculates speed, distance and heart rate to award your Grade. Each class and Grade attracts points according to whether you ride at Novice, Open or Advanced level.

More info if you are new to endurance can be found here

<https://eqb.myclubhouse.co.uk/.../EGB%20WELCOME%20PACK...>

Smiles, rosettes and memories!
Don't forget to pick up your master card.



We hope that you have found this useful.
Thanks to everyone who gave permission
for us to take their photograph.
For more information from the Cheshire
EGB Group visit
<http://www.endurancegbcheshire.co.uk/>