

# Road to Superior



This is intended to be a guide for participants of the Superior Burro Run. The information herein is a suggested schedule of training and pre-race activities to help you and your burro teammate be prepared for race day and to ensure everyone has an enjoyable run. If you are beginning from a place of very little physical activity with your burro, you may want to begin training sooner and build up your mileage more slowly.

Remember: **if you plan to run with a pack saddle, you should train with a pack saddle.** The same goes for hoof boots. *Additionally, a negative coggins test within the past year, with current owner's name is required for all donkeys at the event.*

## July

- July 30th - 12 weeks until the run. Long Course runners should start training.

## August

- August 27th - 8 weeks until the race. Short Course runners should start training.

## September

- September 3rd - Long course runners should be able to run 6 miles by this date

## October

- October 1st - Last day to trim hooves before the run (trimming after this date could result in tenderness).
- **October 1st - Entry fee increases.**
- October 7th - Last day for burro autumn/fall vaccinations (must allow two weeks for full immune response and efficacy), **last day for coggins testing to avoid potential rush fees.**
- 13th - 20th - Week to do health certificates to bypass some portions of the vet-in
- **October 17th- Entry fee increases again until the 20th, then entries close.**
- October 21st - Mandatory pre-race meeting and vet-in
- **October 22nd - Superior Burro Run!**