

On Sunday 25 October you are invited to Lake Thomas (190 Brooks Road, Bywong) to 'go on an obstacle ride'.

You are welcome to choose who you ride with (max 4 riders per group though) or come alone and we will pair you up with someone that will help make your day enjoyable. We would like you to ride with at least one other person.

The trail will take approximately 1 hour for you to self-navigate at a walk. You will have the opportunity to go through, over or around water, bridges, hills and under flags at your own pace.

We encourage you to download the *Relive* app to track your ride and take photographs along the way to highlight and share your achievements of the day!

Everyone will be allocated a 'starting time' to ensure we are all safe distances apart and given time to enjoy the flags, going through water or over bridges.

Bring your own lunch and a drink. Toilets are not easily accessible (by car) so bring your best bladder control (or a bucket for the float if this is your preference).



## **Bungendore Adult Riding obstacle ride**

When: Sunday 25 October between 9am and 2pm

Where: 190 Brooks Road, Bywong NSW (Lake Thomas) - map will be provided to riders with their

times to explain where to park etc. **Who:** Members only - \$5 per horse

What: Trail ride with the opportunity to go over a bridge and/or seesaw, through flags, pick objects

up from drums, go up and down steep hills.

**Preparation:** The terrain is rocky in parts so horse boots or shoes are recommended.

Download the Relive app to share your experience with others afterwards. (Relive is available on

both Android and iOS, and is completely free). **Bring:** Lunch and a drink. (And your horse!)

REGO Form via the website – limited numbers, so register early.

Enquiries to Heather – via email first at <a href="mailto:2mybrc@gmail.com">2mybrc@gmail.com</a> or via 0421 272 128.

## Goin' On An Obstacle Ride

By Heather Thomas ©

Goin' on a horse ride.

Goin' to ride my favourite one.

I'm not afraid.

Look, what's up ahead?

Mud!

Can't go over it. Can't go under it. Can't go around it. Gotta go through it.

Goin' on a horse ride.

Goin' to ride my favourite one.

I'm not afraid.

Look, what's up ahead?

Logs!

Can't go through it. Can't go under it. Can't go around it. Gotta go over it. Goin' on a horse ride.

Goin' to ride my favourite one.

I'm not afraid.

Look, what's up ahead?

Gate!

Can't go over it. Can't go under it. Can't go around it. Gotta go through it.

Feel your pony under you. Oh, oh What's this?

Something funny.

Bright flags waving in the wind!

With two peg things! Two big seesaw things! An obstacle course! Ride for your life!

Ride over the grass!
Ride through the gate!
Ride around the trees!
Jump over the sticks!
Slosh through the mud!
Drive safely home!
Close the door!

Run up the front stairs! Crawl into your bed!