# Foxcatcher Endurance April 6, 2024

Ride and Tie 12//25/50 mile

Equathon 12/12 mile ride/run & 12/6 mile ride/run

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Office Use: AERC Verified:
Need: ReleaseCoggins
CK#PayPal#
Balance Due
Date Stamped

<u>ENTER ONLINE B</u>	Y CLICKING THIS LINK		
Rider#1Name:		P	hone#:
			_Email:
R&T#:	AERC#:	ECTRA#:	
Rider #2 Name:			Phone #:
Address:			Email:
R&T#:	AERC#:	ECTRA#:	
*Ride & Tie mem	bership of \$25.00 for individ	ual*	
Horse Name:			
<b>Horse</b> AERC #:	ECTRA#:		
	ide & Tie or Equathon \$25.0		
	Equathon 12mi ride/12mi rur Equathon 12mi ride/6mi rur		_ Ride & Tie 12mi \$130.00
-	_ Equation TEINI Nacronii Tai		_ Ride & Tie 25mi \$180.00
		_	Ride & Tie 50mi \$180.00
-	Ride & Tie membership \$1	0.00 (if not curren	t member)
_	\$15.00 each for Friday night	extra meal fee (rid	ers meal is included in riding fee)
			// Sponsor's Name: e take a look at the AERC rules for Junior Ric
Emergency Contac	ct Name:		Phone #:
			ut with all documents and releases to be late fee and be accepted at manager's
TOTAL PAYMENT	= \$		_
All entries must inc Patpal link can be f		Inc. ronline. PAYPAL p	rocessing fee is the competitor's responsibilitier #: Name on PAYPAL
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PLEASE fill the entry out **completely**, include all necessary paperwork, i.e. Coggins, liability release that applies to you, copy of AERC card and full payment. NOTHING will be accepted without payment.

MAIL TO: Foxcatcher Endurance Attn: Maile Irion 206 Ridge Rd Southampton, NJ 08088. Cell #1-609-351-2434 (text preferred) Please email to: <a href="mailto:enduranceni@qmail.com">enduranceni@qmail.com</a>

#### **Foxcatcher Endurance General Information**

Entries: May be mailed or emailed to the secretary. Complete entry with all documents and full payment must be received by the secretary on or before 3/23/2024. Entries received after 3/23/2024 may be accepted at management discretion with a \$50.00 late fee. We are not able to accept credit cards unless you pay online via PayPal (you do not need a PayPal account to do so). \*Complete entry includes- current copy of negative Coggins, Liability Releases -Fair Hill International 2024 competition year (this is for you and everyone in your party). Fair Hill International Inc./Foxcatcher Endurance Release, All of these are in this entry packet - some will be for AREC riders. Some for all AERC, ECTRA, and crew PLEASE look through and sign away! Copy of AERC card, and payment in full.

**Cancellations: NO REFUNDS** 

**Coggins:** All entries must show a negative Coggins within the year.

<u>Corrals/High-Tie/Portable Fencing:</u> Management reserves the right to ask any rider to leave without entry fee refund if your horse(s) are not properly contained. Riders are responsible for properly securing their horses at the ride site. With regard to electric fences, bear in mind that many horses could be blanketed at this time of year and are not likely to feel the electricity through the blanket.

**Grounds:** Base Camp is located in a field off of Big Elk Chapel & Gallaher Road. Porta johns and water tanks are provided. There are no campfires permitted. There is NO fee for camping on the grounds for 4/4 - 4/7, 2024 Alternate permanent stabling may be available on NRMA grounds approximately 1 mile from the base camp (no round pens). Campsite hookups adjacent to permanent stabling may be available w/advance reservations through Fair Hill NRMA web page. Do not call, use the web page it is cheaper.

<u>Trails/Grounds:</u> This ride is held on state property and is open to the public. You may see hikers, riders, bikers, joggers, dog walkers, carriages. etc. Please be courteous to other park users and leave the campground as you found it. Terrain is rolling hills, gravel/dirt roads (most not open to cars), and numerous water crossings. Trail is well marked with signs, ribbons, and ground flags. Radio spotters will be on course reporting rider locations as they pass radio check points. Spotters and other volunteers are not responsible for knowing the course. Note: The Fair Hill NRMA rangers are authorized to close the course if severe weather/safety issues warrant. In this case no refund applies.

Ride Briefing: My goal is a zoom meeting 03/27/2024 in the evening. Please look for more information on the web page as we get closer.

**Farrier/ Treatment Vet:** A farrier and treatment vet will be available at rider expense. PLEASE... before leaving the ride make arrangements for payment to the provider of any veterinary and/or farrier expenses incurred.

