

2025 UMECRA Rules

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SANCTIONING REQUIREMENTS

1. GENERAL DUTIES OF THE SANCTIONING COORDINATOR

- A. The UMECRA Sanctioning Coordinator shall act as the primary contact for all correspondence regarding ride sanctioning.
- B. Sanctioning and scheduling of rides shall be conducted in a fair and equitable manner.
- C. Replies between the Sanctioning Coordinator, Board, and membership regarding Sanctioning issues shall occur within seven (7) days of the initial correspondence.
- D. The duties of the Sanctioning Coordinator shall include: facilitation of sanctioning correspondence between The Board, ride managers, and the membership, organization and communication of the ride schedule, and publication of the annual Ride Book.

2. UMECRA RULES

- A. The current year's ride schedule will be the precedent for the succeeding year, using Memorial Day and Labor Day as the scheduling anchors.
- B. Generally, rides will be given the same weekend as the past year. If these dates do not work, it is the ride manager's responsibility to notify the Sanctioning Coordinator immediately.
- C. For rides previously on the schedule, in October or November of each year, the Sanctioning Coordinator shall contact ride managers with the following: (2017)
 - 1) the proposed ride schedule for the next ride season,
 - 2) ride insurance forms,
 - 3) request for number of printed ride forms needed for ride
 - 4) confirmation of ride manager contact information,
 - 5) sanctioning fee information
 - 6) a timeline for creation of the upcoming year Ride Book.
- D. Ride managers must announce their mileage to the UMECRA Sanctioning Coordinator at least seven (7) days before the annual meeting; otherwise, they will receive the same mileage as the previous year. Corrections and/or adjustments can be made during the annual meeting before voting to approve the schedule. (2017)
- E. The names of official delegates to the annual meeting must be submitted in writing or orally to the UMECRA Secretary prior to the meeting (cut-off date to be announced). (2017)(2020)
- F. Once the schedule is finalized at the annual meeting, no new rides may be scheduled except with Board and ride manager approval via electronic ballot with a majority of 2/3rds of the managers responding within ten (10) calendar days. (One vote per ride). Rides seeking approval by Board vote must meet one of the following criteria:
 - 1) Be proposed for an open date
 - 2) Be 501 miles or more from an already scheduled ride (as measured using Mapquest.com)
 - 3) If less than 501 miles from an already scheduled ride (as measured using Mapquest.com), have written approval of those ride manager(s)
- G. Changes to a scheduled ride must be submitted to the Sanctioning Coordinator for Board approval 60 days in advance of the ride start date or to the Executive Board for their approval or as early as possible in emergency situations. Sanctioning votes by the Board can be taken via email. Members without email will be contacted by the UMECRA President.
- H. New rides will be given priority in order of application. The \$10 surcharge for new rides will be in effect.

I. The Board will attempt to limit the number of rides to three per weekend.

J. Two or more rides held on a regular schedule in alternate years shall be considered a single ride for purposes of determining scheduling precedence and delegate voting. The Sanctioning Coordinator must be informed in writing that their rides will rotate. The Sanctioning Coordinator will then inform the Board of this agreement.

K. No more than one 100-mile one-day ride will be scheduled on any one weekend closer than 800 miles apart. Preference will be given to the existing 100-miler.

L. Rider points will only be given for mileage which the ride applied for, or for which notice of a mileage change has been made at least 60 days in advance.

M. Any UMECRA sanctioned ride with ride miles of 15 miles or less, must follow the established UMECRA Novice or AERC Introductory rules. AERC Introductory rides or ride and tie rides are not eligible for UMECRA points or miles. (2014)

N. If a UMECRA sanctioned ride offers novice classes, all fees and rules shall be observed. Novices are only eligible for year-end awards in the competitive novice division or other awards where the criteria specifically states that novice rides shall count. Novice mileage shall count for chevrons and horse mileage, but shall not be considered in determining eligibility for Restricted Mileage awards.

O. All sanctioning fees are due by Feb. 1st. If not paid by this date, the Sanctioning Coordinator will send an email to the ride manager (call or letter sent by confirmation delivery) and document that contact has been made requesting the funds. Late payments will be considered a re-sanctioning request and must be approved by the Board of Directors. Penalties for late payments may include: delay in the posting of the ride flyer online, exclusion of the flyer from the ride book, and loss of ride sanctioning. It is the ride manager's duty to contact the Sanctioning Coordinator and Treasurer if their contact information has been changed from the previous year. (2016) (2020) (2023)

P. Any event sanctioned by UMECRA will require the use of the UMECRA ride entry form. Failure to do so may result with UMECRA withholding sanctioning on the following year. (2017)

3. FEES

Yearly fees per ride are \$40, with a surcharge of \$10 for a first-year. These fees cover the cost of printed ride supplies and include a prorata share of printing and mailing of the ride book. If a ride organization or manager sponsors more than one event per year, the \$40 fee applies to each ride. Starting with the 2022 ride season, a \$45 annual ride fee will be assessed with a surcharge of \$10 for the first-year. There is also a fee of \$2.50 per starting rider. (2021)

4. RIDE CANCELLATIONS

A. In the event of a forced cancellation, the ride manager shall report the cancellation to the UMECRA President, Sanctioning Coordinator and Secretary as soon as possible.

The Sanctioning Coordinator or Secretary shall notify the UMECRA Board, Newsletter Editor and the UMECRA Website Editor in writing as soon as possible. (2020)

B. Ride managers of canceled rides shall retain voting rights for one year.

C. Ride managers who cancel their ride two years in a row will give up their ride date and forfeit their ride's voting eligibility for the second year.

