

The definitive guide to long distance riding, written by a leading equine veterinarian and endurance ride official. Featuring 100 photos. No other equestrian sports demand such a continuous training effort as do endurance and competitive distance riding. To reach the highest level of the sports--competing in a 100-mile ride--requires years of careful conditioning. In *Go the Distance*, Dr. Nancy Loving--a top veterinarian, endurance rider, and judge--clearly explains everything a rider needs to know, from selecting a horse to evaluating fitness and nutrition. Chapters include: Intelligent Nutrition, Conditioning Principles and Training Philosophy, Evaluating Fitness, Conditioning for Specific Terrain and Climatic Factors, Cooling Strategies, and Evaluation of Metabolic Health and Soundness. If you are an experienced distance rider, this is essential reading to improve your training and competitive skills. If you are just beginning, *Go the Distance* will safely guide you and your horse along the miles. Nancy Loving lives in Boulder, Colorado. 264 pp 6 x 9 100 b/w photos, 22 drawings and charts

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