

EDRA in Motion

Background and Overview.

Depending upon where EDRA members live, each of us may find ourselves needing to follow shelter-in-place and other social distancing guidelines or requirements – perhaps for some, it will be only an initial inconvenience, for others it may affect us for different periods of time – as the Covid-19 infection rate ebbs and flows, and still other members may find this is their new way of life for a considerable length of time.

Some of us are currently restricted from utilizing public lands and trails and we may be missing our usual "nature escapes": that conditioning ride up to a mountain summit view, the winding tree shaded trails with sounds of creeks flowing, an occasional deer or elk; or the silence and vastness of loping in the open high desert. Regardless the terrain, distance riders seem to relax and recharge by being surrounded by nature – whether horse, open desert sky, or tree laden trail.

Each of us may have different reactions to our current situation, but it seems that for most of us, time in nature helps improve our well-being and bolsters our physical health. Studies have shown that even a 20-minute “dose” of nature has a profound impact to human well-being. But, a key aspect of accessing these benefits is to bring a level of attention and mindfulness to the activity. (For me personally, I find being around horses requires my full attention and propels me into this needed mindfulness.)

So, to help with this attuned focus, to help provide a distraction, to help each of us share our equine and nature experiences and find places or experiences in nature (even if you are confined to your urban apartment), several EDRA members have proposed and received Board approval for a special 2020 competition and recognition program.

This competition is in addition to and totally separate from the Awards Program described in our 2020 Rules, Appendix E. This special competition will run from May 1, 2020 through December 31, 2020 – irrespective of whether or not our endurance ride season gets to begin later in the summer and irrespective of the various shelter-in-place and/or social distancing requirements in place throughout our various communities for the remainder of 2020. This program has its own requirements.

The hope of those making the proposal, as well as the acceptance of the program by EDRA leadership, is that if we can help members find nature and engage with it, then your mind will begin to settle. When your mind isn't ruminating, it can then open to a wider world, where there's great beauty and healing. With this driver and intention in mind, EDRA encourages members to participate in the *EDRA in Motion – a 2020 Competition*.

The competition requires EDRA members to “move” and where possible, engage with nature while following the CDC and your local jurisdiction’s social distancing recommendations and requirements.

Social distancing is essential and we need to follow public health recommendations in order to play our part in supporting our community's capacity in caring for everyone who is sick or might become sick. That being said, being active and being outdoors, when allowed, can play an important role in promoting our health and preventing disease for when we do emerge from all of this.

How does the EDRA in Motion Competition work and how do I enroll?

- The competition is available to all active EDRA members, irrespective of age.
- The competition relies on the honor system and any miles traveled may be included. This includes both individual workouts, conditioning and/or competitive distances.
- To enter the competition, simply log into your account on the EDRA website by scrolling to the bottom of the <https://www.equinedistanceriding.com/> website page, enter your user name and password, then access the EDRA in Motion data submittal form (currently the link is available on the EDRA website Homepage), and finally, enter your data for each day that you “move”.
 - Do NOT combine multiple days when reporting your mileage.
 - Report movement for each day that the distance you covered was 1/10th of a mile or longer.
 - That said, if you had a day with multiple activities, e.g., you rode a horse 5.0 miles in the morning and then went out for a 3.2 mile run in the evening, you would record 8.2 miles for that day.)
 - Distances are to be measured and reported to the closest 1/10th of a mile.
- The competition focuses on moving (preferably forward) and requires your movement be powered by either horse, human or a combination of both. (Miles accumulated by motorcycle, quad, e-bicycle, engine powered boat and other non-human/non-horse powered devices are not eligible for consideration in this program.)
- All miles must be entered no later than the 15th of the following month. (May miles must be entered no later than June 15th, June miles must be entered no later than July 15th, etc.)

What type of “movement” counts toward the competition?

