

HOW TO DO

MAXXIS Wingello Forest Endurance Ride 2017

1 Bookings

Entries are to be booked and paid using the on-line Try Booking site. Follow the link on the Home Page or click on the 'Register Now' button on the Entry Forms page of the Wingello Forest Endurance Ride website www.highlandsendurance.com. Or, type this link into your browser www.trybooking.com/OQRD.

You will be asked to enter rider and horse details for the event. Please print your ticket at the end of the booking process – this will be your ride entry form. Please then complete the additional details on the printed form, sign the relevant declarations, and *bring it to the event* with you. This will avoid the need to complete a new form.

If you have a problem with internet access or do not have a credit card, please contact the Ride Secretary to make alternate arrangements for direct deposit or cheque payment.

Please also print and complete a Horse Health Declaration (one form per horse) and bring this with you to the event with your entry form. You can download this from the Entry Forms tab on the Wingello Forest Endurance Ride website.

Teams can be entered on the day of the event, but you can print the Teams Entry Form from the website if you prefer to be organised and reduce fuss on the day.

2 Preparation

Monitor your horse's health for the week prior to the event, and complete the Horse Health Declaration.

3 Directions to the Ride Base

Drive to the small village of Wingello. If traveling on the Hume Highway, take the Murrimba Road exit to Wingello. Then follow A4 laminated signs to the 'Ride Base'. The Ride Base is accessed via Martins Road bordering the Wingello State Forest.

3 Arrival at the Ride Base

There will be a friendly volunteer at the entry gate to assist you with any queries, and to point out where to park your float.

4 Park & Unload

If staying overnight – find a campsite (note what colour campsite area you are in), set up a yard, unload your horse, and provide water and hay for them. Somebody should stay at the campsite until the horse is well settled. It is recommended that you bring enough water to offer your horse a drink upon arrival.

If a day visitor – park in the red day parking area, secure your horse, and provide water for them. Somebody should stay with your horse until it is well settled,

It is a good idea to check your horse over after the float trip, and trot them out for a friend to watch and check they are not lame. There are no refunds once you have presented to the vets, even if you are vetted out before you start the ride.

5 Register & Pay

Go to the ride office, take with you:

- Completed Entry Form. If you have any queries about the entry form, leave these areas blank and ask the office for assistance. You may change your ride distance or transfer your entry at this time if you wish.
- Signed and completed Horse Health Declaration.
- Membership card (if you are a member of the NSW Endurance Riders Association or other State division ERA).
- Your horse's endurance log book if they have one. If they do not have an endurance log book, you will be issued with a single use vet card for the ride. Your horse must have a logbook in order to enter the 80km endurance ride.

If you wish to enter a team, then you also need to take your completed team entry form, and \$20 payment to the office. This can be done at any time prior to the ride starting. You can download the form from our website, or pick up forms at the ride office.

Introductory and Training riders do not need to weigh-in. There is no need to take any equipment to the office. 80km endurance riders must take their saddle and riding gear to weigh-in.

All riders will be assigned a numbered bib. You should wear this to the vet area, and during the ride. *Bibs must be returned to the ride office before you leave the ride base.*

6 Prepare for Vetting

Return to your camp, check your horse and make them presentable. Make sure you put a red ribbon in your horse's tail if it is prone to kicking, or gets very nervous with other horses close behind. Put a blue ribbon in your horse's tail if it is a stallion. Ribbons should be highly visible rather than decorative.

7 Walk your horse to the Vet Area

Wear your bib. Take your horse and your horse's log book or vet card to the Vet Area, you will probably need to queue. It is quite acceptable to walk your horse around in circles to keep them warm. It is a good idea to take a horse rug with you – there may be a cool breeze at the vet area which you do not feel in your camp. Wear shoes you can safely run in.

8 Present to TPR Steward

At the vet area you will be met by the Chief Steward who will direct you to a TPR steward. These are trained volunteers who will take your horses temperature (anal), pulse (heart rate) and respiration (breaths per minute). You should have your log book or vet card ready for the TPR to write in. Your horse should stand quietly for these procedures. Make sure all rugs straps are undone so your horse can easily be checked underneath the rug. The heart rate is taken over a full minute – please do not chat with the TPR steward while they are counting, and do not allow your horse to walk away, graze *etc.*

9 Vetting

You will then be directed to a vet. The vet will check your horse and complete the log book or vet card.

You will be asked to trot your horse out to a witches hat (approx 40m) and back so they can check for lameness. Your horse should be on a free rein for this, and not held tightly to restrict head movement. You can slow down to walk around the witches hat at the end, particularly if the ground is wet and slippery.

There will probably be a Penciller standing with the vet who will record the vet scores in your log book or vet card as the vet is checking your horse. Your log book or vet card will then be kept by the vet. You may ask about your horses scores (although please don't expect a full discussion if the vet area is busy).

10 Pre-Ride Briefing

Saturday introductory riders - **Read the Pre-Ride Briefing Note** that you were given at the ride office if you have not already done so.

Sunday riders must attend the Pre-ride briefing at 6pm at the main campfire.

