

Mosquito Run Ride Packet

Management: Peggy Pasillas, Joan Elbert, Sharon Hahn

Vets: Dr Jeske Noordegraaf (head vet), Dr. Bonnie Miller, Dr Heather Goerts Damico

Covid Rules and Recommendations: Please read the Covid plan in your rider's packet. If you are here for this event, you are agreeing to follow this plan. We are able to get insurance and permission to have this ride only if this plan is followed. Thank you for your support. As of the writing of this plan, the Minnesota governor has lifted the Covid restrictions. However, riders or handlers and volunteers may choose to wear their own mask. Management understands that some individuals and their families, friends and co-workers still remain at high risk for Covid-19, and our goal is to make everyone who chooses to attend the ride comfortable. Please be thoughtful and allow people room to social distance.

Camping: Camping is \$15/night. Camping is primitive with pit toilet and water available. Please park respectfully – your neighbors may be close. Pens are allowed but size may be restricted and ride managers may ask you to adjust the size based on how many people we have. We always make room for people, so please be flexible and keep your campsite tight. If you come for the day and don't camp, there is a \$5/day fee.

Park Trail Pass: Three Rivers Park District requires either an annual pass or a day pass to ride. Cost is \$6/day for all riders over 12 yrs of age. You can order them online at the Three Rivers Park website or you can purchase them at the ride office. Check or cash (exact change) is needed when you purchase a pass. There is generally good cell signal at this park so you can access the park website while at ride camp.

Vetting:

- You are responsible for presenting your horse and scorecard to the vet for examination before and after your ride and at all holds. Before-ride vet-in is without tack – just halter and lead rope. Allow sufficient time to get vetted in before your start time.
- We ask that all riders maintain their distance and keep a safe distance between other riders and their horses while they are vetting in. Not only is it safer for the people, but safer for the horses as well.
- If you are riding the same horse two days in a row, you must vet in for the second day the morning of the ride and not the night before.

Riders Meeting: There will be a rider's meeting at 8pm on Friday and Saturday evening. There will be a special Novice rider's meeting Saturday at 1pm and Sunday at 9am. Trail maps will be available at the ride meetings.

Ride Cards: Each rider for LD and Endurance are responsible for their own ride cards. Please keep your ride card in a Ziplock bag during the event, as wet ride cards from sponging or rain are difficult to record scores on. Competitive score sheets will be held by management.

Crew Area: There will be a designated crew area near the vet area. If you are camped close to the vet area, we encourage you to crew at your site to help ensure we can maintain social distances as needed. Remember – only one handler per horse in the crew area.

Volunteers: Please be patient with our volunteers as some are doing this for the first time. Volunteers make the ride possible! Volunteers will get food and beverages while they are helping. We often need volunteers on Saturday afternoon and evening and on Sundays to help with Novice riders. Please consider volunteering after you complete your ride.

Potluck: We will be having a potluck on Saturday evening before awards. The ride will provide our famous fried Mosquito Wings (aka fried chicken). Please bring a dish to share and join us in the first pot luck since Covid at the Minnesota rides!!

Awards Ceremony: Awards for Saturday will be at approximately 7:30pm after potluck.

Dogs: Your dogs are welcome in ride camp, but must be leashed at all times. Park rules require all dogs to be on leash. If you wish to take your dog for a run, there is an off-leash dog park right across the main road from ride camp.

Trail: Trails are shared by hikers and pleasure riders. Please be respectful of others in the park, and always slow to a walk when encountering trail riders or hikers. Call out to them and let them know you are coming and ask if it's okay to pass a trail rider. It's critical we represent the sport well in order to maintain our good reputation with the park and be able to continue to hold this ride. The trail is mainly flat through prairie and woods and is generally barefoot friendly, though there is some gravel park road.

Holds: All holds will be in camp. Riders are expected to walk through the campground to the vet area.

Rules: We have multiple events going on at the same time (plus pleasure riders on trail), so not everyone you see will be following the same set of rules. Please familiarize yourself with the rules applicable to the event you've entered. Rules are available at www.umecra.com/BylawsAndRules/2021UMECRARULESforWeb.pdf and will also be posted at the ride.

Ride Parameters: These are set by the head vet not more than 24 hours before the start of the ride. If the ride parameters change, riders will be notified at the rider meeting and it will be posted in the office area.

Endurance: pulse for each hold will likely be 64 bpm at all holds and to finish. Final parameters will be set by the head vet on Friday and announced at the riders meeting. There will be 3 loops and 2 holds unless weather conditions require 4 holds. The decision will be made by agreement of the vets and ride manager and will be announced at the ride meeting. Planned

loops will be 20, 15, and 15 miles respectively. Endurance riders are responsible for keeping their ride cards with them at all times.

- Maximum completion time is 12 hours. The finish line will be slightly out of camp for safety.
- Your horse's pulse must be at 64 within 30 minutes of arriving at the timer.
- You are allowed up to an hour to complete the post ride exam after crossing the finish line. Final post ride exam pulse must be 64 bpm or lower to complete
- No ties are allowed
- Best condition – you must present your horse to the head vet 30 minutes after you arrive at the finish line. Let the head vet and the scribe know you are standing for BC.
- First hold – 50 minutes after pulse down. Tack can be on and girth should be loose. The vet will check gut sounds and do a soundness check with a trot out and back before you exit.
- Second and third holds – 50 minutes after pulse down. Tack can be on and girth should be loose. Vet check will be an exit CRI (Cardio Recovery Index). Come to the vet area 10-20 minutes before your hold is over to complete your exit CRI. Watch the vet area, there may be a line.
- CUT OFF time for the last loop is one hour before the ride time ends. If the ride begins at 5:30am, then the cut off time will be 4:30pm. No exceptions.

