



# CHHAPS CHALLENGE

“100 HOURS IN 100 DAYS”

JUNE 1 – SEPTEMBER 11, 2022

## Participant Guide

### OVERVIEW –

The Canadian Horse Heritage & Preservation Society is thrilled to announce the return of the CHHAPS Challenge: “100 Hours in 100 Days” virtual event, taking place June 1 to September 11, 2022! Equine lovers from Canada and the USA are invited to participate with horses, mules or donkeys of any breed or discipline. Enjoy this dedicated time to strengthen your skills, and the partnership with your favorite equine, while helping an endangered breed.

Hours are accrued at your convenience through mounted and unmounted activities, even if you don't have access to shows or clinics. Record your hours in the Race Roster website throughout the challenge. Final hours and edits must be entered by midnight on September 11, to receive your commemorative pin and to become eligible for awards.

Maximize your experience by setting a personal goal and getting involved:

- Share photos in our Race Roster Gallery.
- Connect with others in our private Facebook group.
- Join a Team, or create one for your organization, club or stable!

Join the fun and flexibility of a virtual event! You'll learn more about the Canadian horse, support a good cause, and best of all - enjoy dedicated time with your horse!

### CAUSES -

Proceeds from the CHHAPS Challenge will be shared with two non-profit organizations dedicated to preserving the Canadian Horse:

- [Canadian Horse Rescue and Rehoming Society](#), serving at-risk or in-need Canadians located in Canada and the US.
- [Canadian Horse Heritage and Preservation Society](#), generating breed awareness through educational activities, events, breed displays and demos at equine expos and fairs.

### REGISTER BY MAY 24 –

Visit the CHHAPS website: <https://chhaps.ca/challenge/>

Or, go to the “100 Hours in 100 Days” event page on Race Roster:

<https://raceroster.com/events/2022/58320/100-hours-in-100-days>

- Separate registration required for each equine, (horse, donkey or mule).
- Junior participants (18 & under) may participate, but a parent or legal guardian must register them for the event.
- Each Adult participant is to register themselves, (not multiple friends). Providing your correct email address during registration, gives you the best user experience by ensuring *you* receive a Race Roster event confirmation with login link, private Facebook group invite, and future emails.

## **NEXT STEPS –**

Once you're registered, follow these steps to get ready for the CHHAPS Challenge:

### **STEP 1: Join our private Facebook group, (participants only) -**

Registered participants will receive an emailed invite from the Challenge Coordinator, encouraging them to join our private Facebook group. Share photos, ask questions, and connect with fellow equestrians striving to reach 100 hours. Past participants found the group to be a helpful and supportive resource.

Our private Facebook group is only open to paid participants. Instead of inviting non-participating friends to join the group through Facebook, encourage them to register for the CHHAPS Challenge by May 24 and join the fun!

Not on social media? No problem! On our Race Roster page, click "View Gallery" to share your favorite pics captured during the CHHAPS Challenge or to see what other participants have posted. Photos uploaded to Race Roster have public visibility.

### **STEP 2: Encourage your friends to join the CHHAPS Challenge!**

Share our Race Roster page:

<https://raceroster.com/events/2022/58320/100-hours-in-100-days>

### **STEP 3: Download the Hours Tracker -**

Word, Excel and pdf formats available here: <https://chhaps.ca/challenge/hours/>.

Or, download one from our private Facebook group.

## **WHAT'S AN HOURS TRACKER? –**

The Hours Tracker is a form to keep at the barn where it's easily assessable. Use it to help you remember how much time you spent with your horse and what you did each day. Whenever you update your hours in Race Roster, refer to your Hours Tracker for easy reference.

- **Hours:** Qualifying hours and minutes spent with your horse. (See "What's considered 1-hour" below). Hours do not need to be earned on consecutive days. Blank dates represent days off.
- **Activity Description:** Use this section to write a brief record of what you and your horse did that day. Sample entries:

- Trail Ride, grooming/bath
- Jumping Lesson, cool-down hack, grooming
- Area Dressage show, trailering time, warm-up, 2 tests

ALL participants must enter their Hours/Minutes into Race Roster to qualify for the commemorative pin and awards. The more often you update your hours in Race Roster, the more realistic your placing will appear on the leaderboard. Have fun watching your progress as September 11 approaches!

