

## TO FINISH IS TO WIN!

Endurance Riding is one of the fastest growing equine sports. In 1977, there were only 110 endurance rides held in North America. By 1988, the American Endurance Ride Conference sanctioned 600 rides.

Endurance appeals to both competitive equestrians and people who enjoy the outdoors and riding trails in new areas. The American Endurance Ride Conference was founded in 1972 as the North American educational, sanctioning and record keeping body for endurance riders and their horses.

An endurance ride can best be described as a cross-country competition of fifty or more miles. It is controlled by equine veterinarians who monitor the horses before, during and after the event. Several times during a "ride" there will be veterinary checks. Pulse recovery is one very important factor used to determine the condition of the horses. The ride veterinarians will set and announce the pulse criterion and other criteria before the start of the

ride. The horses are also monitored for lameness and appropriate physiology. **DRUGS OF ANY KIND ARE PROHIBITED.** Veterinarians will remove horses from competition if they find they are not in optimum condition to continue. The first horse to cross the finish-line, that has met the completion criteria, is considered the over-all winner.

The course for an endurance ride varies with topography of the area. Some are on flat or gentle rolling land; others mountainous with steep ascents or descents. Footing can vary from the shoulder of a paved road to grass, sand, gravel, dirt, slab rock or old woods trails. When laying out the course, the ride manager attempts to avoid obvious hazards such as deep bogs and sheer cliffs, but the endurance horse is expected to take in stride most natural obstacles.

Temperature, climate, footing and terrain will determine the speed at which the horses will travel. A tough

SPECIAL TO THE COMPASS

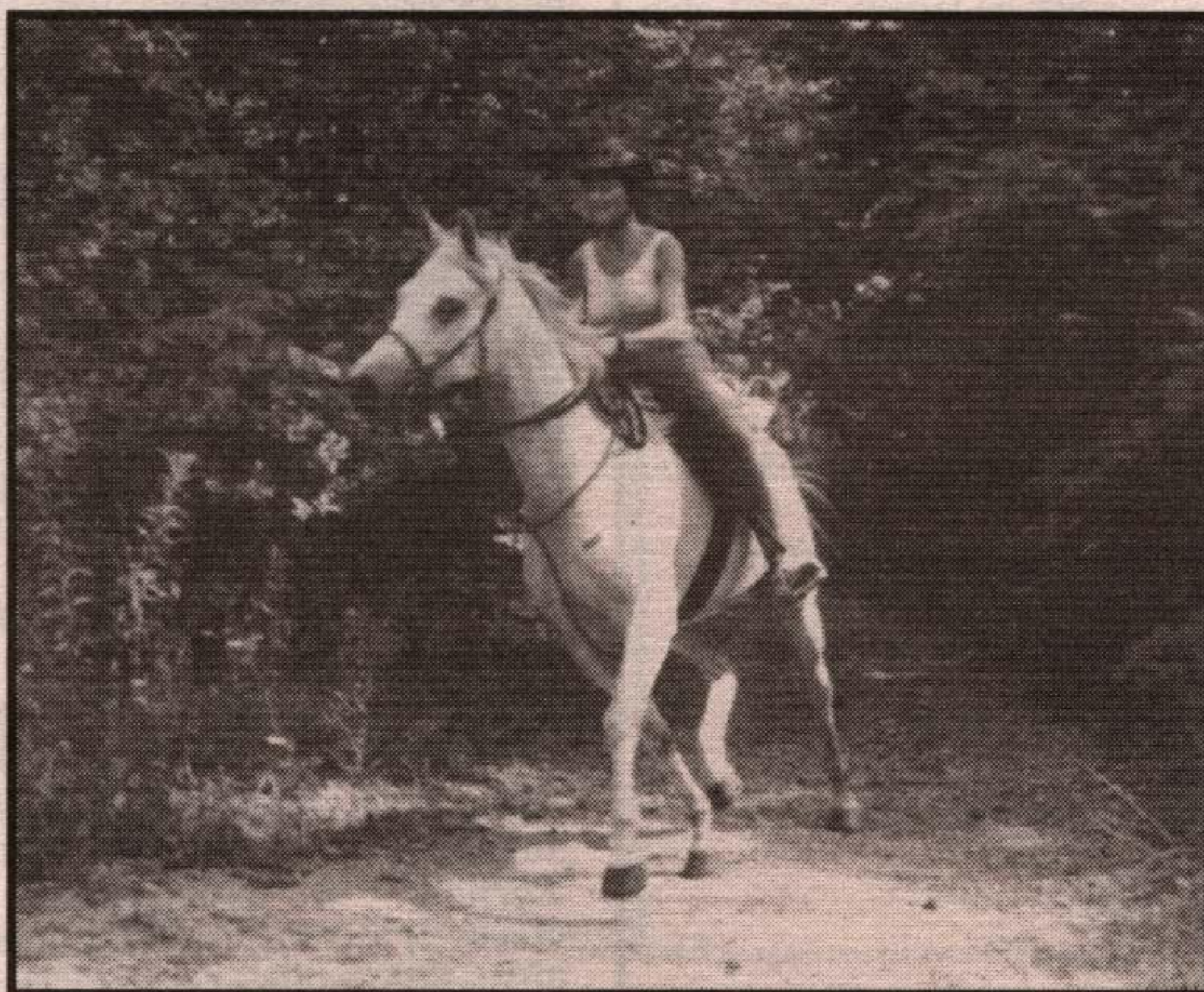
hilly trail is actually less destructive than a flat open road that encourages too fast a pace.

