



# CHHAPS CHALLENGE

“100 HOURS IN 100 DAYS”

JUNE 1 – SEPTEMBER 10, 2023

## Participant Guide

### OVERVIEW –

The Canadian Horse Heritage & Preservation Society thanks you for join the third CHHAPS Challenge: “100 Hours in 100 Days” virtual event, taking place June 1 to September 10, 2023! Enjoy this dedicated time to strengthen your skills, and the partnership with your favorite equine, all while helping an endangered breed – the Canadian horse.

Hours are accrued at your convenience through mounted and unmounted activities. Record your hours in the Race Roster website throughout the Challenge. Final hours and edits must be entered by midnight on September 10, 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 equine organization, group or stable!

This year, the Challenge offers more opportunities for participants to win fun prizes! Periodic drawings will be held to motivate your journey and celebrate your success! Watch for full details in our participant emails and private Facebook group. Have fun and enjoy this 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.

### REGISTRATION & JOINING A TEAM CLOSES MAY 25 –

Encourage your friends to join the Challenge!! Visit the CHHAPS website: <https://chhaps.ca/>.

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

<https://racerooster.com/events/2023/73909/100-hours-in-100-days>

## NEXT STEPS –

Registered Participants can 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. Please do *not* invite non-participating friends to join by using the Facebook invite-button feature. Instead, encourage them to register for the CHHAPS Challenge by May 25 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: Download the Hours Tracker -

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

Or, download one from our private Facebook group by clicking FILES at the top of the page.

## WHAT'S AN HOURS TRACKER? –

The Hours Tracker provides you with a record of your daily activity while helping you remember how much time you spent with your horse. Keep this handy form at the barn where it's easily assessable. Whenever you update your hours in Race Roster, refer to your Hours Tracker for easy reference.

- **Hours/Minutes:** Qualifying time 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, hand-grazing
  - 45-min of trailering to area Dressage show, warm-up, 2 tests

ALL participants must enter their Hours/Minutes into Race Roster to qualify for the commemorative pin, prizes 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 10 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 accurately 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. 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." ~ Past 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 and 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, (measured in travel time). Attending public events provides a great opportunity for people to meet an endangered breed! Getting them there safely is all part of being a good steward who is focused on your horse's well-being and care.

#### **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: 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, Prizes & Medals**

Update your Hours/Minutes in Race Roster by 11:59PM PDT on September 10, 2023, to qualify for:

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

**FUN PRIZES – NEW!** Periodic drawings to motivate your journey and celebrate your success!! Details to follow in our private Facebook group and participant emails.

**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) Rare or Endangered-breeds. Horse's breed must appear on at least 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.

- **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).

**High Achiever Medal Eligibility** – All eligible High Achievers are required to submit a completed Hours Tracker as proof of completion to the Challenge Coordinator ([challenge@chhaps.ca](mailto:challenge@chhaps.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.

**Don't get disqualified!** Submitted Hours Trackers are reviewed before awards are announced. Check your Race Roster entries at the end of each month for typos and duplicate entries.

**Acceptable Examples of activity descriptions and hours:**

- Groom, riding lesson, short hack afterwards = 1 hour, 30 min
- Groom/braid, 1-hr trailering to/from show, warm-up & 3 classes = 2 hours, 45 min

**Unacceptable Example of activity description and hours:**

- Health check, grain & groom = 3 hours. (Feeding is a barn chore that does NOT count towards hours. While it's good to check your horse's health, 3 hours can be viewed as claiming excessive time and may result in loss of medal eligibility, especially if stated on multiple dates).
- Cleaned paddocks and fixed fences = 2 hours. (Barn chores do NOT count).

Any participant who records what appears to be excessive 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 editing before Sept 10). Repeated logging of excessive hours, counting non-qualifying activities, or failure to delete duplicate entries may result in medal disqualification.

**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? **NO.** The option to join or change teams closes May 25, (2023 Race Roster update). Teams need a minimum of 2 participants. Any participant on a team as the only member, is advised to change teams by May 25. To do so, see the TEAM box in your Race Roster participant page or registration confirmation email, (pictured on page 6).

**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 3: 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 4: 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.

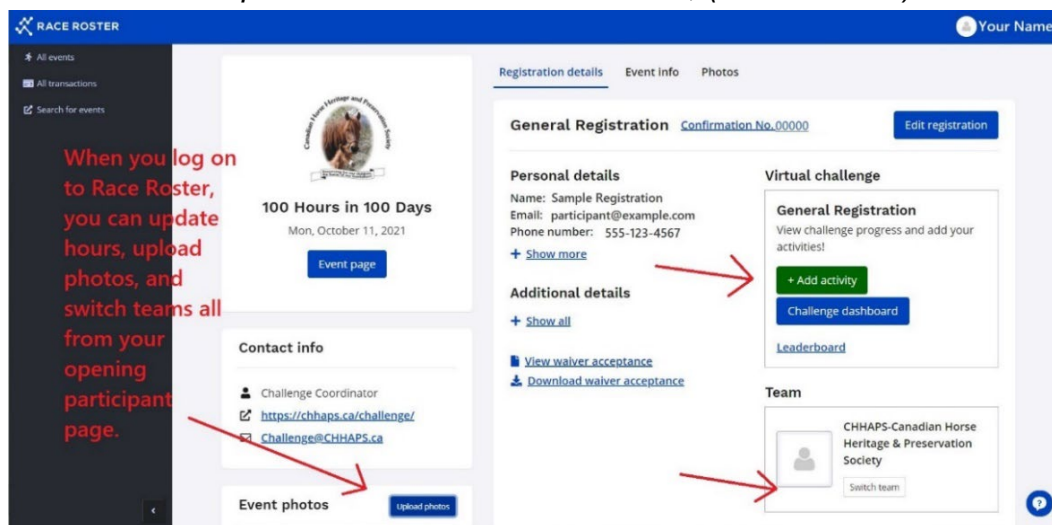
b) Visit: <https://racerooster.com/events/2023/73909/100-hours-in-100-days>

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 2022 password, or may prefer to reset their password.

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



Update your Hours/Minutes in Race Roster after each ride, weekly, every 2 weeks - 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:

- Duration (Hrs/Minutes) should be updated AT LEAST every month. Don't wait till the end!
- Seconds is a required field in Race Roster. Simply enter 00.
- FINAL updates to Race Roster must be made by 11:59PM PDT, 9/10/2023.
- The more frequent your updates, the more current your ranking appears under results on the leaderboard!

**STEP 5: 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 excessive hours for a given day, or series of days, may be contacted by the event organizers during the event, (perhaps there was an error in entering hours that needs editing). Repeated logging of excessive hours, counting non-qualifying activities, or failure to delete duplicate entries may result in medal disqualification.
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 and posted in the private Facebook group throughout the 100 days. Watch for monthly raffles, award updates and sponsorships, plus 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!**