

A Sneak Preview

July 2001

The Site Located just a quick 10 minutes off I-80 in Truckee, CA 'The Ranch' is a beautiful valley surrounded by towering mountains. Large pines, aspens and willows frame the edges of the meadows. Charming Prosser Creek meanders the entire length of the valley floor snaking its way through the grassy meadows. Rig access is ample and campsites plenteous.

The Course. Views from the ridge tops are stunning and the footing is good. The start is a 400 yard, wide open, grassy meadow which curves around the 'spectator friendly' crewing/vet check area before it merges with a dirt road and onto loop 1. It is a Ride & Tie start made in heaven! The course has 3 loops all returning to the 'starting meadow' for designated vet checks and holds. An extra little treat... aid stations, primarily for the runners, will be positioned midway on each loop. Aid stations offer water, Gatorade, fruit, sweet & salty 'nibbles', and horse water troughs.

The Awards. Custom buckles will be awarded to finishers of the 35 mile R&T Championship, 35 mile trail run, and 50 mile endurance ride. Embroidered horse blankets will be awarded to 'Best Conditioned' horse of the 35 Mile R&T Championship and 50 mile endurance ride. Top Ten finishers will also receive a customized halters, NaturalGlo, and subscriptions to *Endurance World* magazine. Sportack gift certificates totaling \$1200 will be awarded to 1st-3rd place of the 35 mile R&T Championship man/man, man/woman, woman/woman divisions. Additional awards can be previewed on the R&T website.

More Loot. Many generously donated items, such as, saddles, tack, heart monitors, boots, books, artwork, etc will be included in the raffle and silent auction allowing everyone a chance to get in on the loot.

The Party. The pre-buffet 'Margarita Party' will get things moving in a different direction. Margaritas, beer and sodas along with taquitos, chips, fresh salsa, and guacamole will help to hold you over until dinner - a professionally catered all-you-can-eat 'Tex-Mex' buffet. The awards presentations commence thereafter followed by dancing and mucho mas fiesta. Ole!

What else? A top-notch vetting staff, key volunteers organized and prepared to ensure your good time, 'reduced' entry fees, and a variety of recreational options in the vicinity.

Tempting? We hope so! 'Invitations' will be mailed the second week of July. You are cordially 'invited' and encouraged to 'invite' a friend. See ya there.



2001 - 31st annual **RIDE & TIE CHAMPIONSHIP**

And invitational

An event for everyone

- 35 Mile Championship Ride & Tie
- 15 Mile Ride & Tie
- 50 Mile Endurance Ride (AERC Sanctioned)
- 25 Mile Limited Distance (AERC Sanctioned)
- 35 Mile Trail Run
- 20 Mile Ride - 10k Run Biathlon (Sunday)

SEPTEMBER 15 & 16

EUER VALLEY RANCH

TRUCKEE, CA

For complete event details including: course maps, award descriptions, partner matching service, and volunteer opportunities or to have an invitation sent to a friend visit the Ride & Tie website

www.rideandtie.org

Or contact the Ride and Tie Association
P.O.Box 697 Foresthill, CA 95631
(530)367-2525

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The Quicksilver Pro-Am Ride & Tie

By W. Way

Seventeen teams came to San Jose, CA to participate in the Quicksilver Pro-Am Ride & Tie on May 5, 2001. Merry Law and her six year old son Freddie on his Welsh/Quarter Pony Fritz completed the 5 mile course taking first place honors. Watch for Freddie in the winner's circle at the 2010 Championships! The novice team of John Maretti and Jennifer Sigler on Behold finished the 14 mile course first ahead of 3 other teams. Interesting to note that John and Jennifer teamed up courtesy of the Association web site's partner locator. Judy Haulman and her amateur partner, Marty McCowen on Oby Boy finished a strong third place. Welcome back, Judy! Rufus Schneider and Diane Casey drove all the way from San Diego with Justin to take top honors in the 23 mile Pro-Am race. Finishing first overall was Mary Tiscornia and Laurie Wilson on Albie. Warren Hellman and Jeff Townsend on Sam kept the pressure on finishing only five seconds behind Mary, Laurie and Albie. Albie and Sam went on to win the Best Condition and Reserve Best Condition awards, respectively. Of the seventeen teams, ten were either pro-am or novice teams. Congratulations to all of the amateurs and novices! Welcome to our sport!