Helmets: ASTM/SEI helmets are required by all riders and must be properly fastened when mounted.

**Start Time:** Ride & Tie / Equathon will start approximately 15 to 20 minutes after the other distances. I will post more information about start times for all of you as ride numbers become available. The 25 & 50 mile are scheduled to start at 7 a.m. The 10/15 mile will start at 7:30 am. The start times and locations will be different for each distance. Please refer to AERC rules for ride times. All start times and locations will be clearly marked. These times are subject to change depending on rider count for each distance.

<u>Vet:</u> Pre-Ride Vet inspection at base camp is scheduled Friday after 1 pm. There are no scheduled Pre-Ride inspections on Saturday. All vet checks are at the base camp. 50 Milers ONLY have a gate and go in the first loop where crewing is allowed. Directions will be provided for your crew. Information can be downloaded from the Foxcatcher website <a href="https://www.fairhillinternational.org/">https://www.fairhillinternational.org/</a>

**Medical:** Ride management strongly encourages all riders to either wear a web-assisted Road ID type bracelet or a medical card in an armband at all times on the trail. This will assist medical personnel in case of emergency.

Food: Dinner will be provided for riders on Friday night. Extra meals may be purchased in advance for family or crew at \$15 each.

**<u>Ride Packets:</u>** The goal this year is for all of you to get everything prior to arrival.

All info will be posted on the https://www.fairhillinternational.org/ to read/print ride information including maps, schedules & briefing notes.

Sanctioning: AERC, ECTRA, Ride & Tie

<u>Secretary:</u> Maile Irion 206 Ridge Rd Southampton, NJ 08088 Cell #1-609-351-2434 Please email to: endurancenj@gmail.com

Ride Manager: Holly MacDonald: hollymacrm@gmail.com Cell 609-847-5685

Directions: GPS location: 450 Gallaher Road, Elkton MD 21921

From North: I-95 or NJ Turnpike South over Delaware Memorial Bridge, take exit 109A (Rt. 279 Elkton) to Rt.213, right onto 213

North to Big Elk Chapel Road. Turn right. Go about 1 mile to Base Camp on left.

**From South:** I-95 to Exit 100. Left off ramp onto Rt 272 North. Go 5 miles to Rt. 273 Turn right onto 273 for 6 miles. Go past intersection 213/273 at Fair Hill Inn. Go about 1 mile Turn right onto Gallaher Road. Base camp is about 1 mile on the right.

# Fair Hill International, Inc./Foxcatcher Endurance Release

(for ALL competitors)

The undersigned, seeks voluntarily to participate in the Foxcatcher Endurance Ride. As a participant in the Foxcatcher Endurance Ride, I agree to abide by A.E.R.C. rules, E.C.T.R.A. rules & FEI rules if applicable. The undersigned, in consideration of accepting this entry does hereby, for himself, his heirs, executors, and administrators, waive and release the Foxcatcher Endurance Ride, Fair Hill International, Inc. and all individual members thereof, the American Endurance Ride Conference, Eastern Competitive Trail Ride Association, the Fair Hill Department of Natural Resources, and all other persons regardless of their capacity in any way connected with the event described herein, their representatives, heirs, executors, administrators, and assigns from any and all right, claim or liability for damages or for any and all injuries that may be sustained by me including injuries to animals, or from any and all claims of any kind or nature that I might have.

Further, I do hereby acknowledge that said release will extend to any accidents, damages, or claims arising out of my entry caused by my own act or the acts of anyone or any animal within my control. I understand that the sport involves being in remote areas for extended periods of time, far from communications, transportation, and medical facilities, that these areas may have natural and manmade hazards, which ride management cannot anticipate, identify, modify or eliminate, that horses can be excitable, difficult to control and unpredictable and that accidents can happen to anyone at any time.

I accept responsibility for myself and the animal I ride. I hold Ride Management, all personnel and the property owners including the Fair Hill Department of Natural Resources, blameless and free from all liability for injury or loss that might occur due to my participation in the ride. I understand that this release constitutes a limitation on my legal rights. Any action instituted against Fair Hill International, Inc. must be filed in the State of Maryland. I certify that my animal is not under the influence of any drugs during the event. I further agree to allow any drug testing on the animal I ride, as deemed necessary by the ride management. This release is valid for my animals, personal belongings, family or guests in my company. This release applies for the entire ride, arrival, during and until departure. I have read, understood and accepted this release.

I understand that if the horse I am riding is pulled for metabolic reasons and requires treatment on site or additional recheck by a ride vet, this horse may not leave base camp until released by an authorized ride vet. I have read and agree to abide by all conditions set forth in this release and entry form.

