

## NEW TO ENDURANCE?

First, go to the American Endurance Ride Conference (AERC) website at [www.aerc.org](http://www.aerc.org). There's a button that says "New? Click Here!"

Find a mentor to help you with understanding the sport (also on [www.aerc.org](http://www.aerc.org)).

Join the Green Beans. <https://greenbeanendurance.org/> The Green Bean Endurance Challenge is an awards program for new and aspiring endurance riders. All members have fewer than 1,000 career Limited Distance and Endurance miles from the parent organization, the American Endurance Ride Conference. It's a great way to find other riders new to the sport.

Go to the AERC Calendar and find a ride near you—the ODEEO rides would be a good choice—and go volunteer so you can see how it all operates.

Also, on the AERC website, there is an Education Tab that has lots of great information.

And on the ODEEO web page there is great information for new riders at: <http://www.olddominionrides.org/EndurancePrimer/EnduranceHowTo.html>

For some web-based learning, check out the Endurance Essentials Web-Based Course. This is an online educational program dedicated to riders who are new to distance riding or would like to improve their understanding of the sport, and strategies for success: <http://www.horselearningonline.com>

Most of the ODEEO rides and many AERC rides will offer an intro ride. These rides are shorter in length than a Limited Distance (LD) ride and offer a chance for riders new to the sport or riders bringing new horses to the sport a way to experience a ride in a safe manner. Many new to the sport start with an intro ride.

*"The longer you are in the sport, the better you get! Seems like when you first start, you may have [different] issues, but you learn to overcome these!" Mary Coleman, over 7,000 AERC miles.*