

Horse Relay Race

Ponokamita



“The life of the Plains Indians changed dramatically around the early 1700's, when the Dog Days transitioned with the arrival of the big, four-footed animals and the Elk Dog "ponokamita" was adopted into tribal cultures. A deep understanding of horses, their habitats, behaviour and spirituality became integrated into the native way of life. The games that were played during the Dog Days were transferred onto horseback.”

(International Traditional Games Society)

Ladies Relay Race: Ladies would wear a ribbon dress while riding bareback around the track. The track was usually 1/2 mile in length with the race requiring riders to ride around three times. After running the first lap, the ladies were required to change horses, run another lap and change horses again for a third lap; having ridden three horses in all. During the horse change, women may be boosted onto the fresh horse, but they must have both feet on the ground prior to switching horses. Bridles on horses were permitted for all races.

Men's Relay Race and Youth Co-ed Relay Race: Three horses and four men are required for the men's relay. There is a rider of the horses, a mugger who stops the horse at each switch, an exchange holder who holds the fresh horse and a back holder who takes away the spent horse. The track is 1/2 mile in length with three laps in the race, changing horses after each lap. Men ride bareback and wear a ribbon shirt. They must mount the horses from a standing position, race to the next horse and completely dismount with both feet touching the ground prior to switching to the fresh horse. Riders cannot be boosted during the switch; this would result in disqualification. (International Traditional Games Society)

Mary Ellen Little Mustache has prepared horses using pool noodles and makes the remaining parts and equipment for children to play with others.

References

International Traditional Games Society. Retrieved 2021 from <https://www.traditionalnativegames.org/horse-culture>.



“The Indian Relay has been considered America’s first extreme sport”.



(Center of the West, 2021)

Indian Relay combines horsemanship, athleticism and tribal competition that empowers riders to achieve athletic perfection when competing in the sport of Indian Relay (Center of the West, 2021).

- ◆ *Riding horses for racing requires mastering a series of coordinated activity patterns cognitively, physically and intuitively within the rider as well as in a coordinated set of patterns with the horses. As synchronization of these coordinated patterns become more stable, riders become experts (Viry, et. Al., 2013).*
- ◆ *Monitoring of body movement with racing outcomes during training requires planning and strategizing the coordination of body movements with the flexibility of shifting to new and different approaches for racing success. Mindful behaviour is also proposed to occur during skill execution (Toner, Montero & Moran, 2015).*
- ◆ *In the horse relay version with pool noodles, all players build a stronger endurance running the relay course. Enhanced cognition and memory has been found in children and adolescents who were physically active including children from women who exercised during pregnancy (Gomes de Silva & Arida, 2015).*
- ◆ *Players learn to flexibly operate roles of inhibition during changing horses while simultaneously shifting attention to the next horse and leg of the race, strengthening dual tasks of response inhibition with response action behaviours (Yamaguchi, Logan & Bissett, 2012).*

References

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