Time	Pl.	Runner	Runner	Horse	Miles	Cat.
2.38.00	1	Mary Tiscornia	Laurie Wilson	Albie	23	Pro
2.38.05	2	Warren Hellman	Jeff Townsend	Sam	23	Pro
2.50.00	3	Tom Schreck	Dennis Tracy	Star	23	Pro
2.56.00	4	Diane Casey	Rufus Schnieder	Justin	23	Pro-Am
2.58.00	5	Gary Webb	Steve Webb	Gaffon	23	Pro
2.58.30	6	Eric Michielssen	Dana Tryde	Fallen Star	23	Pro-Am
3.17.00	7	Tom Christofk	Skip Lightfoot	Zaraf	23	Pro
3.52.00	8	Cheryl Domnitch	Michelle Bryant	Mocha	23	Pro-Am
3.56.00	9	Quinne Fokes	Chris Turney	Sadie	23	Pro-Am
4.08.00	10	Frank Lieberman	Matt Mederios	Scarlett	23	Pro
4.22.00	11	Dawn Hartsock	Les Nightingale	Slick Rock	23	Pro
4.40.00	12	Liz Cary	Michelle Jay	Stashi	23	Pro-Am
2.28.00	1	John Maretti	Jennifer Sigler	Behold	14	Novice
2.47.00	2	Katherine Adams	Heather Parsons	Commando	14	Novice
3.15.00	3	Judy Haulman	Marty McCowen	Oby Boy	14	Pro-Am
3.23.00	4	Karen Sullivan	Brenna Sullivan	Nasty Chancy	14	Novice
1.37.00	1	Merry Law	Freddie Williams	Fritz	5	Pro-Am

Horse Age/Human Age

By W. Way

Wonder how old your horse is in human years? Is your equine companion acting his/her age? Are you?

Horse:	Human:	Horse:	Human:	Horse:	Human:
1	12	8	38.5	15	56
2	19	9	41	16	58.5
3	23	10	43.5	17	61
4	27	11	46	18	63.5
5	31	12	48.5	19	66
6	33.5	13	51	20	68.5
7	36	14	53.5	21	71

Source: *Equus* 277

GONE DOWN

In an on-going effort to make the Ride & Tie Association more "user friendly", the Competitor Membership fees have been LOWERED! The Competitor Member fee is now \$40.00 The Competitor Family Membership is now \$60.00 *Refunds will be issued to anyone who paid since January 1, 2001 at the higher rate* Join NOW to take advantage of these savings.

Notes from the Pony Express 2001 Trail

Howdy from North Platte, Nebraska

All goes well with us. Lot's of lame horses in camp – too flat, hard & repetitive for many of them. I think we made it through the worst of the humidity, but it is still unpleasant in the afternoons – 95 & humid yesterday. Sometimes the wind blows, and we are thankful for that!

Michele Shaw

6/18/01



The Western States Trail 100 Miles in One Day

Why?.....because it's there! Some take-it-on horseback....others on foot. We stand in admiration of those who even get so far as to enter. Congratulations to fellow Ride & Tiers Gordy Ainsleigh, Garrett Ford, Matt Lambert, Marvin Snowbarger and Dave VanWicklin on completing the Western States Run June 23rd. Mark Falcone and Tom Johnson unfortunately had problems occur which prevented them from completing. The weather cooperated and stayed in the 90's, but those canyons are still long and hot. Let's face it..... 100 miles.... *IS 100 MILES !!*

Championship Training Hints

By W. Way

Approximately 20-30% of your weekly mileage should be a long run. For example, if you run 40 miles per week, 8-12 miles of it should be a long run. Run it about 1.5 minutes per mile slower than your 10K race pace (in other words, you should be able to talk while you run!) Follow this long run with a day of rest or cross-training. Build up to a long run of about 2 to 2.5 hours two weeks before the race. Taper off your distances during these final two weeks.

