

EDRA in Motion Challenge – 2023

Background and Overview.

EDRA's motto is to "Start Ready, Finish Proud" and includes a focus on preparing both equine and rider for the demands of competitive distance riding. The EDRA in Motion Challenge is offered to interested EDRA members as a motivational tool – not just for the preparing of their equine partner, but to also help the rider improve or maintain their own fitness.

The Challenge is in addition to and totally separate from the Awards Program described in our General Rules, Appendix E. The Challenge runs from January 1 through December 31. EDRA members may join-in at any point during the course of the year, so just because you don't submit miles in January, you can become a part of the fun at any time.

How does the EDRA in Motion Challenge work, how do I enroll and/or submit my miles?

- The Challenge is available to all active EDRA members, irrespective of age.
- To enroll in the EDRA in Motion Challenge, an EDRA member logs in on the EDRA website by scrolling to the bottom of the <https://www.equinedistanceriding.com/> website page, enters their user name and password, then accesses the online ***EDRA in Motion Submittal Form*** by using the available EDRA in Motion tab at the top of the EDRA website Homepage. By submitting miles for any eligible month, the EDRA member is automatically enrolled as a participant.
- The Challenge relies on the honor system and any non-competitive miles traveled by human or horse power may be logged by the participant. This includes miles accumulated through workouts, conditioning and recreational means.
- Miles accumulated from formal competitions are not to be included (e.g., miles from endurance, competitive trail, ride-and-tie, horse show, running and/or cycling competitions should not be submitted or logged). When in doubt about whether or not miles are eligible, the general rule of thumb is that if an entry fee is required and placings are tracked by the event sponsor, the miles are not eligible for submittal to the Challenge and should not be recorded. Questions pertaining to which miles are eligible may be directed to Sue McLain, Challenge Administrator at kastu88@msn.com
- By using the EDRA in Motion Submittal Form, the participant enters her/his data for each day that they "move."
 - Report each day separately. Days without eligible movement do not need to be recorded. However, do NOT combine multiple days when reporting mileage, each day must have its own entry.
 - Report movement for each day that the distance covered was one-half of a mile (0.50) or longer.
 - Distances are to be measured and reported to the closest 1/10th of a mile (0.10).
 - If a participant has a day with multiple activities, e.g., rode a horse 5.0 miles in the morning and then went out for a 3.2 mile run in the evening, it would be recorded as 8.2 miles for that day.
- The Challenge focuses on moving and requires 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.)

- All miles must be entered no later than the 15th of the following month. (January miles must be entered no later than February 15, February miles must be entered no later than March 15, etc.)

What type of “movement” counts toward the Challenge?

- 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.

How can miles be measured?

- Miles may be measured by GPS device,
- Step-counters or pedometers (when the participant can accurately convert steps into miles),
- A known pre-measured course (e.g., ¼-mile running track where the participant walks two laps would be recorded as 0.50 miles),
- Maps (e.g., a park map that designates trail mileage, allowing the individual to calculate the total distance traveled), and/or
- Exercise equipment distance recorders (e.g., treadmill or stationary bicycle that estimates mileage).

Questions about mileage measurement techniques and options may be directed to Sue McLain, Challenge Administrator at kastu88@msn.com

What are the various levels of recognition?

- EDRA members who record a minimum of 100 miles during the competition 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. 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, 2023.
- 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 0.5 to 5.0 miles,
 - Distance Division II – submitted daily mileage totals between 5.1 to 10.0 miles, and
 - Distance Division III submitted daily mileage totals 10.1 or more miles.

Example of how the Challenge 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
02/01	Hand-walked horse she is rehabbing from an injury	.7	
02/01	Hand-walked horse she is rehabbing from an injury	.7	
Daily Total for 02/01	Mileage entered into the EDRA system		1.4 miles recorded Distance Division I
02/02	Hand-walked horse she is rehabbing from an injury	.7	
02/02	Rode other horse	13.1	
Daily Total for 02/02	Mileage entered into the EDRA system		13.8 miles recorded Distance Division III
02/03	Hand-walked horse she is rehabbing from an injury	.7	
02/03	Hand-walked horse she is rehabbing from an injury	.7	
02/03	Hand-walked horse she is rehabbing from an injury	.7	
02/03	Went for a bicycle ride	10.3	
Daily Total for 02/03	Mileage entered into the EDRA system		12.4 miles recorded Distance Division III
02/04	Worked out on elliptical trainer	4.0	
Daily Total for 02/04	Mileage entered into the EDRA system		4.0 miles recorded Distance Division I
02/05	Wore pedometer at work and recorded 11,000 steps. (Determined 2,000 steps equated to 1 mile.)	5.5	
Daily Total for 02/05	Mileage entered into the EDRA system		5.5 miles recorded Distance Division II

Date	Movement Description	Mileage	What Nancy Enters as Total Daily Mileage
02/06	Went on a bicycle ride	15.0	
Daily Total for 02/06	Mileage entered into the EDRA system		15.0 miles recorded Distance Division III
02/07	Hand-walked horse she is rehabbing from an injury	.7	
02/07	Hand-walked horse she is rehabbing from an injury	.7	
02/07	Walked around the neighborhood with dog	2.0	
02/07	Rode horse in the arena	6.0	
Daily Total for 02/07	Mileage entered into the EDRA system		9.4 miles recorded Distance Division II

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

- Weight Class I – 61.5 miles
- Mileage Division I – 5.4 miles
- Mileage Division II – 14.9 miles
- Mileage Division III – 41.2 miles