# 2025 Endurance Boot Camp

# Sisters, Oregon May 17 & 18, 2025

Sisters Cow Camp Horse Camp, Forest Service Road 15, Sisters, Oregon

## Schedule

### Saturday, May 17

10:30 a.m. – Registration opens.

12:30 p.m. – Endurance seminar:

- a. Introductions/Overview
- b. Boot Camp Graduates' Perspectives
- c. Performance Horse Health
- d. Conditioning
- e. Nutrition (Before, During & After Rides)
- f. Hoof Protection
- g. Tack
- h. Camp & Ride Gear
- i. Tech (Ride apps, heart monitors, etc.)
- j. Vet Check Protocol/Demonstration
- 4:00 p.m. Vet check for all participating equines + safe mount/dismount check
- 5:15 p.m. Group Dinner
- 6:30 p.m. Ride meeting to review instructions for Sunday's mock ride + pair-up with mentors

#### Sunday, May 18

9:00 a.m. – Mock endurance ride

Noon – Ride recap

1:00 p.m. – Boot camp ends

#### CONTACT JEFF TRYENS - jeff.tryens@gmail.com