



## ENDURANCE RIDING ENDURANCE DRIVING

A sporting challenge  
for people and horses



# **KNHS – Endurance Vereniging / Endurance Association**

for riders and drivers with endurance

## ***Welcome at the KNHS Endurance- Association***

Horseback riding is your passion? Recreational riding alone is not satisfactory, because the competition element is missing? You like riding outdoor, and are not afraid of a long-term effort? You like pushing your limits, and seek your challenge a step further? Then Endurance is the right thing for you!

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### **WHY ENDURANCE?**

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Endurance riding is one of the fastest growing, most exciting and most animal-friendly branches of equestrian sport. The main point of endurance riding is: accomplishing a set route as fast as possible. But it's not only the fastest time what counts, the horse has to be in excellent condition at the final vet-check. Therefore, what counts in endurance riding is:

#### **'To Finish is To Win'**

In the Netherlands it is one of the branches of equestrian sport, where high performance is to be delivered by horse and rider, without prize money playing a role. For longer distances, both the horse and rider must be properly trained for this challenge. Endurance, cooperation, trust and care are key words for a combination during all rides, with distances from 20 up to 160 km. The rides often take place in the most beautiful (natural) areas of the Netherlands.

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### **WHAT IS ENDURANCE?**

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Endurance is a riding or driving competition of at least 20 km up to 160 km, by time, through beautiful nature on marked routes. Competitions where the health of the horse is guaranteed by strict veterinary controls. The welfare of the horse is paramount in this branch of equestrian sport! That's why the motto of this sport is "To Finish is to Win".

Despite the competitive element in this sport, the atmosphere among the participants is extremely friendly. In this sport you battle not only against others but often even more against yourself! The sport challenges you to prove to yourself that you can overcome any adversity. Moreover, it relaxes by enjoying a great outdoors ride.

A sport where you learn a lot about your horse and probably more about yourself. After all, especially if you ever make it to ride distances of 160 km, you will certainly face yourself on numerous occasions, and this is the challenge of this sport.

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## **HISTORY OF ENDURANCE**

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The first stories in Europe where we can speak of 'endurance riding' are from the early 17th century. In 1612 the English prince Henry, son of James the First, rode from Belvoir Castle, a distance of some 155 km, in two days.

Because of the heat, the first day he did "only" 100 km and the remaining 50 km the other day. Henry died a short time later, but whether this is due to this achievement is not mentioned.

His younger brother Charles took a step further and did twice the distance between Benwick to Greenwich (415km!) in 4 days. Presumably he rode even greater distances between Scotland and London during the civil war, but this is not documented in the history books. However during these journeys he probably regularly changed horses.

The founder of modern endurance is Wendell T. Robie (1895-1984). His motive was an equestrian sport, that combined the endurance of the horse, the bond between horse and rider and riding through countryside.

He organized the first endurance ride in 1955, the Tevis Cup 160 km. It is named after Lloyd Tevis, president of Wells & Fargo Company (Pony Express). The ride had only 5 participants, but became an increasing success in the years following. This finally resulted in the founding of three endurance associations: The Western States Trail Foundation (Tevis Cup), the American Endurance Rides Conference and the North American Trail Ride Conference. Shortly afterwards, endurance became a widespread form of equestrian sport.

For example, in 1966 in Australia the first Tom Quilty Cup, similar to the Tevis Cup, was ridden. In England the Endurance Horse and Pony Society was established in 1973 and the famous 160 km ride, the Summer Solstice, was first organized in 1975. Many other European countries followed, founding of their own endurance associations. Likewise, in the Netherlands the KNHS Endurance Association (then: DER – Dutch Endurance Riders) was founded on May 6, 1991.

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## **WHAT DOES THE KNHS ENDURANCE ASSOCIATION DO?**

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Unlike many other countries like America and Australia, long-distance driving in the Netherlands does not have a long history yet. The KNHS Endurance Association (KNHS Endurance Vereniging, abbreviated as KEV, formerly DER - Dutch Endurance Riders) was founded in 1991 with the purpose to organize and coordinate endurance rides on horseback. At present, the association organizes between 20 and 25 endurance rides (under saddle), of which 2 international (CEI\*\*\*). The 5 to 8 endurance drives (harnessed) are independent of the KEV, by various organizations.

