

Planning and Riding the Ride

Stagg Newman



Ride Strategy

1. Evaluating the Horse
2. Evaluating the Course
3. Planning for the ride
4. Riding the Ride
5. Post Ride Evaluation

Set Goals

Revise

Review

Developing your ride strategy for the next ride starts on the way home from the last ride

Evaluating the Horse – Your Horse's Optimal Pace

- Assessing your horse's optimum gaits
 - Walk -**NOT**, trot, or canter
- Pulse evaluation of your horse's gaits (e.g. from the ride before AERC NC)
- Factors affecting pulse rate
 - Gait
 - Gradient
 - Footing
 - Weather
 - Horse's Mind

**Never hurry,
Never tarry**

Dr. Matthew McKay Smith



Planning for the Ride

Before you leave home

- Planning your ride
 - Terrain and weather preparation
 - Shoeing
 - Pace
 - Go to www.aerc.org and research last 5 years
 - Set your goal – complete, top ten, BC, win
 - Calculate your target pace
 - Study the course
 - Evaluate the weather
 - Recalculate on a leg-by-leg bases



Evaluating the Course

1.Course Profile

2.Footing (and of course shoeing)

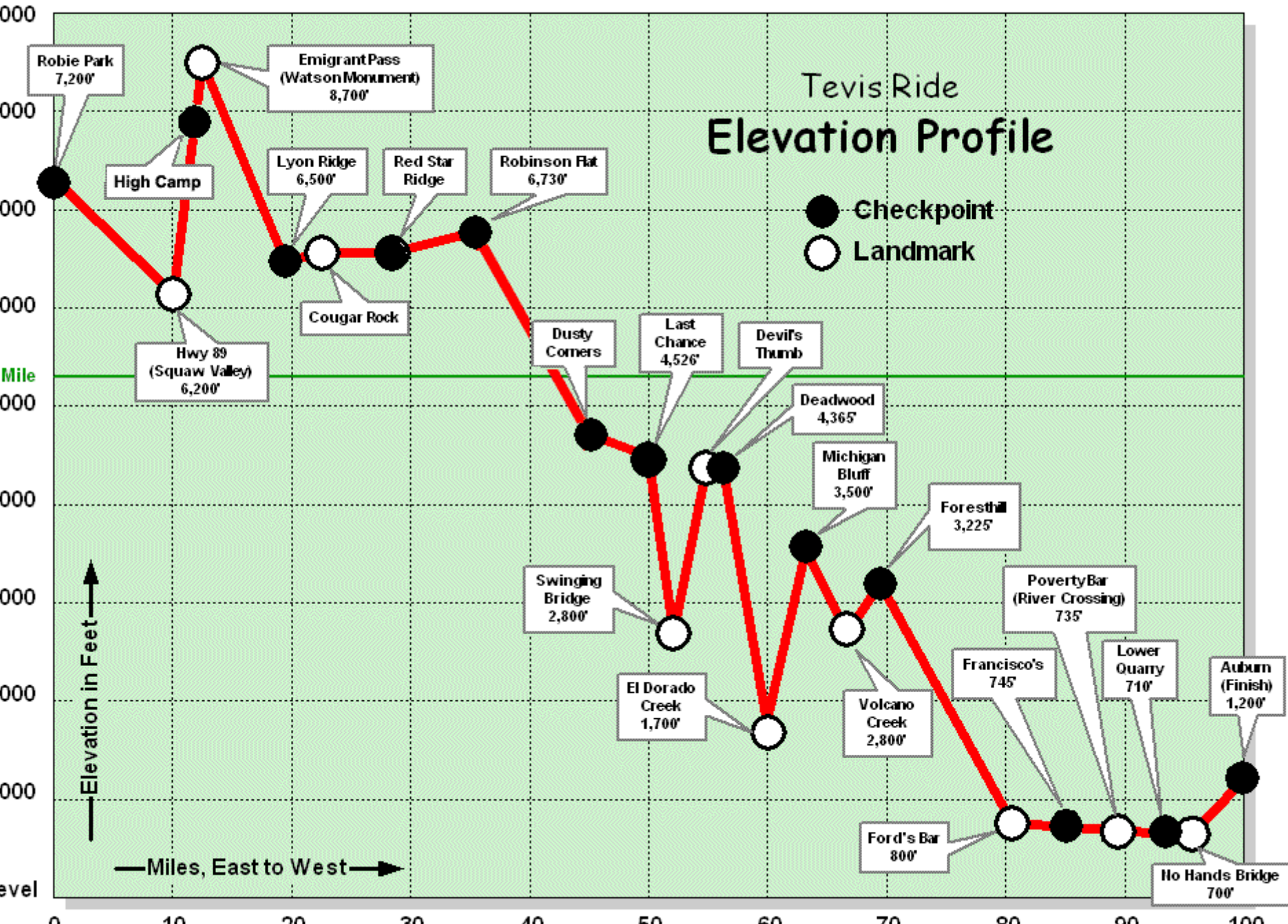
3.Likely weather

There are horses for courses!

