

BOOT CAMP: Riders learned horse care and gear tips

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their friend Ed Helton who had influenced many in Central Oregon to start riding the trails. According to boot camp organizer, Jeff Tryens, Ed’s interest in learning about endurance riding had inspired Jeff to hold this

first-ever endurance clinic in Sisters. When boot camp wrapped up on Sunday at noon, participants left with big smiles on their faces and a bag full of tips to help them become better endurance riders. *Editor’s note: The author of this article, Sister High School junior Sasha Komar, participated in the clinic, finishing the ride portion well ahead of the rest of the pack on her horse, Ali.*

What is endurance riding?

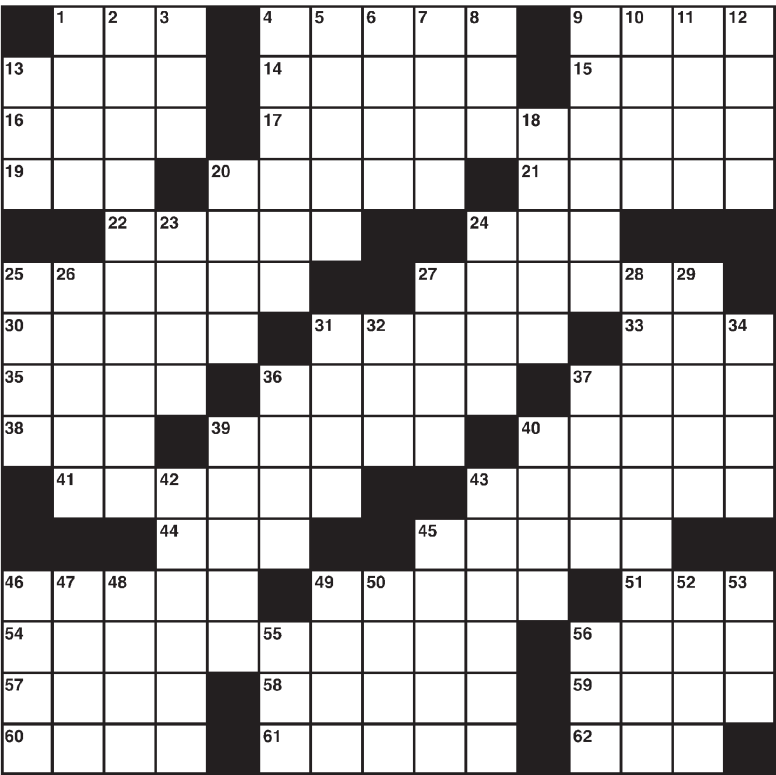
Endurance riding has been a sport since the early 1900s. Originally, its purpose was to test military horses on their abilities. To pass the test, horses had to travel 50 to 100 miles in one day, carrying at least 200 pounds. As the military started updating their methods of transportation and technology, the need for horses was reduced and endurance riding became a sport rather than a military test. Today, horses and riders have a choice of traveling either 25, 30, 50, 55, 75, 80, or 100 miles depending on what rides they choose to compete in. A race consists of the horse covering all kinds of terrain such as rocky and dusty trails to whatever else nature throws at them that day. The horses are judged on the condition they are in during and after the ride, and the winner is the horse with the highest grades on their vet card. The condition of the horse is judged by a veterinarian, who examines the horses at vet checks. Vet checks are stops that a horse has to pass through in order to continue and qualify for the rest of the ride. They usually occur the night before a ride, during a ride, and after a ride. Vet checks during a ride can occur once or several times, depending on what distance the rider chooses. Longer-distance rides require more vet checks, while 25 or 30 miles only require one. The vet check consists of checking the horse’s pulse, gut sounds, and gait. Pulse and gut sounds are checked by stethoscope, while the gait is checked by the rider leading their horse in front of the vet at a trot. If the horse meets all of the requirements getting passing grades on its vet card, it will continue on with