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## THE KNHS ENDURANCE ASSOCIATION

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The founding meeting of the KNHS Endurance Association was held on December 15, 1990 in the Orange Nassau MAVO Bilthoven. During the break of the meeting, the attendees could register as a member. The association began under the name "Dutch Endurance Riders" (DER).

An earlier unsuccessful founding attempt took place on November 3, 1990, after which several changes in the association regulations took place.

From December 15. the DER functioned, with board members some members of the Dutch Equestrian Association (NRSV), who strongly encouraged separation from this more recreational club. Often the starting date in May 1991 is mentioned, because then all regulations etc. were made official. The logo of the DER consisted of three galloping horses.



The DER, initially with about 40 members, was a member of the Dutch Association of Hunting and Riding Associations (NBVR). In 2000, the Dutch Association of Long Distance Riders (NVLRL) merged with the DER. The NVLRL organized the class 4 rides. With this, the logo of the DER changed too. The three horses became four: one for each class.

In 2002 the NBVR merged with three other associations to the Dutch Equestrian Federation, later granted the title "Royal" Dutch Equestrian Federation (KNHS). The DER remained independent for some time, but later on also merged into the KNHS.

Endurance Riding / Endurance Driving is currently one of the eight equestrian disciplines.

The KNHS Endurance Association currently has about 900 members, aging from 8 to 80 (!) Years.

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The Board currently (January 2016) consists of the following people:

Aart Markies	Chairman	communication, sponsoring, KNHS
--vacant--	Secretary	
Mariette Schellingerhout	Rides administration	
Iloona van Roekel	Financial	
Bernadette Kramer	Administration	
Evelyn Bruinsma	Her&Der	(club magazine)

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## CLASSIFICATION

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Since of course nobody can and may just ride 160km, there is a promotion system with classes. The Endurance Association has the following classes:

Class	Ride	Drive	Type
0	20 to 40 km	20 to 30 km	Taster
1	20 to 40 km	20 to 30 km	competition
2	40 to 80 km	30 to 50 km	competition
3	80 to 120 km	50 to 70 km	competition
4	Over 120 km	Over 70 km	competition

As the table shows, there is a class 0, the so-called taster ride or leisure ride. You can start in this class, to get to know the endurance sport. In the class 0 rules are adapted to ensure participants can ride without problems finishing. Also, you don't need any extra paperwork whatsoever, obligatory KEV membership, only a KNHS membership (or any foreign national equestrian federation membership) is required.

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## CAN MY HORSE DO THIS?

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If you want join a ride or want to join the KNHS Endurance Association, you will wonder if your horse / pony is suitable for this sport. Experience shows that almost every healthy horse that is somewhat trained, can participate in class 1 at an easy pace of about 10 km / h.

During rides or/and drives you will see horses and ponies of very different breeds. A look at the results lists provides a good overview of the participating horses.

When you move up to higher classes and longer distances, other demands will have to be met. You will need about three years of training to get a young horse in shape, and to have it compete in a ride of 80 kilometres or more.

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## DOES MY HORSE'S AGE MATTER?

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Yes, the age of your horse is important. Some rides are more demanding than others and, because the health of the horse in endurance sports is paramount, you can not and should not start in just any class. Competition classes and minimum ages are shown below.

Minimum age	Class 0	Class 1	Class 2	Class 3	Class 4
4	Yes		No		
5	Yes			No	
6	Yes				

For endurance ride over 140km the horse must even be minimum 7 years of age. Furthermore, there are restrictions for pregnant or lactating mares.

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## WHAT ABOUT THE RIDER?