5. REPORTING

A. UMECRA ride results, rider and insurance fees must be sent to the treasurer postmarked within 15 calendar days of the ride, with a penalty of \$50 for non-compliance and denial of re-sanctioning the following year if the penalty is not paid. Ride results must also be sent to the Points Keeper. Ride

Managers submitting ride results in an unacceptable format (i.e. improper file, data out of order, incorrect or incomplete or incoherent information) will have results returned to them with an explanation of what needs to be corrected. Corrected results must be resubmitted within 14 calendar days of the return date. Submission of ride results that require further interventions/corrections by the UMECRA Points Keeper will result in a \$50 corrections fee. The UMECRA Treasurer shall report to the UMECRA Board on rides with outstanding bills 21 calendar days past the ride date. (2021)

B. If results, or any fees, are not received within 30 calendar days of the ride date, sanctioning for future rides, including rides in the same year will be forfeited, as determined by the UMECRA Board. If fees are not received within 6 weeks of the ride date, sanctioning for future rides will be denied. In addition, eligibility to vote as a ride representative (as ride manager and for all ride delegates) may be forfeited for board meetings and the annual membership meeting for a twelve month period commencing on the last day of the ride. (2021)

C. Every rider who starts will be reported according to divisions (heavyweight, lightweight and Junior).

Spirit of the Rules

It is impossible to predict and write rules to cover every situation that might arise at an UMECRA event. At times, the underlying UMECRA philosophy of the rules must be used in order to accommodate acts of nature, vandalism or accidents. In dealing with such situations and implementing and applying the existing rules, UMECRA depends on the good intentions of its membership to interpret the rules honestly, fairly and in the spirit with which they have been written. To help in these situations, please remember the following:

- 1. UMECRA places the highest priority on the safety of horses, riders, and workers.**
- 2. All contestants should be treated in an equitable and impartial manner to provide a fair competition.**
- 3. The event should be a pleasant, enjoyable experience for horses, riders, and workers.**

GENERAL RULES – (Apply to both endurance and competitive rides)

1. Eligibility

A. Each ride must be open to all breeds. On a ride of 35 miles or less the equine must be at least 48 months old. The equines entered in distances of 40 or more miles must be at least 60 months of age at the time of the ride with the exception of those entered in single day 100 mile rides. Equines entered in single day 100 mile distances must be at least 72 months of age at the time of the ride. (2015) (2024)

B. A ride must be open to everyone unless officially barred by the Board of Directors.

C. Riders under 18 must have written permission of parents or guardians.

D. Anyone having outstanding debts to UMECRA or a UMECRA ride and not paid within 30 days (including bank fees) from notification in writing of the incident will be disallowed from receiving points, year-end awards or mileage accumulation.

2. Management Requirements

A. The ride MUST BE an accurately measured distance by GPS or odometer.

B. There must be a marker two miles from the finish.

C. A riders' meeting shall be held to explain the ride and answer questions.

D. Ride management may make alterations to the announced criteria if trail and/or weather conditions warrant it. However, any changes must be made and announced prior to the ride or may be announced at any point on the trail as long as they apply equally to all riders.

- E. A ride that has two veterinarians may use a layperson approved by the veterinarian to check pulse, respiration, dehydration, mucus membrane, and temperature.
- F. Any cut off times at a check must be reasonably proportionate to the mileage-ride time.
- G. There must be at least one checkpoint and hold during all rides of 25 miles or more. (2015)
- H. The ride manager must include a plan for providing emergency treatment for equines entered in the event. Beginning the 2016 ride season this plan must be indicated on the sanctioning/re-sanctioning form. If your plan indicates nearby vet/treatment facility or on-call vet options phone numbers and maps must be available for inspection by ride veterinarians and riders. (2015)
- I. If ride management, veterinarians, rider(s), crew, volunteer(s), or family feels that any person(s) have been abused or harassed by a member, they have the right to notify a Board Member. The Board Member will forward the information to the President or Vice President who will notify the Board.
- Upon review, the Board will ask for comment from the complainant, alleged offending member and other people who might have witnessed the event.
 - If deemed warranted, the Board will privately warn that member; part of the warning being that if the offense continues, the member will be publicly warned.
 - If the conduct continues, the Board can take whatever further action it deems appropriate, including prohibiting the member from entering or attending a ride or from managing any other UMECRA event in the future. (2024) (2025)
- J. A ride committee may make variations to rules if changes are approved by the UMECRA Board of Directors. Any deviation from UMECRA Rules shall be advertised in an approved manner and posted at the ride secretary's area.
- K. Ride managers shall abide by the rules established by the Association. The Board of Directors shall adjudicate any infractions and take such action as it deems necessary.
- L. All rides offering limited distance and endurance events must be AERC sanctioned. (2013)
- M. Ride managers must respond by November 30th as to the date(s) of their ride for the following year. If possible, the ride manager should respond by the time of the Fall Board of Directors meeting so that an initial ride calendar can be presented at that meeting. If no response has been received by the fall meeting, the Sanctioning Coordinator must make at least two attempts to contact the ride manager for the information. If no reply has been received by November 30th from the ride manager, then the board can choose to take the ride off of the calendar and may replace it with another ride.
- N. There shall be weight divisions for endurance, limited distance and competitive: Lightweight - 185 pounds and under; heavyweight - 186 pounds and over WITH TACK. Any rider competing as a heavyweight may be required to prove their weight. (2014) (2021)

3. Veterinary Requirements

- A. Horses must be under veterinary supervision throughout the duration of the event.
- B. Horses must stand a pre-ride examination, mandatory rest stop examinations, and must pass a vet check after the ride. Any horse may be stopped at any point for a veterinary exam. The decision of the judges is final.
- C. A rider may ask for one recheck on a P/R. Pulse rechecks must be done with a stethoscope. P/Rs shall be taken as a unit and a recheck shall be requested immediately after BOTH have been taken and announced. The recheck must be taken immediately and the rider must accept the second score, whether higher or lower. In the case of a documented arrhythmia a stethoscope must be used for all vet checks. Heart rate monitors (HRM) will be allowed as long as they are used for all riders and in the same manner. Individual rider HRM must be turned off as they interfere with the hand held. (2014)

- D. A horse that has required a recheck shall not be penalized by being held extra time. (Exception, Gate into a Hold.)
- E. A horse that has been disqualified must return to base camp by trailer, unless permitted by the veterinarian to return on foot by the shortest possible route.
- F. The rider/owner of an equine disqualified by a ride veterinarian should be notified immediately by that veterinarian or the ride manager.
- G. A final decision allowing unsighted equines to compete shall be made on a case by case basis by the control judge at each event. Riders of blind equines should contact the ride manager prior to entry. (2013) (2015)