Source: Runners World, Sept. 2000

Tevis August 4

COME HELP

The Ride & Tie Association is the sponsor each year of the Dusty Corner's vet check for the Tevis 100 mile ride. This spot is over an hour out of Foresthill across the Middle Fork of the American River at the 46 mile mark of the trail. This means we "man" (and "woman") the location, time all riders in and out, supply water, watermelon and encouragement to the riders, supply *water*, hay, *water*, bran, *water*, carrots and *more water* for the horses and have ample transportation available for any "pulled" horses. This year in particular we are in need of a few more people with horsetrailer who would be willing to haul horses out from Dusty Corners to the Foresthill vet check.

This makes for a long, tiring and VERY, VERY REWARDING day. Anyone who has competed in any sport knows the worth of a crew, a team of people there to help. As individual crews are not allowed at this vet check it is imperative that we be there and we be prepared and ready for any circumstance. Dusty Corners vet check closes about 3:30pm, so there is plenty of time to check out the action at Foresthill and be in Auburn to see the winner hit the finish line.

Interested??? Come join us.... The more, the better!

Call: Judy Haulman (530) 367-2820



First Time.... the hard way



Photo by Earl McCowen

Marty McCowen and Oby Boy

About 10 years ago Marty McCowen was training for a Ride & Tie at Davenport. The horse came up lame and she did not get to go.

In April Marty was asked to be Judy Haulman's partner at the May 5 Quicksilver Ride & Tie. She decided to go.....and GO she did.

Marty is a splendid runner and at ease horseback. Keeping in shape is a way-of-life for her and husband Earl (he is one hecka Mountain Bike rider and has been taking some great photographs at recent Ride & Ties).

With only 3 weeks to go, Marty "upped" her own running and riding and along with Earl went to the Quicksilver Park to run the trail. The following weekend on Saturday they traveled to Foresthill to meet "Oby Boy" (Judy's horse) and on Sunday Marty did a practice ride & tie at the Quicksilver park with

Cheryl Domnitch and her horse, Mocha. At this point Marty was cautioned by her partner not to over-train.

Regarding the other members of the team: Judy sites her running ability as "truly NOT being able to get out of my own way" and the horse is a 22 year old, 16 hand, Polish Arab who has spent his whole life as a cow-horse (he is on first name basis with John Lyons!). Marty had her work cut out for her.

Race day arrived and the trio overcame their nervousness enough to do a fair job of riding and tying the first 5 mile loop. Meeting up at the base of "cardiac" (for the 2nd time) Judy was giving the horse a break and Marty said she would just keep *walking*. Marty took on ALL of Cardiac as Judy brought Oby along moderately. Unable to catch her partner by the top of Cardiac, Judy gave many of the pre-arranged "war whoops" for communication and Marty held up to see what was going on. Marty took the horse on a ways, tied, and ran off easily on the down-sloping trail. Judy's years of competitive riding told her this part of the trail would be a hard one for the horse who was always being termed "stiff behind" by vets and shoers. The one thing that could happen due to Oby's inexperience and age was for him to become leg-weary, so care was taken to slow the pace to what was good for the horse. Finally catching Marty again about 4 miles from the finish, Judy passed the horse to her partner and instructed her to tie in about half a mile and *take the water bottle* as the horse would not be catching up to her again til the finish line.

And so it was, Marty at the finish waiting about 15 minutes for Judy and Oby to arrive. The goal had been accomplished.....Marty did her 1st Ride & Tie and got a few lessons in the logistics of the sport; Judy did her last Ride & Tie (yeah, she said that 5 years ago when she partnered with Heidi Agler and used her 22 year old Appaloosa); and Oby had the amazing adventure at 22 of doing his 1st Ride and Tie, going further, faster than he ever had before and coming out of it just fine.

To Marty: Welcome to the Family of Ride & Tie!

To Oby: Enjoy retirement (again!)

To Judy: Find a much younger, faster, shorter horse!!