4.Prior results

- Go to www.aerc.org and research last 5 years
- Completion rate
- Times: Completion, mid-pack, top ten, win

Tevis Ride Elevation Profile



Planning for the Ride

- 1.Planning your pace
- 2.Feeding
- 3.Trailerling
- 4.Arriving at ride camp in time for recovery
- 5.The day before the ride

**Proper planning means not
(rarely) racing at the finish**



Planning for the Ride

Pacing Is So Key

- Why pace is so key
- Non-horse examples
 - Two mile run
 - Sprint and walk
 - Steady and boring
 - Cars and fuel

Proper planning means not (rarely) racing at the finish

Planning for the Ride

Pacing Is So Key - Quiz

- Which runner gets to finish line first???
- Two mile race
- Runner A
 - Runs $\frac{1}{4}$ Mile at 15 MPH (60 sec)
 - Walks $\frac{1}{4}$ Mile at 4 MPH (3min 45 sec)
 - $(15 \text{ MPH} + 4 \text{ MPH})/2 = 9.5 \text{ MPH}$?
- Runner B
 - Steady pace of 8 MPH (7 min 30 sec)



Planning for the Ride

Pacing Is So Key – Answer to Quiz

- Which runner gets to finish line first
- Two mile race
- Runner A
 - Runs $\frac{1}{4}$ Mile at 15 MPH (60 sec)
 - Walks $\frac{1}{4}$ Mile at 4 MPH (3min 45 sec)
 - 4 min plus 15 min = 19 min
- Runner B
 - Steady pace of 8 MPH (7 min 30 sec)
 - 2 X 7 min 30 sec = 15 min

RUNNER B WINS BY 4 MINUTES



Planning for the Ride

Pacing Is So Key – Fuel in the Tank

- Consider a 120 Mile Car Ride
- Plan A
 - Drive 1 hour at 80 Miles an hour
(assume you do not get a speeding ticket, sort of like of being held by the vet)
 - Drive 1 hour at 40 Miles an hour
 - Total time 2 hours
- Plan B
 - Drive 2 hours as 60 Miles an hour
 - Total time 2 hours

Planning for the Ride – Pacing and Fuel

- Car's Fuel Consumption
 - 40 MPH - 40 MPG
 - 60 MPH - 30 MPG
 - 80 MPH - 20 MPG
 - Car has 4.5 Gallon tank

You only have so much toothpaste in a tube. You have to squeeze it slowly

Maggy Price

- Plan A
 - Drive 1 hour at 80 MPH – 4 Gallons
 - Drive 30 min at 40 MPH - .5 Gallon - OOPS
 - Total time 5 hours and 30 minute
 - 90 min driving, 3 hrs waiting for tow truck, one hour being towed
- Plan B
 - Drive 2 hours at 60 Miles an hour
 - Total time 2 hours

Riding the Ride

1. Evaluate Your Horse
2. Evaluate Yourself (fitness)
3. Evaluate the Course
4. Evaluate the Weather
5. Evaluate the Competition

Developing your ride strategy for the next ride starts on the way home from the last ride

CONTINUOUSLY!!

Riding the Ride

- The warm-up and start
- The first leg – pacing is the key
- The horse (aka vet) check
- Subsequent legs
- The home stretch

Riding the Ride

- The start
- The first leg – Pacing is the key
 - Flight Reflex
 - Lessons from the trail
 - 1991 North American – smart pacing by the best
 - 1992 AERC Championship – cold counts
 - Statistics - Reality from ROC, OD, Biltmore, ...
 - Hallelujah Moon Lite Ride – high strung horse
 - Trout Lake – really hyper horse
- Subsequent legs
 - More pulse lessons
 - 20 Mule Team, Flying M = subtle differences
 - 1992 Virginia City 100 – check your ego
 - 2005 Maine 100 – Heat and Humidity
 - 2007 Tevis – Learning from more mistakes
- The home stretch

The Ride (con.) The check

It's the horse check, not the vet check!

