



**Mary Cole 4-H Horsemaster 50 Mile Ride
Intent to Ride Application
June 15-19, 2023
Burkes Garden, VA**

4-H Enrolled Riders - Apply Online at <https://bit.ly/MaryCole2023> with the following information:

- *Contact info for Youth, Parent/Guardian, Extension agent, Club Leader*
- *Club Name and Unit*
- *Horse / Pony Name, Age, Gender & Coggins uploaded*
- *Estimated Arrival Time on Thursday, June 15*
- *Answer questions about the youth rider and their animal project status, experience and abilities.*

Please send payment with invoice by Friday, April 15 with a \$100 deposit, payable to Virginia 4-H Foundation (memo: MC 50 Mile Horsemaster) (final payment due May 15) and mail to:

Virginia 4-H Foundation
Attn: Katherine Carter
175 W. Campus Drive
380 Litton Reaves
Blacksburg, VA 24061 - 0306

General Ride Information & Conditioning Schedule

- The number of 4-Hers riding is limited to 10 riders. We will have approximately 7 adult outriders for this group including a trail master, vet, farrier, trainer, and nurse.
Applicants will be notified of their acceptance on or before April 15. If there are more riders than space, applicants will be selected on the following considerations; dated receipt of application, returning riders, age of rider, age of horse, and horse experience.
- The fee is **\$400 per 4-Her and one parent/guardian chaperone, and includes stabling (paddocks), primitive camping, and 4 dinner meals, trail guides, and trailering to trail head as needed.** The final payment for all fees is due postmarked May 15. **Breakfast and a packed lunch for the trail must be planned on your own.**
- A parent / guardian must accompany the 4-Her at camp. Each additional guest is \$50. All participants must be fully enrolled in 4Honline with their Unit and adults must be background checked. Parents / guardians / guests may not ride with the Mary Cole 50 Mile riders and outriders. Parent/guardians are expected to see their rider off in the morning and receive them when the ride returns. Orientation and details on timing will be given before the ride departure. Fishing, canoeing, and water golf in the nearby ponds are available as local day activities, along with the nearby infamous Burkes Garden General Store supplied by Amish goods.
- Horses are provided shared paddocks/pens. Paddocks/pens must be picked daily. Manure must be picked up on the grounds outside of the paddocks/pens. Because we will be riding on private property and camping on local landowner farms, parents or family members will not be able to bring a horse to ride.
- We will be using a private farm as the host facility, with primitive camping surrounding a large restored barn, the paddocks and pens. Riders can camp in trailers or a tent. There is limited power hookup. Primitive camping flanks the paddocks and renovated barn. Bring your own tents, cots (recommended), bedding, flashlights, etc. Hot showers, porta potties, and water are available. 4-Hers are encouraged to camp on site, however, there are a few rental houses available. Those rentals will need to be made on your own and must be in the immediate vicinity of stabling. Camping on site provides social time with the team of riders. All participants (riders, outrider volunteers, adult chaperones) will be clustered together for camping and we will have dinners as a group. There is no internet wi-fi access on site.
- This trail ride can be strenuous and requires proper preparation; therefore, documentation of adequate conditioning of both horse and rider will be mandated along with proven ability to negotiate obstacles such as water and mud. (see conditioning

schedule). Upon application, riders agree to work with their leader to make a detailed plan for rider and horse. The club leader is asked to sign this attached form to verify your readiness for the ride.

- Due to the terrain and the number of hours under saddle each day, **horses must be shod on all four feet**. Riders must pack on the ride a hoof boot that will fit their horse.
- No young horses in training or extremely old horses.
- Negative Coggins will be required prior to unloading. Please ensure that your horse is up-to-date on the core vaccines of Rabies, Tetanus, EEE, WEE & WNV and Flu/Rhino is recommended.
- The plans would require riders to trailer in on Thursday, and ride Friday, Saturday, and Sunday in order to complete the 50 miles and depart on Monday. We will be riding **5 - 8 hours each day** in order to make the 50 miles! Mostly walking, some controlled jogging/trotting/gaiting and occasionally a canter.
- The parent/guardian chaperones are asked to assist the Volunteer Cook, Mary Sprinkle, with dinner preparations as requested to help ease the burden and duty of food prep, setup, and cleanup for mealtime. Please note, kitchen and meal preparation is limited, therefore volunteers are not able to properly prepare for special dietary requests, with the exception of vegetarian requests. If you require special dietary needs, please be sure to plan ahead for your meals.
- We will be riding primarily from the camp area each day but may trailer to a trailhead on one of the ride days in order to make the 50 miles on the most scenic routes. You must be willing to have your horse transported on a stock trailer with 5 or 6 other horses. The trailers may or may not have dividers. This is very common and generally safe for the horses with some thought and planning around horse temperaments.
- The trails at Burkes Garden can be rugged but the landscape is gorgeous and varied. There are some steep climbs and descents, rocky footing, water and mud, and a variety of wildlife. **If you complete this ride you have definitely met the Horsemaster challenge!**
- Closer to the ride, we will compile emergency contact and phone numbers for family members back home. Cell service is not reliable.
- **Refund policy:** Full refund up until April 15. After April 15 - May 15, 50% refund of the rider and guest fee. No refunds after June 1 unless the ride is canceled by Extension. Ride will be cancelled if fewer than 6 riders are confirmed.

