

NEWSLETTER

RIDE & TIE - EQUATHON



Photo by Kristie Bradner

East Coast regional championship second place finishers.

Kelly Stoneburner and Annie Cekada with Mia

Coollest Ride and Tie

By Susan Smyth

Weeks before the Coolest Ride and tie, I had made the decision that this would be the last. I quietly set up on Friday and watched the most beautiful sunset and pondered this question. That all changed as all the participants showed up to the event with excitement that instantly became infectious! Just seeing the enthusiasm at the start and the self-satisfaction at the finish gives me such joy.

The weather could not have been better for the 2018 Coolest Ride and tie & Equathon. After torrential rains (or at least to Californians), the trail was just perfect—Soft and dust free. Cathy Mason, the Coolest trail designer made some changes to the course, zig zagging through the part hitting every hidden lake and pond to be found. We had a total of 29 entries combined Ride and tie and Equathon. Jec Ballou and Melissa Montgomery on Duncan showed true “girl power” coming in first place in the long course Ride and tie and received Best condition. Newcomers to ride and tie man/man team Adam Farmer and Josh Wertz took 2nd place on Cowboy not far behind. The Equathon was very exciting with the Stalley family battling it out each with some top runners. Matriarch of the family Pam Stalley and son in law Nick took the first-place position with Mike Cortez (IRON MAN) hot on their tails. Leigha Gragg moved from Equathon at championships to Ride and tie with veterans Kurt Miller and Fly away Joe against two new Ride and tie a minute behind Erik Wheeler and Emilee Hanson in the 13 mile Colleen Kelly divided her 8- mile winning team from last year teaming with son Tristin and Serena with new member Madeline. Short course Equathon IRON man Garrett won the short course Equathon on his giant Rocky Mountain horse JR. I wish I could mention ever one who took the challenge on, as you were all amazing. My favorite picture was of Ann-Marie and Alicia Bernardi after their first long course finish of Ride and tie. Team Roger Yohe and John Harggett oldest combined team who did the Equathon. We had four junior teams, ultra-runners, endurance riders, children running around and just one big happy social family. The one thing we missed was the presence of Gunilla and Irish Mike who always show up so positive and encouraging. Gunilla and Mike broke down on the Grapevine leaving LA and had to be towed back on US Rider with their horses who patiently waiting all day for the truck to be fixed. We truly missed them at the event with their great energy but were glad they were safe.

Continued pg 3



Ann Marie and Alicia on Groovy This was their first Long course ride and tie



Dr Lydon with race director Susan Smyth

Coollest cont:

This event could not be possible without all the dedicated volunteers that show up so early hours. Really, I could not do this without them especially Cathy and Barbara who spend days out marking the trail in what California considered torrential rains. The trail was well marked with ribbons, flour and paper plates to ensure no one got lost. Thank you to Cathy Rohm and Hillary for helping Vets, Barbara Mancina and Gail for manning one aid station and Gary and Cathy Mason for another. Martin, Heather and those who showed up to help. Could not do this without you.

The second part of this is the dedication of my family to help me. Thank you to my husband for doing all the lifting, parking, ice runs, clean up and after party BBQ, Joe for Water truck and maintaining three locations, Mike and Fire for not only helping, but participating (2ed place and first Iron man), Emily my daughter in-law and my 4 y.o. grand-daughter Charlotte who sold raffle tickets.

Because of everyone who participated we will be donating a new corral structure to the Dru Barner equestrian Campground!



Susan Smyth talking about the trail



Congratulations Jec Ballou, Melissa Montgomery and Duncan! First place

We survived! I rescued this 5 yr old Andalusian in Feb 2018. She had some serious aggression issues, was not broke, and the most dominant mare I have ever worked with. I decided to name her Nova meaning--A strong rapid increase in the brightness of a star. Often a star previously too dim to be seen with the naked eye can become the brightest object in the sky when it becomes a Nova. Thought it fit with given her a 3rd chance as this was not the first time she was given up on. My goal/test was to be able to take her to this equathon to evaluate how far we have come. It was a big day for us and she was great! Though we got lost, ended up doing almost 2 extra miles, had major boot malfunction, etc... she handled everything wonderfully. Nova grew up a lot from this experience. I now love this sport and plan on coming back next year!

Natalie D'onofrio



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It is time to elect three R&T members to the Board of Directors for next year.

The voting will begin in April and the new board members will be announced at the World Championship R&T. We will also announce the winners in the August 2019 newsletter.

If you want to be a part of the inner workings of the sport of Ride & Tie and Equathon get your nominations in by March 10 2019. Voting will be You must be a current member of the Ride and Tie Association.

You can nominate yourself, or someone else, with his/her consent. All nominees must submit a short statement, 100-200 words, about themselves, describing their interest and experience in the sport of Ride & Tie. We will also need a clear picture of the nominee.

