

4-H Equine - Project Options - About Endurance Riding

About Endurance Riding

Endurance riding involves a horse and rider team completing a set course over challenging terrain and specific distances.

Riders aim to finish the course as quickly as possible with a "sound" horse. There is no minimum time to complete a ride, however, the welfare of the horse is important.

There are multiple veterinarian check stops along each course, at which horses receive a full soundness check to ensure that they are fit to continue. At each of these stops, a "pit crew" moves in to cool each horse down and provide them with water and electrolytes before presenting the horse to the vet, who will check the horse pulse and respiration rate.

Any breed of horse can be used for endurance riding

Endurance rides can range in length, from 25 miles to 50 or even 100 miles. Rides longer than 100 miles are usually run in stages over several days.

For more information on **Endurance Riding**, visit the following websites:

Canadian Long Distance Riding Association <http://www.caldra.net/>

Endurance.net <http://www.endurance.net/>

Endurance Canada <http://www.endurancecanada.ca/>

Endurance Riders of Alberta <http://www.enduranceridersofalberta.com/>

North American Trail Ride Conference <http://natrc.org/>

Trail Riding Alberta Conference <http://www.trailriding.ab.ca/trac/Jsp/HomePage.jsp>