



RIDING SIMULATOR SESSION

Ashen Equestrian Centre

Ashen, Sudbury, Suffolk

Sunday 24th May - £25 per person

RUN ON HYDRAULICS AND COMPRESSED AIR *STRIDER* FEELS LIKE A REAL HORSE...

Strider trots and canters both leads, the paces can be adjusted to be more or less powerful, mimicking gait variants. He can also be programmed for flying changes at any stride interval.

Strider's sophisticated sensors give immediate stride-by-stride feedback (which can be printed out for interpretation and to measure progress) regarding the three planes of motion –

- *The Front/Back Plane* - Are you are behind, in front or over the horse's centre of gravity?
- *The Side/Side Plane* - Is your weight is to the right, the left or over the horse's centre of gravity?
- *The Up/Down Plane* - How much do you bounce?!
- *Further sensors also detail rein-tension and the evenness of the rein contact*
- Combining *Strider's* technology with visual feedback from mirrors and hands-on, eyes-on coaching help the rider makes huge in-roads.

PLEASE NOTE: The Simulator has a maximum capacity for rider weight of 18 stones or 115kgs.

Transport needs to be organised yourself, although it can perhaps be organised for people to travel together. For this reason please indicate your transport arrangements and whether you will require a lift or could offer somebody else a lift.

There are 12 places available and these are on a first come first served basis.

If you wish to look into this further their website is www.ashenec.co.uk

BOOKING FORM

RIDING SIMULATOR

Name **Horse**

Address.....

..... Tel.....

Mob..... Email.....

Transport details.....

Return form to; Mrs R Batten, 8 Howard's Court, Wollaston, Wellingborough, Northants, NN29 7AE

**Please enclose full payment, cheques payable to
Rockingham Forest Riding Club**