

Mary Cole 4-H Horsemaster 50 Mile Ride

Intent to Ride Pre-Application

June 14-18, 2020

Iron Mountain Horse Camp

4449 Arrowhead Dr, Ivanhoe, VA 24350

Trail Riding in the Jefferson National Forest and Mount Rogers Recreational Area

4-Hers Name: _____

Age: ____ Birthdate: _____ Youth Phone Number: _____ Youth email: _____

Address: _____

County: _____ Agents Name: _____

Club name: _____ District: _____

Club Leader's Name: _____ Leader's Phone Number: _____

Name and age of horse I plan to condition and ride: _____

I have declared this horse as my 4-H project animal: Yes No

I am currently keeping a 4-H record book on this declared horse: Yes No

I am working on Progressive Riding Series Unit 4 – Horsemaster: Yes No

I have the ability, resources, time, and help, to complete the required conditioning program, ensuring that my horse and I are in proper physical condition: Yes No

My horse will be willing to cross mud, creeks, and strenuous terrain: Yes No

I am willing to have my horse shuttled in a stock trailer with proper precautions: Yes No

Family or adult leader chaperone(s) _____

Adult Chaperone Phone: _____ Email: _____

Tentative additional family participant(s) _____

4-H Member Signature: _____ Date: _____

Leader's Signature: _____ Date: _____

I agree to oversee the applicant's proper planning and conditioning of their mount according to the outline of the conditioning schedule.

Please complete and return postmarked by Friday, April 3 with a \$50 deposit, payable to VTF-Horse (memo: MC 50 Mile Horsemaster) (final payment due May 15) and mail to:

Sandy Arnold
VT MAREC
5527 Sullivans Mill Road
Middleburg, VA 20117

General Information

- The number of 4-Hers riding will be limited to 10 riders. We will have approximately 5-7 adults riding with the group to include a trail master, vet, farrier and additional outriders. **Applicants will be notified of their acceptance no later than April 8.** Older riders will be accepted over younger riders, if there are more applicants than space. Age of horse will also be a consideration.
- The fee to participate is **\$230 per 4-Her**. The final payment for all fees (rider, chaperone, family members, extras, etc.) is due postmarked May 13th. The \$230 fee for the rider covers horse lodging for 4 days, campsite with water and electric hookup, and dinner each night Sunday through Wednesday, and any required trailering. **Breakfast and a packed lunch for the trail must be planned on your own.** Campsite allows for 2 adults, 2 youth under 18. Additional guests per campsite is \$5 per person.
- 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). By signing the pre-application you agree to work with your leader to make a detailed plan for you and your horse. Your leader is asked to sign this 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. You must pack on the ride 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. All additional family members or friends will need to pay the \$50.00 fee/person for the group dinners. Parents and/or family members will not be allowed to ride with the Mary Cole 50 Mile riders and outriders. Horses are provided a 10x12 box stalls with initial shavings which tentatively could last for 5 days. Stalls must be picked daily. Stalls must be stripped upon departure.

- All participants (riders, outrider volunteers, adult chaperones, and additional family members) will be clustered together for camping and we will have dinners as a group. Camping can be in trailers or a tent. Water and electric hookup is available at each site. Showers and toilet facilities are available.
- *The adult chaperones are asked to assist the Volunteer Head Cook, Mary Sprinkle, with dinner preparations every evening 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 needs, 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.
- Host facility: Iron Mountain Horse Camp, 4449 Arrowhead Drive, Ivanhoe, VA <http://www.ironmountainhorsecamp.com/> The trails at Mount Rogers 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!**
- There is much to do for your family members - visit the website for more information <http://www.ironmountainhorsecamp.com/va-horse-farm/>
- Closer to the ride, we will provide you with an emergency contact and phone number for family members back home. Cell service is not reliable!

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:

If you have been notified of acceptance on the ride, you will need to follow the required conditioning schedule (see the following page) and work with your 4-H Leader and your parents to make a detailed plan of how, when, and where your 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 the first part of June you should be taking your horse out at least once a week for a 4-hour trail ride.



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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>Conditioning Regimen</u>	<u>Leader Initials</u>
<u>May 4-10 (Week 1)</u>		
	Rode 3 days for 30 - 45 min/session, 20 min. total trot work	_____
<u>May 11-17 (Week 2)</u>		
	Rode 3 days for 1 hour/day, 30 minutes total trot work	_____
<u>May 18-24 (Week 3)</u>		
	Rode 3 or more days for 1.5 hours/day, 45 minutes trot work	_____
<u>May 25 - May 31 (Week 4)</u>		
	Rode 3 or more days for 1.5 - 2 hours/day, 1 hour trot work	_____
	Rode on a 2 - 3 hour trail ride	_____
<u>June 1-7 (Week 5)</u>		
	Rode 3 or more days for 1.5 - 2 hours/day, 1 hr total trot work	_____
	Rode on a 3-4 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 at Mount Rogers.

- 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.)

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 Wednesday, 6/10.