

Welcome to the 2021 Mary Cole 4-H Horsemaster 50 Mile Ride!!

I want to welcome you all to the 13th Annual Mary Cole 4-H Horsemaster 50 Mile Ride. The 2020 ride was canceled due to the Covid pandemic. This will be our first ride hosted from Iron Mountain Horse Camp, Ivanhoe, VA, however our group has ridden through Mount Rogers several times. Celeste Crisman, Extension Equine Specialist - retired, will continue to lead the ride, and her usual and wonderful volunteer crew of outriders are sure to offer a lot of fun for the youth riders! Riders will experience independence in riding, and should be considered fairly confident in handling their horses for long rides over difficult terrain. Horses must be able to handle riding in groups, navigate obstacles including water crossings, and have a good temperament to be in tight proximity of other horses on a trail.

We will be riding for long days on Monday, Tuesday and Wednesday. Riders are expected to pack their own lunch and plenty of water. Breakfast is not provided. The camp chefs will have dinner planned for our return and we may be able to enjoy s'mores and stories around the campfire in the evening. Parent chaperones are all asked to help and assist the camp chef, Mary Sprinkle, with preparations, setting the tables, and cleanup as requested or needed. Following dinner, we usually have time for games and fun. You are encouraged to bring ideas and games with you! This is a very relaxed and fun atmosphere, however, please keep in mind that this is a 4-H event. All activities will include following VCE Covid guidelines. The 4-H Code of Conduct will be followed, and alcohol is not permitted.

There is much to do in the Jefferson National Forest and Mount Rogers Recreation areas, and parent chaperones will not be lacking in activity ideas while our 4-Hers are out riding! Google for your adventures! Share with us your plans and perhaps others coming may want to join you!

RIDERS: Please carefully read the trail guidelines, conditioning and equipment information. Planning and preparation are the keys to a safe, successful ride and a fun week. Boots and closed toed shoes are required when riding or handling the horses. ASTM-SEI approved helmets are required for all youth when mounted. The camp facility is privately owned and managed as a business. The beauty and amenities of this area will help us make this a week you will not soon forget!

One campsite per rider is provided in the cost, with water and electric hookup. There are bathhouses at this facility.

We are grateful to Iron Mountain Horse Camp for hosting this ride at special rate for our group! The Mary Cole 4-H Horsemaster 50 Mile Ride is sure to offer a lifetime of memories!

See you there!

Sandy Arnold

Youth Equine Extension Associate

703-201-4322

PREPARATION GUIDE

MARY COLE 4-H HORSEMASTER 50 MILE RIDE

June 20-24, 2021 Iron Mountain Horse Camp

4449 Arrowhead Dr, Ivanhoe, VA 24350

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

Purpose: To provide 4-H members an opportunity to meet the Progressive Riding Series Unit 4 - Horsemaster record book requirement of a 50 mile ride over 2 - 3 days, and to help develop an appreciation of trail riding, conservation and natural resources.

Eligibility: Senior 4-H member, age 14 - 19. Horse should be registered as a project animal. Junior age considerations on a case by case basis.

Horses: Participants will be responsible for bringing their own horse, feed and equipment. No Stallions. Horses will be housed in stalls at the camp. Due to the terrain in the Mount Rogers area and the number of miles ridden per day, we **ask that your horses be shod on all four feet** and properly conditioned for the mountainous terrain. Exceptions must be discussed beforehand and considered on a case by case basis. Time your farrier so that they are a newer set.

Coggins and Vaccinations: Proof of a negative Coggins is required for all horses within 12 months of the date of the event. Bring an extra copy of your coggins papers with you. It is also recommended that your horse is up-to-date on the core vaccines of Rabies, Tetanus, EEE, WEE and WNV. Flu/rhino is advisable.

Registration and fees: **Registration forms and \$260 fee per rider are due by May 15.** Dinner fee for **each** non-rider is \$60.00 to include dinner for Sunday, Monday, Tuesday and Wednesday evenings. The \$260 4-Her fee will cover one stall, one campsite with water & electric hookup, dinner Sunday through Wednesday for the youth, and any extraordinary trailering charge to trailheads. All other meals will be the responsibility of each 4-Her and their responsible party. Dietary needs, other than vegetarian requests, will need to be provided by the participant. Lunch, snacks and plenty of water should be packed and carried in saddle bags for lunch on the trail. Horses will be kept in stalls provided by Iron Mountain Horse Camp.