Participants striving for a High Achiever medal must submit a copy of their Hours Tracker to the Challenge Coordinator, [Challenge@chhaps.ca](mailto:Challenge@chhaps.ca), by September 15 as proof of completion. In the event of a tie, the winner would be the handler who demonstrates best stewardship, balancing training and care for their equine.

If you are *not* striving for a High Achiever medal, completing an Hours Tracker is *not* required. Your entries in Race Roster will track your qualifying time towards 100 hours. Using an Hours Tracker helps you remember your Hours/Minutes and Activity between Race Roster updates.

Whether you're striving for a medal or not, many past participants found that the Hours Tracker provided a useful record of their training activity.

*"This was the first time I kept track of hours and distance. I was amazed to see how much ground my horse and I covered! I even used the Hours Tracker to record what I did with other horses that weren't part of the challenge." ~ 2021 Participant*

### **QUALIFYING HOURS – What's considered 1-hour?**

"One hour" is more than just time in the saddle. In addition to riding or driving, participants earn qualifying time doing activities focused on the horse's care or training. After all, we strengthen the relationship with our horses through both mounted and un-mounted activities.

#### **Hours to include:**

- Mounted activities: General schooling, trail riding, lessons, showing, and riding in clinics or demos. Include warm-up time and cool-down hacks.
- Driving: in-harness work (single or multiple)
- Lunging, long-lining, ground-driving.
- Ranch or farm work: logging, skidding, plowing, harrowing, working cows.
- Ground work or liberty work.
- In-hand work, (i.e., hand walking, versatility/obstacles training).
- Equine Assisted Learning or therapeutic riding activities you and your horse provide.
- Grooming, bathing, braiding mane, tacking/un-tacking.
- Providing general healthcare, (i.e., cold-hosing a leg, soaking a hoof, or changing bandages is all part of being a good steward for your equine friend).
- Trailering your horse to shows, clinics or public events that provide an opportunity for people to meet an endangered breed, (measured in travel time).

## Hours NOT to include:

- Feeding, mucking stalls, cleaning paddocks, mending fences, cleaning tack and other general barn chores.
- Work with your horse NOT performed by the registered participant, (i.e., trainer schooling or showing your horse).
- Time at horse shows when the horse is resting between classes.
- Horse receiving services from a veterinarian, equine dentist, chiropractor or other professional.
- Horse being shod (unless participant is personally shoeing/trimming their horse).
- Ponying a second horse (**NEW**): If you are participating with two horses, give your full focus to one at a time. You may count hours for the horse you are riding, but cannot simultaneously claim the same time for a horse being ponied.
- Having your horse transported by a professional shipper.

## AWARDS – Finisher Recognition & Medals

Update your Hours/Minutes (kilometers not required) in Race Roster by 11:59PM PDT on September 11, 2022, to qualify for:

**Commemorative Pin** - Mailed to each participant who completes 100 Hours in 100 Days!

**Medals** - Recognizing special achievements of the Horse and Handler. (*Participant must complete the challenge with the same horse listed in their challenge registration*).

- **High Achievers** - Honoring participants with the most hours. Three medals per division to be awarded based on Handler's age: Juniors (age 18 and under), Adults (age 19-54), and Masters (age 55+).

**Canadian Horse Division** - Registered Canadian Horses.

**Endangered Breed Division** - (Non-Canadian horses) Endangered-breed Horses. Horse's breed must appear in one of the following conservation lists: [Heritage Livestock Canada](#) (under Useful Links), [Livestock Conservancy](#) or [Equus Survival Trust](#).

**Open Breed Division** – Non-endangered breed horses, mules or donkeys. Equine does not need to be registered. Includes part-bred and un-registered Canadian horses.

All eligible High Achievers are required to submit a completed Hours Tracker as proof of completion to the Challenge Coordinator ([challenge@chhps.ca](mailto:challenge@chhps.ca)) by September 15. In the event of a tie, the winner would be the handler who demonstrates best stewardship, balancing training and care for their equine. Winners to be announced after verification.

- **Sensational Seniors** - Eldest Horse & Handler (combined verified age).
- **Rising Stars** - Youngest Horse & Handler (combined verified age).