- Any human-powered or horse-powered movement that can be recorded in the measurement of 1/10th of a mile or longer is eligible. This includes activities such as:
 - Walking,
 - Hiking,
 - Running,
 - Horseback riding,
 - Horse driving (whether long-line or pulling a cart),
 - Bicycling (road, mountain, etc.),
 - Canoeing or rowing a boat, and
 - Indoor exercise equipment that can measure distance, such as a – stationary bicycle, treadmill, elliptical machine, or rowing machine.

What are the various levels of recognition?

- EDRA members who record a minimum of 20 miles between May 1 and December 31 will receive a “completion” award.
- High Mileage awards (recognizing individuals with the highest accumulated mileage from all methods of movement) will be awarded in the following Weight Class categories:
 - Weight Class I champion and reserve champion,
 - Weight Class II champion and reserve champion,
 - Weight Class III champion and reserve champion, and
 - Youth champion and reserve champion.
 - The Weight Class and Youth member status currently on file with your EDRA membership will be used to determine the category in which you are competing for this recognition. And, as a reminder, Weight Class determination is based

upon member self-declaration at the time of membership or membership renewal. Weight Class divisions are defined as:

- Weight Class I – Combined rider and tack weight of 170 or fewer pounds,
 - Weight Class II – Combined rider and tack weight of 171 pounds to 200 pounds,
 - Weight Class III – Combined rider and tack weight of 201 or more pounds, and
 - Youth Division is an EDRA member under age 18, as of January 1, 2020.
- High Mileage awards will also be presented to a champion and reserve champion for individuals with the highest accumulated mileage from all methods of movement when daily totals are categorized in one of the following Distance Divisions:
 - Distance Division I – submitted daily mileage totals between 0.10 to 5.0 miles,
 - Distance Division II – submitted daily mileage totals between 5.10 to 10.0 miles, and
 - Distance Division III submitted daily mileage totals 10.1 or more miles.

Example of how the competition works.

Nancy is an EDRA member. She is listed in the EDRA system as Weight Class I – which includes her body weight and the weight of her tack. She “moves” as follows on the following dates:

Date	Movement Description	Mileage	What Nancy Enters as Total Daily Mileage
05/01	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 1 to 3x each day)	.7	
05/01	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 1 to 3x each day)	.7	
Daily Total	Mileage entered into the EDRA system		1.4 miles recorded in Distance Division I
05/02	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 1 to 3x each day)	.7	
05/02	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 1 to 3x each day)	.7	
05/02	Rode other horse in the arena (trails aren't open for her)	3.1	
Daily Total	Mileage entered into the EDRA system		4.5 miles recorded in Distance Division I
05/03	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 1 to 3x each day)	.7	
05/03	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 1 to 3x each day)	.7	
05/03	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 1 to 3x each day)	.7	
05/03	Went for a bicycle ride	10.3	

Daily Total	Mileage entered into the EDRA system		12.4 miles recorded in Distance Division III
05/04	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 1 to 3x each day)	.7	
05/04	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 1 to 3x each day)	.7	
05/04	Worked out on elliptical trainer	4.0	
Daily Total	Mileage entered into the EDRA system		5.4 miles recorded in Distance Division II
05/05	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 3x each day)	.7	
05/05	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 3x each day)	.7	
05/05	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 3x each day)	.7	
Daily Total	Mileage entered into the EDRA system		2.1 miles recorded in Distance Division I
05/06	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 3x each day)	.7	
05/06	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 3x each day)	.7	
05/06	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 3x each day)	.7	
05/06	Went on a bicycle ride	10.0	
Daily Total	Mileage entered into the EDRA system		12.1 miles recorded in Distance Division III
05/07	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 3x each day)	.7	
05/07	Hand-walked horse she is rehabbing from an injury (15 minutes per day, 3x each day)	.7	
05/07	Walked around the neighborhood	2.0	
05/07	Rode horse in the arena	6.0	
Daily Total	Mileage entered into the EDRA system		9.4 miles recorded in Distance Division II

At the end of the first week, Nancy accumulated the following miles in the following divisions/categories:

- **Weight Class I – 47.3 miles**
- **Mileage Division I – 8.0 miles**
- **Mileage Division II – 14.8 miles**
- **Mileage Division III – 24.5 miles**