

# Am I Too Heavy to Ride?

One of the most common questions asked is: am I too big for the horse? Many riding centers have a standard weight limit of **250lbs**. Marmon Valley chooses to base our standard on height/weight proportion.

Our stable managers take many things into consideration when evaluating potential riders:

1. Overall weight of rider

Every horse does have a maximum amount of weight that he/she can carry. Our absolute max is **250lbs**.

2. Proportions of rider

A heavier person may be able to ride if he/she is well-proportioned. A person who is very top-heavy is more likely to topple off their broad horse than one whose weight is spread out.

3. Weight of horse

Our average horse weighs 1,000lbs. They can carry approximately 15% of their body weight which equals about **150lbs**. A taller, stockier horse is able to carry more than a thin-boned, short horse. As a result, heavier riders need to be placed on taller horses. Some riders may be uncomfortable with this height.

4. Experience/Balance of rider

An experienced/well-balanced rider is able to support more of their own weight. If you've had the experience of carrying a child while it is awake, and then while it's asleep, you'll know what a horse feels like when carrying a rider who holds itself up, compared to a rider who is loose and unbalanced.

5. Weight of tack

Please keep in mind that the horse is also carrying the weight of his/her saddle and pad as well as the weight of the rider.

At Marmon Valley, we are concerned about:

Safety of rider  
Comfort of rider  
Safety of horse

## Therefore, we have a few policies that we stand by:

1. We are not able to accommodate riders that exceed **250lbs**.
2. We must know in advance the height and exact weight of any riders in your party that exceed **230lbs**. We have a limited number of horses that can carry **230lbs** or more on the trails.
3. Riders may be asked to complete an evaluation ride on flat ground before they are sent out on a trail ride. If staff are unavailable to do this evaluation, riders may be asked to set up a lesson on a different day.
4. Marmon Valley stable managers reserve the right to deny a ride if they consider the situation to be dangerous to the rider or the horse.

If you have further questions or concerns, please feel free to contact our office at 937-593-8000. Thank you.

