RDA ENDURANCE

**Are you looking for a new challenge in your RDA group this year?**

**Why not make 2022 the year that your RDA group registers as an Endurance Group?**

Joining is as simple as filling in a form. .

The possibilities are endless as riding can even be done on a mechanical horse and beautiful rosettes can be earned when riders join the Grass Roots League. Any RDA horse/pony can take part as the same rules for tack, rider clothing etc. apply as for group sessions. Toe stoppers (or other caged stirrups) are essential when the rider has non - standard footwear. In Greater London not all groups have outside riding areas but here is the good news ENDURANCE CAN BE STARTED IN YOUR ARENA. You can be really inventive with pot plants and cones pretending to be trees and bushes some groups have even produced cut outs of cows and sheep!! Longer rides can take place outside where this is possible but riders can start riding in the Grass Roots League at just 1km

Endurance is FUN and any rider with good sitting balance will really enjoy the new challenge. Volunteers like it too as an opportunity to get fitter. It will also provide a different series of opportunities to give variety to your sessions.

Lots of educational opportunities also accompany RDA Endurance; checking tack and making sure that the pony is comfortable, checking that the pony is fit and well and has no loose shoes, learning to check pony heart rate, counting circuits/measuring distances and measuring times. This is just for starters ……

Since its launch in 2012, RDA Endurance has become hugely popular, with levels to suit all abilities and riding environments. Nationally there are over 100 groups registered for Endurance but in Greater London region we only have 4 at the moment. Let’s make 2022 the year to increase our numbers and increase our fun. We are hoping to run a small outdoor event this summer and it will be open to all registered RDA Endurance Groups it will be a very special day and a “first” for the Region so make sure it includes you and your RDA Group.

We are also planning an “Endurance information day ” if there is enough interest . Let’s make it happen.

MUCH MORE INFORMATION TO BE FOUND ON THE RDA NATIONAL WEBSITE so take a look now <https://www.myrda.org.uk>

or contact me at [gilly\_roper@btinternet.com](mailto:gilly_roper@btinternet.com)

Some of you know me as one of the region’s Regional Coaches but I am also the National Endurance Lead