Increasingly popular have been the multi-day rides which are often held on historic trails. These rides are usually 50 to 60 miles a day in length and may be conducted over a period of four to six

days. These are often point to point with ride camp moving each night. A rider may enter and complete each day as if it were a separate event.

It is a personal challenge to ride your mount for fifty, one hundred miles or more and to finish with a sound, willing horse. Hence, the AERC motto:

"To Finish is to Win."



**FIT TO BE TIED** - Dantanna and Dorothy Friel at the 1997 Nassagaweya Ride 'n Tie at Hilton Falls Conservation Area.

## THERE'S A NEW FOWL IN TOWN

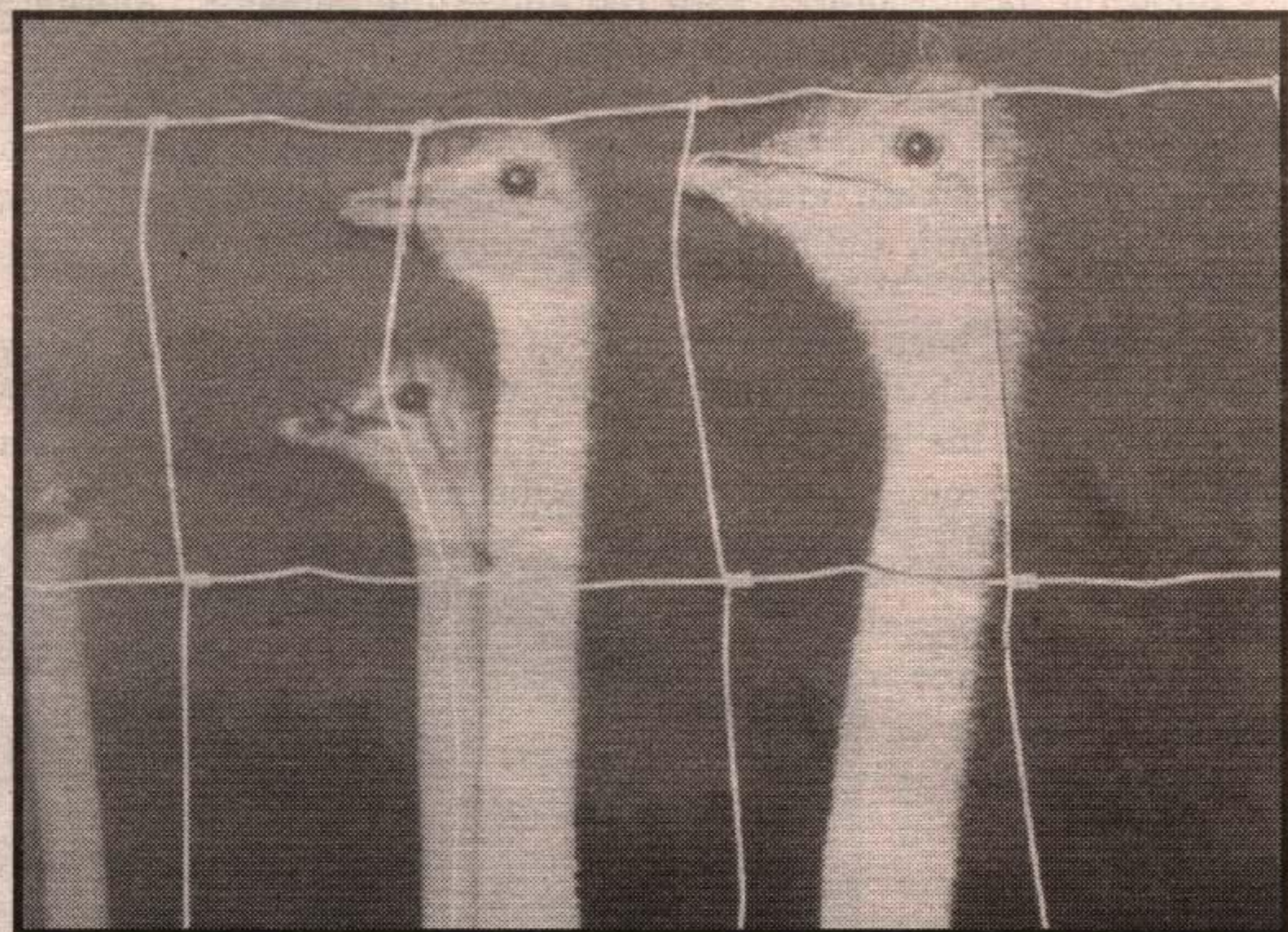
One thing that I really like about living in the country is the opportunity it gives my children to enjoy the farmland, to get acquainted with the cows, the horses, the sheep and of course, the ostriches. Yes, I did say ostriches. Don and Deborah Simmonds will be welcoming visitors to the White Rock Ostrich Farm at the begin-

ning of September. Located at 13085 4th line in Rockwood, visitors will be able to enjoy a wagon ride tour of the farm, wander around the gift shop (check out the one of a kind hand-painted ostrich eggs) or enjoy an ostrich burger or hot dog from the barbecue, (my family loved the hot dogs Deborah sent for us to try.)

BY DONNA DANIELLI  
CAMPBELLVILLE & AREA

The Simmonds first became interested in the large fowl when reading about them in the Toronto Sun. Intrigued by the idea that ostriches are a red meat that tastes like beef, but is lower in fat, cholesterol and calories, Don and Deborah investigated further and eventually bought their three breeders, Adam, Jessie and Betsy. These Canadian ostriches are raised in a natural, free-range environment with no added hormones. White Rock raises the Red Neck type of ostrich which are the largest in size and the females lay an egg every day and a half. Eggs are incubated on the premises in sterile conditions. Visitors will be given the opportunity to view the "Teenage" birds from the wagon ride around the pens. White Rock Farms will be open from 10-6, Wednesdays to Sundays from the beginning of September until Christmas. For more infor-

mation, please call 519-856-2629 or make arrangements to attend September's Business Women's Breakfast meeting at which Deborah will be speaking. For more information, call Carol McDonald at (905) 875-1795.



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**Travel tip of the month:** Bring a small amount of the appropriate foreign currency before entering the country you are visiting. This will allow you to pay for taxes and other incidentals where traveller's cheques are not applicable.

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