Nominations and candidate statements should be e-mailed to Gunilla at gunillapratt@gmail.com or they can be mailed to PO Box 2750, Rancho Santa Fe, CA 92067

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East Coast Regional Championship R&T Results

Regional Championship Day one

Long Course 30 miles

Partner 1	Partner 2	Horse	Time	Place
Rhonda Venable	Dave Venable	Dakota	4:39:00	1st
Annie Cekada	Kelly stoneburner	Mia	4:47:00	2nd
Courtney Krueger	Mark N. Landers	Dakotas Charm	4:49:00	3
Karen Isaacs	Beth Brinkley	Shasta	4:58:00	4
Janice Heltibridle	Melissa Hoose	Kestrel CS	5:00:00	5
Nicki Meuten	Liara Gonzalez	FYF Dutch	5:50:00	6
Barbara Mathews	Julianne Cyr	After While Crocodile	5:50:10	7
Carrie Baris	Lessie Longstreet	Piper	5:52:00.	8
Greg Bradner	Renee Brachfeld	Calypso	DNF	

Short Course - 15 miles

Alison Zeytoonian	Analei Monk	Davanna Tom Cat	5:38:00	1st
Richard Noer	Karen Monk	Miles	5:38:00	2nd

East Coast Regional Championship Day Two

Long Course -30 - 30 miles

Janice Heltibridle	Melissa Hoose	Kestrel CS	5:39:00	1
Ellen Hart	Patrick Vaughan	Butch	6:00:00	2
Barbara Mathews	Beth Brinkley	After While Crocodile	6:00:00	2

Short Course - 15 miles

Courtney Krueger	Mark N. Landers	Dakotas Charm	2:15:00	1
Liara Gonzalez	Caroline Palmore	Dakota	2:24:00	2
Carrie Baris	Lessie Longstreet.	Lily Creek Stetson	2:46:00	3
Nicki Meuten	Dawn M Osborne	FYF Dutch	2:51:00	4
Alison Zeytoonian	Analei Monk	Davanna Tom Cat	3:01:00	5

What is Equathon?

Equathon is where one person rides the horse first part of course and comes in to Vet check. As soon as the horse reaches pulse criteria, the runner can take off to do the last part. Crew can finish vetting the horse if person is doing it as an Iron person....doing both riding and running.

2018 East Coast Regional Ride and Tie Championship

By Kristie Bradner

The participants in the in August 24-25 East Coast Regional Ride and Tie Championship enjoyed two fabulously sunny days in the mountains of southwestern Virginia when they came together to compete. In a summer that brought more rain than many folks wanted or needed, it was great to unload horses onto dry ground, set up camp without worrying about raindrops, and spend time on trail in a comfortable manner.

Horse camp was alive with activity because the ride and tie was in conjunction with the Iron Mountain Jubilee Endurance Ride. Most of the ride and tie participants were able to set up camp near one another, thereby allowing for plenty of visiting and all kinds of banter throughout the weekend.

The trails for this event included everything from loose rocks to stream crossings. There were switchbacks both up and down and also broad fire trails. Many people thought the best part was “the rangeland” – a mountain meadow where horses and runners didn’t have to concentrate quite so hard on their footing. It provided some lovely vistas that were pleasant on the eyes.

Unfortunately, there were a couple of dogs near one portion of the trail and one had quite a mean streak. He bit Carrie Baris on her calf on her way through. Although she finished the race, Carrie later went to the emergency room where she started a series of rabies shots. A yellow jacket sting that came after the bite added to her misery. None of this was what Carrie bargained for that weekend, but it sure made for some conversation that evening.

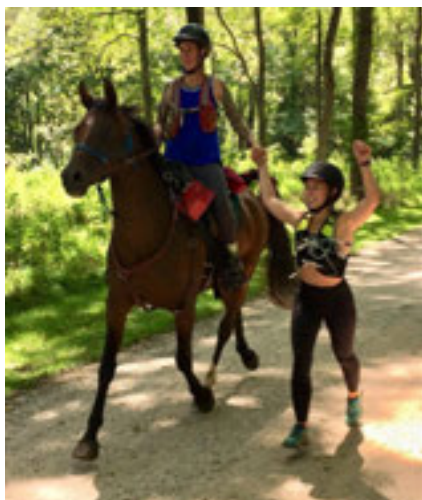
The top three finishing teams were Rhonda and Dave Venable on Dakota; Annie Cekada and Kelly Stoneburner on Mia; and Courtney Krueger and Mark Landers on Coda. The three teams crossed the line within 10 minutes of each other. Courtney, Mark, and Coda, who needed a new shoe at the vet check, did a great job *not* letting that delay interfere with a strong finish. Dakota, always ready for competition, received the award for best condition on both days of the event.

As always, it was great to have new people such as Lessie Longstreet, Dawn Osborne, and Patrick Vaughan be part of the ride and tie doings. Julie Cyr, Caroline Palmore, and their entire support crew came back for more fun, too, after going to their first ride and tie in July.

Big thanks go to Barb Mathews and all the folks who helped her for planning the event and doing so much to keep things organized. Everything went smoothly, and we all know that good planning is what insures that.



Carrie Baris shows off her dog bite



Carrie Baris, Piper, and Lessie Longstreet, a ride and tie newcomer

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Karen Monk, Alison Zeytoonian, and Analei Monk

More pictures of the East coast regional R&T Championships



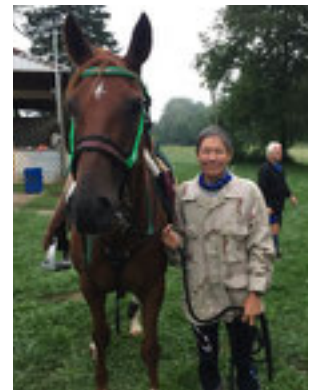
Karen Isaacs and Beth Brinkley and Shasta



Rhonda and Dave Venable and Dakota,
First place long course



Lira Gonzalez and
Caroline Palmore
with Dakota



Janice
Heltibridle and
Pete



Bob Heltibridle, crewing for Janice



Friday night dinner.