Calculating A Horse's Weight Without a Scale

By W. Way

If you can't seem to get your equine ride & tie partner to balance on the 4 bathroom scales your borrowed from your neighbors, check this out: $Weight (lbs.) = G^2 * L/300$ where G = Measure girth circumference in inches measured just behind the elbow and over the withers and L = Measure from point of shoulder to point of buttocks (not yours, your horse's!)

RIDE & TIE RACE SCHEDULE 2001

June 5-July 31, 2001

2001 Mile XP

St Joseph, MO-Sacramento, CA

50 miles per day – 40 days

Individual days available

Steve Shaw

530-292-1902

July 7, 2001

Swanton 100

Yes.....100 miles

Santa Cruz, CA

(Davenport)

75, 100 miles

Ellen Rinde

831-423-6089

July 28, 2001

Fireworks

Santa Cruz, CA

25 miles

Liz Maitoza

831-763-7885

Cherly Domnitch

530-273-5668

August 11, 2001

Horse Thief Canyon

Descanso, CA

12, 23 miles

Rufus Schneider

619-445-2060

August 26, 2001

Yes...Sunday

Headwaters of the Rogue

10, 30 miles

Hamaker Meadows

(near Crater Lake, OR)

Annette Parsons

541-846-6656

September 2, 2001

Rockbridge

Rockbridge, VA

12, 25, 50 miles

Jean Heishman

540-933-6991

September 9, 2001

Big South Fork

Onieda, TN

10, 25, 50 miles

Joanne Grimes

865-693-4308

September 15, 2001

Championship &

Invitational

Truckee, CA

15, 35 miles

25, 50 AERC Endurance

35 mile Trail Run

September 16, 2001

Biathlon

20 mile ride/10k run

Team/Ironman/Ironwoman

Laura Christofk

laura@two-west.com

530-268-8647

October 6, 2001

Manzanita

Boulevard, CA

13, 25 miles

Terry Woolley Howe

614-445-5443

October 26, 2001

Ft Valley

Ft Valley, VA

12, 25, 50 miles

Jean Heishman

540-933-6991

November 3, 2001

Cuyamaca

Descanso, CA

25 miles

Terry Woolley Howe

619-445-5443

New Rides

Southern California Ride & Tie Buckle Series

June 23, 2001

Santa Ysabel Ranch

Santa Ysabel, CA

short/long course

Rufus Schneider

619-445-2060

Kathy Appleby

760-789-9931

August 11, 2001

Horse Thief Canyon

Descanso, CA

12, 23 miles

Rufus Schneider

619-445-2060

October 6, 2001

Manzanita

Boulevard, CA

13, 25 miles

Terry Woolley Howe

619-445-5443

November 3, 2001

Cuyamaca

Descanso, CA

25 miles

Terry Woolley Howe

619-445-5443

COMPLETE ALL 4 TO QUALIFY FOR BUCKLE!

No Frills 2001

Come rain or come shine!

from Jean Heishman

Last minute scrambling due to weather influences made this year's ride & Tie just as interesting as last years. Spring rains dampened the base camp to the extent that the camp was moved about 4 miles down the road to lovely "Camelot", owned by Virginia Ingram.

This would not have posed a problem, except for the fact that a 12 mile ride & tie course could not easily be conceived from this location. Thanks to Larry Heishman for the use of his barns and parking area, the participants all trailered over to his place for the start on Saturday morning. A slight undercurrent of grumbling was perceived, but thanks to Bob Heltibridle's trailering service

from Virginia's to Larry's, this was dispelled quickly.

The 55 milers started off at 6:30am in the cool, brisk morning. They started slowly, with groans from some of the volunteers that it looked like they were planning on being out on the course ALL DAY!

The lone 30 mile team started 4 hours later with the 12 mile teams. The idea was that the 30 mile team would have company from the 12 milers for the first 6.5 miles and then if calculations were accurate, hopefully the 55 mile teams would join up with the 30 miler for their last 23.5 miles or so. This plan appeared as if it might work. As the 55 milers neared the point where the 30 miler team split from the 12 milers they encountered one 12 mile team after another. The 12 milers were traveling fast and looked as if they had paired up with competing teams.

