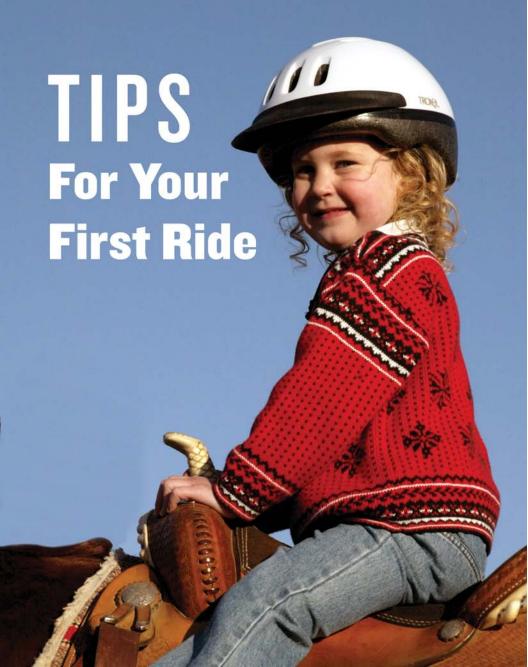
AMERICAN QUARTER HQRSE ASSOCIATION



Welcome to the wonderful world of riding American Quarter Horses. Enjoy seeing the world from a new perspective, the back of an American Quarter Horse.

Horseback riding is a relaxing, fun sport for all ages and types of people. It offers both a break from a busy life and a challenge to excel at a new sport. Whatever your reason for taking up riding, AQHA wants to make your first ride enjoyable and memorable.

AQHA has a program that's designed to help you get in the saddle. It's called 4aHORSE, and it's a free referral service that can connect you with a riding instructor, professional trainer or even help you find an American Quarter Horse to purchase.

Riding is fun, and we want to be sure your first experience is one that you'll remember for all the right reasons. So call AQHA at (877) 4aHORSE (424-6773) or visit 4aHORSE.com to obtain more information or locate a professional in your area.

Before you saddle up, here's a list of tips to make sure it's a great day in the saddle.



Do Your Homework

- · Research your first-time instructor.
- Meet with the instructor to assess your level of experience and make sure you are comfortable with the instructor.
- Discuss safety tips with the instructor ahead of time so you come to your lesson prepared.
- Be honest about all previous experiences with horses.

BE PREPARED

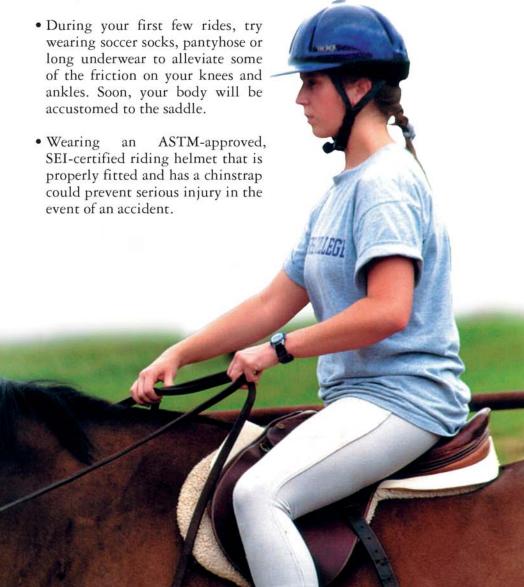
- Horseback riding is an athletic sport, and it takes constant conditioning and training to do it comfortably and properly.
- Like any athlete, warm-up exercises and stretches are important prior to mounting.
- You might experience muscle soreness the following day because you will exercise muscles you might not regularly use. A warm bath or shower will help relax those muscles.



What to Wear

- Proper clothing is very important for both safety and comfort.
- Riding boots with a proper heel protect your feet on the ground and in the saddle. Tennis shoes and sandals are not safe to ride in.

 Wear comfortable riding apparel appropriate for your discipline. Do not ride in shorts.



TODAY'S THE DAY

Arrive at least 10 minutes prior to your lesson time. This will give you the opportunity to meet your horse. Horseback riding is teambuilding between you and your horse. Learn his name, and address him in low, calm tones with deliberate movements around him.

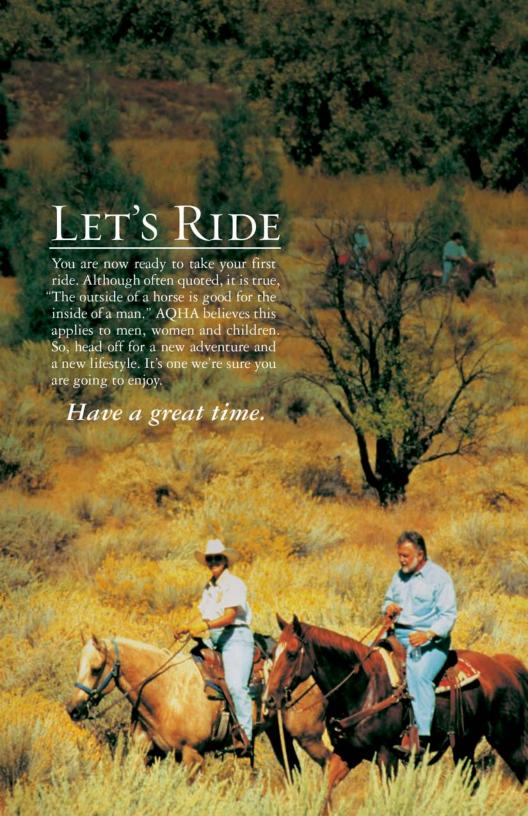
Approach the horse from slightly left or right of his head or from his side. Horses have a blind spot immediately in front of them, so a slight angle of approach is preferable. Speak to the horse so he knows you are around, and always be observant of your surroundings and your horse's reactions.





The instructor will assist you and will probably suggest the use of a mounting block. Be sure to follow all instructions for a safe ride. Once you are on a horse, there are four important things to focus on.





Visit AQHA's referral web site, 4aHORSE.com, for a list of instructors and other professionals who are dedicated to ensuring your first ride is a memorable one.

Additionally, before heading off on your new adventure in the saddle, we suggest taking time to visit 4aHORSE.com. This site is packed with valuable information to help you get horseback. Whether it's for vacation or to start you on your path to horse ownership, visit 4aHORSE.com or call AQHA at (877) 4aHORSE (424-6773).

We're here to help you discover your lifestyle.



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