2018 Big South Fork Ride and Tie

by Joanne Mitchell

Photo Credits Becky Kirchner Pearman

The Big South Fork Ride and Tie went smoothly the weekend after Labor Day 2018.

We had a one youth (Ava Arlington-Amy Kerrigan's 13 year old daughter). A brother/sister newbie team- Kelly and Paul Stoneburner (first timer) on Hope (first timer). And a newbie partner for R&T President Janice Heltibridle-Kimi DeMent.

On Friday morning we let both the 30-mile team and the 50-mile team go after the 50-mile endurance riders to account for the heat expected during the day. My event was two weeks after the East Coast National Championship at Iron Mountain, so I'm sure that accounted for the low turnout-and truck troubles, horse troubles, mean bosses too! Lori Lyttle saw a copperhead in the trail that was not quite dead. At first glance, it looked eight feet long, but really was slightly less than two feet. Still, she threw a rock at it. She did not smell anything like cucumbers-another myth debunked. However, after she rode into the Vet Check at 32 miles, she continued running the rest of the course. Unfortunately, her horse, Pete did not pass the Vet check. Fortunately, the ride manager, knew the course well enough to catch her with her truck. Lori said she saw fresh bear scat near Jack Ridge Loop.

On Saturday morning we let everyone go about 7:10 am, including another 50-mile team! Soon after passing Jack Ridge Loop, Janice Heltibridle and Amy Kerrigan on horseback saw their teammates on foot waving their arms in the air. They had seen a 250-300 lb bear on the course! Decision time-who wants to be on the horse and who wants to be on foot (prey). After the bear ran down the trail another 75 yards, it turned and went into the woods. Just think, if this bear claims that territory, it will be bigger next year! Later, everyone crossed the river without incident. The 15-mile teams were done at the Vet Check #1 and one team's horse got a ride back to camp with my husband, Bobby who was the horse ambulance driver for the Big South Fork Endurance Ride going on simultaneously. Everyone got to cross the Big South Fork at least once. The cool, refreshing water was beneficial to both humans and horses. Not sure when a human teammate got stung by yellow jackets in a private area, but the cool water helps. Communication with your partner is always critical. You came into the Vet Check on Yellow ribbons, follow Blue ribbons back to camp!

Due to the predicted 100% chance of precipitation on Sunday, I cancelled the Equathon and short ride and ties.

Look forward to seeing ya'll again on Friday and Saturday on the first weekend of April, 2019 at the Giddyup and Run at East Fork Stables. Some of the course loops will be tested for the World Championship the weekend of August 17th. Hint. Hint. Buckle. Buckle. The Big South Fork Ride and Tie will be three weeks later, the weekend after Labor Day 2019. April Johnson is working on different loops for Big South Fork next year.



Friday Turtle awards: Lori Lyttle, Janice Heltibridle, Beth Brinkley, Karen Isaacs!



Brother and sister, Paul and Kelly Stoneburner, sponging off in the river.

By Jessica Jones

Athleticism has never been my thing. My grandmother, Weebie Guillebeau, a legend in her own right in Southeastern endurance, was absolutely shocked when I took up running in 2013. I wouldn't say I am lazy, per se, but I've always 'worked smarter, not harder'. I have never been sporty or athletic, aside from riding horses since I was a wee toddler. Horses are in my blood, but other athletic endeavors? Not so much.

When I bought my first horse (at least the first one with my name on his AHA papers), I was deep in the midst of training for my first ultra-marathon. My 5-year-old Arabian, Nato, was barely broke to saddle, so I would take him out running with me. Passers-by would laugh and shake their head, surely puzzled by the sight of a runner leading their horse on a morning jog, much like someone might take a dog for a run. But Nato enjoyed the exercise and I enjoyed the companionship. Imagine my delight, and surprise, to learn that there was a sport made just for me, combining the love of endurance and the love of trail running – Ride & Tie!

As my ultra-marathon crept closer, the opportunity to participate in a Ride & Tie presented itself. Janice Heltibridle, a complete stranger to me at the time, needed a rider for Friday and Saturday at the Alabama Yellowhammer. I was scheduled to run 22 miles that weekend anyway, so I figured a 25-mile Ride & Tie would probably suffice. I knew I couldn't run both days myself, but I did have a horse-loving (although not super horse experienced) best-running-friend, Laura, who I knew would be game. We worked out the details with Janice, joined the Ride & Tie organization, and packed up my tiny SUV with far more camping supplies than two girls could possibly need for a weekend camping trip.

Laura and I met Janice late in the afternoon on Thursday. She was warm and inviting, the kind of person you feel like you've known for a lifetime even though you've only just met. She walked us to her trailer to meet her chestnut, Pete, who was content munching his hay. His registered name is Kestrel, but he goes by Pete, and I remember thinking "Kestrel? That's a tiny bird of prey... this might be an interesting ride". However, he seemed calm and confident, which was exactly what Laura needed to see to calm her own nerves. She had ridden horses before, but never in a competition, and I had warned her that some of the horses could be very spirited on the day of the event. We practiced tying his long lead rope into the daisy-chain we would use for securing him to a tree, asked a million questions, and then retired to our tent for the night.

"What have we signed up for?!" Laura exclaimed. It did kind of feel like we had bit off more than we could chew. But I reasoned that I knew a lot about endurance – I had even ridden several competitions myself aboard borrowed horses. I would ride Friday, and then I would report back to Laura with all the nitty gritty details before her ride on Saturday. Laura and I have a long history of being "undertrained and overconfident" in our running careers, and it's served us well, so why should this be any different?