Parent/Chaperone Participants: Parents and/or family members will not be allowed to participate in this organized youth ride, however there are many other exciting activities in the area, and we encourage connecting with the other parents at camp. There will NOT be a reduction in the fee per rider, even if a campsite is shared with another rider. Parent/chaperones must be at the campsite with their youth for the entire duration, and must be at camp before riders leave, and return to camp before riders return.

Schedule of Activities

Sunday, June 20:

12:00 - 5:00 pm	Arrive, check in, settle horses and set up campsite
5:00 - 6:30 pm	Group Dinner
6:30 - 7:30 pm	Mandatory Orientation meeting, review ride schedules, Trail equipment and introduce trail guides.
7:30 - 10:00 pm	Campfire, recreation and prep work if needed

Monday, June 21:

6:30 am	Rise and shine, take care of horse
6:45 - 7:30 am	Breakfast on your own
7:30 - 8:00 am	Saddle up
8:30 am - 4:00 pm	Ride from camp, lunch on the trail
4:00 - 6:30 pm	Take care of horses, prep for Tuesday ride, relaxation.
6:30 - 10:00 pm	Group dinner and campfire activities

Tuesday, June 22:

6:00 am	Rise and shine, Take care of horse
6:15 - 7:00 am	Breakfast on your own
7:00 - 7:30 am	Saddle up and trailer to trailhead or ride from camp
8:15 am - 4:00 pm	Ride, lunch on the trail
4:00 pm - 6:30 pm	Take care of horse, prep for Wednesday ride, free time
6:30 - 10:00 pm	Group dinner, campfire and activities

Wednesday, June 23:

6:30 am	Rise and shine, Take care of horse
6:45 - 7:30 am	Breakfast on your own
7:30 - 8:00 am	Saddle up and trailer to trailhead or ride from camp
8:30 am - 4:00 pm	Finish up 50 miles, lunch on the trail
4:00 - 6:30 pm	Take care of horse, free time
6:30 - 10:00 pm	Group dinner, campfire and activities

Thursday, June 24:

You are on your own schedule to be more relaxed - feed horses, strip stalls/clean yard, pack up camp and have a safe trip home!! **Please leave the camp area and stalls clean and tidy!!**

Contact information for emergencies will be provided closer to the date of event. Cell phone service is not reliable. Adult chaperones are free to explore off-site while youth are on the ride, however chaperones must be on the premises when riders return to camp.

Guidelines for Conditioning the Horse

1. Your horse should be fed a balanced ration based on good quality hay or pasture and concentrate if needed. Evaluate your horse to determine his body condition score. An obese horse scoring 8 or more is not a good candidate to use for this ride. Monitor your horse's weight from now until the ride and dry lot with hay if necessary to control weight gain. Your horse should have free access to a trace-mineralized salt block or supplement and small blocks can be brought with you and put in their feed buckets in the stall during the 50 mile ride.
2. Do not change your horse's feeding regimen. If you do not feed grain at home then don't feed more than a handful of grain on the ride. Bring plenty of good quality hay to feed in the stall.
3. Accustom your horse to accepting electrolytes which are important to use on the ride to compensate for stress and sweating. You can use either a gel/liquid formulation that is delivered directly into the mouth or a powder that is fed with grain. I would not recommend electrolytes added to their water bucket as you cannot control/determine the amount they have consumed. You will give electrolytes the night before and the morning of each day of the ride or according to package directions. This will be very important for this ride as even though the temperatures might be moderate, the horse will be doing lots of climbing and sweating.
4. 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 two 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 to 5 hour trail ride.
5. You must practice crossing creeks, logs, mud and uneven terrain. Your horse should willingly but cautiously go where you ask. If your horse is determined not to get his feet wet then you need to work with a different horse. Begin practicing obstacles now so that you will know quickly whether your horse is the one to use for the ride or if you need to condition another horse.
6. Your horse should be shod on all four feet. Schedule shoeing with your farrier 2-3 weeks before the ride. This will allow the horses feet to toughen and may allow enough time to recuperate from a badly placed nail. Borium or caulks on the shoes is not

recommended as the horse's feet need to be able to slide. **Weighted shoes or shoes with trailers will not be allowed as they will not stay on the duration of the ride!**

7. Practice riding your horse with saddle bags, poncho and any other gear attached so that they get used to the feel and noise of equipment flopping around on them.

