

# Competitive Trail Riding

ANNUAL RECORD

4-H Horse Project



PENNSTATE



College of Agricultural Sciences • Cooperative Extension

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**C**ompetitive trail riding is a sport that effectively demonstrates horsemanship skills and teamwork between horse and rider. This record book is for 4-H members who want to learn how to select, condition, and prepare a trail horse for participation in a competitive trail ride. You will learn about horses and develop life skills by doing the activities in your 4-H horse project activity guide (*4-H Skills for Life, Animal Science Series*). You will learn about competitive trail riding by using the *Pennsylvania 4-H Competitive Trail Riding Reference Book* and by participating in competitive trail riding events.

## Objectives

The 4-H Competitive Trail Riding project will help you:

- learn how to select and handle a trail horse
- learn and apply the principles of horse care, conditioning, and management
- learn how to participate in a competitive trail ride
- learn proper rules for trail use with horses
- develop skills for living

## Instructions for project record

1. Use this record along with your *Pennsylvania 4-H Competitive Trail Riding Reference Book* and Level 1, 2, or 3 project activity guide.\* Keep this record as an annual summary for your Competitive Trail Riding project. Keep your records and project reference book together in a notebook.
2. Do activities for your level in your project activity guide. Have your project helper sign your guide when you finish an activity.
3. Fill out a new record book each year. You may use your reference book and project activity guide for more than one year.
4. Write in your record the things you do with your horse or pony. Record all expenditures, including tack, equipment, feed, stable costs, health care, and entry fees. Add more pages if needed.
5. Keep records of things you do for the entire year (12 months), even if your club meets for just part of the year.
6. Turn in your record book either before the state 4-H Competitive Trail Ride (if you are competing) or at the end of your club's project year (if you do not participate in the state ride).

\*4-H Skills for Life Animal Science Series

## 4-H project plan

Complete this section at the beginning of the project year.

Describe how I will select a horse for competitive trail riding. (Example: compare several horses, talk with professionals or experienced riders, etc.)

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Steps I will take to condition my horse for competitive trail riding. (Example: devise and follow a regular training; regularly condition score my horse)

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What I want to learn and accomplish.

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## Project requirements

To complete the 4-H Competitive Trail Riding project, you should:

1. Enroll in the project by June 1 of the project year.
2. Plan your project with your project helper.
3. Obtain, condition, and care for the horse or pony you will use for competitive trail riding. You should do more than one-half of the work required.
4. Choose the horse or pony you intend to use as your project animal by June 1. Complete county forms or records for your project animal and submit them to your county extension office by June 1 of the project year.
5. Do the learning experiences and achievement program activities for your achievement program level (*4-H Skills for Life*, Animal Science Series).  
Refer to the list of learning experiences on page 3 and the list of achievement program activities on page 4 of your project activity guide. We recommend you do three or more learning experiences and seven or more achievement program activities each year. Have your project helper initial the activities and events.
6. Complete at least five of the "Horsemanship Skills and Knowledge" activities on page 5 of this record each year.
7. Participate in 4-H activities and attend meetings regularly. You should participate in at least one competitive trail riding clinic or ride. This book and your project guide contain lists of activities that may appeal to you. Do the activities that interest you.
8. Demonstrate your ability to properly groom, handle, and ride your horse or pony. Your leader or project helper should assign a score in these areas.
9. Keep and turn in records for your project.

## Horsemanship skills and knowledge

To complete one year of the 4-H Competitive Trail Riding project, you should complete three to five of the following. You may take several years to do them all.