The morning was crisp and clear. We woke to the sounds of horses waking up, munching hay, and then the sounds of riders exiting their trailers and beginning to busy themselves preparing for the day's events. I ate breakfast, loaded up my ultra-pack with food and water, and tried my best to calm my nerves. In what seemed to be no time, Janice had made her way over to our camping spot, and we went over a few last-minute items, like practicing our daisy chain slip knot once more. I hopped aboard Petey for a brief riding introduction, just getting the feel for him and how he differed from my own Arabian at home. As the ride & tie teams began to loiter around the start line, I slid off and took my position as a starting runner. Our plan was to have Janice ride Petey out of camp and tie off about a mile in.

The start was relatively uneventful - our small pack of ride and tie horses trotted out of camp and the runners set out behind them. Laura ran with me to get a preview of the course, and we set out the same way we try to set out on races - slow and steady. In what seemed to be no time, we came upon Petey and another horse tied to their first trees. Pete was calm and focused, but the other horse, upset that one of his companions had probably just took off, was agitated. The runner was also a beginner, and a little intimidated by the anxiousness of her mount, so I assisted her in mounting and we set off together. It became evident that her horse was not helped by my presence, and was only upsetting Pete, so I gave her some encouragement, told her I was going to break away, and slowly put



Jessica on Pete at the start



Laura with Pete

some distance between us. Laura later told me that she ran along with her for a bit to make sure she was okay, and then turned to head back to camp. Pete and I started to settle into a rhythm. I was anxious and unfamiliar with his mannerisms, so we took it at a slow trot, but as I built up confidence, we began to speed up, easing into our first canter on an uphill. He had his first (and only) spook with me about 2 miles in, the infamous horse-eating photographer-ahead sign. I was thankful to not be dismounted, and even more thankful that the photographer was not present to photographically evidence my not-so-graceful save.

Around mile three, I fell in with some endurance riders. We were moving along at about 10 miles per hour, and around every bend, I felt confident that I would see Janice somewhere through the trees, running along. I just knew we should probably be catching up to her, any time now. As the mileage ticked by, I started to wonder. Did I miss her somehow? Was I on the right course? At mile five, we came through a checkpoint with a spotter, checking off numbers. I loudly exclaimed "have you seen a tiny runner come through here?" He replied in affirmation that she had come through only a few minutes before, and the rider behind me asked "oh, are you doing a ride and tie with Janice?" This began a story about how this rider had once done a ride and tie with Janice as well, a fifty miler, and she laughed that she felt like she spent 49 of the miles chasing Janice. Narrator, queue foreshadowing.

The faster I urged Pete (and it didn't take much urging, this boy knows his job), the foggier my memory becomes. My Garmin confirms that I found Janice around five and half miles in - which is absolutely mind blowing to me. I don't know what kind of super-human you have to be to outrun a fresh horse for five miles, but whatever kind that is, Janice fits the variety. I would catch up to her briefly, blast past her at an accelerated clip for about ten minutes, and then hurriedly tie Pete to a tree. Then I would sprint as best my mushy legs could, and in what seemed like seconds, Janice would ride up behind me on Pete. Most of the time, she would hop off beside me and hold Pete while I got on and then took off in front again. There was never more than a mile that I ran on foot - most of our changes were within half a mile. Have I mentioned that I am not a particularly fast runner?

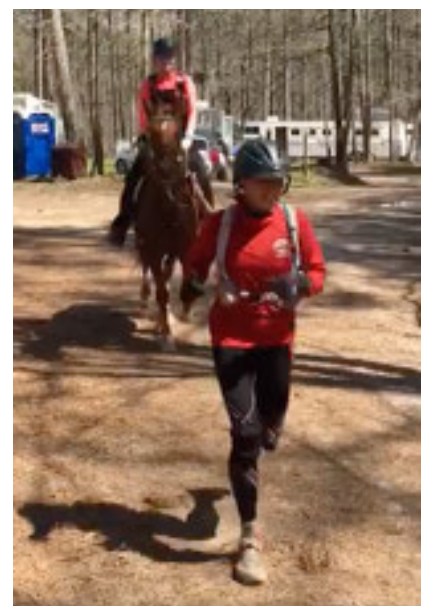
After several interchanges, (and eleven and a half miles) I realized I felt completely overwhelmed. I kept thinking that I might be totally insane. I felt totally out of shape. My heart was pounding with adrenaline and exertion. I slowed Pete to a walk and tried to relax. This was meant to be fun, and I was pushing myself so hard I wasn't having any of it. After a brief respite, I asked Pete for a more relaxed trot, and we set off with a little bit different intention, to ease down a little bit, to take some moments to stop and smell the roses. This immense pressure I had put on myself to perform (completely self-inflicted) began to ease off a bit. We were on the right mental track.

