

# Endurance 101: You *Can* Go the Distance!

**Who:** Anyone interested in learning more about the amazing sport of distance riding

**What:** Learn what it takes to safely ride your horse 15, 25 or 50 miles over trails, creeks and hills

**When:** Saturday, April 25, 2020 10am –2pm

**Where:** Timber Creek Stables  
5967 N. 1100 East Road  
Shirley, IL 61722

**Why:** Because you'll love spending all day out on the trail building a relationship with your horse and making new friends

**Description:** This is a hands-on clinic where you'll learn about the basics of caring for your horse before, during and after a distance ride. Endurance riding will take you long distances across breath-taking landscapes. A test of mind and body for the rider and horse.

- **Conditioning and Training:** How Far, How Often, Where and With *Whom*
- **Nutrition:** What Your Horse Needs to Travel Far
- **Equipment:** What You and Your Horse Must Have and Will Probably Want
- **The Foundation:** It All Starts with the Hoof
- **Veterinary Care:** Before, During and After the Ride, Keeping the Horse Healthy
- **Camping with Your Horse:** Tent or Trailer, Tied or Penned

**Come join us for a fun afternoon of learning by doing! Experienced endurance horses will be present to teach you what they know.**

*Cost is \$10 pre-registered/ \$15 at the door. Under 16 is free!*  
Includes one free entry to any AHDR A novice ride in Illinois in 2020.  
\*\*\*Bring a lawn chair\*\*\*  
\*\*\*Concessions provided by Royal Oaks Pony Club\*\*\*

**Pre-register by emailing Marty Power**  
**power@speednet.com**  
**217-871-1889**