Rider #1 Name (print)	
Rider#1 Signature	Date
Rider #2 Name (print)	
Rider#2 Signature	Date
Parent or Guardian of Minor	Date
Signature of Horse Owner	Date
Emergency Contact Name & Number	



#### 2024 Competition Year

#### WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of Fair Hill International ("FHI") allowing me, the undersigned, to participate in any capacity (including as a rider, owner, coach, official, trainer or volunteer) in a FHI event or activity, including but not limited to equestrian clinics, practices, shows, competitions and related or incidental activities; I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Agreement (the "Agreement"):

- **A. ACKNOWLEDGMENT OF RISK:** I knowingly, willingly, and voluntarily acknowledge the inherent risks associated with the sport of equestrian and know that horseback riding and related equestrian activities are inherently dangerous, and that participation in any FHI Event involves risks and dangers including, with-out limitation, the potential for serious bodily injury (including broken bones, head or neck injuries), sickness and disease (including communicable diseases),trauma, pain & suffering, permanent disability, paralysis and death; loss of or damage to personal property (including my mount & equipment) arising out of the unpredictable behavior of horses; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with other participants and horses, natural or manmade objects; adverse weather conditions; facilities issues and premises conditions; failure of protective equipment (including helmets); inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of FHI Event organizers and competition management; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks").
- **B. ASSUMPTION OF RISK:** I understand that the aforementioned Risks may be caused in whole or in part or result directly or indirectly from the negligence of my own actions or inactions, the actions or inactions of others participating in FHI Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby voluntarily and knowingly assume all such Risks and responsibility for any damages, liabilities, losses, or expenses that I incur as a result of my participation in any FHI Events. I also agree to be responsible for any injury or damage caused by me, my horse, my employees or contractors under my direction and control at any FHI Event.
- C. WAIVER AND RELEASE OF LIABILITY, HOLD HARMLESS AND INDEMNITY: In conjunction with my participation in any FHI Event, I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties: FHI members, Event participants (including athletes/riders, coaches, trainers, judges/officials, and other personnel), the Event owner, licensee, and competition managers; the promoters, sponsors, or advertisers of any FHI Event; any charity or other beneficiary which may benefit from the FHI Event; the owners, managers, or lessors of any facilities or premises where a FHI Event may be held; and all directors, officers, employees, agents, contractors, and volunteers of any of the aforementioned parties (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss, or expense (including court costs and reasonable attorney fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the FHI Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
- **D. COMPLETE AGREEMENT AND SEVERABILITY CLAUSE:** This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

I HAVE CAREFULLY READ THIS DOCUMENT IN ITS ENTIRETY, UNDERSTAND ALL OF ITS TERMS AND CONDITIONS, AND KNOW IT CONTAINS AN ASSUMPTION OF RISK, RELEASE AND WAIVER FROM LIABILITY, AS WELL AS A HOLD HARMLESS AND INDEMNIFICATION OBLIGATIONS.

By signing below, I (as the participant or as the Parent/Legal Guardian of the minor identified below) hereby accept and agree to the terms and conditions of this Agreement in connection with my (or the minor's) participation in any FHI Event. If, despite this Agreement, I, or anyone on my behalf or the minor's behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities as the result of such claim.

Print Participant Name	
Participant Signature (or parent/guardian if minor) Date	 



#### 2024 Competition Year

#### WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of Fair Hill International ("FHI") allowing me, the undersigned, to participate in any capacity (including as a rider, owner, coach, official, trainer or volunteer) in a FHI event or activity, including but not limited to equestrian clinics, practices, shows, competitions and related or incidental activities; I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Agreement (the "Agreement"):