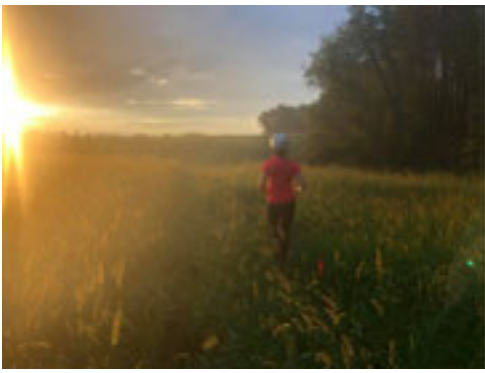
Janice and I worked out the logistics while on trail to have me on board Pete into the vet check, and for me to run out. This was the longest stretch of running (a mile and a half) while Janice came into vet check, fueled and hydrated, vetted Pete through and set out on trail to catch us. From that point, it was more of the same, an accelerated game of leap frog as we boogied down the trail. Toward the end of our second (final) loop, I caught up to Janice who was on foot, and we agreed that she would finish the race on foot, and I would finish mounted. Pete was a little tired, and plenty hot, so we stuck together. As we came into camp, our ride and tie team mates began to hoot and holler, and I felt a sense of pride and jubilation as we crossed the finish line together. Somehow, we had come in first, and it was extra special to me that we got to finish as a team.

Armed with the knowledge of my own eventful day, I recapped and coached Laura that night. By the time she mounted up on Saturday, she was confident but a little nervous. The day was foggy and humid, spotted with rain, and at one point during the competition, Laura and Pete parted ways - in her retelling, she went one way, and Pete slipped and went the other, and off she tumbled, right onto her head (and my Tipperary helmet), losing her glasses in the process. She said she contemplated throwing in the towel, but as she always does, she took a deep breath, hardened her resolve, mounted back up and got back to business. She finished the day in third, with a few bruises but a smile on her face.

Overall, our ride and tie was a huge success. If I could change anything it would be my level of fitness going into the event - I just really underestimated how intense it was going to be, and how important it is to practice the running to riding transitions. I would also probably take a deep breath a lot sooner into the ride and cut myself a little slack! I put way too much pressure on myself early on and missed out on the opportunity to enjoy the first half of the ride!

By Jessica Jones





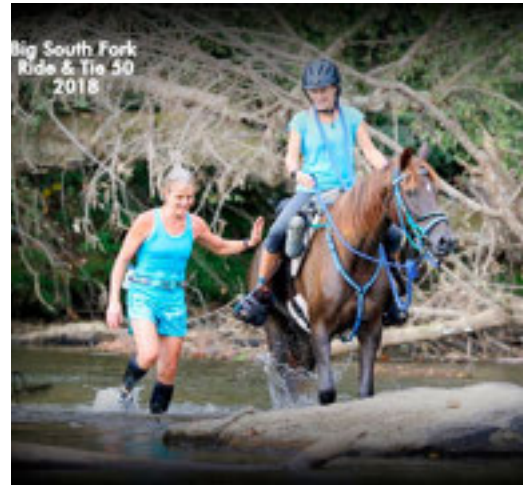
Ellen Hart running into the sunrise at the Chesapeake Ride and Tie on Saturday morning.



Courtney Krueger and Carrie Baris wait for their time to head out on the 15 mile Ride & Tie at Big South Fork Photo by Becky Pearman



Courtney Krueger with Coda at the Mountain Mingle R&T. First place both days.



Congrats to Barb Mathews and Beth on their 50 mile completion at Big South Fork!

Photo by Becky Pearman



Iron Mountain Jubilee R&T Photo by Nancy Sluys



The Ride & Tie Association is a non-profit organization and relies only on donations. We would like to thank all of our donors especially John Osterweis for his very generous yearly donation.

Thank you from the R&T board of directors

I had a recurring dream when I was younger. I was riding a chestnut horse on a misty track in the early morning. This was before I knew how to ride. The only horses I had ever been on moved at a slow walk, making the circle until it was the next little girl's chance to ride at the fair. I had never gotten the chance to ride full speed and feel the freedom of the wind carrying me away. Despite this, I dreamed. I don't even think I was holding onto the reins in the dream – I was just flying.

Years passed. I dreamed on. I have been blessed in life to work with many amazing horses. Each one has had incredible and diverse abilities. Each one has had odd and amusing flaws. Each one has had a different personality. Nearly all of my communication skills with people come from trying to communicate with horses. Some I've had gentle conversations with, others prolonged battles that usually came from my lack of understanding or willingness to understand. I learned how to be a leader. I learned how to be a follower. I learned how to face fears. I learned how to trust. I learned how to persevere.

I haven't thought about that dream since I got my first horse, fourteen years ago. I haven't thought about the freedom of the wind, the drum beats of hoof-falls, or the pure joy that raced through my veins as I slept. I didn't have to dream about it anymore, I could live it.

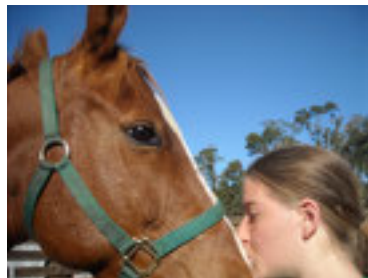
Today, I say goodbye to one of my closest friends. Although he wasn't my first horse, he was the first horse I truly connected with. He was the first horse I truly trusted. He carried me in my first endurance race, and several more after that. He kept me safe. He let an incapable child climb aboard and did all in his power to keep me on the wagon despite my ineptitude. As I grew and learned, he rose to the occasion. He protected me. He comforted me. I like to think that he loved me as much as I love him. Life, for me, would be so totally different if he had not been in it. I deeply grieve at the loss of this magnificent friend, who was a little girl's entire world.