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The endurance sport is suitable for riders of virtually any age and with various levels of riding experience. The minimum age for participation in a class 0, 1 and 2 Endurance Ride however is 7 years. To participate in a class 3 and 4 competition ride you must be at least 14 years old. For drivers the minimum age is 12 years, for their grooms minimum 14 years. There is no maximum age. Riders under 14 years must be supervised by an adult during the whole ride. For the drivers: either the driver or the groom must be at least 18 years old. For this reason, competitions are often ridden by parents and children together.

The required riding or driving experience is dependent on the class, in which you start. In class 1 you can still ride recreational, while in higher classes more experience, fitness and knowledge of the rider is requested.

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## THE FIRST COMPETITION RIDE

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### What to bring to the ride:

- Valid vaccination certificate (minimum 1 week before and up to one year before the ride vaccinated against influenza), note: the primary vaccination (booster) should be stated!
- Equine Passport (Nowadays the vaccination history is stated herein).
- Adequate head protection (Cap or helm, carrying the EN1384 mark)

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## What's next?

Sign on at the secretariat/office. There you will receive, after having paid the applicable costs, your ride number (bib), a veterinary card (vet-card) and (if necessary) a permit for riding through special (forest) areas: During the whole ride you should keep these with you!

## Minimum / maximum speed

For the various classes minimum and maximum speeds are set. These are average speeds measured over the entire route.

For higher classes there is no speed limit. But, depending on weather / terrain etc. these can however be set!

Class	Endurance ride, horses and ponies		Endurance drive, horses		Endurance drive, ponies	
	Min.	Max.	Min.	Max.	Min.	Max.
0	8 km/h	12 km/h	8 km/h	13 km/h	7 km/h	12 km/h
1	9 km/h	15 km/h	8 km/h	13 km/h	7 km/h	12 km/h
2	9 km/h	-	8 km/h	15 km/h	7 km/h	14 km/h
3	10 km/h	-	10 km/h	-	9 km/h	-
4	10 km/h	-	10 km/h	-	9 km/h	-

Every 5 km during the route there is a distance sign. Also two and one kilometer before the finish you will find a sign. Using this you can calculate or estimate your speed yourself.

## Pre-ride check

Well before your start time have one of the vets examine your horse. Don't forget to bring the veterinary card, the horse passport, vaccination certificate (in the passport), all other paperwork if necessary, and your bib with starting number. Without these no pre-ride check will be done.

The veterinarian will examine your horse and have it trotted up. After approval, you start for your ride on your pre-set start time.

If applicable, attend to the briefing.

Make sure at the specified time you are ready to start.

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## **Finish and post-ride check (final vetting)**

Ridden: When finishing your ride time is stopped. Then you have 10 minutes to have your horse's heart rate measured, it should be less than or equal to 60 per minute. When the heart rate is over 60 per minute, you must once again (within 10 minutes after finishing) have the heart rate measured. When, at that time, the heart rate still is too high, you will be disqualified. Heart rate and finish time will be stated on the veterinary card.

Harnessed: When finishing your driving time stops, and immediately you start a compulsory walk of 1 km, for which you have up to 15 minutes. Then heart rate is to be measured, which must be less than or equal to 64 per minute. If the heart rate is too high, the heart rate of the horse has to be measured once again within 15 minutes. When, at that time, the heart rate still is too high, you will be disqualified. Heart rate and finish time will be stated on the veterinary card.

All participating horses will have, 30 minutes after the last heart rate measurement, another complete veterinary examination (final vetting).

**For all participants in all classes: horses may only leave the competition area when agreed on this by a veterinarian, by signing off the veterinary card!**

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## THE VET-CARD

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On this card, all data about your horse from the various inspections before, during and after the ride are stated. There are many inspections and inspections are strict on a ride day, because the welfare and health of the horse is paramount.

On the front, all data of horse and rider, the race name and date, distance and so on.

At the rear, all comments and remarks of the veterinarians and jury.

On the inside, all data and times of the various inspections, vet gates, etc.

On the following page an example of such a vet(-erinary) card.

