

# Zone One Training Weekend

## 40km Ride, 20km Social Ride & 5km Introductory Ride

Weekend 11<sup>th</sup> & 12<sup>th</sup> February 2012

The Zone One Committee will be running a two-day event on the weekend of Saturday 11<sup>th</sup> February 2012 and Sunday 12<sup>th</sup> February 2012. On each of the two days there will be a 40km ride, a 20km Social Ride and a 5km Introductory Ride. The ride base will be as usual at the Upper Colo Reserve, Upper Colo - located approximately 12kms from the Putty Road on the beautiful Colo River, so bring your swimmers as it's a great place to cool off on a hot day.

### **SATURDAY**

The office will open at 10.00am, vetting to commence at 10.30am with the ride to start at 1.00pm.

The 40km ride will head along Upper Colo Road, turning left onto Comleroy Road, with a good up-hill run to the first check point at the power lines. Continuing along Comleroy Road and turning right onto Mountain Lagoon Road (now the super highway of Colo) but don't underestimate the climb to the top. The Mountain Lagoon checkpoint will have water and refreshments for you and your horse. From there you will continue out along Mountain Lagoon Road for 2 ½ Kms to a turn around, before heading back and turning left onto Sams Way, left up onto Gaspers Track and then descending Ward's Track to the fire station for a rest and water for the horses, before turning right onto Upper Colo Road and heading back into base.

We will be operating a heart rate gate at the half way mark at Mountain Lagoon. All horses will have their pulse taken and must meet the required HR (which will be set by the head vet, giving consideration to the weather conditions on the day) before heading off. Strapping water and sponges will be available.

The 20km Social Ride and 5km introductory rides will start around 2.00pm and 2.30pm respectively. The 20km Social Ride will be turning right off the bridge out onto the Upper Colo Road which will lead you to a turn around check point and back into base again. The track is relatively flat and easy going.

The 5km Intro Ride will take you in the same direction as the other rides, there will be a turn around check point and back into base again. A great easy ride - and walk for anyone supervising the budding endurance rider.

### **SUNDAY**

The office will open 6.00am with vetting starting at 6.30am. The 40km ride will start at 8.30am and will follow the same course as Saturday.

The 20km Social Ride and 5km introductory rides will start around 10am and 10.30 respectively and will follow the same course as Saturday.

The wonderful volunteers from the Upper Colo Fire Brigade will also be providing the canteen goodies on both days, so please support them.

There will be completion prizes awarded at the presentation on each day.

Volunteer track stewards and TPRs would be greatly appreciated – please let Marita Rifai know if you are able to assist us on either day. Marita can be reached via email at [marita.rifai@yahoo.com](mailto:marita.rifai@yahoo.com)

40km Ride - \$60 for Members add \$10 for Non-Member NSWERA Day Membership  
Social Ride - \$30 for Members add \$5 for Non-members NSWERA Day Membership  
Introductory Ride - \$15 for Members add \$5 for Non-members NSWERA Day Membership

Please contact our Ride Secretary Judy Shore on 9652 1393 or email [stanshore@bigpond.com](mailto:stanshore@bigpond.com) for further information. Pre-nominations would be appreciated so that we can arrange enough vets on the day as well as allowing the canteen to provide enough food for you all.

A camping fee of \$6 per person is charged by Council and payable at time of entry if you are camping on Saturday night. Dogs are allowed, but please remember to keep them on a leash at all times.

The Zone One Committee is looking forward to seeing you at our Training Ride weekend.