4. Rider Requirements

- A. The rider or horse owner shall be responsible for expenses incurred for veterinary, farrier, or for any other services provided at a ride. This shall be settled before the person responsible leaves the grounds.
- B. Any type tack permissible. Any type shoe may be used. (not required but recommended.)
- C. The same unit (horse, rider and equipment weight) must be maintained throughout the ride, and must travel the entire trail together
- D. Entrants must follow the prescribed course, do multiple loops in the correct order, and pass all control points. A competitor who fails this criteria should be pulled from placing, but may be allowed a completion, if in the opinion of the ride management the violation was not intentional and did not result in making the course easier or shorter. However, if the rider wishes to compete for placing then s/he must go back to the point of departure and must complete the entire trail in its correct order.
- E. While the welfare of an equine participating in a ride is primarily the responsibility of the rider, it is also the responsibility of everyone participating in the event whether as a rider, crew member, ride official, veterinarian or spectator to protect the welfare of equines at the ride. Any inhumane treatment of an equine may be cause for disqualification. (2025)
- F. All horses entered in a sanctioned event must not be under the influence of drugs, medications or stimulants, except those allowed by AERC, and may be subject to drug analysis while entered in the ride (See AERC Rule 13 and its Appendixes for allowed and prohibited substances and treatments.) (2015) (2018)
- G. Unruly or unmannerly horses which are a hazard on the trail or to examine may be disqualified.
- H. Official competitors may not be accompanied by equines, on trail or at checks, that have not entered or have been pulled from the ride. Exception: A junior rider who loses their original sponsor due to an emergency, or the sponsor is unable to continue in the competition. In emergency situations an ad hoc sponsor can be secured on the trail until a qualified, ride-documented sponsor can be secured. (2024)
- I. It is the rider's responsibility to present himself to the veterinarian (or P/R Team) precisely at the time indicated on the time card. The rider is also responsible to check his time card and/or to coordinate his time with ride time.
- J. All riders and mounts must be physically present and accounted for, entered and vetted in at the start of the ride.

K. Stallions must be double tied (two halters & two lead ropes) to trailer, hitching post, or high tie when not being ridden or handled. They may be tied with a single halter and lead rope if also enclosed in a charged electric fence or in a secure pen provided by campground. Stallions must be marked with a yellow ribbon on the bridle or forelock and tail at all times. Alternative containment options may be approved by Ride Management. (2013) (2014)

L. Stallions must be ridden by a rider 18 years of age or older. Juniors in competitive shall not ride stallions. (2013)

M. The UMECRA website: www.umecra.com, shall serve as the official process of notification of ride results and point standings. Ride results and points printed therein become official 30 days after the publication date to the website (Publication dates will be logged on the site.)

1. Riders are responsible for checking ride results and point standings for any potential errors in a timely manner and must report any suspected errors to the Points Keeper and Ride Manager within the 30 days of the publication date. Any discrepancies in the attempts by the Points Keeper, rider and/or the Ride Manager to resolve any suspected errors must be forwarded to the UMECRA Secretary. The UMECRA Secretary will inform the Executive Board of Directors of such discrepancies. The UMECRA Board of Directors will be responsible for the final resolution of these issues in a timely fashion. (2020) (2022)

2. The year-end final points and standings published on www.umecra.com will become official the day before Thanksgiving. Riders must check their year-end points, standings, and miles and report any discrepancies before this date. Please note that although the last ride results, final year-end points, standings and miles may be available on the website for less than 30 days, it is the responsibility of the riders to review and address any issues before the deadline. (2025)

5. Awards

A. Awards shall be given in two weight divisions and a junior division through six places. (Exception: Novice and Competitive Drive) Everyone finishing within the maximum time, to be determined by ride management, shall receive a completion award. (2021)

B. If a rider fails to complete the ride in the allotted time, management may at their discretion give the rider a completion award, but that rider will not be placed in the standings. He will receive credit toward his mileage record.

6. Protests

A. A protest must concern an infraction of the rules, must be received in writing within 7 days of the completion of the ride, and must be accompanied by a fee of \$25. The protest will be sent to the UMECRA president and will be adjudicated within 30 days, unless extended for just cause as determined by the BOD. The president will notify all the Board members within 48 hours of receiving the protest. The Vice President or designated investigator appointed by the President will contact the complainant within 3 days of receiving the protest. Concerned parties will be given 14 days to state their responses in writing. If the protest is upheld, the fee will be returned to the protestor. Please refer to the UMECRA Protest Procedure on the UMECRA website for details. In the case of a protest that is disallowed, the board members shall state their reasons and the protestor will be informed, without specifying board member's names. (2017)

B. The Board will also investigate and confront management, veterinarians, participants or attendees whose acts or failure to act are contrary to the spirit and responsibilities of participation or attendance in this sport (in the same manner and procedures as with protests.) (2017)

ENDURANCE RIDES

The following rules and regulations have been adopted by the Board of Directors of the AERC. UMECRA rules that are stricter or in addition are underlined. To obtain a full copy of AERC rules contact AERC, P.O. Box 6027, Auburn CA 95604. If not an AERC member, a rider must pay an additional entry fee.

1. The ride must be at least 50 miles in length per day.
 - A. Rides are sanctioned for a certain number of miles
 - 1) Mileage over 50 must be a multiple of five ending in 0 or 5 whichever is the nearest whole number to the actual ride mileage (e.g. 52.4 miles = 50; 52.5 miles = 55.)
2. **The equines must be under the control of veterinarian(s), experienced with equines or endurance rides.**
 - A. Each equine will receive a substantive physical examination of metabolic and mechanical parameters before the ride, at control points within the ride, and after the ride.
3. The ride must provide a specific amount of time (total competition time) which will include all stops and holds, and within which competitors must complete the ride to qualify for placing or completion.
 - A. There may be no minimum time limit for completion.
 - B. Total competition time will be according to the following prescription 12 hours for 50 miles, 24 hours for 100 miles, and other distances to be according to the AERC chart.
 - C. Riding time is the time used by the competitors to complete the course, excluding all hold time, and is the time used for AERC ride results.
4. **No mares in foal.**
5. Horses shall have a body condition score of no less than 3.0 and no greater than 8.0 to start an endurance ride as determined by the ride veterinarians. Veterinarians will use the Henneke Body Condition Scoring Guide in determining body condition score. Body condition score will only be judged during the pre-ride veterinary examination. (AERC 2015)
6. All veterinary control checkpoints must be staffed by a veterinarian who will provide the required control.
7. **There must be a minimum of two midride vet checks on a 50-mile ride and a minimum of four midride checks on a 100-mile ride.** (2023)
8. The setting of judging parameters, including but not limited to pulse and respiration, shall be determined by the head veterinarian. Since the ambient conditions are of prime concern in the setting of parameters, these parameters should not be finalized more than 24 hours prior to ride start. Respiration should be evaluated on its own merit.
9. The 'gate into a hold' type check is highly recommended at all vet checks. Other checks may be used as described in *The Guidelines for Control Judges and Treatment Veterinarians at AERC Endurance Competitions*. The 'pulse and go' is also recommended if the hold is to be avoided. A horse is held until a set pulse parameter is met and the horse is trotted out to check for lameness. (2020)
A rider entering a vet check must present his horse for p/rs at any time within 30 minutes
10. Completion Criteria - Each ride must have a post finish line vet examination which the equine must pass for a successful completion, the criteria to be announced prior to the ride.
 - A. The minimum criteria for the post-finish-line control check are as follows. The veterinarian of any ride may adopt more stringent criteria, including the final pulse rate criteria, as part of the setting of the judging parameters under Endurance Rule 8. Additionally, the ride manager may increase the maximum time to meet the final pulse rate by up to 30 minutes after crossing the finish line if circumstances dictate a need for additional time to reach the final control check. Notice of any change in the maximum time to meet the final pulse rate criterion and notice of any other more stringent criteria for the post-finish line control check must be provided to competitors by written notice posted in a conspicuous location at the ride camp at least 12 hours prior to the start of the ride and shall also be presented by the ride manager or head veterinarian at any pre-ride briefing or meeting. (AERC 2015)
 - 1) Each equine must pass the post-ride control check within one hour of crossing the finish line. Each equine is required to pass the final pulse rate criterion alone in 30 minutes but shall have the full hour