Now, when I think of my childhood dream – it won't be a random chestnut horse that I envision carrying me down the track. It will be him. He was my best friend, my hero, my teacher, my lover of peppermints, my goofball, my confidant, and my family all wrapped up in one. Thank you for making me the rider and the person that I am today. Thank you for allowing me to make mistakes. Thank you for everything that you are. I will miss you, old friend. I will miss everything that you were, but I will also remember what you are. You are that part of my soul that refuses to give up. You are that piece of my heart that seeks out adventure. You are the wind that lifts me up and gently pushes me forward. As long as I live, you will too – in a different form - but still full of meaning.

Words can't capture my grief or my thankfulness, but I've tried, nonetheless, to offer a few up as tribute to one of the greatest creatures I've ever had the privilege of knowing. Kings Cutting Edge, as you transition out of this life, I hope you know the immense love that I have for you and that you find peace and rest.

From the little girl who will always love you.

Sarah Krueger



Old Dominion Ride and Tie

by Kristie Bradner

Amateur and veteran ride and tiers enjoyed getting together in Orkney Springs, VA, for the 2018 Old Dominion Ride and Tie on July 28-29. The hayfield where everyone set up camp bustled as new teams got set for their initial ride and tie event and old friends reunited for the first time in months. Lani Newcomb led the ride briefing before the Saturday night event, sharing both information about the trail and other valuable insight to help keep everyone's ride and tie experience a positive one. The weather was favorable for the events on both Saturday and Sunday with the heat and humidity acceptable – unusual for July in Virginia. A ride and tie weekend without weather drama is always a plus!

Newcomers
Isabella Leddy
(green tutu)
and
Caroline Palmore
with Panama



New ride and
tier Julie Cyr
with Greg
Bradner and
Calypso



Rest in peace Jonathon Jordan. You will be missed.

The first time I met Jonathon Jordan was at a Ride and Tie race in Southern California. I saw this guy at camp in sweatpants, running shoes, white t-shirt and a cowboy hat. I did not think too much about it until we got to the starting line and that was what he was competing in. Most of the rest of the competitors were in running/riding tights or running shorts. But once we started that was Jonathon's running gear. He was a pretty effective runner in those clothes which is what he always wore. Another impression was him sleeping in the back of his pick up sometimes. It did not matter how cool or warm the temperature was, he wore those clothes every time.

When I talked to him that first time I did not know he was an accomplished lawyer, married and father of three boys. He just seemed like a cowboy to me. Over the years, he did not brag about his running or riding abilities which were considerable. One thing he always did when we had a moment together, was to let me know that I could ride OK as I learned to ride in my early 50's. He made me laugh at times when he asked how to save correspondence on his laptop. I know how he and Tara accepted animals no questions asked even though it was extra work.

One of the most amazing things he did was to fight his cancer and then continue a full schedule with his family, endurance rides, in addition to Ride and Tie competition. I think watching him push through his illness made me realize how resilient a person can be.

By Rick Noer

Jonathan was born and raised in a small south Georgia town. He grew up riding with his 3 younger brothers. They shared a pony named Fury. They rode Fury all over town taking turns riding and running.

When Jonathon was first introduced to ride and tie, he was no stranger to this sport. His first R&T was with Jim Kirk at Cuyamaca state park in 1992. Jonathan was hooked and became a life time member. He completed a 100 mile R&T and a 75 mile R&T. He rode in the Great Pony Express ride, 800 miles from Santa Fe NM to Liberty MO. in 2008.

Jonathan participated in "7" World Championships His first being in 2003 and his last in 2010 (missed 2009)

2010 Championship he finished in 10th place with Tara Jordan riding "Crissy"

His years of competition (1992 to 2012) 20 years

With 1334 competitive miles.

2008 he finished 3rd in overall points

He finished 1st in the Man/Man Team with Frank Lieberman and 12th with Doyle Eggers

Jonathan met his wife, Tara, in 1996 and convinced her to do her first R&T in 1997 which was the world Championship. Tara and Jonathan were married in 1999 and had 3 boys that became amazing riders and runners. Atticus, 18. Elijah, 17. Ethan 15.

Jonathan passed away from a heart attack, under an old oak tree, while running on one of his favorite trails

Jonathan will be greatly missed by all who knew him.



Jonathan Jordan
8/22/1954 - 9/22/2018



2019 Tentative Ride and Tie Race Schedule

Take No Prisoners at Kings Mountain, NC: Saturday, March 2

Yellowhammer in Talledega National Forest, AL: Friday-Saturday, March 15-16

Blackwater Swamp Stomp in Ivor, VA: Saturday, March 16

Chesapeake Spring Ride and Tie in Elkton, MD: Saturday, April 6

Giddy Up at East Fork Stables in Jamestown, TN (pre-World Championship course ride!): Friday-Saturday, April 5-6

Foxcatcher in Elkton, MD: Saturday, April 6

Old Dominion No Frills in Star Tannery, VA: Friday-Saturday, April 19-20

Old Dominion Ride and Tie in Orkney Springs, VA: Friday-Saturday, June 7-8

West Coast Championship at Bandit Springs, OR: Saturday, July 13

Old Dominion Ride and Tie Weekend in Orkney Springs, VA: Saturday-Sunday, July 27-28

World Championships at East Fork Stables in Jamestown, VA: Friday-Sunday, August 16-18

Crazy Daze of Summer in Nine Mile Falls, WA: Saturday-Sunday, August 31-September 1

Big South Fork in Oneida, TN: Friday-Sunday, September 6-8

Selkirk at Mt. Spokane State Park in Mead, WA: Saturday, September 7

Chesapeake Fall Ride and Tie in Elkton, MD: Friday-Sunday, September 20-22

Coollest Ride and Tie at the Auburn SRA in Cool, CA : October 4

Fort Valley Ride and Tie in Fort Valley, VA: Friday-Saturday, October 18-19

Meadow Creek Mountain Mingle in Parrottsville, TN: Thursday-Saturday, October 24-26

Thank you sponsors:

Valley Laser Graphics, Nicki Meuten, Barbara Mathews,
Lani Newcomb, Steve and Gunilla Pratt and Susan Smyth.