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Eigen initiatief:

- Teruggetrokken tijdens de wedstrijd  
 Gestopt op vetgate nummer ..... bij ..... km

Veterinaire bevindingen:

- Gedaan bij:  voorkeuring  p/a  
 vetgate nummer .....  
 nakeuring

- Te hoge hartslag:  ja\*  nee  
 Afgekeurd op metabole redenen:  ja\*\*  nee  
 Afgekeurd op kreupelheid:  ja\*  nee  
 Afgekeurd om overige redenen:  ja\*  nee

\* = uitsluiting  
 \*\* = diskwalificatie ter beroordeling hoofdvat.  
 Volgens het algemene KNHS reglement

paraaf vet.

- Goedgekeurd:  ja  nee  paraaf vet.  
 Terrein verlaten:  ja  nee  paraaf vet.

Bevindingen jury:

- Diskwalificatie  paraaf jury

Toelichting:



KNHS Endurancevereniging

## VETERINAIRE KAART

Klasse: **2** Groep 1 *10.7u h/h*  
 Afstand: **56 km** startnummer: **207**

Wedstrijd: **Endurance de Peelrand**  
 Datum: **20-10-2007** te: **Wanroij**  
 Telefoonnummer secretariaat: **06-53695344**

Ruiter: **Rutten, M.J.C.**

Indien minderjarig, leeftijd:  
 Begeleid door startnummer:

Paard: **Joukje W.**  
 Ras: **Fps**  
 Leeftijd: **12** geslacht: **Merrie**  
 Stokmaat: **168** kleur: **Zwart**

Entingen:  ja  nee  paraaf vet.  
 Startgerechtigd:  ja  nee  paraaf vet.

**Rear:** comments and remarks  
 of vet's and jury etc.

**Front:** data about rider, horse,  
 ride etc.

### The Vet-card and the various terms on it:

**Pols** = Pulse (heart rate): The normal resting pulse is about 28-48 beats per minute. The pulse during exercise may be up to about 180 beats or more. Also, any cardiac abnormalities such as arrhythmias and noises can be distinguished.

**Ademhaling** = Breathing: This is reviewed visually, visible in the flanks or from the nostrils. Normal breathing is 8-14 per minute. Also the type of breathing is important.

**Slijmvliezen** = Mucosa: This is assessed by viewing the lips mucosa and the inside of the eyelid. These need to be pink, wet and slippery, never dry or sticky.

**Capillary Refill Time:** Assessment by light pressure on the gums, and then check how long it takes for the normal color to return. Slow refill may be an indication of dehydration or shock.

**Turgor** = Skin test: Assesment by pulling a fold of skin in the neck. Slow return can be an indication of dehydration.

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	TIJD	Hart-slag	Adem-haling	Slijm-vliezen	Turgor	CRT	Borborygmi	Spier-tonus	Rug-schoft	Locomotie	OPMERKINGEN	Startnummer: 207
Start / voorkeuring	09.00	44	20	A	1	K	++	N	N	OKA	Kuchen neusuitloeiing	8
Arrival	11.25.03											
Time in	11.37.18	56	20	A	1	C	++	N	N	A		10
Re-inspection												
Re-examination												
Time out	12.07.48											
Arrival												
Time in												
Re-inspection												
Re-examination												
Time out												
Arrival												
Time in												
Re-inspection												
Re-examination												
Time out												
Arrival												
Time in												
Re-inspection												
Re-examination												
Time out												
Arrival / finish	14.42.48	60										
Re-inspection												
Nakeuring	14:12	42	12	B	4	1	++	N	N	A	rode slijmvlies	6

**Inside:** all data of inspections, times, values, remarks etc.

### The Vet-card and the various terms on it, continued:

**Borborygmi** = Gut sounds: Assessment with phonendoscope, on both sides of the horse. A horse should always, even during exercise, have active bowel, which may produce the necessary noise. It helps if the horse, during the ride occasionally can take a bite of grass, and eats well during the breaks.

