

**Mary Cole Horsemaster 50 Mile Ride**  
**Intent to Ride - Pre-Application**  
**June 25 – June 29, 2017**  
**Graves Mountain Lodge, Syria, VA**

4-Hers Name: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

County: \_\_\_\_\_ Agents Name: \_\_\_\_\_

Club name: \_\_\_\_\_ District: \_\_\_\_\_

Club Leader's Name: \_\_\_\_\_

Leader's Phone Number: \_\_\_\_\_

I am currently working on the Horsemaster Project Book?

Yes

No

I have the ability, resources, time and help to follow a conditioning program to ensure that my horse and I are in proper physical condition to participate in a strenuous ride?

Yes

No

My horse will willingly cross mud and creeks?

Yes

No

Not Yet

I am willing to have my horse shuttled in a stock trailer with proper precautions?

Yes

No

I will have family or adult leaders camping with me and assisting at camp during the ride week?

Yes

No

Approx how many people with you: \_\_\_\_\_

How many additional horses: \_\_\_\_\_

Tent camping \_\_\_\_\_ or camp in trailer \_\_\_\_\_

**Please complete and return via email or fax to [ccrisman@vt.edu](mailto:ccrisman@vt.edu) by **Friday, April 14<sup>th</sup>**.**  
**Fax number is 540-231-3010.**

# General Information

- The fee to participate will be \$200.00 per 4-Her. This will cover a stall for 4 days, campsite and dinner each night, Sunday - Wednesday and any required trailering. **Breakfast and a packed lunch for the trail must be planned on your own.** Additional campsites range in price from \$10.00 - \$25.00 per night (depending on the number of people) for anyone who wishes to camp but not directly involved with the ride.
- 4-Hers are asked to camp; however, Graves Mountain Lodge does have lodging accommodations if needed for an additional fee. Separate lodging arrangements are to be made directly with Graves Mountain Lodge.
- The number of 4-Hers riding will be limited to 10 riders. We will have approximately 5-6 adults riding with the group to include a trail master, vet, farrier and additional outriders.
- 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 sample conditioning at end of document)
- Upon receipt of this application a conditioning schedule will be sent out to all applicants which will allow time for the 6 week conditioning program to ensure that horse and rider are adequately prepared.
- Due to the terrain and the number of hours under saddle each day, horses must be shod on all four feet. Exception requests will be handled on an individual basis. You must bring a hoof boot that will fit your horse!
- No young horses in training or extremely old horses.
- Negative Coggins will be required and must be presented prior to unloading. Please ensure that your horse is up-to-date on the core vaccines of Rabies, Tetanus, EEE, WEE and WNV.
- The plans would require riders to trailer in on Sunday, ride Monday, Tuesday and Wednesday in order to complete the 50 miles and depart on Thursday. 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....

- A parent, leader or adult must accompany any 4-Her under 18 and will only need to pay a fee of \$50.00 for the group dinners unless an additional campsite/lodging is required. One campsite is included in each 4-Her's fee (which includes one additional family member). Family members who wish to bring their own horses to ride will not be able to ride with the 50 mile group in the interest of keeping the group size to a minimum to make the best times and ensure safety. There are no stalls for horses outside of the 50 mile group. Any additional horses brought would have to be high-lined, or other corral arrangements made at the campsite. Contact Celeste for any additional horse information or any special situations.
- We will be using a camp facility with limited stalls for the horses. Riders can camp in trailers or a tent.
- ***We have a volunteer crew to serve as the camp CHEFS in preparing the evening dinner each night but ask for additional adult help to ease the burden on a few and to add to the group atmosphere!***
- We will be riding primarily from the Graves Mountain Lodge property 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 around the Graves Mountain area can be fairly 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!**

Graves Mountain Lodge  
<http://gravesmountain.com>  
 Rt. 670  
 Syria, VA 22743  
 540-923-4231

### **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 Wednesday ride
6:30 - 10:00 pm	Group dinner, campfire and activities

### **Sample conditioning work for horse and rider:**

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 the first part of June you should be taking your horse out at least once a week for a 4 hour trail ride.