- from finish to pass other completion criteria. After meeting the final pulse criterion, riders may present their equines for the final examination for other completion criteria at a time of their choosing during the one-hour period. An equine that does not meet the established pulse and completion criteria shall be disqualified. Once a competing equine has passed the post-ride examination, it may not be removed from completion for veterinary reasons. (AERC only). No horse will be certified for UMECRA completion if it needs or receives treatment for metabolic reasons within 1 hour of finishing, regardless of whether it has passed its final check. Such horse/rider combination may still receive AERC points and mileage credit. (AERC 2015)
- 2) The horse must reach a reasonable pulse recovery based on ambient conditions. The maximum pulse criteria is 64 beats per minute; however, the ride veterinarian(s) may allow different pulse criteria. The MINIMUM pulse rate criteria shall be 60 bpm. Respiration should be evaluated on its own merit. Ambient temperature and humidity effects need to be recognized and their effects on respiration rate considered. (2015 AERC)
 - 3) The horse must be metabolically stable sufficient to demonstrate fitness to continue.
 - 4) There will be no gait aberration that is consistently observable under all circumstances that results in pain or threatens immediate athletic performance. This examination should be conducted at a trot, straight out and back, without prior flexion or palpation. It must be recognized that we are dealing with a risk sport with its inherent wear and tear. Veterinarians must also be flexible enough to evaluate the horse injured after completing the course, etc. This is posed as a very minimal criterion not designed to disqualify legitimate stiffness and "leg weariness" but to discourage over-usage between the last veterinary check point and the finish line.
 - 5) Soreness, lacerations and wounds on the limbs and body--including the mouth--must be noted on the veterinary examination card. Lesions that are aggravated to a degree that affects the horse's ability to continue may be a cause for failure to complete the ride. It must be recognized by veterinarians that lesions caused by tack and interference may be from mild to severe and need to be evaluated on their own merit.
 - 6) Evaluation of other monitoring parameters must indicate the horse is not in need of any medical treatment. It must be borne in mind that pulse, respiration, and soundness are but three of the important parameters considered in the state of condition evaluation
 - 7) The equine may not have received medical treatment by veterinarian or layman prior to the final examination. Any equine that a ride veterinarian advises should be treated for a metabolic or soundness problem, but treatment is refused by the rider or owner, shall be considered in the same light as a treated equine and will be disallowed completion.
11. Placements will be determined by the order of finish of those who have met the completion requirements.
12. **Ties: Horses that tie will receive identical placings and the next placing will be omitted. (i.e. 1st, 1st, 3rd, 4th, 5th, etc.)** Points to be awarded shall be the sum of the positions divided by the number of people who tied. ***(i.e. if two riders tie for first place in a 50 mile event, the points awarded 22+20=42. 42/2=21 points will be awarded to each first place rider.)*** (2019)
13. There shall be an award for the best-conditioned horse. The award does not have to be given. Judging shall follow AERC procedures.
14. There shall also be a junior division. All junior riders whether they are AERC members or not must be accompanied by a competent adult (age 18 or over) throughout the competition. Junior and sponsor must ride together at all times including entering and leaving all vet checks at the same time; the only exception being that at the finish a junior may finish within the same minute or within the one minute on either side of the sponsor's finishing minute. (2018)
- A. A junior is a rider who was under the age of 16 as of December 1st of ride season in which the ride is held. (2018)

- 1) All juniors, sponsored or unsponsored, must wear approved safety helmets.
- B. Juniors may participate in AERC competition only with the written consent of a parent or guardian. This consent shall imply:
- 1) Acceptance of all AERC rules, particularly the ability of a junior to substitute a sponsor during a ride as allowed by AERC rules and regulations.
 - 2) Prior consent to any emergency medical treatment or aid.
- C. An AERC member 14 years or older who has completed 500 miles or more in the AERC rider mileage program may ride unsponsored but will compete in the senior division.
- 1) Such unsponsored young rider must have on file in the AERC office a letter by parent or legal guardian which consents to and requests unsponsored status.
 - 2) The AERC office will provide a letter for this unsponsored young rider verifying 500 miles in the AERC rider mileage program, which letter must be presented to ride management at check in or earlier.
 - 3) Management may choose not to honor the “unsponsored young rider” concept and require all persons under 16 years of age to have sponsors.
- D. The sponsor must be a responsible adult and must be duly entered as a competitor in the event, and sponsorship must be documented on the Junior entry form complete with sponsor signature, at the time sponsorship begins.
- 1) Junior and/or sponsor normally may suspend their sponsorship agreement only at regular stated checks and then only with the knowledge and consent of ride management, and management’s documentation of the change when it occurs.
 - a) Sponsorship may change between checks only if either competitor or either competitor’s mount is unable to continue safely to a checkpoint.
 - b) In the event of an emergency, in order to remain in competition, the sponsor and junior must stay together until a pre-registered substitute sponsor or an ad-hoc sponsor is secured.
- E. Infraction of the sponsorship shall result in both or either the sponsor and/or junior being disqualified
- F. In the event that the pre-registered sponsor of the Junior is unable to continue, and if no other willing entered adult sponsors in any distance and on the same loop of trail are available, the Junior may be sponsored by un-entered adult rider(s) through the completion of the ride with ride management and control judge approval. The Junior would receive last place points among those Junior riders that completed that ride. The un-entered sponsor will receive no points or credit for mileage. The Junior may also be sponsored by an adult on foot with the approval of ride management. Any un-entered sponsor must be either a current member or a Single Event Member of AERC. (also commonly known as “day member”). (2024)
- G. In order to ensure equine welfare and in accordance with the provisions of Rule F, any equine being ridden by an un-entered sponsor shall receive a substantive physical examination by the control judge of metabolic and mechanical parameters at all control checks and, if practical, before the equine is ridden by the un-entered sponsor. Any equine being ridden by an un-entered sponsor may be disqualified from participation during the ride by the control judge. Any equine being ridden by an un-entered sponsor must also receive a veterinary safety check at the finish. (2024)
- H. An equine ridden by a junior is eligible for best condition.

