

**JAN BOUWMAN**



**BAREFOOT WINNERS**

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JAN BOUWMAN

# ***Barefoot Winners***

## Endurance Riding



## Barefoot Winners

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***Figure 1:Khalib, by Rioni Combrink***

# Barefoot Winners

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## ***Foreword***

The title of this book is Barefoot Winners.

Winners in this context does not mean the first place on the podium, as in where winning is everything regardless of cost. In endurance riding the condition of the horse at the end of the race is of utmost importance.

Winner means the horse must also win, in quality of life, being injury free and have a long life expectancy. When a horse can compete, finish races in good condition, injury free and even sometimes win, everybody is a winner: the competitors, the horses, the officials, the spectators and the sport as a whole.

It was only when we embarked on the barefoot journey that everything started to come together in the nicest way possible, allowing us to come out on top.

***To finish is to win.***



***Figure 2:** Logo of my equestrian centre, in Afrikaans. The meaning is Rietfontein Equestrian Academy. The Home of Horse Friendships*

## Barefoot Winners

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**Figure 3:** *The author, Jan Bouwman on Yentl Caruso training barefoot for endurance in the African savannah.*

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## ABOUT THE AUTHOR

In this short summary of my life as a horseman I describe the journey from shoes to barefoot.

I have come full circle from barefoot to shoes and back to barefoot.

It was only when we embarked on the barefoot journey that everything started to come together in the nicest way possible, allowing us to come out on top.

To finish is to win.



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