Conditioning for the Rider

1. If you have properly conditioned your horse, you should be in pretty good condition yourself for an extended ride.
2. On the 50 mile ride, wear what you would normally ride in - tights, britches, jeans or chaps. Do not buy a new pair of riding pants and start them on this ride! Dress for warm weather and be prepared with sun protection. A jacket may be needed for night time and early morning riding. Bring a poncho or rain gear with you each day of the ride as unexpected storms can often occur. Ride your horse with a poncho or rain gear ahead of time and get them used to the noise and flapping!! Riding boots with a heel are required while mounted and an ASTM approved helmet is mandatory.
3. A western or trail/endurance saddle with wide trail stirrups is recommended. Hunt seat saddles typically do not provide enough support or cushion for 5 - 10 hours (however, it is your bum so choose as you wish) and the narrow stirrups can result in sore feet. You also need saddle strings or rings to tie on equipment. Most importantly, make sure you have a quality saddle pad that offers some padding for the horse and ensure that your saddle fits properly. A gall due to ill fitting equipment will end your ride. Choose a saddle that you plan to use and condition for the ride with it!
4. You will need a set of saddle bags or a cantele bag that will carry your lunch, halter and lead, easy boot and any other items you will bring on the ride such as a camera. Plenty of water can go in the saddle bag or in its own holder. Riding lighter is always better so only pack needed items in your saddle bags! If you use saddle bags, balancing the weight on each side is important on a long ride.
5. Bring a thin rope halter that you can leave on under the bridle or carry in your saddle bags in order to tie for lunch. Don't forget a thin lead rope in good condition with a sturdy snap.
6. All riders need to pack one easy boot that properly fits your horse - this will need to go in your saddle bag.

Suggested Equipment for the 50 mile ride

Camping:

1. Tent, camper, or living quarters for sleeping.
2. Sleeping bags, bedding and pillow.
3. Flashlight, lantern, miscellaneous camping equipment, utensils.
4. First aid materials for human and horse.
5. Sunscreen and INSECT REPELLANT
6. Towels, soap and other personal items - there is an external shower house and toilets.
7. Coolers, food and drinks
8. Card table, folding chairs, lawn chairs
9. Eating utensils, plates, cups, etc.
10. Adequate clothing that includes a jacket and long sleeve light shirt for sun protection, raincoat and at least two pair of footwear - layers are recommended if you tend to be chillier in the mornings. It will be cool at Mount Rogers in the mornings and evenings even in June and rain is always a possibility.

Horse Gear:

1. Bridle, saddle, saddle pad and any other riding equipment.
2. At least 1 hoof easy boot that fits your horse's foot or an extra set of shoes.
3. Extra halter and lead rope.
4. Grooming equipment including **fly spray** and hoof pick, small scissors, etc.
5. Extra saddle pad and girth, tack cleaning equipment, towels, sponges, small bucket..
6. Hose, bucket, sweat scraper.
7. Grain, hay, salt, electrolytes.
8. Buckets for feed and water, snaps & twine for hanging.
9. Bedding is provided and extra bedding may be purchased if needed.
10. Stall cleaning tools - manure fork, wheelbarrow, and/or muck bucket, shovel to strip.
11. TWO COPIES of horse's current Coggins

Trail gear:

1. Thin halter and lead rope, easy boot, twine, hoof pick
2. Rain gear, sunscreen, (small) bug spray
3. ASTM approved helmet
4. Saddle bags for food and gear
5. Canteen or water bottle with holder
6. Camera/cell phone for pictures?? Texting and riding not allowed! ☹️

We will have a farrier and veterinarian on the ride with us for emergency needs. Extensive farrier or veterinary care will be available to participants at their own expense. The horse owner or responsible party must be prepared to pay for services when rendered.

