

# HOW TO DO

## The Legendary-Penn Wingello Forest Endurance Ride 2022

### 1 Bookings

Entries are to be booked and paid on-line using Try Booking: [www.trybooking.com/BXIRI](http://www.trybooking.com/BXIRI)

On-line bookings will close at 9pm Monday 23<sup>rd</sup> May 2022. After this, late entries will be accepted at the Ride Office at the event with an additional fee of \$50.00 per entry.

Please print your ticket at the end of the booking process (make sure your printer is set to A4 portrait format) – this will be your ride entry form. You will need to complete some additional details, sign the relevant declarations, and *bring it to the event*. We cannot allow you to start without a completed 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.

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

We have some great prizes from Hygain for the Teams competitions – check out the prizes section on the event website. Teams can be entered on the day of the event, but you can print the Hygain Teams Entry Form from the event website if you prefer to be organised in advance.

### 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 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 which borders 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 (printed from Try Booking). 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).
- 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.

If you wish to enter a team, then also 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 and electronic timekeeping card. You must wear these 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 with time card. 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 check your time card is working and then 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, then ask you 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 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 riders - [Read the Pre-Ride Briefing Note](#) 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 bonfire.

## 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. You will be guided through the electronic timing start procedure. Remember, you must wear your bib with time card 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 40/60km 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.

For those camping overnight, there will be a 6am wakeup call on Sunday morning (1 hour prior to the 80km ride start, as is standard procedure at endurance rides).

## 13 Enjoy your ride!

## 14 When you Finish

Return to your camp and strap your horse (unsaddle, offer water to drink, cool them with water if necessary). You must present to the vet area within 30 minutes of finishing the ride in order to 'complete' the ride. 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, 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 red 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 time card. Take a rug for your horse. 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, **place your bib and time card in the collection box** before returning to your float.

Let your horse relax for at least 1hr with water and food before travelling home.

## 16 Ready to Leave?

Collect your logbook or vet card from the ride office. 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. Please be patient.

If possible, plan to stay at the ride base for a couple of hours after your ride. You can do some shopping at the various trade stalls, or 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.

## A few RULES to remember:

- No whips or spurs are allowed in endurance.
- Helmets are compulsory at all times whilst on a horse – and must actually be on your head.
- Heeled boots should 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.



**2022** marks the dawn of a new collaboration between the Wingello Forest Endurance Ride and two leading international endurance teams - **The Legendary Endurance and Penn Endurance & Equestrian Club**.

This year, the event has been named '**The Legendary-Penn Wingello Forest Endurance Ride**'; in honour of its newly inducted sponsors. With international accolades in endurance riding, both sponsors embody the spirit of the ride through active participation and unity in cultural exchange among fellow horsemen.

*Located in The Legendary Estate in Riddells Creek, Victoria, the historic Macedon Ranges serve as training ground for The **Legendary Endurance** team. In 2017, The **Legendary Endurance** team represented Singapore in the SEA Games (Southeast Asian Games), a bi-annual multi-sport event involving participants from the current 11 countries of Southeast Asia. The Games are regulated by the Southeast Asian Games Federation with the support of the International Olympic Committee and the Olympic Council of Asia. This prolific sporting event was held at the Terengganu International Endurance Park in Malaysia - also home to the annual Sultan Mizan Cup. The **Legendary** team also counts itself a proud participant of this prestigious Cup. **The Legendary Endurance** has also played host and served on the committee of the ASEAN Endurance Challenge.*

*Its longstanding partner, **Penn Endurance & Equestrian Club** calls the white sandy beaches of Cherating, Kuantan in West Malaysia their homeground. The Club has a strong presence in both national and international endurance events; most notably in the 2008 World Endurance Championship held in Lembah Bidong, Trengganu (Malaysia) where it acted as Chef D'equipe for the Malaysian team. **Penn Endurance & Equestrian Club** served as organizer of the SEA Games' Endurance event where its President, Ir Che Mohd Apandi, was appointed as Technical Director of the event. Both clubs host the annual **Legendary-Penn Cherating Endurance Challenge** to foster the spirit and love of endurance riding among their community and peers.*

Together with the Wingello Forest Endurance Ride organizers, both sponsors seek to actively advocate the endurance sport in Australasia and beyond, pushing the boundaries of amateur endurance riding to a professional standard in the international realm.