**PNER Convention Schedule
Friday February 21, 2025**

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| 8am | **FOYER** | Registration: Make sure to buy raffle tickets! |
| 8:30-9:30am | **ROOM AB** | Tamara Baysinger: Build UP! Learn how to strengthen and fuel yourself to start the season STRONG! |
| 9:30-10:45am | **ROOM AB** | Layne Lewis: Build BACK! Strategies using targeted strength training and nutrition to aid in recovery from injuries. |
| 9-10am | **ROOM CD** | Scott Collins: First Aid on the trail (30 minutes lecture and 30 minutes Q & A) |
| 10-10:45am | **ROOM CD** | Scott Collins: Working in small groups to practice emergency bandaging. (45 minutes) Pre-Registration required (20) |
| 11-12:30am | **ROOM AB** | Peggy Cummings: It’s physics! How the laws of physics are critical to consider in optimizing your success with your horse. |
| 1-2pm | **ROOM AB** | Naomi Preston- T Touch How to use Linda Tellington-Jones’ powerful methods at home during training, at competitions and post ride, as well as techniques for medical emergencies. |
| 2-2:45pm | **ROOM AB** | Lora Bannon- Mustangs in Endurance: Mustang 101- From Range to Riding ( 45 minutes with 15 minutes of questions) |
| 2-3pm | **ROOM CD** | A refresher for Ride Management and Volunteers* Regina Rose: Ride management - a review on different methodologies and timing
* Terre O'Brennan: Refresher in ERIC
* Cindy Sayer: Timing at rides
 |
| 2-3pm | **HIGH DESERT HOSPITALITY ROOM** | Financial Committee meeting |
| 3-4:30 | **ROOM CD** | Beating the metabolic pull : **Juniors are highly encouraged to attend this event.** |
| 6pm | **ROOM AB** | Lightning talk by Stevie Delahunt: How to do Hard ThingsAwards |
| 8-11pm | **ROOM AB** | Casino Night |

**PNER Convention Schedule - continued
Saturday February 22, 2025**

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| 6:30-7:30pm | **JUNIPER HALL** | Yoga |
| 8am | **FOYER** | Registration |
| 8-8:30 | **HIGH DESERT HOSPITALITY ROOM** | LuAnn De Young: Introduction to CTR and how to cohost with an endurance ride.  |
| 8:30-9am | **HIGH DESERT HOSPITALITY ROOM** | Jeff Tyrens: Training bootcamp for endurance in Sisters Oregon. Informal Q and A for volunteers and riders. |
| 8-9am | **ROOM CD** | Lightning Talks* 8am Alex Lewis: PEMF - The Edge in Endurance for Horses and Humans
* 8:15am Sanoma Blakely: Racing Smarter: Unlocking your Efficiency and Finding your Competitive Edge in Endurance
* 8:30am Terri Powell: The Power of Connection- Reaching out to others and not waiting for others to reach out to you.
* 8:45am Jamethial Morese: Trailering tips and tricks for both horse and rider comfort.
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| 9-10am | **ROOM AB** | Holly Corcoran: My endurance journey- a long and winding road. (Via Zoom) Please bring questions and be ready to engage! **JUNIORS ENCOURGED**  |
| 9-10am | **ROOM CD** | Harris Statem LMF : Interpreting a hay analysis  |
| 10-11:30am | **ROOM AB** | Susan Garlinghouse: Running on Empty  |
| 12-1pm | **ROOM AB** | Annual Meeting |
| 1-2pm | **HIGH DESERT HOSPITALITY ROOM** | Pizza Party with Cassee Terry: Showing for BC **JUNIORS ONLY** |
| 1-2:15 | **ROOM AB** | Peggy Cummings: Riding tools for releasing tension, dealing with fatigue and recovery. |
| 2:30-4pm | **ROOM CD** | **JUNIORS ONLY** Peggy Cummings: Tools that will help you and your horse have better, safer, and more fun rides. Bring photos or videos of you riding. Please be ready to participate- What was your best ride ever and why? What was your worst ride and why? |
| 2:30-4pm | **ROOM AB** | Susan Garlinghouse: Rocket Fuel |
|   |  | **VENDORS MUST BE DISMANTLED BY 5PM** |
| 7pm | **FOYER AND ROOM AB** | Award Ceremony and Dinner |

**PNER Convention Schedule - continued
Sunday February 23**

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| 8-10am | **HIGH DESERT HOSPITALITY ROOM** | BOD meeting (Continental Breakfast provided by PNER) |