Renew your membership now for 2019

The Ride and Tie Association Membership Form

Send form and payment to:
The Ride and Tie Association c/o Susan Smyth
211 Gold Crest Ct.
Newcastle, CA 95658
susansmythjackson@gmail.com
(Membership runs from January 1-December 31)

Name	Gender	Birthdate (if under 18)

Address: _____

Phone: _____ Email: _____

How did you learn about Ride & Tie?

- Ride & Tie Website
- Expo/convention: (which one?) _____
- Magazine/Newspaper? (please indicate) _____
- Other (please indicate) _____

Type of Membership (please circle): New Renewal

- Competitor Member: (\$25) Will receive Ride & Tie Newsletter and Handbook, information and entry form for the Ride & Tie Championship, one vote on Association general membership issues, eligibility for all sanctioned Ride & Ties held during membership year and inclusion and eligibility for the national point system.
- Family Membership: (\$40) Immediate Family living at same address. List all names to be included. Same benefits as Competitor Member, two votes per family.
- Supporting Member (\$100 or more) Same benefits as Member with special thanks from the Ride and Tie Association.
- Lifetime Member (\$500) Same benefits as Competitor Member with no more annual membership fees.
- Friend of Ride & Tie (\$20 or more) Non-competitive member showing support for Ride & Tie. No voting privileges. Will receive Newsletter.

As a 501 (c) (3) non-profit organization, these membership contributions may be tax deductible.

Live Longer by Owning a Horse

Well if that is true then I will live to be almost 200 years old.

Recent research studies have shown that women who own a horse live 15 years longer than other women. These studies were done in Western NC, Northern Virginia and northern Florida involving various groups of "horsey" and non "horsey women. The double blind study followed women in different age groups over a forty year time frame to get this data. The women in this study had to own a horse for five years or more. The results were amazing. Women in Spain lived 16.5 percent longer and women in the us lived 14.7 percent longer. Researchers believe that being around a horse boosts your oxytocin levels, known as the bonding hormone. Oxytocin lowers blood pressure, heart rate, boosts immune functions, raises a persons tolerance for pain and enhances social skills. Researchers also believe that owning a horse gets a person out doors in the clean fresh air, with a splash of vitamin D, and encourages exercise. All this is great for a persons health.

This was the first study ever done on a horse and a persons health. There have been many other studies done with dogs. Time and time again studies show that spending time with animals has remarkable effects on humans. It reduces your stress level, releases happy chemicals in your brain, and just all around gives you a feeling of fulfillment.

I guess that is why I'm addicted to animals. Next time I want a new horse I will tell my husband that it is for my health.

By Gunilla Pratt

Run, Ride and Roll

Rufus Schneider has been involved with R&T for many years. She currently serves on the R&T board. Rufus has put on many ride and ties and also volunteers at other rides. She loves riding her mountain bike and competing in endurance rides as well.

In southern California we are losing our trails. Trails are being closed down due to lack of funds, new buildings, fires and environmentalists. This makes the trails that are still open very popular to walkers, runners, horse riders and mountain bikers. The problem with this is that we need to all get along and understand what each sport is about.

Rufus came up with an idea to have a triathlon with riding, running and mountain biking. This way we can get to know each other because the main issue is to share the trails.

On November 17th the very first Horse Thief Canyon Triathlon took place. It was a huge success with 7 teams and 9 ironman participants.

It was a lot of fun and it was nice to see endurance riders and mountain bikers having a great time.

Maybe one day this could be a part of R&T.



Muscle Soreness

By Dr. Steven Pratt

My wife, Gunilla, recently competed in a Triathlon where she rode 13 miles, ran 13 miles, and biked 13 miles. This is a “set-up” for extreme muscle aches and pains, along with a slower than normal recovery period, in the days after such an event. So, what is the best program pre-race to avoid the discomfort and slow return to normal after placing your body in such an event. First, get 7-9 quality hours of sleep each night in the weeks leading up to competition. Pack your cells, and cell walls, with plenty of phytonutrients (non-vitamin, non-mineral nutrients with health promoting properties). My favorite class of phytonutrients, polyphenols-there are more than 9000, are found in green tea (all teas, but green my “best choice”), berries, cherries, grapes, cocoa (www.CocoaVia.com, 877-842-0802 = “best choice”), whole grains, nuts & seeds, legumes, red cabbage, red onions, green “leafies” (spinach, kale, Swiss chard, arugula), first cold pressed Extra-Virgin olive oil, pomegranates, and citrus. Omega-3 fats found in Alaskan salmon, tuna, sardines, mackerel, and trout play an essential role in prevention of the unwanted side-effects of extreme exercise, and all the previously mentioned foods help boost the SPF of your skin the “natural way”. Don’t forget to spice it up, my favorites are Youtheory Turmeric (found at Costco), and Kirkland Organic No-Salt Seasoning. Fish oil supplementation is essential, my favorite is Nordic Naturals ProOmega 2000 (found our our website). Men take two with breakfast and two with dinner, women two with breakfast and one with dinner. Probiotics are an essential part of any anti-inflammatory, anti-aches and pain program. My two favorites are ProBiotic 10 (Nature Made) and Multi-Probiotic 15 Billion (Douglas Laboratories). One with breakfast and one with dinner. For two weeks leading up to your event, take Jarrow Formulas Famil-E one/day with a meal. It is loaded with Gamma Tocopherol, the most potent anti-inflammatory form of vitamin E. On race day, your pre-event meal should include two NewChapter Activated C Food Complex tablets to saturate you cells with vitamin C, two 1000 mg capsules of Turmeric (Youtheory), and two Tart Cherry tablets or capsules (there are multiple brands).