Sample daily schedule:

6:00 am	Rise and shine, Take care of horse
6:30 - 7:00 am	Breakfast on your own
7:00 - 7:30 am	Saddle up and trailer to trailhead or ride from camp
8:30 am - 4:30 pm	Ride, lunch on the trail, return to camp
4:30 - 5:30 pm	Take care of horse, prep for the next days ride
6:30 - 10:00 pm	Group dinner, campfire and activities

Conditioning work for horse and rider:

Accepted riders agree to follow the required conditioning schedule (see the following page) and work with their 4-H Leader and parents to make a detailed plan of how, when, and where rides will take place.

In order to condition your horse and yourself for the ride you will need to begin riding the horse at least 3 days per week, for a minimum of half an hour the first week and adding half an hour per session each week. By the fourth week, you should be riding for 1.5 - 2 hours, 3 days a week. Each session should be composed of walking, trotting or gaiting and cantering. Walking and trotting develops muscles, trotting and cantering develops wind. Most of your conditioning work should be done at the trot or gait. Lunging counts, as does ring work but you also need to find some hills and obstacles to work over. By May you should be taking your horse out at least once a week for a 4-hour trail ride.

Complete the conditioning schedule, have your leader sign it, take a picture of the form and email it to Sandy Arnold at horse4h@vt.edu.

FINAL PAYMENT DUE MAY 15.



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Conditioning Schedule - Leader Evaluation Sheet

This sheet is to serve as documentation that the 4-H member has thoroughly read all information and has adequately conditioned their horse as per the required guidelines below.

<u>Date</u>	<u>Minimum Conditioning Regimen</u>	<u>Leader Initials</u>
<u>May 8-14 (Week 1)</u>		
	Rode 3 days for 30 - 45 min/session, 20 min. total trot work	_____
<u>May 15-21 (Week 2)</u>		
	Rode 3 days for 1 hour/day, 30 minutes total trot work	_____
	Rode on a 2 hour trail ride	_____
<u>May 22 - 28 (Week 3)</u>		
	Rode 3 or more days for 1.5 hours/day, 45 minutes trot work	_____
	Rode on a 3-4 hour trail ride	_____
<u>May 29 - June 4 (Week 4)</u>		
	Rode 3 or more days for 1.5 - 2 hours/day, 1 hour trot work	_____
	Rode on a 4-5 hour trail ride	_____
<u>June 5-11 (Week 5)</u>		
	Rode 3 or more days for 1.5 - 2 hours/day, 1 hr total trot work	_____
	Rode on a 5+ hour trail ride	_____

The time periods can be made up of lunging, ring work, outside work and trail riding. When beginning the trot work, trot/gait your horse until he becomes slightly winded, return to the walk until breathing returns to normal then trot again. You should work to increase the time that your horse can trot at each session. You do not need to get the horse to the point where it trots the full time continuously but should work up to 20 minutes at the trot. Try to find hills or inclines as this will increase the intensity of the work. Ask them to walk or trot over logs or poles. Haul out to local trails that will offer conditioning that is likely to mimic what you will experience in the mountains.

- My horse does not have any health issues preventing a successful ride _____
- My horse will calmly and willingly load on a trailer. _____
- My horse will willingly cross streams or creeks. _____
- My horse will calmly walk through mud. _____
(Puddles and mud in a ring don't count but certainly help them get used to water.)

My horse's normal resting TPR is _____ temp _____ pulse _____ respiration

4-H Member signature: _____ Date: _____

4-H Leader signature: _____ Date: _____

Take a picture of this form with your phone and email to Sandy Arnold at horse4h@vt.edu
NO LATER THAN the Monday prior to the ride.

VA Extension Youth Animal Science Programs

INVOICE

VA Extension Youth Animal Science Programs
 175 W. Campus Drive
 380 Litton Reaves
 Blacksburg, VA 24061 - 0306

540-231-2257

INVOICE DATE

Bill To:

Rider Name: _____

Chaperone Name: _____

Rider Contact Info:

QUANTITY	DESCRIPTION	UNIT PRICE	AMOUNT
1	2023 Mary Cole 50 Mile Ride fee deposit	\$100.00	\$100.00
Program/Event			
		SUBTOTAL	100.00
		TAX	0.00

MAKE ALL CHECKS PAYABLE TO:

Virginia 4-H Foundation
 Attn: Katherine Carter
 175 W. Campus Drive
 380 Litton Reaves
 Blacksburg, VA 24061 - 0306

\$100.00
PAY THIS AMOUNT

THANK YOU!!!