- **A. ACKNOWLEDGMENT OF RISK:** I knowingly, willingly, and voluntarily acknowledge the inherent risks associated with the sport of equestrian and know that horseback riding and related equestrian activities are inherently dangerous, and that participation in any FHI Event involves risks and dangers including, with-out limitation, the potential for serious bodily injury (including broken bones, head or neck injuries), sickness and disease (including communicable diseases),trauma, pain & suffering, permanent disability, paralysis and death; loss of or damage to personal property (including my mount & equipment) arising out of the unpredictable behavior of horses; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with other participants and horses, natural or manmade objects; adverse weather conditions; facilities issues and premises conditions; failure of protective equipment (including helmets); inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of FHI Event organizers and competition management; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks").
- **B. ASSUMPTION OF RISK:** I understand that the aforementioned Risks may be caused in whole or in part or result directly or indirectly from the negligence of my own actions or inactions, the actions or inactions of others participating in FHI Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby voluntarily and knowingly assume all such Risks and responsibility for any damages, liabilities, losses, or expenses that I incur as a result of my participation in any FHI Events. I also agree to be responsible for any injury or damage caused by me. my horse. my employees or contractors under my direction and control at any FHI Event.
- C. WAIVER AND RELEASE OF LIABILITY, HOLD HARMLESS AND INDEMNITY: In conjunction with my participation in any FHI Event, I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties: FHI members, Event participants (including athletes/riders, coaches, trainers, judges/officials, and other personnel), the Event owner, licensee, and competition managers; the promoters, sponsors, or advertisers of any FHI Event; any charity or other beneficiary which may benefit from the FHI Event; the owners, managers, or lessors of any facilities or premises where a FHI Event may be held; and all directors, officers, employees, agents, contractors, and volunteers of any of the aforementioned parties (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss, or expense (including court costs and reasonable attorney fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the FHI Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
- **D. COMPLETE AGREEMENT AND SEVERABILITY CLAUSE:** This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

I HAVE CAREFULLY READ THIS DOCUMENT IN ITS ENTIRETY, UNDERSTAND ALL OF ITS TERMS AND CONDITIONS, AND KNOW IT CONTAINS AN ASSUMPTION OF RISK, RELEASE AND WAIVER FROM LIABILITY, AS WELL AS A HOLD HARMLESS AND

**INDEMNIFICATION OBLIGATIONS.** By signing below, I (as the participant or as the Parent/Legal Guardian of the minor identified below) hereby accept and agree to the terms and conditions of this Agreement in connection with my (or the minor's) participation in any FHI Event. If, despite this Agreement, I, or anyone on my behalf or the minor's behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities as the result of such claim.

Print CREW Participant Name	
Participant Signature (or parent/guardian if minor) Date	
Print CREW Participant Name	
Participant Signature (or parent/guardian if minor) Date	

## Ride & Tie Liability Release Form

This release must be signed and returned with your ride entry No cross-outs or additions are permitted NOTE: Both riders must be members of the Ride and Tie Association

THIS IS A RELEASE. IT CONTAINS LIMITATIONS ON LIABILITY - READ IT!

I understand that Ride and Ties are hazardous activities which involve being in remote areas for a long time; that these areas have many natural and man-made hazards which race management cannot anticipate, identify, modify, or at anytime, and that there is NO ambulance or medical help present. I UNDERSTAND THAT I AM ENTERING THIS

eliminate; that horses can be excitable, difficult to control, and unpredictable; and that accidents can happen to anyone EVENT AT MY OWN RISK and upon acceptance of my application for entry in the above-described race, I acknowledge that I assume FULL RESPONSIBILITY for my own safety. I and my heirs, executors, and administrators, will hold the Ride and Tie Association and all officers and directors thereof, any member of the race management and race personnel, and all property owners/tenants whose land the race crosses BLAMELESS for any injury or loss to myself or my horse which occurs due to my participation and free from all liability for such injury or loss. In short, I will not sue the race management, their personnel, landowners or tenants, and the Ride and Tie Association for ANY REASON! I am fully aware of all race rules and agree to abide by those rules set down by the race management and the Ride and Tie Association. I fully understand the consequences for not following race rules. As a participant in this race. I have read the above liability release and will agree to abide by ALL rules. I grant my irrevocable permission to the Ride and Tie Association, its authorized agents, and the event photographer, to use my name and any photographs, videos, motion pictures, records, or any other record of my participation in this event.

Rider # 1:	DATE:
Rider #2:	DATE:
Horse Owner:	DATE:

## MINORS OR JUNIORS MUST HAVE THE FOLLOWING RELEASE SIGNED.

We, the undersigned parents or guardians, understand that Ride and Tie can be a hazardous activity, that injuries or accidents can occur, and that this ride has no medical aid or insurance for my child. We have entered our child in the above named ride AT THEIR OWN RISK and understand that we will assume full responsibility for the child's safety. We have read the above release that our child, as a rider, has signed and fully understands the release and ride rules. We agree to release the Ride and Tie Association, AERC, PNER, and all officers, directors and all members of ride management and personnel, and all landowners/tenants, from all claims, demands, lawsuits or liabilities which might otherwise arise by virtue of injury to our child or child's horse, no matter who is at fault. We do further authorize any ride personnel of the above ride to consent on our behalf to any emergency medical treatment by a properly licensed person, which may be required for our child, and do agree to indemnify and hold harmless anyone giving such consent. I grant my irrevocable permission to the Ride and Tie Association, its authorized agent, and the event photographer, to use my child's name and any photographs, videos, motion pictures, records, or any other record of my child's participation in this event.

