

# Figuring Out Ride Miles by Deb Aldridge

We all know how important it is to send in your ride miles. If you don't, then just ask Jack Weese [JWeese2402@aol.com](mailto:JWeese2402@aol.com) and he'll tell ya!! If we want to keep our wonderful horse trails opened, then please take the time to figure these miles out and send them in at the end of the year.

We give you the forms online to copy and we give you the address to send them to. You just provide the envelope and the stamp. It takes 1 minute to figure out and you don't have to be perfect at it.

Please print the **Ohio Horseman's Council Medina County Chapter Individual Trail mile form** and record all the miles you ride during the year. Make as many pages as you need to record all the miles you ride. Each time you ride, list the date, the Trail Location/Name and the miles ridden. Wetmore and CVNP are the same Park and have a column separate from Parks & Forests because so many Medina members ride in the CVNP. Having a separate column makes it easier to total the miles ridden in the CVNP. Wetmore/CVNP ends up in the totals for Parks & Forests when we report the miles to the State.

**At the end of the year, summarize EACH location you rode onto the OHC Trail Usage Location Form.** If you ride in a Park or Forest or an out-of state location that is not on the summary, please add it at the bottom of the list.

**Mail ONLY the OHC Trail Usage Location Form to the Medina County miles ridden recorder...All Mileage forms are DUE to Cheryl by January 15<sup>th</sup>.** Email to her at [MOHCTrailMiles@aol.com](mailto:MOHCTrailMiles@aol.com) OR snail-mail to Cheryl Nowack, PO Box 247, Richfield, OH 44286

Our county recorder will use each member's OHC Trail Usage Location form to complete a spreadsheet and print ONE OHC Trail Usage Location Form for the entire county membership. This summary of each member's location form is then mailed to the State OHC trail miles ridden chairperson so he can compile all the miles ridden by all OHC members in the state.

This procedure is really very simple and it is extremely important that we report our miles. ODOR and CVNP read these numbers and plan trail maintenance, facilities and additional trails accordingly.

I don't know if horse owners wrote down miles and sent them in to the state of Pennsylvania but they have closed so many miles of horse trails there that some of the best competitive/endurance rides are no more!! They took away all horse trails!! They were absolutely beautiful trails and I really feel for those people who had those trails in their backyards and now, what do they do? Where do they go? This is very scary so we must do all we can to show the parks that we ARE interested. We DO use the trails. We NEED the trails to ride on or what? Sell the horses because we have no place to ride?

**I got online and had some experienced endurance people tell me how to keep track of my mileage so I'll pass that onto you.**

If you ride on the gravel Hinckley Metroparks trail from Route 606 to Parker Rd. at the end and back, that's about an 11 mile trip. If you add the "new" trail that goes up to the Worden Homestead that ends at Ledge Rd. and back, you can probably add another mile. We figured for Brecksville, if you do the whole loop, it's about 6 miles. If you would like a copy of the Riding Run map that gives mileage from Riding Run and Perkins to the Wetmore trails. You may send a self addressed stamped business size envelope to: Deb Aldridge, 4004 Allard Road, Medina, Ohio 44256

**A slow walk is about 3-4 mph.**

**A slow trot is about 4-5 mph.**

**A nice medium trot is about 7 mph.**

**A fast extended trot is about 10 mph.**

**A canter starts at 10 mph. on up to giddyap and hold onto your hat at 20 mph. or more. Depends on if your horse is scared or not. haha**

**If you do 1 mile in 12 minutes, that's 5 mph. (12 X 5 = 60 minutes)**

**Do it in 10 minutes = 6 mph.**

**Do it in 8 min. = 7 mph.**

**Do it in 7 min. = 8 mph.**

**Do it in 6 min. and 40 seconds = 9 mph.**

**Do it in 6 min. = 10 mph.**

This doesn't have to be hard. If you are on a trail ride and going at a nice walk with a group for 2 hours, you can figure you went about 6-7 miles. If you walked for half the time and trotted half the time for 2 hours, you probably went about 8-9 miles. If you trotted at a nice slow trot for 2 hours, you went about 10 miles.

These are just averages to go by.

Please consider doing this from here on out because we need you!! Thank you for your time and Happy Trail Riding!!