



**Mary Cole 4-H Horsemaster 50 Mile Ride
Intent to Ride Application**

June 26-30, 2022

Iron Mountain Horse Camp

4449 Arrowhead Dr, Ivanhoe, VA 24350

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

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

- Name, Email, Cell Phone for Youth, Parent/Guardian, Extension agent, Club Leader
- Name, Email, Cell Phone for Parent / Guardian
- Name, Email, Cell Phone for Extension Agent
- Name, Email, Cell Phone for Club Leader
- Club Name and Unit
- Horse / Pony Name, Age, Gender & Coggins uploaded
- Tentative Arrival Time on Sunday, June 26
- Tentative Camping Arrangements
- And the following yes / no questions for the youth rider
 - I have declared this horse as my 4-H project animal.
 - I am currently keeping a 4-H record book on this declared horse.
 - I am working on Progressive Riding Series Unit 4 - Horsemaster.
 - 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.
 - My horse will be willing to cross mud, creeks, and strenuous terrain.
 - I am willing to have my horse shuttled in a stock trailer with proper precautions.

Please send the email confirmation attached invoice postmarked with your payment by Friday, April 25 with a \$100 deposit, payable to VTF-Horse (memo: MC 50 Mile Horsemaster) (final payment due May 28) and mail to:

Jessica Dotson
Extension Support Associate
372 Litton Reaves (0306)
Virginia Tech
Blacksburg, VA 24061

General Ride Information & Conditioning Schedule

- The number of 4-Hers riding is limited to 10 riders. We will have approximately 7 adults riding with the group to include a trail master, vet, farrier and additional outriders. **Applicants will be notified of their acceptance on or before April 26.** 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 to participate is **\$300 per 4-Her**. The final payment for all fees (rider, chaperone, family members, extras, etc.) is due postmarked May 28th. The \$300 fee for the rider covers horse lodging for 4 days, campsite with water and electric hookup, trail guides, dinner each night Sunday through Wednesday, and any required trailering. **Breakfast and a packed lunch for the trail must be planned on your own.**
- A parent / guardian must accompany the 4-Her. The parent / guardian guest fee is \$75 and includes the group dinners. Each additional guest is \$40. Parents / guardians 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. Details on timing will be given at departure.
- 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. Extra shavings must be covered at the rider's own expense. Stalls must be stripped upon exit.
- 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 your 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 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 & WNV and ideally Flu/Rhino.
- 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.

- All participants (riders, outrider volunteers, adult chaperones) will be clustered together for camping and we will have dinners as a group. Camping can be in trailers or a tent and all sites have electric/water hookups. Outriders, 4-H Riders and parent/guardian must provide their own housing on their assigned campsite (tent, camper, etc). Showers and toilet facilities are available nearby, walking distance.
- *The parent/guardian chaperones are asked to assist the Volunteer Head 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 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!**
- 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 25. After April 25 - May 28, 50% refund of the rider and guest fee. No refunds after June 1.
- Ride will be cancelled if fewer than 4 riders are confirmed. If canceled by Extension full refunds will be honored.
- VCE Covid protocol will be followed at the event.

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 the first part of June 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 28.



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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 16 - 22 (Week 1)</u>		
	Rode 3 days for 30 - 45 min/session, 20 min. total trot work	_____
<u>May 23 - 29 (Week 2)</u>		
	Rode 3 days for 1 hour/day, 30 minutes total trot work	_____
<u>May 30 - June 5 (Week 3)</u>		
	Rode 3 or more days for 1.5 hours/day, 45 minutes trot work	_____
<u>June 6 - 12 (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 13-19 (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 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.)

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 Wednesday prior to the ride.