LIMITED DISTANCE RIDES

The following rules and regulations have been adopted by the Board of Directors of AERC. UMECRA rules that are stricter or in addition are underlined. To obtain a full copy of AERC rules contact AERC, P.O. Box 6027, Auburn, CA 95604. If not an AERC member, a rider must pay an additional entry fee. Limited Distance Rides may be offered but must be sanctioned and held in conjunction with a UMECRA sanctioned ride and must be advertised as such. If a ride wishes to seek AERC sanctioning it must follow AERC Rule L1.

AERC Rule L1. Limited Distance rides must be at least 25 miles but not exceed 35 miles in length. These rides must be sanctioned into the Limited Distance Program and held in conjunction with or within an adjacent 24 hour time period of an AERC Sanctioned Endurance Ride.

1. Mileage must be a multiple of 5, ending in 0 or 5, whichever is the nearest whole number to the actual ride mileage (e.g. 22.4 = 20 miles, 22.5 = 25 miles.)
 - A. A Limited Distance rider may elevate to the lowest Endurance distance (in sanctioned elevator rides) for completion only, if the equine is 60 months old or older.
2. The equines must be under the control of veterinarian(s) experienced with equines or endurance rides.
3. Each equine will receive a substantive physical examination of metabolic and mechanical parameters before the ride, at a minimum of one veterinary control point located at or near the halfway point of the ride, and after the ride.
4. Horses shall have a body condition score of no less than 3.0 and no greater than 8.0 to start an endurance ride as determined by the ride veterinarians. Veterinarians will use the Henneke Body Condition Scoring Guide in determining body condition score. Body condition score will only be judged during the pre-ride veterinary examination. (AERC 2015)
5. The 'gate into a hold' type criterion is mandatory at all vet checks.
 - A. A rider entering a vet check may present his horse for p/r's at any time within 30 minutes.
 - B. Horses passing the p/r parameters shall remain at the check area for the time specified, but a minimum of 20 minutes.
6. The ride must be open to any breed or type of equine. Equines must be at least 48 months old at the time of the ride. On a ride over 35 miles, equines must be at least 60 months old.
7. No mares in foal.
8. The ride must provide a specific amount of time (total competition time) which will include all stops and holds, and within which competitors must complete the ride to qualify for placing or completion.
 - A. There may be no minimum time limit for completion.
 - B. Total COMPLETION TIME will be according to the following prescription: 6 hours for 25 miles, 7 hours and 15 minutes for 30 miles, and 8 hours and 30 minutes for 35 miles; (including hold time).
 - C. RIDING TIME is the time used by competitors to complete the course, and reach criteria, excluding all hold times. This is the time used for AERC ride results.
 - D. At the finish, ride time of the competitor continues until a preset veterinary criteria of 60 heartbeats per minute or less is met. (Finishing time is recorded as the time at which the rider asks for and subsequently meets this preset criteria.) There is no marked finish line on the course that is used to determine placing or completion time.
9. A competitor must pass all veterinary criteria for completion; a competitor who fails any of the other completion criteria should be pulled from top ten placing, but may be allowed a completion, if in the opinion of ride management, the violation was not intentional and did not result in making the course easier or shorter.
10. Each sanctioned ride must have a post-finish-line vet examination, which the equine must pass for a successful completion, the criteria to be announced prior to the ride.
11. The minimum criteria for the post-finish-line vet check are as follows. Any ride may adopt more stringent criteria but these must be provided to competitors before the ride in written form. The post-finish-line vet check is where the final criteria for completion must be met; an equine has not completed the ride until he has passed this check.
12. Completion requires meeting all of the following criteria:
 - A. All riders and mounts must be present and accounted for at the start of the ride.
 - B. Properly entered in the ride.
 - C. Obeying all the rules.
 - D. Following the prescribed course, and doing multiple loops in the correct order.
 - E. Passing all control points.
 - F. Passing all vet requirements.
 - G. Finishing within the prescribed maximum time.
 - H. Not being disqualified.
 - I. Meeting criteria at post-finish-line check.
 - J. Meeting any other criteria prescribed by ride management.
 - K. Not having been paced or prompted by an un-entered, withdrawn, or otherwise unauthorized equine, vehicle or person other than another entrant. This does not preclude the ordinary support services of attendants or pit crews. A crew may accompany their rider down a public road in a support vehicle (unless there is a ride management prohibition against it) provided they do not push or haze the equine.
13. The equine must meet an established pulse rate criterion within 30 minutes of arrival at all control points. All equines must stand for a mandatory post-ride evaluation within one hour of finishing the course (reaching the timer). Riders may present their equines for the final examination at a time of their choosing during the one-hour period. An equine that does not meet the established completion criteria within one hour of reaching the timer shall be disqualified.

Once a completed equine has passed the final examination, it may not be removed from completion for veterinary reasons. (AERC only).

