



ACT Endurance Riders Association

Ride for Pegasus

10km Social Ride to raise money for Disabled Riders

Saturday 2nd April 2016

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 2nd 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 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.**

This could be the most expensive 10km social ride you will ever do BUT only \$15 goes to NSWERA for administration and Day Membership, the rest is a direct donation to Pegasus either using GoFundraise or bringing the cash you have raised to the ride. \$15 + \$40 donation is the minimum but to win the rug riders have brought over \$1000 of sponsorship!! Entry includes morning tea too and other prizes for top fundraisers.

This ride is designed to raise money for Pegasus AND introduce new riders to Endurance. This is our 4th year and the presence of experienced riders at base and on course makes a huge difference to the new riders. Your presence is hugely appreciated.

The Pegasus riders with support of volunteers and coaches will also mount up and ride a special 2km section.

Email: Roz Edmunds redmunds@netspace.net.au

The ride will be on regardless of weather, so dress for the conditions!

A Guide for the morning:

1. Pay your NSWERA admin fee \$10 and Day membership \$5 (if you are a 2016 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 (if not in Gofundraise already) 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 a small distance out and back. 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, saddled and ready to go. 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.

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.

Sponsorship for the Pegasus Ride:

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

A woollen rug will be awarded to the rider with the biggest donation over \$40, so get going.

This form is for people who cannot use Gofundraise

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