Activity	Completed	Date
1. Describe or demonstrate 10 safety guidelines for riding, driving, and working around horses.		
2. Identify 15 external parts of the horse (in addition to eyes, ears, nose, head, tail, and foot).		
3. Demonstrate how to properly enter a stall or pasture and how to approach, catch, and release a horse.		
4. Demonstrate how to groom a horse and clean the horse's feet.		
5. Demonstrate how to tie, saddle, bridle, unsaddle, and unbridle a horse properly.		
6. Describe how to clean and take care of tack and equipment. Identify three parts each of a saddle and bridle.		
7. Demonstrate your ability to ride, and explain three common gaits under either English or Western tack.		
8. Name three grain feeds, three types of hay, and three kinds of bedding. Describe how much feed (grain and hay) and water your horse needs each day.		
9. Describe how to determine if a horse is sick or healthy. Describe five things you should do to keep your horse healthy.		
10. Identify and locate at least 25 external parts of the horse.		
11. Describe and identify the location of 10 possible unsoundnesses or blemishes in the horse.		
12. Know what your project horse's "at-rest" pulse rate, respiration rate, and temperature should be.		
13. Name four qualities or traits of a good trail horse.		
14. Name at least six points of good conformation you should look for in a trail horse.		
15. Know the normal pulse and respiration rates of a horse doing light work, medium work, and heavy work.		
16. Know and demonstrate how to take your horse or pony's pulse rate, respiration rate, and temperature.		
17. Know how to devise, construct, and implement a training and conditioning schedule for a competitive trail horse.		
18. Know how to construct and use a stable training and conditioning chart.		
19. Demonstrate how to prepare a horse for trailering.		
20. Demonstrate how to take care of your horse before, during, and after a competitive trail ride.		
21. Describe how to prevent and care for an overheated horse.		

**NOTE:** Please transfer this information to your next year's record book or keep until project is completed.

## Your horse or pony

Name of animal _____			
Breed or breed type _____		Sex _____	
Height _____	Weight _____	Age _____	Color _____
Markings _____			
<pre> graph LR     A[Your horse or pony pedigree (if known)] --- B[Sire]     A --- C[Dam]     B --- D[Paternal grand sire]     B --- E[Paternal grand dam]     C --- F[Maternal grand sire]     C --- G[Maternal grand dam]             </pre>			

## Competitive trail rides entered

Date	Where	Distance	Score	Placing

## Your project horse: weekly conditioning chart

Week	At rest			End of training ride		20 min. after end of ride		Hours ridden	Miles ridden	Remarks
	P	R	T	P	R	P	R			
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										
Event										

**P** = pulse, **R** = respiration rate, **T** = temperature

**Additional remarks**

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**NOTE:** For use in the barn, this table should be made 22 X 28 inches.

## Feed Record

Each month, record the amounts and costs or values of grain, hay, salt and minerals, pasture, and other feeds your horse or pony has eaten. Value pasture and homegrown feeds at the current market price.\*

Month	Grain		Hay		Salt, minerals		Pasture*		Other feeds* cost or value (\$)	Total feed cost or value (\$)
	Amount (lb)	Cost or value (\$)	Amount (lb)	Cost or value (\$)	Amount (lb)	Cost or value (\$)	Amount (days)	Cost or value (\$)		
(Example)†	210	21.00	330	16.50			10	10.00		47.50
January										
February										
March										
April										
May										
June										
July										
August										
September										
October										
November										
December										
Total for year									\$	

\*The price you could have sold them for if your horse or pony had not eaten them.

† In the above example, 210 pounds of grain valued at \$21.00 and 330 pounds of hay valued at \$16.50 were fed during the month. The horse spent 10 days (8 hours per day; 240 hours per month) on pasture at a value of \$10.00. No salt, minerals, or other feeds were purchased during this month.

## Stable Record

Include, by month, the amounts and values of feed and other items.

Month	Total feed costs*	Bedding (kind and amount)	Cost	Labor (hrs)	Health care	Cost	Farrier	Cost	Total other expenses†	Total cost (month)
(Example)‡	\$47.50	Straw, 400 lbs	\$16.00	60	Dewormer	\$12.00	Reset shoes	\$45.00	\$6.50	\$127.00
January										
February										
March										
April										
May										
June										
July										
August										
September										
October										
November										
December										
Total for year									\$	

\*Record total feed costs from previous page.

†Record total other expenses from next page.