No equine will be certified for UMECRA completion if it needs or receives treatment for metabolic reasons within 1 hour of reaching the timer regardless of whether it has passed its final check examination. Such equine/rider combination may still receive AERC points and mileage credit. (2024)

14. The setting of judging parameters, including but not limited to pulse and respiration, shall be determined by the head control judge. Since the ambient conditions are of prime concern in the setting of parameters, these parameters should not be finalized more than 24 hours prior to ride start. Respiration should be evaluated on its own merit. The maximum pulse criteria for completion is 60 beats per minute. Ambient temperature and humidity effects need to be recognized and their effects considered.
15. The equine must be metabolically stable, sufficient to demonstrate fitness to continue.
16. The equine may not have received medical treatment by veterinarian or layman prior to the final examination. Any equine that a ride veterinarian advises should be treated for a metabolic or soundness problem, but treatment is refused by the rider or owner, shall be considered in the same light as a treated equine and will be disallowed a completion.
17. There will be no gait aberration that is consistently observable under all circumstances that results in pain or threatens immediate athletic performance. This examination will be conducted at a trot, or equivalent gait, straight out and back, without prior flexion or palpation.
18. Soreness, lacerations, and wounds on the limbs and body—including the mouth—must be noted on the veterinary examination card. Lesions that are aggravated to a degree that affects the equine's ability to continue may be a cause for failure to complete the ride. It must be recognized by veterinarians that lesions caused by tack and interference may be from mild to severe and need to be evaluated on their own merit.
19. All riders who successfully complete the ride must receive a completion award.
20. There shall be three divisions: Heavyweight, Lightweight and Junior. Clarification of Junior Rules, see Endurance Rules 14. A. – H. and UMECRA General Rule 2.N. (2021)
21. An award may be available for the horse judged to be in the Best Condition.
 - a. The award does not have to be given.
 - b. The veterinarian(s) may feel that none of the horses in contention for the award deserve to receive it.
 - c. Use of the AERC Best Condition System is optional with ride management.
 - d. Only horses selected as Best Condition using this system (with Best Condition forms returned along with the results) are recognized by the AERC.
 - e. Procedure in the event of a tie (best condition score), the equine among those tied with the highest veterinary score will be the winner. If there is still a tie, the equine among those still tied that finished ahead of the other(s) will be the winner.
22. Limited Distance competitors must be offered a separate and specific briefing on the special features and requirements of Limited Distance rides.
23. The AERC records mileage for members, but the mileage remains in the Limited Distance program and is not transferable to any other AERC program. For UMECRA, horse mileage will count in the 1000 mile program and rider mileage will apply in the endurance division.

COMPETITIVE RULES

1. Eligibility

- A. Novice divisions may be offered. Novices are only eligible for year-end awards in the competitive novice division or other awards where the criteria specifically states that novice rides shall count. Novice mileage shall count for chevrons and horse mileage, but shall not be considered in determining eligibility for Restricted Mileage awards.
- B. Mares in foal permitted up to sixth month.

2. Management Requirements

- A. The maximum riding speed shall average 5.5 to 7 miles per hour. In figuring whether competitive ride time falls within this speed, spot check time of 10 minutes per check must be included.
- B. Rides must use the "window system" as follows: A rider may come in from 5 minutes before or up to 5 minutes after the exact scheduled time without losing points. One point per minute is lost for coming in before or after these limits, up to 55 minutes (a total of 55 points) without being disqualified.

**ABSOLUTE MINIMUM TIMES-FOR EACH SPOT CHECK ADD 10 MINUTES –
FOR EACH REST STOP/VET HOLD ADD AT LEAST 40 MINUTES**

Miles	Time	Miles	Time	Miles	Time	Miles	Time
25	3:34	45	6:26	65	9:17	85	12:09
30	4:17	50	7:09	70	10:00	90	12:51
35	5:00	55	7:51	75	10:42	95	13:34
40	5:43	60	8:34	80	11:26	100	14:18

- C. There shall also be a junior division. Junior riders shall have not reached the age of 18 years as of December 1st. Placing and completion awards shall be furnished. (2018)
 - 1) All riders under 18 years of age are required to wear helmets. (2018)
 - 2) Riders in the junior division shall be accompanied by a sponsor 18 years of age or older. (2018)
 - 3) Juniors may ride in the senior division. Before their first ride of each season, if they are between 14 and 18 and it can be validated by the UMECRA points keeper that they have completed at least 500 miles in competitive, limited distance and/or endurance; the rider who wishes to switch divisions must advise the UMECRA secretary and the UMECRA points keeper in writing of their intent to ride as seniors for that season. The rider must have a letter on file with the UMECRA secretary by which a parent/legal guardian consents to the request for unsponsored status. A copy of this letter shall also accompany the junior to each ride. (2018) (2020)
- D. Horsemanship will not be judged as part of the horse's score. A separate horsemanship award may be given.
- E. Obstacles not normally found on a trail are not to be used.
- F. After the ride the scoring sheet shall be immediately available for rider examination. The horses' individual point scores shall be publicly announced as awards are being presented. Any mathematical errors in scoring must be reported at once (before leaving the grounds).
- G. There must be a minimum of one rest stop during each 25 miles or increments over 15 miles thereof. (For example a ride must be 40 miles or over in order to require two rest stops.) Horses may not travel more than 20 miles without a scheduled vet stop. All vet stops must be a minimum of 40 minutes long.
- H. Horses that tie will receive identical placings and the next placing will be omitted. (i.e. 1st, 1st, 3rd, 4th, 5th, etc.) Points to be awarded will be that of the placing. (i.e. if two riders tie for first place in a 25 mile ride, the points awarded, 11 will be given to each first place rider. No rider would get second place points.) (2019)

3. Rider Requirements

- A. During the competition all riders are required to care for their own mounts except having a horse held during a rest break. Other assistance in the care and grooming of mounts is prohibited unless the ride committee determines that assistance is needed.
- B. Devices which serve strictly as leg protection shall be penalized two points per leg per day. Examples include, but are not limited to bell boots, splint boots, wraps, sleeves or any device that was not manufactured specifically for a hoof boot system. All types of hoof protection are permissible, including hoof boots with the manufacturer's associated parts. Boots and parts shall NOT extend above the pastern, or the boot will be subject to the two points per day per leg penalty. The judge may request to observe the area covered by the boot and/or the area under any leg protection at any time. If leg protection is not declared, see (H). (2023)
- C. The horse will be ridden the entire route, no forward motion unless mounted. Ride committees may make exceptions in dangerous areas.
- D. Forward motion must be maintained the last two miles.
- E. Drinking and sponging are allowed in natural water, whether puddles, creeks, lakes or that which is declared by ride management to be natural water. A horse shall not be denied drinking water from a bucket and/or other approved source at a scheduled vet check. Horses may be sponged after the final vet check. Depending on ambient conditions, veterinary judges may allow sponging at vet checks. (2018) (2020)
- F. No ice, liniments or braces may be used before the final vet check.
- G. No whips, etc. will be used or in hand in the pre- or post-ride examination or any examination during the course of the ride. The horse is expected to trot out freely in hand when asked to do so. Failure to trot out when asked should result in points being deducted.
- H. The penalty for failing to follow the above requirements: completion only, miles only or disqualification. (2014)