**Spierspanning** = Muscle Tension: The large muscle groups in the hindquarters should not be hard, tight or something like. This may be an indication of cramping, catching a cold, etc. **Rug / Schoft** = Back / Withers: The muscles in the back and withers also should not be hard or tight.

**Locomotie** = Locomotion (movement, gait): Assessment in walk and trot, in a straight line away from the vet and back again, on a rather loose leash.

Also after the ride the horse must move fluently and smoothly, and should be sound.

**Opmerkingen** = remarks: Any remarks can be entered on the veterinary card under this heading, e.g. about: noise in breathing / heartbeat, injuries, about legs or/and hooves, etc.

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## NUMBER OF RIDES PER YEAR

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Under the supervision of the KNHS Endurance Association various rides are being held throughout the country, each competition has its own terrain and has its own difficulty.

In 2016 the following rides are planned:

### Endurance rides:

12 March	Ysselsteyn Lb	Class I, II and III
20 March	Kootwijkerbroek	Class I and II
26 March	Epe	Class I, II and III
9 April	Ruinen	Class I and II
10 April	Renesse	Class I and II
16+17 April	Tweedaagse Utrechtse Heuvelrug	Class II, III and IV(2-day)
16 April	Utrechtse Heuvelrug (Leersum)	Class I, II and III
17 April	Utrechtse Heuvelrug (Leersum)	Class I, II and III
24 April	Ommen-Vechtdal (Ommen)	Class I, II and III
1 May	Ermelo	Class I and II
5-7 May	Driedaagse Veluwe	Class II and III (3-day)
13-15 May	CEI */**/***/ Ermelo	Class III and IV (int./CEI)
21 May	Teteringen (Breda)	Class I, II and III
29 May	Drent-Friese Wold (Appelscha)	Class I, II and III
4 June	Someren	Class I, II and III
18 June	Zuid-Veluwerit (Renkum)	Class I
19 June	Zuid-Veluwerit (Renkum)	Class I, II and III
2 July	Etten-Leur	Class I, II and III
16 July	Heijenrath	Class I, II and III
30+31 July	Tweedaagse Utrechtse Heuvelrug	Class II, III and IV(2-day)
30 July	Utrechtse Heuvelrug (Leersum)	Class I, II, III and IV
31 July	Utrechtse Heuvelrug (Leersum)	Class I, II, III and IV
14 Aug.	Kootwijkerbroek	Class I and II
26 Aug.	Hippiade Ermelo	distances not known yet
3 Sept.	Montferland (Elten)	Class I, II and III
10 Sept.	Ginkelse Heide (Otterlo)	Class I, II and III
17 Sept.	Grolloo	Class I, II, III and IV
25 Sept.	Loonse and Drunense Duinen	Class I and II
1 Oct.	Wassenaar-Katwijk	Class I, II and III
8 Oct.	Buinen (Dr.)	Class I and II
22 Oct.	Epe	Class I, II and III

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## Endurance drives:

13 March	Ysselsteyn Lb	Class I, II and III
28 May	Drent-Friese Wold (Appelscha)	Class I, II and III
5 June	Someren	Class I, II and III
3 July	Etten-Leur	Class I, II and III

Every ride or drive with a class I always also has a class 0 (taster ride), on the shortest distance available.

The exact ride distances are often not exactly known yet in advance, so keep an eye on the website ( [www.endurancevereniging.nl/vraagprogramma.html](http://www.endurancevereniging.nl/vraagprogramma.html) )!  
Please find here (links to) ride programs, registration forms, start lists, results, etc.

Also, many ride organizations have their own website with more (and more accurate) information, exact distances, start lists, results, photos and more.  
In addition, riders and drivers (especially from the east or the south of the Netherlands) often can participate in rides in Germany and Belgium.

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## HOW CAN I BECOME A MEMBER?

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You have become an enthusiast about our sport and would like to become a member?

At the end of this brochure you will find a form. Of course you can also subscribe via the website: [www.endurancevereniging.nl/vereniging.html](http://www.endurancevereniging.nl/vereniging.html) and then left click under "lid worden" (becoming a member) on the button "inschrijfformulier" (registration form).