11 Prepare for Start

Make sure your horse has constant access to water. You do not want to start an endurance ride with a dehydrated horse.

Be saddled and at the start marshalling area 5 mins prior to your start time. Remember, you must wear your bib and an approved helmet. Spurs and whips are not allowed.

12 Ride Start

The Saturday 20km introductory ride will start at 12 noon. The 10km introductory ride at 12:20pm and the 5km introductory ride at 12:40pm.

The Endurance Ride on Sunday will start at 7am, the 20km introductory ride at 7:30am, and the Intermediate 41/61km Ride at 8am. Please be out the gate within 10mins of your start time, so as not to interfere with marshalling for the ride after you.

The Chief Steward will record your bib number as you ride out the gate. It is your responsibility to make sure your number is recorded to register that you have started. Please ask questions if you are unsure about anything.

For those camping overnight, there will be a 6am wake up call on Sunday morning – most likely a vehicle driven slowly around camp blowing its horn. It is usual at endurance rides for a wake up call to be broadcast 1 hour prior to the 80km ride start.

13 Enjoy your ride!

14 Strapping

Upon return to the ride base, you should unsaddle your horse, offer them water, and prepare them for vetting. Learning what strapping your horse requires is part of endurance riding. Your aim is to present your horse to the vets with a heart rate below 55bpm, with an alert expression, a desire to eat, and with a free sound trot. Most riders like to present their horses in a tidy manner, with mud and sweat cleaned off.

Wingello Forest Fairies

If you have any questions about strapping your horse – ask one of our Wingello Forest Fairies in the fluoro yellow safety vests. They will be set up near the finish area, to provide hands on strapping advice and demonstrations for introductory riders on Saturday, and may also be floating around the Ride Base.

15 Vetting

Return to the vet area **within 30mins** of your finish time. Wear your bib, and take a rug for your horse. You'll repeat the vetting process. Your log book or vet card will again be kept by the vet, and will be transferred to the office so your scores are recorded in the National database. It is a good idea to plan to be at the vet area 10 mins before time, so your horse relaxes in this environment and the heart rate lowers.

Most riders will walk their horses around gently to keep them warm and limber so they are not stiff in the trot out. It is a balance between keeping them limber, letting them relax to lower the heart rate, and letting them graze to re-fuel.

After vetting, return to your camp, and let your horse relax for at least 1hr with water and food.

16 Ready to Leave?

You must collect your logbook or vet card from the ride office before leaving the ride base. Officially, your horse is under the control of the Head Vet and may not be taken away from the ride base until the logbook or vet card has been signed off by the Head Vet and Ride Secretary.

If the office is busy, there may be a wait for your logbook or vet card to be completed and signed off. Please be patient. If possible, plan to stay at the ride base for a couple of hours after your ride. You can watch the vetting from the undercover seating while enjoying a coffee. Live music starts at the main campfire at 5:30pm on Saturday.

Every successful competitor will receive a completion award – cloth badges for introductory riders, the Wingello keyring for intermediate riders, and the Wingello belt buckle for 80km riders.

Please return your bib to the ride office.

A few RULES to remember:

- No whips or spurs are allowed in endurance.
- Helmets are compulsory at all times – and must actually be on your head.
- Heeled boots must be worn unless you have caged stirrups.
- Children under the age of 10 must be accompanied by an adult rider at all times.
- No dogs on course.
- Road rules apply when riding on course – keep left unless overtaking.

Courtesy tips:

Please show all our Cherished Volunteers your lovely smiles and gratitude. We cannot run these rides without them.

Let people know if you are coming up behind them on the track and plan to pass. Do not canter past a rider who is clearly having difficulty controlling their horse, or who is trying to remount - slow down, and pass safely. Stop if necessary. Respect red and blue ribbons!

Wait your turn at troughs, and never interrupt a horse that is drinking – dehydration is one the main management issues in endurance, and to cause someone else's horse to stop drinking is a sin. Be aware that even if your horse is happy to drink in close company with others, the horse you are barging in alongside of may not be. Talk to the other riders and check if it is OK to come up next to them at the trough.

Do not strap your horse from drinking water in troughs along the track – this contaminates the water for those coming after you, and is therefore also a sin.

If there is an emergency on track – you must stop and offer assistance. The office staff will endeavour to credit you with time lost, and will extend the course time for you to complete if necessary.

If you need to withdraw on course – try and do this at a checkpoint. If you can't get to a checkpoint, ask the next rider who passes you to take a message to the next checkpoint. If you have a mobile phone and can reach a friend at base, give them your message and ask them to take it to the Ride Communications tent. The Communications team will arrange for a rescue float, first aider, or emergency services as required. Do not ask your friend to come and get you – they may endanger other riders on the course and are likely to get lost. Horses withdrawn on course must still present to the Vet Area upon return to the ride base.

Then stay on the course where you are so we can find you – if you have called for a rescue float **do not** keep following the course – your rescuer will not be following the ride course to get to you. We will bring a rescue float to take you and your horse back to camp. If you are the rider taking the message, try and remember any features of the course where the withdrawn rider is waiting, and give these details to the next checkpoint.

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