

# JRA Training Centers

## JRA Training Centers

Two training centers have been established by JRA to provide horses with the conditioning they need to put on the best of races. They are in Miho, Ibaraki Prefecture, in eastern Japan and Ritto, Shiga Prefecture, in western Japan. These expansive 50- to 60-hectare sites are equipped with stables, clinics for the racehorses, lodging facilities, medical clinics and various other facilities for the benefit of the over 2,000 racehorses stabled there and the people who take care of them. The facilities operate 24 hours a day so that the racing runs smoothly; the fairness of races is ensured; the horses' safety, health and hygiene are maintained; and information is provided to fans. Horses to be entered in races

must be trained at the training centers for a set period (10 days for horses with racing experience and 15 days or more for those that have not raced) before races are run.

In addition to oval tracks configured to conform to actual race situations, there are sharp uphill training tracks, turf, dirt, woodchip, new poly track to suit any training objective. Thorough track supervision to ensure the safety of horses in training includes leveling out the dirt course, sprinkling antifreeze agents on tracks in winter and water in summer. New training facilities are steadily being built to keep pace with diversification in training methods. These new improvements enable training to proceed in a wide variety of forms and have greatly contributed to finely conditioned horses.



### RITTO TRAINING CENTER

Total Area: 1,519,000 m<sup>2</sup>

Stable Accommodations: 2,161

Courses:

A Course: (Steeplechase) 1,450 m × 20 m (turf)

B Course: 1,600 m × 20 m (dirt)

C-W Course: 1,800 m × 20 m (woodchip)

D Course: 1,950 m × 14 m (turf)

D-P Course: 2,038 m × 14 m (new polytrack)

E Course: 2,200 m × 30 m (dirt)

Uphill Course: 1,085 m × 7 m (woodchip)

difference in elevation: 32 m

Woodchip riding trail: 2,300 m × 7 m (woodchip)

Swimming pool: 50 × 3-meter circle, 3 meters deep

Other: 2 straight lanes, Water treadmill, Equine clinic



### MIHO TRAINING CENTER

Total Area: 2,233,000 m<sup>2</sup>

Stable Accommodations: 2,304

Woodland bridle path:

1,000 m × 15 m turf

1,744 m × 3.5–7 m bark

#### North Track

A Course (steeplechase):

1,370 m × 12.5 m inner dirt

1,436 m × 12.5 m outer turf

B Course: 1,600 m (dirt) × 20 m (dirt)

C Course: 1,800 m (dirt) × 20 m (dirt)

Swimming pool: 44 × 3-meter circle, 3.0 meters deep

Other: 2 straight lanes, Water treadmill

#### South Track

A Course: 1,370 m × 25 m (dirt)

B Course: 1,600 m × 20 m (woodchip)

C Course (inner): 1,800 m × 10 m (turf)

C Course (outer): 1,858 m × 15 m (new polytrack)

D Course: 2,000 m × 20 m (dirt)

Uphill Course: 1,200 m × 12 m (woodchip)

Difference in elevation: 18 m

Other: Equine clinic

## Starting Gate Training

Horses must pass a starting gate test to be able to enter a race. At the training centers, an important part of training is rehearsing entering the gate and preparing for the start.



## Water Treadmill

An underwater treadmill device is designed to provide a workout using water resistance while reducing the stress of body weight on the legs.



## Uphill Course

On this woodchip track, workout times are electronically measured at 200-meter intervals, using bar code tags attached to each horse. These times are then released to the public.



## Woodland Riding Trail

A nature trail that weaves through the woods was created to visually and aurally relax the horses. There are streams for horses to walk in, waterfalls, and artificial misting devices along the riding path.



## Indoor Heated Pool

Training is conducted year-round in this circular pool, with pool and air temperatures maintained at 24 to 25 degrees centigrade throughout the year.



## Racehorse Hospital

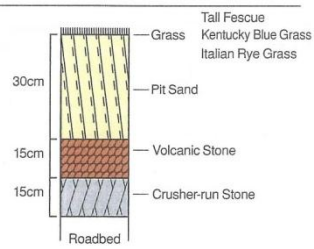
A comprehensive medical facility for racehorses is operated by approximately 30 JRA veterinarians. They are primarily engaged in racehorse health management, diagnosis and treatment of sick horses, prevention of communicable diseases, checkups for horses scheduled to race, consulting services related to training and stabling, and educational efforts related to health and hygiene ideas.



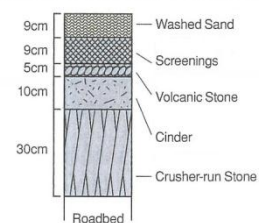
## Training Stands

Trainers and others involved with horses can observe the condition of the horses during workouts on the track from here. Final workouts, training held three to four days before a race, and recording of training times are done, and members of the media gather information for stories from here.

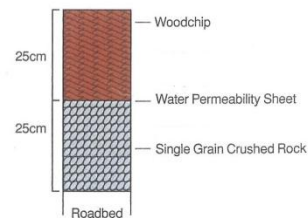
### Turf Course



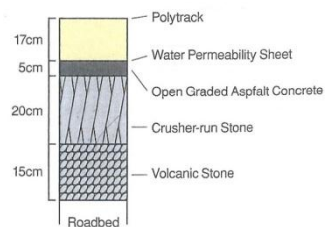
### Dirt Course



### Woodchip Course and Slope Course



### Polytrack Course



Early in the morning of the race day, runners are transported from the training center to each site, such as Tokyo, Nakayama, Kyoto, Hanshin or Chukyo racecourses.

#### Ritto Training Center to:

- Kyoto Racecourse (45 km)
- Hanshin Racecourse (85 km)
- Chukyo Racecourse (150 km)

#### Miho Training Center to:

- Tokyo Racecourse (120 km)
- Nakayama Racecourse (75 km)

