

STRIDE PRODUCTS

HELPING THE ENDURANCE RIDER AND HORSE ACHIEVE OPTIMAL RESULTS DURING TRAINING AND IN COMPETITION.

I have been involved in the sport of endurance riding for two years and I really enjoy and love every aspect of this sport. In my opinion there is so much to learn about this sport e.g. exercise physiology, training methods, optimal feeding and supplementation, the effect of transport on performance, tactical riding during a race, and many more topics.

When I had the opportunity to become the agent for Stride Products in Namibia I grabbed it with both hands as this would give me access to the vast knowledge of Dr Glynn Catton, the owner of Stride Products. He advised me on what products to use during training and on race day and this is what he recommends. I have been following this program with my own horse Dancer together with fellow riders from Tsumeb Endurance Club.

During TRAINING:

- **SWEATMIX** – This is the first product I use when I start to prepare my horses for the season. It is a powder and an Electrolyte Replacement. Every horse should be on an electrolyte replacer during training as they lose heavy amounts of sweat during training. I give it straight in the food and I have not had any palatability problem.
- **RECHARGE** – During my training phase I start to mix **Recharge** (an oral rehydration solution) into the drinking water – this is to get them use to the taste of the recharge in the water to prepare them for future competition days.

As the training gets more intensive and the distances gets longer I would add the following products.

- **HEMOBOOST** – An Iron, Copper and Cobalt supplement that supplies the 3 principal minerals for red blood cell and hemoglobin formation.
- **INVIGOUR 8 A + B** – A liquid multi vitamin supplement for performance and racing horses. Remember that the A and B parts must be given at different times.
- **LIQUID SEE VIT E** – This product has a potent anti oxidant effect and improves recovery, as well as being essential in tissue repair and immune function. You only need to give 10ml twice a week.
- **AMINO B PASTE** – This is a product that riders give in the last two weeks of training. It aids in basal metabolism and red blood cell formation. I have not used it myself, but have heard a lot of excellent results from riders using it.

From a veterinary perspective I would use Amino B Paste after a horse had Billiary or any other debilitating illness. It is a liver protectant and aids in recovery.

COMPETITION DAY:

- **ENDURANCE PASTE** – This is an easily administered electrolyte supplement for endurance horses. I give my horses a syringe full the evening before and then before the start of each leg. It is very palatable and horses take it readily. It stays in a paste and gives a slow release of electrolytes during the leg.
- **RECHARGE** - The optimal way is to make a solution of 80 ml in 2 L of water. If the horse is not used to taking recharge in water I give 50 ml of recharge in a syringe orally before the start of each leg. Please give all fluids slowly as I made my own horse choke because I syringed it in too fast.

I give my horses two forms of electrolytes at the start of each leg – Recharge that is a faster release of electrolyte and endurance paste which is a slower release.

- **MUSCLE GEL** – It is a soothing massage gel for aching and stiff muscles and can be used during legs to relieve discomfort.
- **AMINO B PASTE** – Riders have used this product with great success during the race when they feel their horses need a boost.

After the ride...

- **RUBICON CLAY POWDER** – This is used after the race to help with the treatment of leg soreness.
- **NEUTROLYTE LIQUID** – This product is used at the end of the race day in the evening. It helps to combat the effects of acidosis and dehydration and helps the horse to drink, increasing the action of the kidneys in clearing toxic wastes after hard exercise. Make sure you have supplies of fresh water available.

Other product that may be beneficial to individual horses is **RIGLY GLUCO LUBE** or **RIGLY MSM PLUS**. Both these products help for normal joint functioning and will be beneficial in esp. older horses.

RIGLEY EQUICALM or **TRANQUIL** may be beneficial to use for very excitable horses or maybe horses going to their first endurance ride.

I would like to thank you on behalf of Dr Glynn Catton for your support during 2009. Thank you also to Jume from Horse and Hoof who has always stocked the Stride Products and is always willing to help riders get product.

The Stride Products are now available at the following shops:

HORSE & HOOF, Windhoek, Namibia
Tel / Fax: - 00264 61- 256731
Cell: 00264 81 122 0019
Email: horse-hoof@iway.na

Happy Pets Accessories cc/2006/0405
P O Box 324
50 Sam Nujoma Avenue
Swakopmund
Cell: +264 81 2426650
Fax: +264 64 464125

ABSOLUTE PETS TSUMEB
139 Pendukeni Ivula Ithana Street
Tsumeb
Cell: 081 332 9023
Phone: 067 221 035
Fax: 088 620 410

All the best for 2010 and I wish you all to finish every ride.

Dr Erika de Jager BVSc BSc Agric (Honns) MRCVS
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