For rider #1:	DATE:
Relationship to the above named minor:	
For rider #2:	DATE:
Relationship to the above named minor:	

### **RULES OF RIDE & TIE**

Violation of any rule may result in disqualification.

- 1. Each team will consist of two persons who are current members of the Ride and Tie Association and one horse. Throughout these Rules "horse" means "horse, pony or mule."
- 2. The horse must be at least five years old.
- 3. No pregnant or lactating mares will be allowed to compete.
- 4. No foreign substance or medication may be given or administered to any horse within 72 hours before starting the event or one hour after finishing the event. This includes ointments or solutions for topical use that contain local anesthetics All medications administered during the two weeks prior to the race must be declared in writing to the veterinarian conducting the pre-race examination.
- 5. All horses must be submitted for a pre-race examination.
- 6. There will be a predetermined number of vet checks where the horses will be observed and examined. There will be no mandatory time holds. Cut-off time limits for each checkpoint may be established. Pulse, respiration, mucous membrane color and capillary refill, surface factors, attitude and soundness will be considered as part of the criteria for passing through to the next check. Vet check criteria will be announced prior to the race's start and will be determined by the Head Veterinarian after consideration of weather, terrain, and other factors.
- 7. All horses must be presented to the veterinarians for a post-race veterinary examination within one hour of finishing. Horses must pass this examination for any member of that team to be eligible for completion awards. No abuse of a horse will be tolerated.
- 8. All decisions of the Veterinarian staff regarding the health and safety of the horse are final.
- 9. Artificial ties are illegal. Hand ties may be allowed at the Race Director's discretion. Any decision to allow hand ties will be announced at the pre-race briefing.
- 10. Each team must tie its horse and switch from rider to runner and runner to rider at least six (6) times during an event. Teams may tie as many times as they desire anywhere along the trail as long as the ties do not obstruct the trail or are not made in designated "No Tie Areas." A required tie will occur at each vet check. A team must exchange at least twice between vet checks. Where vet checks are so close that two exchanges may be impractical, the Race Director may allow one exchange between two specific vet checks. If a runner on a team has not been overtaken by his partner before the next vet check, then the runner must wait at the vet check for his/her partner to arrive in order to meet the required vet check tie.
- 11. With the exception of securing a loose horse, no person other than the team members and designated race officials may handle a team's horse on the trail during the race. Designated team crew may work with the horse at any vet check specified by race officials to be open to crews. Race officials may require crew to obtain a pass. Only contestants may take a horse through the vet checks during the race.
- 12. It is not permissible for both members of a team to use their horse at the same time for forward movement. "Tailing" (meaning the rider dismounts, grips the horse's tail and allows the horse to pull him/her) is allowed but it is not permissible for one team member to ride while another tails.
- 13. No pacing by an un-entered horse or runner is allowed for any contestant.
- 14. Riders shall be responsible for their horse's behavior prior to and during the event. If, at the discretion of the race management, any horse becomes unruly or jeopardizes the safety of other competitors, the team may be disqualified from the event.
- 15. Teams must pass and report to any trail marshals who are positioned along the course. Competitors inadvertently off course must return to the point at which they left the marked trail and complete the course correctly. Teams must stay on the marked trail.
- 16. Any protest must be filed in writing with the Race Director within two hours of the completion of the race. Prior to the start of the awards ceremony, the Race Director shall decide on the protest. An appeal of his decisions must be filed in writing within seven days to the President of the Ride and Tie Association, whose final decision cannot be appealed.
- 17. A team has not completed the race until both human teammates and their horse have reached the finish line.
- 18. These rules apply to a sanctioned race. A race may be of any distance, but to be sanctioned there must be a Ride & Tie race of at least 20 miles in length included within the same event.
- 19. Competitors under 16 years of age must wear approved safety helmets while mounted during a race (helmet approval by AHSA, PCA, ANSIZ90.4, or Snell)

#### What Is Equathon?

Another exciting option of Ride & Tie is the Equathon. Grab your favorite endurance rider or runner and compete in this fast-growing sport! It's kind of like a Ride & Tie, but the rider never has to get off the horse. Basically the horse and rider do the ride, say a 12-mile loop, reach pulse criteria, then the runner tackles the 12-mile loop. Sounds like fun, right! If you are really an exercise fanatic, you can do the Equathon as a solo or "Iron" team. Run your horse in the 12-mile race, jump off and allow your horse to reach pulse criteria, then run the12 miles on foot. Now doesn't that sound like a hoot?