the race. If the horse does not pass some of the tests, it will be stopped and withdrawn from the race. Although endurance riding is popular throughout the U.S., the Pacific Northwest turns out to be a perfect area for endurance riding. This part of the U.S. is known for its natural beauty, various types of terrain, and endless trails. In fact, many endurance riders move to Central Oregon for this sport. In interviews at the Sisters Endurance Boot Camp, many riders revealed their love for this sport and how they got started. For instance, Lori Hunter, the owner of Thunderhawk Farms in Cloverdale (an Arabian horse breeding farm), said that she started this sport after owning Arabian horses her entire life. Arabians are, by far, the most popular horses for endurance riding. This is because they have the perfect body and mind for it. Arabians have the stamina to complete long distances due to their large lungs, strong feet, athletic and slim body — and they are highly intelligent. These features allow them to breathe more air, withstand harsh terrain, and last many miles on the trail. Arabians originally came from the Middle Eastern desert and are one of the most intelligent horse breeds. They are quick learners and pick up new skills very quickly. Endurance riding is a growing sport in the horse community and is always welcoming new members. Riders with more experience help beginners and the community is a friendly environment full of amazing people. The shared love for horses and being out on the trail brings together great people and horses.

The Nugget Newspaper Crossword

By Jacqueline E. Mathews, Tribune News Service

- ACROSS**
- 1 Baby bear
 - 4 Rob or Will
 - 9 Annapolis acad.
 - 13 Area; district
 - 14 Commandment verb
 - 15 The Bee ____
 - 16 ____ tea
 - 17 Cash register operator
 - 19 Actress Dawber
 - 20 First Lady before Jackie
 - 21 Watermelon casings
 - 22 Theatrical dramas
 - 24 Bakery purchase
 - 25 WA’s Mount St. ____
 - 27 Force
 - 30 Declares positively
 - 31 Long-eared critters
 - 33 Actor Linden
 - 35 Sunbeams
 - 36 Lhasa’s location
 - 37 Long tale
 - 38 Ike’s monogram
 - 39 India’s dollar
 - 40 Murders
 - 41 Fisher & Murphy
 - 43 Small hairpiece
 - 44 Vacation vehicles, for short
 - 45 Hidden supply
 - 46 See eye to eye
 - 49 Dangerous fish
 - 51 Org. for Suns & Spurs
 - 54 Panting
 - 56 Elderly
 - 57 Fib teller
 - 58 Main artery
 - 59 Red and Dead
 - 60 Acting award
 - 61 Scatter
 - 62 Animal carrier afloat
- DOWN**
- 1 Comic actress Imogene
 - 2 Not working
 - 3 Cot or crib
 - 4 Prose pieces
 - 5 Pillow covers
 - 6 Anklebones
 - 7 Civil War Gen. Robert ____
 - 8 Nov. 1 honorees
 - 9 More hideous
 - 10 “Have You Ever ____ the Rain?”; 1970s song
 - 11 Bookish fellow
 - 12 Invites
 - 13 Fasten a parka
 - 18 Bawls
 - 20 No-____-land; area between trenches
 - 23 Actor Ayres & others
 - 24 Keats or Kilmer
 - 25 Difficult
 - 26 Escape detection by
 - 27 Actress Summer
 - 28 Ill-fated space shuttle
 - 29 Bird of prey
 - 31 Joints nearest the waist
 - 32 Lincoln, for one
 - 34 Go on and on
 - 36 Part of every wk.
 - 37 Exhale in relief



Created by Jacqueline E. Mathews 5/1/19

— Last Week’s Puzzle Solved —

E	R	I	N				L	A	P	S			C	R	O	C
L	O	N	E	R			O	M	I	T			L	A	V	A
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D	A	R	E		D	E	V	I	L				T	A	B	L
D	R	A	T			S	A	R	I				S	L	I	P
S	E	W	S			S	T	E	P					L	A	S

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- 39 Headed metal bolt
- 40 Get a ____ out of; enjoy
- 42 Dismal
- 43 Poland’s capital
- 45 Indian social class
- 46 Competent
- 47 Somber; gloomy
- 48 Package of paper
- 49 ____ machines; casino attractions
- 50 Frau’s hubby
- 52 Bird’s bill
- 53 Promos
- 55 “Elvis ____ left the building!”
- 56 As pretty ____ picture

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