4. Veterinary requirements - judging competitive horses.

A. Soundness - HORSES GRADE TWO OR WORSE SHALL NOT START

- 1) Unsoundness and stiffness; the judges shall evaluate a horse's way of going during the ride to determine change of gait (lameness or stiffness) which is the result of an inability to adapt to the stresses placed on tendons, muscles, ligaments, bones and joints.
- 2) Heat and Swelling; Heat and swelling in the area of joints and tendons are of particular importance, indicating inflammation. Stocking and swelling associated with the subcutaneous tissues need not be considered detrimental when found after an overnight layover if they regress shortly after resuming activity. However, when stocking occurs during the course of a ride or does not regress after resuming activity it should be considered significant.
- 3) Muscular Soreness; with particular reference to the muscles of back and shoulders.
- 4) Saddle and Cinch Sores; Tack Galls and Wounds; those which develop during the course of the ride or those previously present which progress. (2022)

B. Condition;

- 1) Evidence of Fatigue and Inability to Carry On: This should include an evaluation of depression, lack of desire to eat and drink, and diseases associated with exhaustion such as spasm, azoturia, colic and abnormal heart sounds. Metabolic parameter considerations: hydration status (skin tenting, mucous membrane, capillary refill, and jugular refill), bowel sounds. Other parameters may be evaluated including muscle soreness, muscle cramping, coordination, urine color, respiration character, sweat, salivation, etc. The horse must be metabolically stable and demonstrate fitness to continue. (2022)
- 2) Pulse and respiration
 - a) Normal criteria for advancement are a pulse of 68 and a respiration of 68.

- b) There will be a minimum of two pulse and respiration readings taken during the day's ride, except for novice rides and competitive drives of 15 miles or less which may have one.
 - c) Not less than 10 minutes nor more than 15 minutes shall be allowed before the recovery pulse and respiration are taken. This information shall be collected precisely and uniformly so as to aid in making an evaluation of condition.
 - d) At all p/r checks a horse must be allowed at least two minutes of "still time" before having a p/r taken.
 - e) P/R's may be taken by a judge and/or others who in the opinion of the judges are qualified.
 - f) P/R's shall be taken for 15 seconds and recorded as actual during the recording period. No plus points shall be awarded for pulse and respiration. See chart Appendix A for scoring with stethoscope.
 - i) If HRMs are used they must be placed on the horse and have the pulse read 30 seconds after being placed on the horse. The pulse taker must give care that they keep the watch/receiver within one foot of the HRM for the full 30 seconds. Horses must stand at least 10 feet apart. The actual HRM count at 30 seconds is recorded on the pulse card. Do not divide by 4. Fractional points shall be deducted as indicated. Scoring of P&R with HRM will be indicated by chart in Appendix B.
 - ii) For an immediate P&R recheck, a stethoscope must be used. The actual count at 15 seconds is recorded on the pulse card. Do not multiple by 4.
 - g) A pre-ride pulse and respiration, dehydration and capillary refill shall be taken.
- 3) Spot Checks: A 10-minute hold check shall be used. The location of a spot check shall be uniform for all riders. An assistant placed several hundred yards down the trail will tell the rider to trot from that point to the judges. If the horses are badly bunched when they reach the assistant, he will hold them and let them go at 5-second intervals. Horses shall be checked for p/r's 10 minutes after arrival. Horses do not have to meet the 68/68 criteria at spot checks. A horse shall not be held at a spot check. If in the veterinarian's opinion the horse is critical, the horse should be pulled. Time held at spot checks will be included in the day's riding time. (See Ride Manager's Manual for minimum allowable times)
- C. Manners: Consideration must be given to the manners of the horses on a ride. The horse should stand quietly for any examination that the judge deems necessary. Unruly horses such as those difficult to examine or judge are subject to removal from competition.
- D. Examination Procedures: The judges should act together and discuss individual horses throughout the course of the ride. Judges will evaluate horses on soundness, condition and manners. The standard UMECRA score sheet, time card and scoring system shall be used.

5. Multiple Day Ride

- A. Horses shall all be stabled at the campsite. If a contestant wishes to walk the horse during the night he may do so, but must do it himself.
- B. Horses must be evaluated and scored at the end of each day as to the criteria on the UMECRA score sheet. The morning's evaluation on the second and following days is at the discretion of the vet.
- C. The evening's examination should involve attitude, dehydration, filling, sore backs and stocking up. The morning evaluation can include all of the above plus an evaluation for locomotion.

6. Completion Criteria

- A. Horses that are grade 3 or 4 lame will not receive placing or completion points but will receive mileage. Grade 5 horses will be disqualified. (2014)
- B. Competitive horses shall be certified for completion if they:
 - 1) Have stable vital signs and are showing subjective and objective signs of recovery.

- 2) Have met the pulse criteria of 68 within 20 minutes of the final 10-minute p/r check. NOTE: Ride managers should remember to score the final 10-minute p/r check and recheck (30 point deduction) if applicable.
- 3) Have not required and/or received medication for any metabolic reasons within 1 hour of finishing (to include colic, tying up, thumps, etc.) Any medication administered on the grounds must be under the supervision of a veterinarian.

COMPETITIVE NOVICE DIVISION

The objective of this division is to promote the entry of new riders and new horses into the sport of distance riding.

1. A UMECRA Novice Ride cannot be longer than 15 miles. The ride must be part of the UMECRA sanctioning process. All fees apply.
2. Novice rides must use the "window system" as follows: A novice rider may come in from 5 minutes before or up to 5 minutes after the exact scheduled time without losing points. One point per minute is lost for coming in before or after these limits, up to 55 minutes (a total of 55 points) without being disqualified.
3. The Novice division must be a one horse/rider team. To enter this division for year-end awards and individual placings, the rider must not have completed more than 90 total miles in a regular distance ride: competitive, limited distance, or endurance. Only one 25 or 30 mile competitive ride may count per year toward year-end awards. Rides longer than 30 miles will NOT count toward awards; whether endurance, LD or competitive, but they will count toward the 90 total miles.
4. A rider placing Top Five novice for three years is not eligible for further Novice Awards and may enter rides for mileage only.
5. Horse/rider team will use the same rules as competitive rides and including UMECRA general rules.
6. Novice rides will have only one division. Juniors and seniors, no matter what weight division are one division for the purpose of awards and scoring for UMECRA.
7. Scoring for UMECRA awards will use the current system for High Point Awards. Awards will be given to Top 5 only.
8. Novice riders must accumulate a minimum of 40 miles and at least 3 rides, of which one ride can be a 25 or 30 mile competitive ride for Year End Top 5 Awards.
9. If a UMECRA sanctioned ride offers novice classes, all fees and rules shall be observed. Novices are only eligible for year-end awards in the competitive novice division or other awards where the criteria specifically states that novice rides shall count. Novice mileage shall count for chevrons and horse mileage, but shall not be considered in determining eligibility for Restricted Mileage awards.

