

## Pre-Run Routine - 1 ½ Hours

\*I like to arrive at an event approximately 2 hours before I run, especially if I haven't been there before, or aren't sure how far I have to walk to and from the parking area to the arena, and to allow "buffer time."

- **RevitaVet** and/or Photonic Health Light Therapy – **20 minutes**
  - Based on each horse's needs + Pre-performance acupoints
  - I also fill a water bucket to have a drink ready for my horse post-run
- Saddle & Bridle – **10 minutes**
- Warm-Up #1 – **15 minutes**
  - Approx. 10 minutes walking, up to 5 minutes trotting
- Give Pre-Race Paste
  - I like 'In the Zone' from **Animal Element**
- Stretch + Boot-Up – **15 minutes**
  - See stretches on page 42 of 'The Next 50'
  - I use **Iconoclast Orthopedic Support Boots**
- Warm-Up #2 – **15 minutes**
  - Up to 5 minutes each of walking/trotting/loping (can depend on hot/cold weather)
- Pre-Race Readiness – **15 minutes**
  - Tighten cinch one last time
  - Pick out horse's feet
  - Apply Essential Oil (rub a drop on temples, behind ears, in nostrils & on gums)
    - Dot Com responds well to Young Living's **Peace & Calming** blend
    - Pistol to **Deanna Harrison's "Liquid Xanax"** (I also intend to try **YL Valor** on him!)
  - Mount & **secure hat with bobby pins** (carried in my pocket)
  - Rubber band (my) feet
  - Walk calmly as we wait and get **IN THE ZONE mentally!**

\*I allow my horse to nibble at their hay bag up to an hour pre-race (especially nervous or ulcer prone horses), but don't feed big grain meals within two hours of running, unless my horse would benefit from a handful of feed with **Silver Lining Herbs "Keep Cool"** and/or **LCR** pre-race (use code *healthyhorse* at checkout for 10% OFF) - if so, I'd give that with and/or at the same time as paste. I prefer paste pre-run as it's more quick & convenient.

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## Post-Run Routine - 45 Minutes

- Immediately Dismount + Loosen Cinch
- Hand Walk – **15 minutes**
  - NO stopping and talking, just smile, accept your congrats and keep walking! 😊
- Remove Boots & Saddle
- Apply Post-Workout Liniment and/or Poultice
- Put on Ice Boots & Offer Water
- Hand Walk – **Another 15 minutes**
- Offer Hay
- Red Light Photonic Health Post-Performance Acupoints – **15 minutes**