

8 THINGS TO DO AT THE RACES

1

Go to the pre-parade ring

A little quieter than the main parade ring. Get up close to the horses and have a good look at them without their saddles on.

Keep an eye out for:

- Horses of all colours
- How calm a horse is
- How the horses move



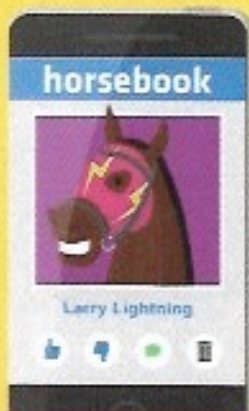
2

Pick a horse

Before a race select your favourite horse and follow it during the race.

Follow your horse as it goes down to the start, enters the stalls and then watch as it fly's around the course.

Be sure to cheer it home!



3

Watch a race on the rail

Pick a spot on the rail somewhere in between the one furlong marker and the finishing line.

This is the closest you can get to see these beautiful animals at full speed. Listen out for the thud of the hooves, especially when there are a lot of runners.



4

Visit the Winning Post

Head to the most important part of the racetrack, to get close enough to celebrate the winning horse. If it's close have a go at trying to pick the winner!



5

Watch a race next to a jump

Horses are amazing athletes. See how far back the horse's jump from and watch as they fly until they land. Listen to the noise as the horses go over the fences.

Look at the jockeys and their body positions in the air.

Do you think you could do it?



6

Head to the start

Some racecourses will run shuttle buses down to the start (or you can walk) so you can experience the race as the action begins!

See how fast the horses go flying from zero to full speed.

Listen to the jockeys and the horse handlers calm the horses before the start.



7

Get a jockey's autograph

Try and get some of your favourite jockeys' autographs as a memento of the day.

Try and catch them as they walk from the Weighing Room to the Parade Ring before their race.



8

Go to the Winners' Enclosure after a race

Here you meet the heroes of the winning team.

See the lucky owner, trainer and the amazing jockey receive their prizes.

