

Endurance

Endurance is a unique equestrian challenge that is based on controlled long distance races. At top levels the races are generally over 100 miles. Endurance is a discipline that provides training education regarding the functions of a horse. Riders must regulate their riding to suit conditions that will affect the way their horse behaves and how it presents to the vet. Horses are regularly presented to a Veterinarian for inspection while competing, where they are checked for soundness and dehydration, and their pulse is taken.

Key factors the rider must have knowledge of and consider include:

- The terrain: is it hilly or flat, sandy or hard ground?
- The weather: is it cold, wet, foggy, or hot and sunny?
- The route: does it look to be difficult to follow on the map, or a simpler circular course?
- Horse's condition: are there signs of tiring, is it time slow down and/or speed up?

Participants of Endurance Riding develop great partnerships with their horses after travelling the many miles of new riding ground. The horse must learn to trust the rider to lead them back home, and the rider must learn to trust the horse to get them there, and the resulting confidence stays with both horse and rider.

Contact the Australian Endurance Rider's Association to learn more about this discipline.