Limited Distance: Pulse at the midpoint will probably be 64 bpm. Pulse for the finish will be 60 bpm. Any changes in parameters will be announced at the riders meeting. LD riders must keep their ride card with them for the duration of the ride.

- LD maximum completion time is 6 hours. If the ride starts at 6am, the finish time is 12:00pm. This includes your hold time. The timer clock is the "official" clock – not your watch or your phone.
- LD hold will be one 50-minute hold with an exit CRI (Cardio Recovery Index). Please present your horse 10-20 minutes before the end of your hold. Watch the vet area, there may be a line.
- Finish – your horse must reach 60 bpm within 30 minutes of arriving at the timer's tent. Your finish is determined by when you reach 60 bpm. You are allowed a full hour after you reach the timer to complete your post finish line exam and your horse's heart rate must still be at 60 bpm or lower at your final exam. If you are showing for Best Condition – please present your horse to the head vet 30 minutes after your pulse down and tell the scribe and the vet you are showing for BC.

Competitive: Pulse and respiration will be taken 10 minutes after arriving at the timer after the first and second loop. It is your responsibility to present yourself in the P&R area 10 minutes after your arrival. After the pulse check, you will be asked to trot your horse for the vet. The hold will be 50 minutes from when you arrived at the timer. No crew is allowed for

Competitive. You must care for your horse yourself, although someone can hold your horse and act as a post, but they cannot apply fly spray, groom or feed your horse.

- Riders will be split into small groups of 3-4 riders each with start times staggered by 15 minutes.
 - Example: Group 1 leaves at 7:30, Group 2 leaves at 7:45, Group 3 leaves at 8am.
 - Ride management has the right to start groups earlier than the designated start time, but at least one group will start at the time posted on the ride flyer.
- Ride time will be 4 hours with your optimum time being 4 hours plus the 50 minute hold. Ride time may be adjusted based on the weather and will be announced at the riders meeting. Riders can finish plus/minus 5 minutes of their optimum ride time with no penalty points. Any time before or after that and time penalties will be applied – 1 point deduction for each minute outside of the window. If you come in more than one hour before or after the optimum time, you will be disqualified. All time is based on the timer's clock – not your watch or the one on your phone.
 - Ride time example: Start time 8am – optimum time is 12:50pm. Come in between 12:45 and 12:55 – no time penalty. Come in at 12:40 or 1:05 – 5 point time penalty. Come in at 1:50 – 55 point time penalty. If you come in at 1:51pm, you will be disqualified because you exceeded the maximum time limit.
 - You will be told before the ride whether or not you can sponge in the vet area before your P&R time. You may sponge in natural water (including tanks placed by management) along the trail.
- You must remain mounted while making forward progress along the course. At any time before the 2-mile marker on the last loop, you may get off to rest, adjust tack, etc. but you cannot lead your horse down the trail. After the 2-mile marker on the last loop, you must maintain continuous forward motion (no stopping).
- Novice and drivers – this will be 15 miles on Saturday and 10 miles on Sunday. Both are one loop events with no hold in the middle. Ride time will be announced at the riders meeting. Rider meetings will be at 1pm on Saturday and 9am on Sunday.
 - Riders can finish plus/minus 5 minutes of their optimum ride time with no penalty points. Any time before or after that and time penalties will be applied – 1 point deduction for each minute outside of the window. If you come in more than one hour before or after the optimum time, you will be disqualified. All time is based on the timer's clock – not your watch or the one on your phone.
 - A P&R will be taken 10 minutes (15 for drivers) after you arrive at the timer. The timer will give you a card with your pulse time, which you should bring with you when you pulse in. It is your responsibility to present your horse to the P&R area without tack at the correct time.

- If you are not parked close to the vet area, it is a good idea to have a bucket of water and some fly spray in the crew area for use when you finish your ride.
- You will be told before the ride whether or not you can sponge in the vet area before your P&R check.
- Drivers follow competitive/novice rules with the following special additions:
 - Pairs must have a groom ride along. Singles may have a groom ride along. Both singles and pairs may have a groom assist with everything in camp and on the trail except the actual driving. The groom must sign the ride waiver if riding in the vehicle.
 - You will be given a special driver card at registration. Please complete the safety check on the back of the card and present the card to the timer before you start. Both the driver and the safety checker (either another driver or ride management) must sign the card.
 - Drivers will be sent out one at a time, 5 minutes apart.

Covid Plan

While there are currently no restrictions mandated by the state of Minnesota, we ask that you maintain social distancing in the vet area, during ride meetings, awards and potluck. There is plenty of space to spread out and still be able to visit and enjoy the company of others!

If you are sick – don't come to the ride! Wash your hands frequently or use hand sanitizer. Hand sanitizer and hand washing station will be available in the office area.

Riders, workers, vets and volunteers should wash their hands often and avoid using others' phones, stethoscopes, heart monitors or other equipment.

If you are not vaccinated - masks are encouraged in the vet area and when social distance can't be maintained.