

## Travesía a Caballo de Competición

# TREC

CON LAS SIGLAS TREC SE NOS PRESENTA UN DEPORTE DE EQUITACIÓN MUY COMPLETO y que supone un reto para jinetes y caballos. Se trata de una especialidad deportiva de competición surgida de la travesía hípica tradicional. Así, en esta modalidad, se valora tanto el entrenamiento del caballo como la intuición, manejo y capacidad de orientación del jinete.

### > TREC, *Sport and adventure*

In order to practice the Trec, it is important to rely on an adequate equipment prepared for the crossing, capable of maintaining in every moment a good tone of resistance, which guarantees us to be able to carry out a medium or long distance crossing. Because of this, if you are unable to get the horse to cooperate, it is recommended that you meet with a specialist in this field.

In this way, we will be able to enjoy the crossing more freely because the horse will behave as we want and we can follow the riding path without the horse causing many troubles or deviations in our trip.

#### The competition of the discipline

Trec is for the competition of crossing just like its own name indicates. In this way measuring the aptitudes formed by Horse and rider is made as in a whole. To carry out this evaluation, during a competition of Trec three tests are performed:

**1 TEST OF ORIENTATION AND REGULARITY:** The rider receives a map

of an itinerary previously marked and he should carry out a speed control and pass different points of control within a specified time.

**2 TEST OF AIR:** The rider should conduct his horse by a 150 meter walkway which should be performed by two forms of gallops. The first one is to run as fast as possible and then continue running in the same walkway with a slow gallop.

**3 TESTS OF OBSTACLES:** In a 5 kilometers trip, the rider is going to pass different obstacles. These obstacles can be of leap, to ford a river, to enter with the horse in a specified space, to open and to close a gap without dismount the horse.

A horseback riding expert who can do crossing freely is expected to be able to pass these challenges. At present many competitions of Trec are taken place in riding clubs which reach the regional, national and international level. This discipline can be found in some of these clubs of horseback riding where we can initiate it and go on the crossing if we are interested in the Trec.

One of these ridings is found in a town in Girona called Llagostera, Cavall de Sea, which counts on personal specification in Trec and what kind of official competitions is going to be participated.

