

# RIDE TO TIME



## WHAT IS RIDE TO TIME ABOUT?

The Ride to Time programme is designed to assist pony club riders in improving their fitness, strength, control and balance. The programme is designed to give them an awareness and ability to control how fast they are travelling at a safe and balanced rhythm and speed. This leads to safer riding and more accurate time keeping as applied to trackwork, show jumping and cross-country eventing.

In conjunction with the New Zealand Pony Clubs Association, LOVERACING.NZ is holding Ride to Time training days during the April and July school holidays. These training days will equip riders with the necessary skill needed to ride to time safely and will be a help for riders competing over the coming season.

## TRAINING DATES & VENUES:

### NORTHERN REGION

Pukekohe Park  
Ruakaka Racecourse

Thursday 11 July 2019  
Tuesday 16 July 2019

11.30am - 4.30pm  
11.30am - 4.30pm

### CENTRAL DISTRICT

Hastings Racecourse

Tuesday 9 July 2019

11.30am - 4.30pm

### SOUTH ISLAND

Riccarton Racecourse  
Cromwell Racecourse  
Wingatui Racecourse

Tuesday 23 April 2019  
Tuesday 9 July 2019  
Thursday 11 July 2019

11.30am - 4.30pm  
11.30am - 4.30pm  
11.30am - 4.30pm

## GEAR REQUIRED

Approved helmet: (AS/NZS 3838 (1998, 2003 or 2006) VG1 ASTM-F1163-04, F1163-11 or F1163-15 PAS 015:1998 or 2011 Snell E200), riding boots, running shoes, body protector, XC uniform and a jumping or all purpose saddle. No horse bandages.

A compulsory gear check will be done before the ridden session.

***\*Riders must be capable of riding at 80cm eventing level and horses must be fit enough to cope with one hour general riding including pace work.***