

Randfontein Endurance Club

Issue 3

AUGUST 2011

Check out Randfontein's Facebook site.

Search for **Randfontein Endurance Riding Club** and "Like" our Facebook page.

We will post quick notices and updates on the site as well as photos, etc.



ERASA and a number of groups exist for Endurance

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Chairman's Report

Annual General Meeting

The Randfontein Endurance Club AGM will be held on the 27 August 2011.

Venue: 6 Gerhard Street, Helderblom.

Time: 12h00

We will be making Potjies.

Please could you bring along a salad etc and your drinks and chairs.

Please would you RSVP to Nici for catering purposes.

Annual Membership Renewal:

The membership fee invoices have been emailed out to members. Payment is due by end August 2011.

You can also complete a new membership or membership renewal form online at our website:

www.gothedistance.co.za

ERASA will also have on online renewal process that will need to be completed and details will be sent out once they are available.

Fauresmith:

A number of Randfontein riders competed at Fauresmith this year. Congrats to the following:

- Christine Waller for finishing 19th in Lightweight
- Jessica Brown finished 27th in Junior division

- Cassidy McKay for finishing 53rd in the Juniors Division (soon to be member)
- Raymond Botha for finishing 67th in Standardweight
- Carol Pickering (23rd in Lightweight) and Bernadette Cook (30th in Lightweight) - (soon to be members).
- Hendrik Swarts was chosen for the Development Team—well done!

Not all our riders made it this time, some getting through almost to the end. We wish them better luck next time!

African Horse Sickness:

This has been an extremely bad year for Horse Sickness. Condolences to our Club Members who have lost horses to this disease.

Vaccinations are coming up soon—veterinary advice is not to vaccinate too early as the peak time for the disease is late Summer (especially March and April). Vaccinating too early in the year can mean that the immunity is not as effective when the disease is most virulent.

October Ride:

Our ride is scheduled for 1 October 2011—so mark your calendars now.

Nick van Rooyen



Raymond Botha at Fauresmith



Cassidy McKay at Fauresmith



Carol Pickering at Fauresmith



Christine Waller at Fauresmith

Recent Member's News

Hannah Rouse qualified for the SANEF School's Nationals on 6, 7 and 8 August in the Equitation and Working Hunter classes. She won the Inter Schools West Region Equitation award and was 3rd in Dressage for West Region. She has now been awarded her Gauteng Colours. She competes in Endurance, Equitation, Dressage, Showing and Show Jumping—an all-round star!

New Members joining Randfontein:

We are hoping to welcome on board a number of new members this year.

Cassidy McKay, Carol Pickering, Alanna Cook, Jessica Brown, Bernadette Cook, amongst others, are considering joining the Club.

We look forward to them wearing Randfontein colours at their next ride.

If you are riding or have any news, please share it with us. We'd love to see your photos and share in your highs and lows.

Through the website, Facebook site and these newsletters, we want to build strong relationships in our Club. Being a member of an Endurance Club should be more than just the place you pay your membership fees to—the club needs to add value to you as a rider and support you—no matter whether you are just starting out or are a veteran competitor.



Hannah Rouse—achieved Gauteng Colours in riding

Riding in Cold Weather

How to beat the cold of Fauresmith...

Studies are made by the Swedish Agricultural University (SLU) on how horses handle the cold.

Food is the most important factor.

When hay is digested, the process also generates heat. The more the horse eats, the lower temperature he handles without getting cold.

Horses can handle low temperature much better than humans.

They have seven times more body mass than us, but only 2.5 times more skin.

Extra fat is more important than the coat. The fat isolates three times more than other types of tissue. So make sure your horse is not underweight when the winter comes!

Horses have a long way from the nostrils to the lungs, and again, their respiration system works much better in low temperatures than the human

equivalent does. The air is warm before it reaches the lungs, so you can work your horse as normal even if it is cold outside.

A study has been made by the Swedish University of Agricultural Sciences:

Five standardbred horses were subjected to a treadmill exercise in a climate chamber, first in +17C (63F) and then in -25C (-13F).

Conclusion was that the cold exposure (-25C) did not seem to have any untoward effects on near maximal exercise tolerance.

On the contrary the cold environment seemed to be beneficial for heat dissipation during exercise. Further, no evidence of tissue damage in the respiratory tract was observed.

The horses showed no sign of discomfort during exercise in the cold.

Some tips:

Before and after work, cover your horse with an exercise rug.

If you do ride with a metal bit, remember to warm it up before putting it into the horse's mouth.

Never, ever put a sweated horse out in the cold. He must dry up first. Cover him up and/or walk him dry.

Also remember that the horses might not want to drink enough water if the water is cold. Keep an eye on water consumption, and offer lukewarm water in addition after training.

Include extra long warm up and cool down time. Cold muscles take longer to stretch and flex.



Fauresmith reached temperatures of -10C overnight during the Nationals

Endurance News

The longest horserace in the world, the Mongol Derby, gets underway in August 2011.

It's the Khaan's mother of equine adventures, a 1000 km multi-horse race across the epic wilderness of the Mongolian steppe. Its mammoth network of horse stations is a recreation of Chinggis Khaan's legendary empire-busting postal system.