- Cooling and pulse down
- Progressive recoveries*
- Feeding
- Massaging and warming
- Rider care for the benefit of the horse
- Plan the next loop
 - Study the map (do not do the “OD 105”!)
 - Recalculate the pace

Riding the Ride – The Horse Check

Checklist for Holds at AERC Rides						
Ensuring You and Your Horse are Ready for a Successful Next Leg						
Before the Ride	V1	V2	V3	V4	V5	Final
Horse water, food (hay, grain)						
Water for cooling out, sponges, sweat scraper						
People food and drink						
People clothes						
Blankets, rain sheets, rug rumps						
Electrolytes						
Stethoscope, heart monitor						
Flashlight, glow sticks						
Ice, ice boots						
Extra tack, saddle pads, shoes						
Chairs, tent						
Other						
During Hold	V1	V2	V3	V4	V5	Final
Blanket, if necessary						
Eating						
Drinking						
Peeing						
Pooping						
Hydration						
Attitude						
Tack rubs and sounds						
Progressive recovery (P1,P2,P3)						
Electrolyte during hold						
Check all 4 shoes / hooves						
Review next leg of trail and strategy						
Polite to crew						
Leaving Hold	V1	V2	V3	V4	V5	Final
Electrolytes for trail						
Helmet, fanny pack, water bottle, rider card						
Tack check						
Departure trot-out and attitude						
If in doubt, wait						
Water on horse if appropriate						
Thanked crew						
Other						

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Riding the Ride – The Horse Check

During the Check

- ✓ **Blanket if necessary**
Put blanket and/or rump rug and/or rain sheet on horse as needed
- ✓ **Eating**
Monitor the horse's eating—Is the appetite normal?
- ✓ **Drinking**
Monitor the horse's drinking; amount of drinking normal
- ✓ **Peeing**
Check to see if the horse pees; color of urine and volume. If dark, consult vet
- ✓ **Pooping**
Check to see if horse poops; Is the texture good, amount OK?
- ✓ **Hydration**
Check the hydration factors: skin pinch, jugular refill, gut sounds, capillary refill, membrane color
- ✓ **Attitude**
Bright, alert, interested in surroundings

- ✓ **Tack Rubs and Wounds**
Check for tack rubs, wounds, heat or swelling in legs, back soreness
- ✓ **Progressive Recovery (P1, P2, P3)**
Check for progressive recovery during hold period. The pulse should continue dropping during the hold. Check 5 to 10 minutes before leaving (before resaddling); should be 8 or more beats lower than arrival. If pulse is hanging in 60s or has gone up from arrival or is cycling up or down, check with vet
- ✓ **Electrolyte during hold**
Electrolyte at appropriate time during hold period
- ✓ **Check all 4 shoes/hooves**
Check all 4 shoes if shod or boots or hooves; also any leg protectors
- ✓ **Review next leg of trail and strategy**
Directions and marking, length, pace to ride, challenges, where to leave check, crew can find check
- ✓ **Polite to crew**
Your crew is your critical support system; be kind to them so they will be there when you return!

Riding the Ride – The Horse Check

Review and Revise Strategy

1. Progressive Recovery
2. Competition
3. Evaluating the Course
4. Riding the Weather
5. Evaluating the Competition

Developing your ride strategy for the next ride starts on the way home from the last ride

The Voice of Experience

Riding the Ride – The Horse Check

Leaving The Hold

- ✓ **Electrolytes for trail**
Electrolytes and doser with rider for on-trail electrolyting; one full dose and backup
- ✓ **Helmet, fanny pack, water bottle, rider card**
Rider has gear normally worn or carried; also trail map directions
- ✓ **Tack check**
Tack is all in good repair
- ✓ **Departure trot-out and attitude**
Check the horse's overall appearance, look in eye; trot-out and check for lameness and way of going
- ✓ **If in doubt, wait**
If horse is "not quite right" (e.g., not eating or drink well), give the horse more time and/or check with vet
- ✓ **Water on horse if appropriate**
In hot weather, sponge the horse before leaving
- ✓ **Thank crew**
As you leave, cheerily thank your crew and apologize for any nasty words

Riding the Ride

1. Evaluating Your Horse

2. Evaluating Yourself

3. Evaluating the Course

4. Riding the Weather

Developing your ride strategy for the next ride starts on the way home from the last ride

The Voice of Experience

5. Evaluating the Competition

- Time to recover
- Time to that market ahead/behind
- Time to do each leg
- Observing attitude
- Testing the competition using your strength

Post Ride Evaluation

1. Did you meet your goal?

2. What went right?

3. What went wrong?

4. What can I do better?

5. Did I have fun? Did my horse?

Developing your ride strategy for the next ride starts on the way home from the last ride

The Voice of Experience

Post Ride Evaluation - Examples

1. 2007 Old Dominion
2. 2007 Tevis
3. 2006 National Championship

Did I Follow The Four P's

1. Patience – NOT PANIC,
 - things will not go as planned;
 - don't panic,
 - take a deep breath – ride on
2. Practice – minimize surprises, your horse will provide them anyway
3. Pacing not racing
4. Pulse – progressive recovery

Wrapup

QUESTIONS

??????

