

ENDURANCE GB THE LION'S TAIL RIDE

Hints For Your First Pleasure Ride

Getting Started

When you receive your ride details, which are normally posted about a week before the ride, study the map carefully. (It is a good idea to look for landmarks that you will be able to identify when riding). Check the speed at which you would like to ride and work out how long it should take you to reach the finish. Plan to arrive at the venue at least 30 minutes before the latest start time.

On arrival at the event, go to the Secretary's Office & collect your number bib. Be sure to read all the information displayed on the notice board so that you become fully aware of any route changes, etc. Also make yourself familiar with the layout of the venue so that you know where the timekeeper and the start and finish are. The Secretary will also issue labels bearing an emergency telephone number, which you should ensure are applied to your saddle and helmet.

Make sure that you are wearing your allocated number bib during the ride itself. In case of an accident this may be the easiest way of identifying you.

Make sure that you have the map together with your estimated finish time. **Always carry your map, as even if you don't know where you are someone else may be able to use your map to direct you back on to the route.**

You will find that the route is well marked, usually with marker paint (directional arrows on the ground). Diverging routes for different distances are usually marked with a notice. Occasionally the markers get moved or even removed altogether, so it is essential to carry the map.

It is recommended that you carry a drink with you, especially if it is a hot day.

Make a final check of all your equipment, go to the start and report to the Timekeeper and off you go. Whilst on route, always make absolutely sure that the Steward at each Checkpoint has noted your number as you pass through. This is your responsibility, not theirs! Be patient if there are a lot of horses at the Checkpoint when you arrive.

Whilst riding, if you have not seen a route marker for a while and suspect that you may have gone the wrong way, check your map. If necessary, go back to the last marker you saw and then retrace your steps until you find the correct path. Also, take a little time to **be courteous to other competitors and to other users of the countryside**, such as riders, walkers and cyclists who may be using part of the same area.

Always follow the instructions of Stewards at road crossings, remembering that they are not allowed to stop the traffic. Contact the nearest Checkpoint or call the emergency number **in case of a serious injury** so that you or your horse can be treated on course.

Follow the country code whilst riding in fields with livestock. On completing the ride, return to the Timekeeper again.

After all this we hope that you and your horse have enjoyed the ride. If for any reason you retire on course you must return your bib & inform the ride secretary before leaving.

Finally you may prepare your horse for the journey home. Remember to return your number bib to the Secretary and collect your rosette.

Some 'DO's and DONT's'

Do ask politely if it is okay to pass before passing other riders on route.

Do pass other participants sensibly and quietly.

Do thank all stewards on course, they are all volunteers and there to help so that you can enjoy your ride.

Do thank motorists who slow down or stop while you pass.

Do wear comfortable clothing appropriate to the weather conditions.

Do wear boots with a minimum ½ inch heel unless you have stirrup cages.

Do stop and help anyone who needs assistance

Do ask someone if you are not sure about anything or need assistance yourself.

Do ask when making your entry if you would like someone to ride with – no guarantees but we will do our best to find you a riding companion.

Do make sure you offer your horse a drink before leaving and on returning to the venue.

Don't wear spurs or carry a whip longer than 30 inches

Don't use training aids on a ride (eg: Draw reins)

Don't gallop off as soon as you have passed someone.

Don't leave a gate open if it was closed when you arrived at it.

Don't ride on crops or on mown verges in villages.

IF YOU HAVE ANY QUESTIONS OR WANT MORE ADVICE THEN CALL
VAL ON 01664 474677 / 07787 377434 WHO WILL TRY TO HELP.