First the 55 milers saw the two top 12 mile teams battling it out neck and neck. Next came the 3rd and 4th place teams. They too were close. Finally, the last two 12 mile teams rounded the corner. They were traveling fairly fast themselves, but still took the time to shout a greeting and give the 55 milers smiles of encouragement.

The 30 mile team must have been traveling at a good pace that never slacked up as 8 miles later at the vet check they were reportedly 30-45 minutes ahead of the 55 milers and by the time they finished they were just a little over an hour ahead of the 55 milers.

Several of the 12 mile teams took a few wrong turns and put in a little extra mileage. Everyone finished with smiles and not a single complaint was heard, even after the 12 milers were informed their course was actually closer to 15 miles!

Thank goodness for a beautiful sunny day.

No Frills

55 Miles

4/14/01

- | | | |
|--------------------------------|---------------------|----------|
| 1. Kathy Broaddus/Lani Newcomb | Diamondback Rattler | 10:20:57 |
| 2. Jean Heishman/Janice Haug | Cei Emrys | 10:21:06 |

30 Miles

- | | | |
|-----------------------------|------------------|------|
| 1. Kevin Baird/Andy Watkins | Fakaries Sharona | 5:17 |
|-----------------------------|------------------|------|

12 Miles

- | | | |
|----------------------------------|--------------------|------|
| 1. Mark Lovecky/Tina Gray | Wahpeenah | 2:44 |
| 2. Brenda Baird/Wendy Orrison | Shabazzy Flagstaff | 2:54 |
| 3. Nancy Smart/Ileana Arnold | FR Zara Zara | 3:12 |
| 4. Alex Gray/Virginai Lovecky | Cloud | 3:14 |
| 5. Corine deWit/Zoe Sollenberger | Magic Miracle | 3:36 |
| 6. Katrina Denisar/Dana Lock | Fleet | 4:22 |

VOLUNTEERS NEEDED

The Championship Ride & Tie and Invitational 2001 Needs **YOU**

Place: Euer Valley Ranch, Truckee, CA

Time: September 15, 16 (all weekend!)

Race day volunteer opportunities will be posted on the website

www.rideandtie.org phone 530-268-8647 laura@two-west.com



PO Box 697
Foresthill, CA 95631
(530) 367-2525
www.rideandtie.org

RETURN SERVICE REQUESTED

MEMBERSHIP FORM

Mail to P.O. Box 697, Foresthill, CA 95631

Name(s) _____

Address _____

Phone _____

E Mail address _____

- I am a Rider
- I am a Runner
- I need a teammate and a horse
- I have a horse, but need a teammate
- I have a horse to loan or lease

TYPE OF MEMBERSHIP

(check your choice of membership)

- Lifetime member (\$500)** Pay no more annual membership fees. Eligible for special savings as offered.
- Competitor Member (\$40)** Provides access to the membership database which can link up teammates with horse, riders and runners.
- Competitor Family Membership (\$60)** Immediate family residing at one address. Please list all names to be included.
- New Member-1st Year (\$20)** Offered at a reduced rate for those checking out the sport. Equivalent to a competitor membership.
- New Family Membership (\$35)** Immediate family residing at one address. Please list all names to be included.
- Supporter (\$100 or more)** Same benefits as a competitor member. Also eligible for special savings as offered.
- Friend of the Ride & Tie (\$20)** Not an actual competitor but would like to show their support for ride & tie. Included in all Association mailings.

All categories of membership will receive Ride & Tie News bimonthly, The Ride & Tie Journal annually, information and applications for the annual World Championship Ride & Tie, advocacy for growth and competition in all aspects of the sport, inclusion and eligibility for the national point system and assurance of the continuance of the sport of Ride & Tie. As a 501(c)(3) non profit organization, these membership contributions are tax deductible.

HORSE REGISTRATION FORM (ONE HORSE PER FORM)

OWNER (IF DIFFERENT FROM

ABOVE)

Name _____

Address _____

Phone _____

REGISTERED NAME OF HORSE _____

NAME (NICK NAME) As you wish it to appear in future race results _____

GELDING MARE STALLION BREED _____