



ACT Endurance Riders Association

Ride for Pegasus

10km Social Ride to raise money for Disabled Riders

Saturday 12th April 2014

WHY: A great chance to see the best views of Canberra from horseback, morning tea with your equestrian friends, learn more about getting started in the sport of Endurance and raise money for disabled riders. A reminder to renew your ambulance cover. Win a woollen rug for your horse!

WHEN: Saturday morning 12th April, office will open at 7:30am. Please arrive no later than 8am.

WHERE: Starting at Equestrian Park, Cotter Road, Curtin for entering and vetting, then a leisurely ride to and through the Arboretum on the new Bicentennial Trail and back to Equestrian Park. About 10km ride.

HOW: Bring your polite horse (or a borrowed horse) to Equestrian Park by 8am. Secure your horse in a yard (email me to book one) or have a friend hold your horse while you enter. The horse does not have to have boots or shoes, barefoot is fine. Horse must be three years old or more and been on trails before, seen bikes, cars, people and dogs already. Led ponies most welcome.

WHAT TO BRING: Your money!! Horse, saddle, saddle cloth, bridle/halter, HELMET (approved Equestrian). Bucket for water. These are just the basics. Bring a grin too! No whips, no spurs.

1. Pay your NSWERA admin fee \$10 and Day membership \$5 (if you are a 2014 member of NSWERA, bring your card please so you don't pay Day Membership) to the ACTERA treasurer. No discount for Snowy Zone members this time, sorry.

Collect your ride number and put it on over your clothes, keep your number on till you return from the ride please. NB If you think your horse may be naughty in company please tie a red ribbon to its tail.

2. Pay your fundraising money to the Pegasus treasurer who will give you a receipt(s) for your donation(s). This will be at least \$40 please, more is better for Pegasus.

3. If you would like to learn more about how to TPR (Temperature, Pulse, Respiration etc) take your horse to the ride officials located at the vetting area. These measurements are not required for a social ride but they are needed for a Trainer (40km) which is how you get started in Endurance. Seeing a TPR official is optional for this ride.

4. Lead your horse (using a halter and unsaddled) to the vet (see the person in orange vet vest). He/she will give your horse a quick check over and then ask you to trot your horse in a small triangle. Ask someone to trot your horse out for you if you have difficulty trotting yourself!!

5. 9:15am Assemble at the START for a pre ride talk. It is compulsory and your number will be recorded. Children 10yrs or under must be accompanied at all times by their own special adult.

6. 9:30am. Riders will leave and proceed at their own pace. More details at pre-ride talk.

7. 10:45am onwards. Riders will arrive back at Equestrian Park and the vet will give your horse another quick check and you will hand in your number bib. If all is well you will receive a Certificate of Completion. Please do NOT leave without returning your bib.

8. 12 noon approx. Riders will assemble for free refreshments and presentation. If you would like coffee it will be available at the kiosk for \$3.

10. Please leave Equestrian Park before 2pm, as there is another group using the Park after us.

On again due to popular demand!! Lets see if we can raise even more this year. We need YOU.

Please let me know you are coming: Roz Edmunds redmunds@netspace.net.au for ACT Endurance Riders Association. For more details about Endurance riding Google ACTERA, AERA and/or NSWERA Motel next to Equestrian Park <http://stayatgreenleigh.com.au/> for those needing a bed Friday night.

\$40 to Pegasus is the minimum required to participate BUT you can get other people to help you.

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