‡In the above example, total feed costs were \$47.50, and the 400 pounds of straw cost \$16.00. The member spent 60 hours working with his or her horse, bought dewormer for \$12.00, and had his or her horse's shoes reset for \$45.00. Total other expenses were \$6.50. Make an entry only for the month you purchased items, not for the month they were used.



## **Project experiences**

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What I did to feed and care for my animal(s): \_\_\_\_\_

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What I did to keep my animal(s) healthy: \_\_\_\_\_

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What I learned this year: \_\_\_\_\_

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Goals I met: \_\_\_\_\_

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Other interesting or unusual activities about my animal(s): \_\_\_\_\_

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## Project photographs



## Project evaluation

	Highest score	Score yourself	Score from your leader
<b>Care and management of horse or pony</b>			
Do animals have clean and suitable housing?	3	_____	_____
Are tack and equipment clean and well-kept?	3	_____	_____
Are animals fed recommended kinds and amounts of feeds?	4	_____	_____
Is fresh water available in proper amounts?	3	_____	_____
Are appropriate procedures being followed to control parasites and maintain health?	4	_____	_____
Do animals show normal condition, including the proper foot care?	4	_____	_____
Are safe and appropriate equipment and facilities being used?	4	_____	_____
<b>Subtotal for care of animals</b>	<b>25</b>	_____	_____
<b>Achievement program (project activity guide)</b>			
Did the member participate in enough learning experiences for achievement level progress? (Project activity guide, page 3)	10	_____	_____
Did the member complete enough achievement program activities for achievement level progress? (Project activity guide, page 4)	10	_____	_____
<b>Subtotal for achievement program</b>	<b>20</b>	_____	_____
<b>Project record book</b>			
Is the record neat?	2	_____	_____
Are the plans and goals clearly stated?	4	_____	_____
Are all records and other information correct and complete?	7	_____	_____
Are project experiences described adequately?	4	_____	_____
Is the 4-H activities report completed?	3	_____	_____
<b>Subtotal for project record</b>	<b>20</b>	_____	_____
<b>Member's participation and accomplishments</b>			
Did the member do what was planned to meet goals?	5	_____	_____
Did the member attend most of the club's meetings?	5	_____	_____
Did the member participate in a reasonable number of events and activities?	5	_____	_____
Did the member do most of the work to care for the horse or actively participate in caring for a boarded or leased horse?	5	_____	_____
Does the member show evidence of personal growth and improved horsemanship skills and knowledge? (See page 5 of this record)	15	_____	_____
<b>Subtotal for participation and accomplishments</b>	<b>35</b>	_____	_____
<b>Grooming, handling, conditioning, and showmanship</b>			
Has the horse been conditioned and groomed properly?	5	_____	_____
Is the member able to handle the animal safely and properly?	10	_____	_____
Has the member demonstrated proper showmanship/presentation skills?	5	_____	_____
<b>Subtotal for grooming, handling, conditioning, and showmanship</b>	<b>20</b>	_____	_____
<b>Score for Competitive Trail Ride (score divided by 10)</b>	<b>20</b>	_____	_____
<b>Other (specify)</b>	_____	_____	_____
<b>Total project score</b>	<b>130</b>	_____	_____

TOTAL POSSIBLE POINTS: 130

RIBBONS: Blue 117-130; Red 104-116; White 91-103; Merit less than 91

Project scored by \_\_\_\_\_ Date \_\_\_\_\_

Signature of leader or county agent \_\_\_\_\_ Date \_\_\_\_\_

## Other activities you might enjoy

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These activities are suggested for 4-H members with an interest in horsemanship. Some may be part of your achievement program. You may do the others as optional activities.