- **Journalism Award** - Best submission under 500 words. Tell us about your experience! Did you overcome a challenge? Have a unique experience with your horse? Accomplish a goal? (Top picks to be featured in future CHHAPS newsletters and participant emails).

**Team Award** - Certificates awarded to each member of the team that generates the most participants who COMPLETE the CHHAPS Challenge.

Get your club, organization or barn involved! Team Captains may choose to award additional prizes to their team members. Get creative and add some fun:

For example, a trainer who has created a team for her stable, could donate a lesson to the team member with the most hours. *(Additional team awards are at the discretion and expense of the individual teams).*

Can I join a team after registration closes? Yes. The option to join or change teams closes July 1. Teams should have a minimum of 2 participants. Any participant on a team as the only member by late June, is advised to join a different team by midnight June 30. To do so, see the TEAM box in your Race Roster participant page or registration confirmation email, (pictured on page 6). Additional Team information available on our Race Roster page.

**Centennial Award** - Certificate awarded to each Horse & Handler team with a combined age of 100 or more.

**Personal Accomplishment** - spending dedicated time with your horse - *Priceless!*

#### **STEP 4: Set a Personal Goal –**

Maximize your experience! Identify what you'd like to strengthen in your partnership, your skill set, or your horse's experience level. While setting a goal is completely optional, consider using this dedicated time with your horse to enhance your connection and capabilities. After all, creating a sense of purpose increases your commitment and motivation to continue for the 100 days.

#### **STEP 5: Update your Hours in Race Roster as you go - Access options:**

a) Through your registration confirmation email from Race Roster. Click the blue VISIT DASHBOARD button to access to your Participant Dashboard (shown on next page). Then click ADD ACTIVITY.

b) Visit: <https://raceroster.com/events/2022/58320/100-hours-in-100-days>

Click the UPDATE HOURS button. Clicking your hyperlinked name on the leaderboard will take you to your personal results page. Click POST AN ACTIVITY to enter Hours/Minutes.

NOTE: The first time you access our Race Roster event page, you will be asked to create a password. Returning participants should be able to use their 2021 password, or may prefer to reset their password.

## Participant Dashboard in Race Roster, (shown below):

When you log on to Race Roster, you can update hours, upload photos, and switch teams all from your opening participant page.

Update your Hours/Minutes in Race Roster after each ride, weekly, every 2 weeks, monthly - whatever works for YOU. For example, Sarah may use her phone to enter hours after each ride, while Paul prefers to log into Race Roster from his laptop every Saturday.

### Please note:

- Your Duration (Hours/Minutes) should be updated AT LEAST at the end of every month. Don't get left behind!
- Seconds is a required field in Race Roster. Simply enter 00.
- FINAL updates to Race Roster must be made by 11:59PM PDT, 9/11/2022.
- The more frequent your updates, the more current your ranking appears under results!

### **STEP 6: Enjoy a Safe Journey towards "100 Hours in 100 Days" -**

CHHAPS strives to promote a safe experience for participants and their horses.

#### **For your Safety:**

1. All participants are advised to inspect their tack prior to the start of the challenge to ensure it is in good, safe condition and well-fitted to their equine friend.
2. All participants are advised to wear ASTM/SEI-approved helmets whenever mounted or driving.
3. All participants are advised to wear protective footwear whenever handling or riding horses, (i.e., boots or closed-toed shoes with a study sole). No bare feet or sandals.

#### **For your Horse's Well-being:**

1. All participants are to demonstrate good stewardship for their horses throughout the challenge. For example, providing any care as directed by a veterinarian, appropriate conditioning and nutrition, and monitoring the horse's well-being to promote overall good health and fitness.

2. Any participant who records what appears to be an excessive number of hours for a given day, or series of days, may be contacted by the event organizers. (Perhaps there was an error in entering hours that needs to be edited).
3. Any photos posted in the Race Roster Gallery or private Facebook group that appear to show unsafe or harmful practices will be removed by event organizers.

Additional info will be emailed to participants and posted in the private Facebook group throughout the 100 days. Watch for award updates and fun photo requests!

### Got Questions?

Visit: <https://chhaps.ca/challenge/> for sponsorship info, event details & helpful links.

Contact: Challenge Coordinator at [Challenge@chhaps.ca](mailto:Challenge@chhaps.ca)



**Thank you for your support of the Canadian Horse!**