Camp Rules and Etiquette

1. A 4-H member may not leave camp without permission from their responsible adult and the ride organizers.
2. Youth participants will be responsible to the direction of their parent/guardian and by registered 4-H volunteer adults. The 4-H Code of Conduct is to be honored by all participants.
3. Keep the camping and stable areas clean.
4. No horses are to be ridden on the property unless we are riding out as a group.
5. Horses can be tied to your trailer for tacking and untacking but cannot remain there for extended periods.
6. Dogs must be under control of their owner at all times and owners must follow IMHC campground rules pertaining to their animals. Dogs will not be allowed on the 50 mile ride trails. If the animal is disruptive, the owner may be asked to remove it from the property. Owners are fully responsible for their dogs.
7. Observe and respect quiet time after 10 pm.

Horse Care

1. Each participant assumes the responsibility for their own horse. The ride organizers assume the right to call on a veterinarian if it appears necessary.
2. Make sure your horse has unlimited access to salt and water.
3. If your horse comes into camp hot, take the time to properly cool him out, clean him up and make them comfortable as they have done the majority of the work. There is a wash area available for use.
4. Once stalled make sure the horse has hay available and plenty of fresh, clean water.
5. Make sure stalls/paddocks are well bedded (if appropriate) and keep stalls/paddock picked out and clean daily.
6. Make sure horse is thoroughly brushed and clean before saddling and at end of ride.
7. Please help others around the stable as needed. This is the 4-H way!

Trail Etiquette

1. We will be walking the horses out of camp and back into camp. Depending on where the trail begins, occasionally horses are hauled out in stock trailers to the trailhead, and will be loaded fully tacked with the exception of the bridle.
2. Most of our ride will be at a walk or trot/gait, with some cantering where terrain allows.
3. Follow the speed allowed of the Trail Boss, Celeste Crisman.
4. Put a red ribbon in the tail of any horse that kicks!
5. Ride at least one horse length behind the horse ahead of you.
6. Do not weave in and out of a line of riders.
7. Do not pass without permission from the rider in front of you.
8. Horses must be ridden in a bridle or hackamore, no halters for riding.
9. The entire group should stay together, no wandering off on your own.
10. Most of the trail will be single file riding, but where room allows you can ride beside someone.
11. If you go under or through branches, do not hold them out of the way, just brush through them so that the person behind you does not get swatted with a branch.
12. If one person needs to stop, the trail boss must be notified and we all stop!



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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>Club Leader Initials</u>
<u>May 10-16 (Week 1)</u>	Rode 3 days for 30 - 45 min/session, 20 min. total trot work	_____
<u>May 17-23 (Week 2)</u>	Rode 3 days for 1 hour/day, 30 minutes total trot work	_____
<u>May 24-30 (Week 3)</u>	Rode 3 or more days for 1.5 hours/day, 45 minutes trot work	_____
<u>May 31-June 6 (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 7-13 (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, 6/14.**

PAYMENT FORM - MARY COLE 4-H HORSEMASTER 50 MILE

June 20-24, 2021

Location of ride: Iron Mountain Horse Camp, Ivanhoe, VA

4-H Rider Name: _____ Rider cell phone: _____

Adult Volunteer/Chaperone: _____

Adult Volunteer/Chaperone cell phone: _____ Email: _____

Horse's Name: _____ Horse's Age: _____ Horse's Gender: _____

Name of stablemate if horse needs to be stabled next to the other: _____

ETA, Sunday, June 20: _____ please confirm with Sandy the day before 703-201-4322

Confirm Accommodations Please complete	Tent Camping Site (water/elect)	Camper or Horse Trailer Site (water/elect) length of trailer or camper	

Adult Chaperone has completed 4honline enrollment? _____

County enrolled: _____

4-H Club association: _____

Item	Enrollment 4honline	Fee	Total
<input type="checkbox"/> Enclose Up to date Horse Coggins			
<input type="checkbox"/> 4-H Member enrollment & fee		\$260 - \$50 deposit	\$210
<input type="checkbox"/> Adult Chaperone enrollment & fee		\$60	60
<input type="checkbox"/> Outrider enrollment & fee			
	TOTAL ENCLOSED		

Checks made payable to: VTF - Horse (memo: 50 mile)

Mailed to: Sandy Arnold, Youth Equine Ext. Assoc.
VT MARE Center
5527 Sullivans Mill Road
Middleburg, VA 20117

**Postmark & Send Full
Payment by
May 28, 2021**
all participants must be enrolled
via 4honline.com