When you only want to participate in class 0 (taster ride), only a valid KNHS-membership (or a foreign equestrian federation membership) is sufficient. More paperwork is not necessary. However: You will not be promoted to higher classes, and your mileage will not be registered.

If you want to participate in endurance rides in Class I to IV, you must be a member of the KNHS Endurance Association (KNHS Endurance Vereniging, formerly also known as Dutch Endurance Riders, abbreviated DER). The Endurance Association notifies you as a member of the KNHS.

The contribution of the KNHS EV (in 2016 this is € 55, -) includes the membership fee to KNHS.

For drivers: you must be a member of any KNHS-recognized (or foreign) driving association.

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For your first ride in class I (or higher), you and the participating horse must be registered with the KNHS. Or the horse must be listed with a foreign federation. You can also apply for an “endurance only” registration, which is cheaper. Or you apply for a limited registration, this allows you to start up to 4 rides a year max.

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## **AND FINALLY...**

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The official website of the endurance association can be found at [www.endurancevereniging.nl](http://www.endurancevereniging.nl) , here you can read all this information (and much more) once again.

If, after reading this information, you still have questions, please do not hesitate to ask.

You can always get in contact via mail: [secretariaat@deronline.nl](mailto:secretariaat@deronline.nl) .

Your question will be answered as soon as possible.

If you want more information on applicable regulations, you can of course also find these via the website under

<http://www.endurancevereniging.nl/vraagprogramma/reglementen.html>.

Attention: If regulations changes are being introduced for endurance rides or / and drives, these will take effect on March 1<sup>st</sup> (before the start of the first ride). So please keep an eye on the website

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## LITERATURE ON ENDURANCE RIDING

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<u>Title</u>	<u>Author</u>
- Endurance – op mijn manier	Liesens
- Abenteuer Distanzreiten	Koller
- Going the distance	Parslow
- The Endurance horse	Hyland
- The endurance Riding- from first step to 100 miles	Wilde
- Endurance Riding- from beginning to winning	Hollander
- Endurance Riding & Competition	Snyder
- Endurance riding and trekking	Bell
- Endurance, start to finish	Pavord
- Fit to finish	Oltmann
- Go the distance	Loving
- Riding long distance	Hyland
- Starting endurance riding	Wilde

These books can be ordered at any regular bookstore or at various internet-bookstores.

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## ENDURANCE ON THE INTERNET

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KNHS EnduranceAssociation      [www.endurancevereniging.nl](http://www.endurancevereniging.nl)

KNHS      [www.knhs.nl](http://www.knhs.nl)

Dutch Endurance-forum      [www.endurance-forum.nl](http://www.endurance-forum.nl)

This is just a small selection from available "Endurance-Info" on the Internet ... Many organizations have their own website, as well as foreign equestrian federations and endurance associations, etc.. Plus there's lots of information on the internet about training, equipment, saddles / bridles, accessories etc., pictures (and videos) of rides, etc.

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## REGISTRATION FORM

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### *Registration form “KNHS Endurancevereniging” (KNHS Endurance Association) Membership*

#### **Personal data:**

Mr. / Mrs. (\*) (\*) Strikethrough if not applicable  
Name and first name:  
Adress:  
zipcode and place:  
Country:  
Phone number:  
Email address:  
Date of birth:  
If applicable your KNHS personal number:

#### **Type of membership:**

- Individual membership € 55,-- a year  
 Family membership (already another member is living at the same address) for € 45,-- a year. We get only 1 Her&DER per address

please mark your choice

#### **Method of payment:**

*When you authorize for debit payment, you get 5 Euro discount. When registering after August 1st you also get a discount on the yearly contribution.*

- Hereby I authorize for debit payment.  
My bank account number is:  
 I pay per invoice.

*Any termination of membership must be made before November 30<sup>th</sup> of each year. Members who terminate their membership after this date, will remain a member throughout the whole next year and are obliged to pay all applicable payments.*

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KNHS Endurancevereniging

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