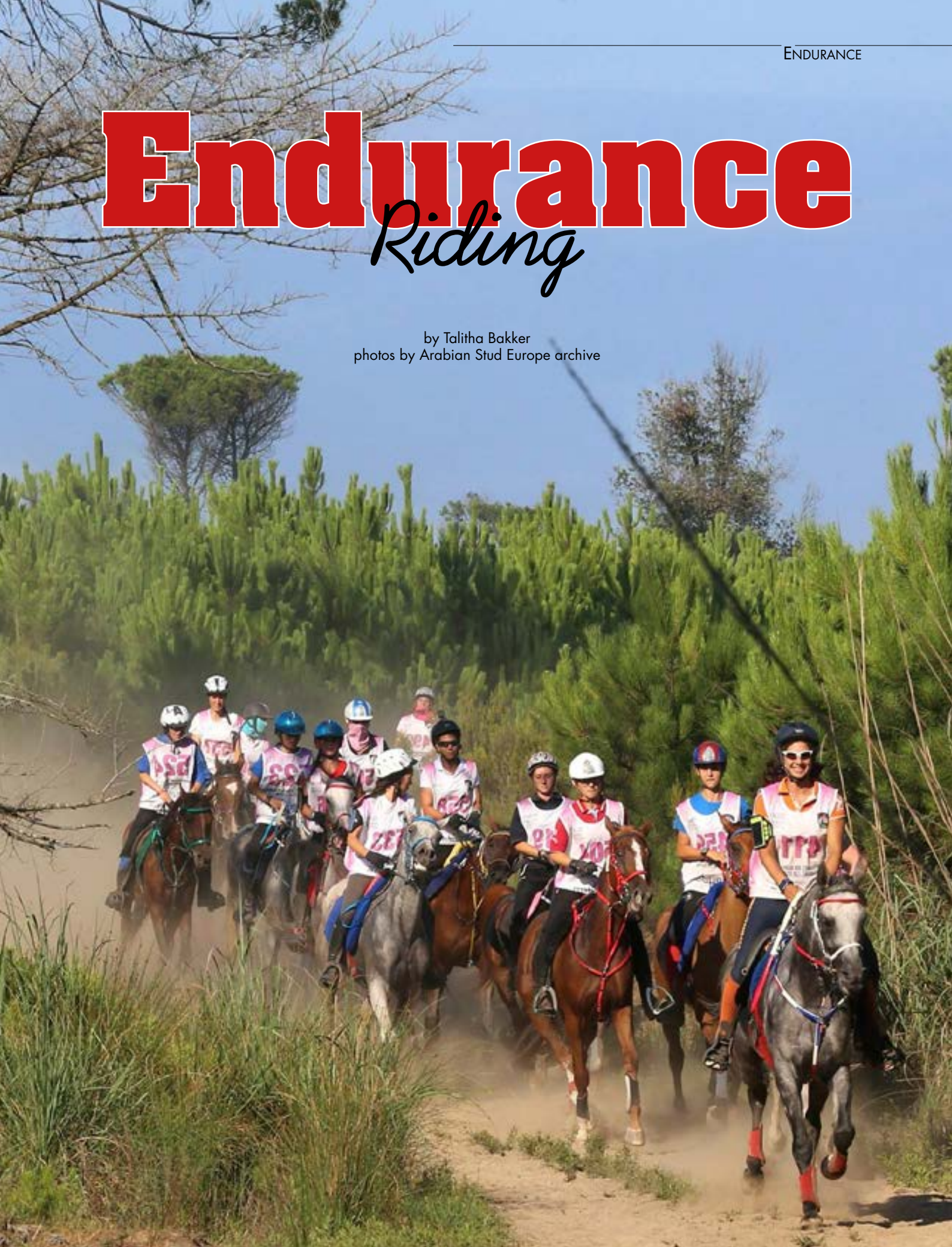


# Endurance

## *Riding*

by Talitha Bakker  
photos by Arabian Stud Europe archive



# Endurance

## Riding

*Endurance riding is one of the oldest disciplines in horse riding. Already centuries ago, the horse and his rider were covering many miles together. Either to deliver important messages, to fight war, to herd cows or simply as a means of transport.*

*Endurance started as a sport in the United States, where the US cavalry tested its horses on a five-day, 300-mile (483km) ride, with each horse carrying over 200lbs (91kg). It did not become a competitive sport until the 1950s, when Wendell Robie traced the Pony Express route from Nevada to California in under 24 hours. Wendell Robie inspired and organized the first competitive ride from Lake Tahoe across the mountains to Auburn in California; one hundred miles to be completed in less than 24 hours, under veterinary supervision.*

*Endurance is a long-distance competition against the clock, testing the speed and endurance of a horse and challenging the rider over their effective use of pace, thorough knowledge of their horse's capabilities and ability to cross all kinds of terrain. Although the rides are timed, the emphasis is on finishing in good condition rather than coming in first.*

*Endurance competitions can be a one-day competition, where the start and finish is at the same day, but there are also competitions that can have more riding days. One of the longest is being planned for 2024, 20 days, 1200 km, from south to northern Germany, called the Trans Germania.*

*The fun about endurance is that you can participate with any horse. Doesn't matter the breed or the age of the horses. Every horse from 4 – 30 years in age are welcome! The distance*



[www.horse-endurance.de](http://www.horse-endurance.de)



# Endurance Riding

*starts with 20km in one day to a max of 160km in one day. When you like to go on a multi-day-event, then the shortest distance is 40km in two days. You can go as slow as 6 km/h average speed but can also join the big international FEI competitions where the speed is around 25 km/h average speed.*

*Before, during and after the competition, your horse is being checked by a veterinarian. They check of course the movement of the horse, but also the heartrate. This must not exceed 60-64 Beats per minute. They also check if the horse is not dehydrated and if they eat well during the competition. And if they are no irritations or wounds from the saddle or bridle.*

*At most rides ,the trail is marked with arrows, pointing out the route to take. There are also rides where you have to find your way on a map and they are no markings to point you in the right direction.*

*During the competition, the riders have a groom with them who takes care for both the rider and the horse. Providing food and water on the way and helping with the vet examinations. After every loop, there is a 40 minutes break where both horse and rider can rest.*

*Endurance rides take you to one of the most beautiful places in the world. Wonderful scenery, great friends and a great atmosphere makes it more than just a sport. It is a lifestyle! □*