- Help to care for a horse or pony
- Obtain, care for, and train a horse or pony to ride or drive in performance events
- Train and groom your horse to show at halter. Show it in a grooming and showmanship class
- Compete in performance events at a 4-H horse show
- Ride in non-competitive events, such as pleasure trail rides and drill team exhibitions
- Select, use, and care for tack, supplies, and equipment
- Make your own show clothing or tack
- Identify and classify common feed ingredients and forage plants
- Evaluate the body condition of your horse. Make feeding adjustments, if needed
- Use a computer to keep your project records
- Take riding lessons
- Read a story about horses or horsemanship in a book or magazine
- Watch a video, movie, or slide set about horses or horsemanship
- Find information and write a report about a topic related to horses or horsemanship
- Take a field trip to a farm which trains and shows horses
- Attend a horse camp or “overnighter”
- Attend a horse clinic or workshop
- Discuss a topic related to horsemanship with a person with horsemanship experience
- Make and exhibit a poster
- Make a display or exhibit
- Take and display pictures of horses or horse events
- Give a demonstration, illustrated talk, oral report, or speech
- Lead a group discussion
- Teach a skill to another 4-H member
- Teach a lesson at a project meeting
- Write a news article or story
- Create a slide or video presentation
- Help with a therapeutic riding program
- Share your horse and knowledge with a 4-H member who does not have a horse
- Judge horses or showmanship at a horse judging practice, contest, or show
- Participate in a horse bowl practice or contest
- Participate in a hippology practice or contest
- Organize a skill-a-thon or a hippology, horse bowl, or judging activity
- Organize, lead, or help with a project meeting, event, or activity for your club
- Organize or help with a community service project









## 4-H activities report

This report will help you keep a better record of your club activities. Fill it in as you complete each assignment. Refer to this record when you are entering county, state, and national programs. Ask your 4-H leader to explain these programs to you.

Projects taken \_\_\_\_\_

Offices held \_\_\_\_\_

Club \_\_\_\_\_

County \_\_\_\_\_

Committees \_\_\_\_\_

"Show-and-tells" or presentations given to:

Local club \_\_\_\_\_

County \_\_\_\_\_

Region \_\_\_\_\_

State \_\_\_\_\_

Others \_\_\_\_\_

News articles \_\_\_\_\_

Radio \_\_\_\_\_

TV \_\_\_\_\_

Displays or exhibits \_\_\_\_\_

Things done to improve your health \_\_\_\_\_

Community service or citizenship work done:

By yourself \_\_\_\_\_

With club \_\_\_\_\_

Number of meetings your club(s) held this year \_\_\_\_\_

Number you attended \_\_\_\_\_

Number of persons you encouraged to join 4-H \_\_\_\_\_

Number of 4-H'ers you helped with projects \_\_\_\_\_

In what way \_\_\_\_\_

Check activities in which you participated and tell how you helped

Camp \_\_\_\_\_

Club or county tours \_\_\_\_\_

Club picnic \_\_\_\_\_

County fair \_\_\_\_\_

Achievement programs \_\_\_\_\_

Roundup \_\_\_\_\_

Leadership training \_\_\_\_\_

State 4-H Capital Days \_\_\_\_\_

Penn State 4-H Achievement Days \_\_\_\_\_

Pennsylvania Farm Show \_\_\_\_\_

National 4-H Week \_\_\_\_\_

State Ambassador Conference \_\_\_\_\_

Quiz bowls \_\_\_\_\_

Hippology \_\_\_\_\_

Judging \_\_\_\_\_

Others \_\_\_\_\_

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Name \_\_\_\_\_

Age (as of January 1) \_\_\_\_\_

Date of birth \_\_\_\_\_

Address \_\_\_\_\_

County \_\_\_\_\_

Club name \_\_\_\_\_

Club leader's name \_\_\_\_\_

Project helper's name \_\_\_\_\_

4-H horse achievement program level (check one)

- 1 Horsing Around
- 2 Galloping Ahead
- 3 Blazing the Way
- other

Year in achievement program level (check one)

- first
- second
- third

Date record started \_\_\_\_\_

Date record closed \_\_\_\_\_

4-H Club Motto

“To make the best better”

4-H Club Pledge

I pledge  
my head to clearer thinking,  
my heart to greater loyalty,  
my hands to larger service, and  
my health to better living, for  
my club,  
my community,  
my country, and  
my world.

4-H Club Colors

Green and White



\*18 U.S.C. 707