This is a whole new breed of horse racing, the greatest equine adventure on earth. Just the rider, the vast steppe, the thunder of hooves and 1000 kilometres.

Each year 1000 semi-wild Mongolian horses are selected and trained for just 20 or so riders. Each rider tackles the 1000 km adventure, changing steeds every 40 kms as Chinggis' messengers once did.

Those who opposed this race when it first started saw it as a dangerous exploitation in the name of charity.

However, every rider is tracked by GPS for every kilometre of the journey with an emergency assist available at the press of a button. Vet checks are carried out

according to Endurance rules at each stop. The vets stay on for two weeks after the event to check on the welfare of the horses.

There is also a weight restriction of 85kg for riders since the Mongolian ponies are between 12 and 14 hh.

No matter your opinion, the spirit of adventure and the chance to enter the record books attracts riders from around the world, including Paul Erskine from South Africa who is raising funds for Fairhavens Babies Home.

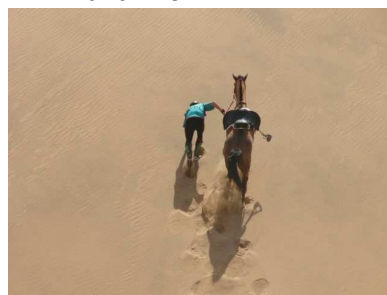
www.mongolderby.com

Upcoming events/rides

30/07/2011	ALBERTINIA ERASA and FEI ***		
30/07/2011	CAPRICORN (New Course) 120km and 80km		
06/08/2011	HOOPSTAD 80		
06/08/2011	UPINGTON 120 and 80	01/10/2011	THABAZIMBI - ONDERSTEOPOORT 80km
13/08/2011	THABA TSHWANE - WALLMANSTHAL 80km	01/10/2011	THREE RIVERS RIDE 80km
13/08/2011	MALMESBURY 120 and 80	01/10/2011	RANDFONTEIN 80km
13/08/2011	DULLSTROOM ERASA and FEI ** 120 and ***160, *80 and ERASA 80	04/10/2011	KALAHARI 300 MYLER (Day 1 of 4)
13/08/2011	WOLMARANSTAD 80	08/10/2011	MOOLMANSHOEK (New Course) 80
31/08/2011	WALVIS BAY FEI RIDE CHAMPIONSHIPS	08/10/2011	DARLING 80 and 120
03/09/2011	MIDVAAL 80 and 120	08/10/2011	STELLA BEESFEES RIT 80 and 120
03/09/2011	STEYL SAFARIES ERASA and CEI * and **	15/10/2011	BORDEAUX BOSHOFF 80 and 120
10/09/2011	SCHWEIZER-RENEKE 80 and 120 (New course)	15/10/2011	MOGALE ERASA and FEI ** 120, ***140, *80
10/09/2011	TALA RIDE 80	22/10/2011	SCHANSKRAAL 80, 120 and 160
10/09/2011	AGTER PAARL 80	22/10/2011	KOKSTAD (New course) 80
17/09/2011	TARKASTAD 80 and 120	22/10/2011	SCHANSKRAAL 80
17/09/2011	KOFFIEFONTEIN KANKER RIT 80	29/10/2011	GOUDINI (NEW COURSE) 80
17/09/2011	LEANDRA 80 and 120	29/10/2011	KIMBERLEY 120 and 80
17/09/2011	POTCHEFSTROOM 80KM	12/11/2011	THABAZIMBI - ONDERSTEOPOORT 80 and 120
24/09/2011	LOUWNA 80 and 120		
24/09/2011	LOUWNA 120		
24/09/2011	OUTENIQUA 160		
24/09/2011	WATERBERG (ALMA) 80km and 120km		

Good Riding

We wish all our club members good luck in their planned rides in the last few months of rides for 2011.





Randfontein Endurance Club

Where Rider and Horse are # 1

Chairman: Nick, Van Rooyen

Secretary: Nici, Carr

Cell Number 0828795627

Email nici@alliedfeeds.co.za

**LEKKER RY /
GOOD RIDING**

***And Allah took a handful of
southerly wind, blew His breath over
it, and created the horse....Thou
shalt fly without wings, and
conquer without any sword. Oh,
horse. ~Bedouin Legend***



General Interest

Where in this wide world can man find nobility without pride,
Friendship without envy,
Or beauty without vanity?
Here, where grace is laced with muscle
And strength by gentleness confined
He serves without servility; he has fought without enmity.
There is nothing so powerful, nothing less violent.
There is nothing so quick, nothing more patient.
Our pioneers have been borne on his back.
Our history is his industry.
We are his heirs, he our inheritance

The Horse, by Ronald Duncan

There is something about the outside of a horse that
is good for the inside of a man. ~Winston Churchill

To ride a horse is to ride the sky. ~Author Unknown

God forbid that I should go to any Heaven
in which there are no horses. ~R.B.
Cunninghame Graham

The horse through all its trials has preserved
the sweetness of paradise in its
blood. ~Johannes Jensen

Show me your horse, and I will tell you who
you are.

**A horse gallops with its lungs, perseveres
with its heart, and wins with its
character.**



**PLEASE DO YOUR ANNUAL
RENEWAL AT
www.gothedistance.co.za**