

DOWNLOAD PDF COMPLETE GUIDE TO ENDURANCE RIDING AND COMPETITION

Chapter 1 : Book Review: The Complete Guide to Endurance Riding and Competition | Chronicles of a "Mi

Although The Complete Guide to Endurance Riding and Competition offers training insights and insider information on the new and dynamic sport of endurance riding, it is also a valuable resource for pleasure, competitive trail, and experienced endurance riders alike.

The author is an experienced horsewoman with a broad background and successful Tevis Cup completion on her resume; while the focus of the book was more on endurance riding than competitive trail, I found that more than anything, it was a book about good horsemanship, and there is something which riders of any discipline can take away from it. In this book, Snyder-Smith takes a comprehensive look at the details of how to prepare a horse and rider team for success in the sport of endurance. Full chapters are dedicated to riding in balance, gymnastic development of the horse, conditioning and feeding the endurance horse and the merits of various types of equipment. The book concludes with a look at the requirements for crewing at an endurance ride and then the dynamics of a ride itself. What struck me over and over in reading this book was how so much of what the author stated applied to not just endurance horses, but to all equine athletes. For example, she outlines the requirements for a successful endurance horse as follows: However, these are ideal qualities for ANY performance horse, though perhaps certain other disciplines could be more forgiving to a horse which does not have the best attributes in some of these areas. In her chapter on the importance of rider balance, Snyder-Smith goes into great detail on the importance of body awareness, symmetry and correct riding position and their collective effect on the horse for better or for worse. If a rider is expecting a horse to carry them over tens of miles of terrain, it is critical that the rider is doing their part to be efficient and to maintain their own balance and coordination. Horses can cope with rider asymmetry or weakness to a point, but adding in the cumulative stress of a long ride to the mix means that an inefficient rider can make the difference between a completion or a pull. In other words, riding well, and riding correctly, matters! Lee at the Wentworth schooling show in Photo Credit to Mystical Photography, used here with permission. In her chapter on preparing the endurance horse, Snyder-Smith addresses the difference between conditioning and training, and emphasizes that both are required for success in endurance. Snyder-Smith explains that endurance horses need to spend time in the arena in order to develop their flexibility, suppleness and strength. Again, the author is specifically referencing conditioning for the sport of endurance, but the reality is that this idea applies to all disciplines across the board. Throughout the book, Snyder -Smith inserts tips and helpful hints from her own experience as a distance rider. For example, she suggests mixing electrolytes with baby food like strained carrots or applesauce to make them more palatable. Having personally had this experience at a few rides, I know how much it gets under your skin and infiltrates your consciousness, even when you are really fairly confident that the horse is okay and what the vet saw might be just fatigue or the result of a misstep. Three happy distances horses at the end of a successful ride! This book was immensely helpful to me in my own preparation for the mile ride, and to help me as a novice to become more familiar with the requirements of the sport. Simply put, if you take your time, do your homework and only ask of the horse that which you have properly prepared them for, you can expect their best effort. For this reason, I would recommend the book to riders of any discipline who are reaching out of their comfort zones for a larger goal.

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Chapter 2 : The Complete Guide to Endurance Riding and Competition : Donna Snyder-Smith :

The Complete Guide to Endurance Riding and Competition has 26 ratings and 0 reviews. First Star to the Right and Straight on Till Morning. At the m.

Does the thought of challenging yourself and your horse on the paths of history--where pioneers, Pony Express riders and Native Americans have traveled before you--set your imagination on fire? Although The Complete Guide to Endurance Riding and Competition offers training insights and insider information on the new and dynamic sport of endurance riding, it is also a valuable resource for pleasure, competitive trail, and experienced endurance riders alike. Non-riders family or friends who have volunteered or have been drafted to serve as "crew" will find the special tips in the chapter on crewing tremendously helpful. The book addresses the important concepts of rider balance and the gymnastic training of the horse in achieving the overall success of the long-distance team. It does not matter whether your goal is to experience the joys of trail riding or the adrenaline high that comes from an all-out race to the finish, The Complete Guide to Endurance Riding and Competition will help you reach it. At the mile vet check she sat in the middle of the road crying, claiming extreme illness and trying to avoid her nightmarish fears her horse would die of founder or colic, or anything. The last ten miles of trail stretched forever in her mind, black like licorice taffy. After a large measure of TLC from her patient and understanding crew, she and the gelding were out of the check and on the trail again. The entire universe shrank to center on the pair in the moonlight. Time stopped and the world faded into nothingness. They were running in a small, ever-changing pocket of existence, the rhythm of his hooves, the heartbeat of that universe. Ribbons and trail appeared before them and lost substance as they moved past. For the rider, clinging to the saddle, there was no thought, no pain, no emotion, only the instinctive drive to chase past each ribbon as it appeared. Suddenly her horse jumped sideways, eyes and ears frozen forward. Awakened from her trance, she oriented herself on his suspected woods troll, a familiar embankment that meant they were a half-mile from home. Easing him past the scary object, she sent the gelding on, clinging to his neck. As his soft lope swept them across the finish line, she wanted to laugh out loud or cry, but was unable to summon the strength for either. A few small tears trickled down her cheek, the only sign of the enormous pride she felt inside. In , on her first attempt at endurance riding, she won the prestigious silver Tevis buckle by completing the famous Mile One Day Ride. She has been a freelance journalist for more than thirty years and was editor of Trail Blazer magazine for two years.

Chapter 3 : The Complete Guide To Endurance Riding And Competition (hardco

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Chapter 4 : The complete guide to endurance riding and competition (Book,) [racedaydvl.com]

Endurance riding demands much of horse and rider, who must compete against time, gravity, and the elements and cover 25 to miles a day. Riders need the expert information this book provides on selecting, feeding, and conditioning the horse, and on buying equipment and selecting a support crew.

Chapter 5 : racedaydvl.com: endurance riding

DONNA SNYDER-SMITH is widely acknowledged as a gifted teacher who has competed horses successfully and coached students in open jumping, dressage, three-day eventing, western pleasure and trail, and endurance riding.

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Chapter 6 : Clinician Donna Snyder-Smith's Must Have Book for Endurance Riders - Bitterroot Ranch

The Complete Guide to Endurance Riding and Competition Although The Complete Guide to Endurance Riding and Competition offers training insights and insider information on the new and dynamic sport of endurance riding, it is also a valuable resource for pleasure, competitive trail, and experienced endurance riders.

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Leggi «The Complete Guide to Endurance Riding and Competition» di Donna Snyder-Smith con Rakuten Kobo. First Star to the Right and Straight on Till Morning. At the mile vet check she sat in the middle of the road cryi.

Chapter 8 : The Complete Guide to Endurance Riding and Competition by Donna Snyder-Smith

Full chapters are dedicated to riding in balance, gymnastic development of the horse, conditioning and feeding the endurance horse and the merits of various types of equipment. The book concludes with a look at the requirements for crewing at an endurance ride and then the dynamics of a ride itself.

Chapter 9 : complete guide to endurance riding and competition -

First Star to the Right and Straight on Till Morning. At the mile vet check she sat in the middle of the road crying, claiming extreme illness and trying to avoid her nightmarish fears her horse would die of founder or colic, or anything.