Anatomy of a Ride

1. Find your campsite and set up – take care of the horse
2. Check in with the Ride Secretary. Enter the ride and pay fees
3. Socialize – Have Fun!
4. Check your horse in with the vet – get the horse number on it’s hip.
5. Set out buckets of water, hay, electrolytes, snacks for horse and rider at the vet check. Do this the morning before the ride unless the ride is the same day.
6. Go to the Ride Meeting! THIS IS IMPORTANT! The ride manager will go over maps, timing of distances, ride rules and Park rules.
7. Socialize! Go to sleep (set your alarm).
8. Rise 2 hours before the start of your distance. Feed your horse – hay, grain, electrolytes. Get breakfast and take care of yourself.
9. Be at the starting area 10 minutes early. The ride starts with 1 minute intervals between riders. The exception is for Juniors – they go out with an adult sponsor.
10. Follow the colored ribbons as indicated on your map and at the ride meeting to the pulse check.
11. You will be timed into the pulse check and handed a pulse card. Wait 10 minutes for all horses – pulse will be taken.
	1. If you are riding 10 or 15 miles - 10 minutes + 5 minute hold;
	2. If you are riding 25 miles - 10 minutes + 20 minute hold.
12. Continue on trail to the ride finish line.
13. Time will stop when you cross the finish line but the ride is not over until you do your final pulse check after 10 minutes.
14. You will then move to the CRI line. (Cardiac Recovery Indicator). The vet will take your horse’s pulse then have you trot your horse out 125 ft and back to the vet. The vet will time your horse for 1 minute from the first pulse.
15. After your CRI you may take your horse to your trailer but must present them back to the vet in 20 minutes for the hands on Vet Check.
16. After this you and your horse are finished with the ride. You may now hose your horse down.
17. About 1 hour after the last horse is checked there will be an Awards meeting and a meal.