Dr. Steven G. Pratt is board certified in Ophthalmology, Ophthalmic Plastic and Reconstructive Surgery, Integrative Holistic Medicine and is a fellow of the American Academy of Cosmetic Surgery and The American College of Surgeons. He is currently a senior staff ophthalmologist at Scripps Memorial Hospital in La Jolla, California.

Dr. Pratt is a world-renowned authority on the role of nutrition and lifestyle in the prevention of disease and optimizing health. He has written 5 books on health and wellness. Two of his 5 published books, “SuperFoods Rx: Fourteen Foods That Will Change Your Life and Superfoods HealthStyle were on the New York Times “top 10” best seller’s list. He has appeared on 100’s of television and radio shows including the Oprah show. He has lectured world- wide on anti- ageing and has written book chapters on how to optimize skin, health and beauty, including prevention of wrinkles, sun damage and skin cancer. He observed decades ago that the best results for facial cosmetic operations are only achieved by also implementing a “program” of topical skin care products combined with eating “SPF foods.”



Visit Us At superhealthyliving.com
and On Facebook

Breaking down with horse's is not fun.

By Gunilla Pratt

Early October my R&T partner, Irish Mike, were on our way to Susan Smyth's R&T in Cool CA. When my truck broke down on the Grape Vine. The Grape vine got it's name because of the winding highway that has an 8% grade for 6 miles.

I am always so careful to make sure my truck is serviced and carefully checked over before any long drive. Two weeks prior to our trip I had picked my truck from the Ford dealer after a complete service. "Everything looks good" I was told.

We were about 3 hours into our drive when Mike took over the driving. Shortly after, he told me that the engine light came on. Steam started coming out of the engine and we had no where to pull over. The truck has an automatic shut off when it overheats so here we were sitting in the far right lane with no shoulder. We put the blinkers on and prayed that we would not get hit. After the truck cooled down I drove it about 100 feet to a dirt turn out. I called my tow service who said they would be there in about 45 minutes. We waited 3 hours because the tow truck was held at the weigh station. He had no reception to call me.

When the tow truck finally arrived he hooked up my truck and trailer and towed both of them at the same time. It was quite amazing to see this. We found a place that was able to work on my truck. The tow truck pulled on to a side street where we were able to unhook the horse trailer. Mike and I camped out there all day with the horses tied to a fence. (Thank goodness for R&T horses.) At about 4pm my truck was fixed and ready to go. By this time we knew there was no way to make it to Cool CA and be able to run a good race the next day so we headed back home.



Safety Tips For Traveling With Horse Trailers

When traveling long distances make sure you have plenty of forage for your horses.

No grain. Grain may cause an upset stomach.

Keep plenty of fresh water on your trailer along with a small bucket. You never know how long you will have to wait on the side of the road for help

Make sure you have a fire extinguisher in case of fire.

Carry a road safety kit with, flairs, cones, jumper cables and a first aid kit.

If possible, do not remove horses from the trailer.

Make sure you have a good towing company that knows horse trailers.

Mark your calendars for the 2019 World
Championship.



GIDDYUP and RUN



East Fork Stables, Jamestown, TN

Come Compete on the 2019 World Championship Course!

YELLOWHAMMER RIDE AND TIE

In conjunction with the YELLOWHAMMER ENDURANCE RACE

The Yellowhammer is Alabama's state bird.

Use your best Southern accent: Alabamer Yellahammer!



March 15-16 2019

Warden Station Horse Camp
Talladega National Forest
Fruithurst, Alabama

Friday: 25 Mile Race

Saturday: 25 Mile Race, 12 Mile Race

Courtney Krueger, Ride Manager
ck@firstcumberland.com



Take No Prisoners Endurance Ride Ride n Tie

*Kings Mountain State Park, SC.
Saturday, March 2, 2019
25/50 Miles*

Find Mentors in Your Area

California:

Bay Area: Victoria Ordway, victoriamosser@yahoo.com, (415) 381-3426

Santa Cruz: George Hall, DVM. gandjhall@sbcglobal.net, (831) 426-9337

Sierra Foothills: Susan Smyth, susansmythjackson@gmail.com, (916) 316-2096

Orange County: Carol Ruprecht & Tom Gey, cruprecht@rideandtie.org, (949) 263-1772

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If you are interested in submitting a story or pictures for the newsletter, Please contact Gunilla at gunillapratt@gmail.com

**THE
RIDE
& TIE** ASSOCIATION
2709 Road 64
Pasco, WA 93301-1961

**Photo by Melissa Hoose at Meadow Creek
Mountain R&T**



I have found that if you love life, life will love you back.

Arthur Rubinstein