

Introduction to Endurance Riding at Upper Colo for Pony Clubs

We would like to invite members of your club to an introductory Endurance Ride.

In the wide range of equestrian activities, endurance riding is one that is open to people of all ages and we would like to extend an invitation to members of your club to come along and experience a taste of what it is all about.

As an introduction, we are running a 5km intro ride as well as a 20km social ride and a 30km training ride. Whilst 20 or 40 kms may sound like a long way to some people, both can easily be completed in three to five hours and the 5km intro ride will be over before you know it leaving you and your horse wanting more. 5km rides are good for children of little experience and those who may be on the lead.

Social rides are usually 20kms and fairly easy going for horses and riders of relatively low fitness however this is a good place to start and gives you the experience of riding with endurance riders who may just be starting their year on endurance horses or on young novice horses and who will be able to answer questions about the sport.

40km training rides are more challenging but require no previous membership or experience - your horse will however need to be at least four and a half years old with mature teeth in wear as part of a novice horse requirement.

For all rides, you will need to pass a vet check at the base just prior to the ride which includes taking the temperature, pulse, respiration, body condition, gut sounds and lameness. To successfully complete the rides, you will need to pass a similar vet check half an hour after the end of the ride....this all sounds pretty serious but there will be plenty of endurance riders there to help you "strap" your horse and see you through the process to make the day an enjoyable one for you and your horse.

The rides will be held on Sunday 7th March based at the Upper Colo Reserve, Upper Colo.

Vetting starts at 6.30a.m. and the rides start from 8am however, if you want to make it a fun weekend, come the day before and camp overnight.... you will need to pay the \$6 camping fee to the ranger on the day. Book with Hawkesbury Council by phone: 45 60 4528

If you are interested in attending please contact Darlis Reen on 9653 1460 who will be co-ordinating the group from our Club for the 5km intro ride. We will need to have all nominations in by 28 February, 2010.

Questions & Answers

Who is running this event – NSW Endurance NOT PCA. It is marketed to all riding clubs to get people interested in taking up Endurance Riding. NSW Endurance hold insurance for the Sunday only.

Who can ride – anyone can ride but if they are under 7 they need to be lead but this can be from another horse.

Costs – The 5km ride is \$20.00 (\$15 entry and \$5.00 non member fee (Endurance Club).

The 20km ride is \$30.00 (\$25 entry and \$5.00 non member fee).

Time of Vetting for the 5km ride – approx 9.30am

Therefore you will need to arrive @ approx 8am, unload, go and enter, then take your horse to the vetting area.

Time of departure for 5km ride – approx. 10am they will start to head out.

Terrain we are expected to cover – Mostly flat and unshod horses are allowed and will be fine with the terrain.

There is a canteen on site plus toilets on the ground.

Water is also available on site for the horses.

After the ride if it is warm enough you can take your horse swimming in the river – so pack your swimmers!

Camping – as per the note above you need to book this with Hawkesbury Council HOWEVER you must provide your own yards either steel or electric fencing for your horses, there are no permanent yards at the Reserve.

It would be good if we can wear our APC Polo Shirts and try and ride as a group.

There are several adult riding members who have nominated to ride with the kids and you can walk it as well.