

# Your First Endurance Ride



**Queensland  
Endurance  
Riders Association Inc**

So you have decided to give endurance a try! Here is what to expect for your first ride, either being a 20km intro ride or a 40km training ride.

## **2-4 Weeks prior to your first ride.**

When you have decided to go to a ride you must first prenominate with the relevant ride secretary. Go to the Ride Guide link on this site and then select List of Current Ride Secretaries. From here all you need to do is select the person under the name of the ride you are wishing to attend. Either phone or email the ride contact with your name, and the distance you wish to enter - you can also do this on line by selecting the link on this site Pre-nomination and follow the prompts. You may wish to find out what time your ride starts, as well as what time the vetting for that ride is so you can decide if you are going to get to the ride on the day of the ride, or go the day before the ride and camp the night.

## **Overnight Camping.**

If your ride starts early in the morning you may need to go to the ride the day before it starts and camp the night. If the ride is on a Sunday this is what you could expect: Rock up to ride base on the Saturday during the day. Set up your camp, including where you are going to sleep (be it tent, swag, etc) and set up your horse; make an electric fence yard for him and include water and feed. If you need help when you arrive just ask anyone you see and I am sure you will get a positive response! While your horse is having a good drink and eat after his journey you can find the secretaries tent and nominate. This means filling out forms with yours and your horses details, paying to enter the ride, and collecting your ride bib (this is a colored vest with a number on it that you will need to wear when you vet your horse, as well as when you ride your horse.) Once you have nominated you can take your horse over to the vet ring where a vet will check him over and make sure he is fit to start the ride in the morning - make sure your horse knows how to stand still for his heart rate and temperature to be taken! If you are on your own now is the time to set up buckets of water ready for you to strap with when you get back from your ride. In the evening you will need to attend the pre ride briefing where you will be told all about the ride.

On the morning of your ride you will need to get up about an hour before the ride starts so that you have time to eat breakfast, and then prepare your horse. A few minutes before the ride starts everyone that is riding will mill around at the ride start gates. You can choose to leave with this mob, or hang back and leave after everyone else. Once you are out on track follow the ride arrows you were directed to in your pre ride briefing, make sure your horse drinks at every water bucket on track, and enjoy yourself. When you are out on track you will go through places called checkpoints, this is where ride volunteers will be sitting and you call the number that is on your ride bib out to them as you go past. Make sure to watch your time and that you are not travelling too fast or too slow.

Once you get back to base you will have 30 minutes to reduce your horses heart rate to below 55 beats per minute, before presenting to the vets and finding out if your horse is sound. If you have a 2

leg ride you will need to head out again, this is on the hour from when you arrived back at ride base. When you cross the finish line you will be given a slip of paper which will have the time you crossed the finish line, the time you need to vet by, as well as the time you can leave for your second leg if applicable.

**Can you arrive to ride base the same day as the ride?**

Sometimes rides start late enough in the morning or in the afternoon that you can rock up on the day. The process is the same as if you were camping the night, you will need to nominate and pay for the ride you are entering, collect your ride bib, vet your horse, get all of your strapping gear ready, attend a pre ride briefing and then have your horse ready to start the ride. The only difference between rocking up on the day and staying overnight is the camping side of things.

**Post ride.**

When the ride is finished there will be a presentation. You will need to ask at the secretary's tent what time this will be. Presentations are where all successful riders pick up their completion prize. Everyone will mill around in a semi circle and names will be called - when your name is called make sure to walk up in front of everyone to receive your completion card and prize as well as hand your bib back. If you were unsuccessful you will need to hand your bib back and collect your day card (showing your results) at either the secretary's tent prior to the presentations, or at the end of the presentations.

Don't be scared to ask questions, and if you would like help make sure to email any contact on this site and we will be more than happy to talk to you