COMPETITIVE DRIVING RULES

1. Distance Driving Horses will follow the same rules as Competitive Horses with the following exceptions.

General Rules

- A. The pace for a drive is between 5 and 7 mph. The pace will be determined by the drive management. Factors determining the pace will be heat, humidity, difficulty of the terrain, conditions of the trail.
- B. Mileage of Distance Drives shall not be less than 5 miles, but may be any greater distance that provides a safe and practical venue for driving. Longer distances are encouraged.
- C. There shall be one division: Single Horse and Multiple Horses-- regardless of the age of the driver shall share a division for points and awards. Junior drivers must be accompanied by a sponsor in the carriage from start to finish, who will assume full responsibility of the turnout.
- D. Drivers should be started at 5 minute intervals. This may be shortened by a minute or two if number of entries exceeds 12.

- E. Competitive drives must use the "window system" as follows: A driver may come in from 5 minutes before or up to 5 minutes after the exact scheduled time without losing points. One point per minute is lost for coming in before or after these limits, up to 55 minutes (a total of 55 points) without being disqualified.
- F. When scoring multiple horses, each horse shall be scored individually; however, their individual scores are averaged to determine the final score.
- G. Drivers can be accompanied by a groom, or have a groom meet them at vet checks, who can assist in all aspects of the competition, except driving. (See Rules for drivers for more information.)
- H. Natural water at water crossings can be offered by the groom from a bucket.
- I. All drivers will have 15 minutes to present their horses to the veterinarian for pulse and respiration at the vet checks. (2013)

2. Rules for Drivers

- A. No equine shall be hitched to a vehicle without a bridle and reins. Violators will be subject to immediate elimination and excluded from further driving at the event.
- B. Horses will not be left unattended while put to a carriage. They cannot be left tied to a trailer unattended while put to a carriage.
- C. A Slow Moving Vehicle sign must be on the rear of the carriage and displayed at least 3 feet from the ground.
- D. The driver must have a whip in within reach at all times while in the cart, but not during the pre and post drive veterinary exams.
- E. Breeching or a brake is required unless using a racing type harness employing "quick hitch" couplers, which attach the shafts of the cart directly to the saddle pad of the harness.
This type of racing harness may only be used with a lightweight two-wheeled cart. The driver must affirm to ride management via the Safety Check that the horse is accustomed to the harness and cart configuration on hills and rough terrain.
- F. Helmets for drivers and grooms are mandatory
- G. Pair carriages must have a groom. Duties of the groom include assisting the driver in hitching and unhitching, cooling out, holding and helping in the care of the horses. the groom is NOT allowed to share the driving. The groom may give the driver directions on the trail.
- H. Single drivers may carry a groom. The duties of the groom would be the same as for the pairs.
- I. At no time during the competition may the groom/passenger or others along the route hold back the carriage going down a hill or push the carriage up a hill. Failure to comply will result in immediate elimination.
- J. Safety Check. There will be a safety check prior to the start of the drive to inspect harness and vehicle.
- K. Spares Kits are required. They include a Knife, Screw Driver, Pliers, Small hammer, Leather Punch, Hoof Pick, Wheel Wrench to fit axle, Length of Rawhide, string, or wire, Halter and lead per horse, Cooler or quarter sheet for each horse, A Hames strap if applicable, Spare rein or splice, Spare Trace or Splice.
- L. Bicycle type wheels are not allowed. Traditional wood or metal wheels are recommended. Pneumatic tires on automobile or heavy duty spoke wheels, such as those used on motorcycles, are acceptable.

Appendix A - UMECRA P/R Score Sheet

Pulse

	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
R	0	3	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57
e	2	5	8	11	14	17	20	23	26	29	32	35	38	41	44	47	50	53	56	59
s	4	7	10	13	16	19	22	25	28	31	34	37	40	43	46	49	52	55	58	61
p	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60	63
i	8	11	14	17	20	23	26	29	32	35	38	41	44	47	50	53	56	59	62	65
r	10	13	16	19	22	25	28	31	34	37	40	43	46	49	52	55	58	61	64	67
a	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60	63	66	69
t	14	17	20	23	26	29	32	35	38	41	44	47	50	53	56	59	62	65	68	71
i	16	19	22	25	28	31	34	37	40	43	46	49	52	55	58	61	64	67	70	73
n	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60	63	66	69	72	75
	20	23	26	29	32	35	38	41	44	47	50	53	56	59	62	65	68	71	74	77
	22	25	28	31	34	37	40	43	46	49	52	55	58	61	64	67	70	73	76	79
	24	27	30	33	36	39	42	45	48	51	54	57	60	63	66	69	72	75	78	81
	26	29	32	35	38	41	44	47	50	53	56	59	62	65	68	71	74	77	80	83
	28	31	34	37	40	43	46	49	52	55	58	61	64	67	70	73	76	79	82	85
	30	33	36	39	42	45	48	51	54	57	60	63	66	69	72	75	78	81	84	87
	32	35	38	41	44	47	50	53	56	59	62	65	68	71	74	77	80	83	86	89
	34	37	40	43	46	49	52	55	58	61	64	67	70	73	76	79	82	85	88	91
	36	39	42	45	48	51	54	57	60	63	66	69	72	75	78	81	84	87	90	93
	38	41	44	47	50	53	56	59	62	65	68	71	74	77	80	83	86	89	92	95
	40	43	46	49	52	55	58	61	64	67	70	73	76	79	82	85	88	91	94	97
	42	45	48	51	54	57	60	63	66	69	72	75	78	81	84	87	90	93	96	99
	44	47	50	53	56	59	62	65	68	71	74	77	80	83	86	89	92	95	98	101
	46	49	52	55	58	61	64	67	70	73	76	79	82	85	88	91	94	97	100	103
	48	51	54	57	60	63	66	69	72	75	78	81	84	87	90	93	96	99	102	105
	50	53	56	59	62	65	68	71	74	77	80	83	86	89	92	95	98	101	104	107
	52	55	58	61	64	67	70	73	76	79	82	85	88	91	94	97	100	103	106	109