



# Cache Creek Ridge Ride

## 25 MILE RIDE AND TIE

### Saturday, May 5, 2018

**WHERE:** Cowboy Camp 18 miles west of Williams. Take Highway 20 west from I5 at Williams. Camp is on the right side of the road 1 mile south of the junctions of Highway 20 and Highway 16. This course is on the Beautiful BLM Cache Creek property. The trail varies from single track to fire road, mostly rolling with a few short/medium climbs - from easy to moderate.

**WHEN:** Ride Meeting: 7 pm Friday night (May 4<sup>th</sup>)

Start time: 7:00 am Ride and Tie Saturday (May 5<sup>th</sup>)

**Pre vetting:** 4-7:00 PM FRIDAY NIGHT OR 6-8:30 AM SATURDAY MORNING required for participants.

**CAMPING:** Overnight camping available

- *All juniors must wear helmets.*
- *All dogs must be leashed*
- *This ride is property that is open to the public. You may see hikers, bikers, riders, dog walkers, etc! Please be courteous to other users – if the BLM receives complaints, we won't be allowed back.*
- *Please be courteous to all riders and event staff. Our staff are volunteering their time.*

**ENTRY:** Includes Vet check, lunch, dinner and completion awards. First to finish awards will be awarded to the first team. There will be a Best Condition award decided from top ten finishers. All horses must pass the post ride check to qualify for completion status.

**For specific information:** Call Alyssa Stalley Gonzalez at 530 755 6888 or visit [cachecreekridgeride.com](http://cachecreekridgeride.com)

**For general information on the Ride & Tie:** Facebook: Northern California Ride and Tie, Website: [www.rideandtie.org](http://www.rideandtie.org) Our entry form is also posted there!

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## WHAT IS IT?

**RIDE AND TIE:** The sport of Ride&Tie combines trail running, endurance riding, and most of all, strategy. The objective is to get all three team members (two humans and one horse) across a cross-country course by alternating riding and running. One team member starts out running, the other starts on the horse and rides down the trail as far as they think their partner can run (or walk) and still keep up a decent pace. At that strategic point the rider stops, dismounts, ties the horse to a tree or fence post, and continues down the trail on foot. The team member who started on foot gets to the horse, unties it, mounts, and rides to catch their partner up ahead. When they get to their running team member they can either stop and exchange (which is called a "flying tie"), or ride further up the trail and tie the horse and then continue running. When, where, and how a team exchanges is up to them, and this is where the strategy lies. Every trail runner has their strengths and weaknesses, and the same is true for horses. Factor all this, along with weather conditions and the topography of the course, and you can understand why Ride & Tie is as much mental as physical.