

RIDE & TIE CHAMPIONSHIP

and Invitational

2001

Update From Laura Christoff

Event Coordinator

I have the distinct honor and privilege of planning and organizing the 2001 Ride & Tie Championship and Invitational. I consider it an honor and privilege because so many of you are my dear friends. How lucky I am to be able to throw you all such a wonderful party. And it will be a party!

If you are expecting 'the same ol thing' at the 2001 Championship you will be very disappointed. The R&T association board of Directors is graciously (OK...cautiously) allowing me to try many new things.

I hope this gives you a taste of just how good 2001 is going to be. I think we are ready for something really different.

I hope you will plan to join me for a great weekend of competition and fun, if not as a competitor, than as a friend.

Remember to invite a friend.

Laura C.

It's an Invitational 2001 will be a 'championship' and an 'invitational'. Many of us R&Ters have circles of running friends and/or riding friends. They have heard about R&T and maybe they have even crewed at a R&T. Now they can *experience* a R&T. We are 'inviting' runners and riders to join in the fun and see the sport from the inside by blending a ***35 mile trail run*** and ***50 & 25 mile endurance rides*** right into the main R&T Championship event. Yes it will be chaos, but it will be fun and a great way to share our sport with others.

A short course R&T will be included again this year, but with a bit more recognition than last year. I like this event! What a great way to participate in the fun of the championship when life gets too busy to train or when you just want to 'give it a try' for the first time.

A Biathlon event has been added to the mix for 2001. Sunday morning will highlight a 20 mile ride/10K run Biathlon. This is an opportunity to include friends, family, and crews in on some fun and camaraderie as well, so bring your back-up horses. Enter as a team or as an ironman/ironwoman.

New date. In previous years the R&T Championship has been 'strategically' scheduled between two main events; The Western States 100 Mile Run and The Western States 100 Mile Ride (Tevis). Because many of us are heavily involved in running and/or endurance riding, my 'hope' is to make the R&T Championship the 'fun' event that comes *after* all the pressure and training is over. When injuries have had time to heal and blisters have grown new skin. For no other reason than to have a great time, see old friends, make new friends, talk about the past race season and make plans for the upcoming one.

New Venue 2001 was originally slated for Taylorsville, CA in July. Am I wimpy to say "Why run in the heat if you don't have to?" I agree that the Championship course should be

challenging, but not the weather! I visited Euer Valley Ranch in Truckee, CA in September, 2000. "The Ranch" is beautiful! It sits nestled between large mountains on every side. The fall weather was lovely: warm days (not hot days) with cool breezes, and crisp nights (bring a jacket). Relatively no mosquitoes as it is the end of summer and quite dry. The race site has multiple huge meadows edged by a trout creek on one side and forest on the other. Horse camping is amidst pine trees allowing for corrals to be easily sectioned off. Water spigots are everywhere so hauling water should not be an issue. There are several hot water showers at the race site as well. If camping is not your preference, the site is minutes from downtown Truckee where there are many lodging and restaurant options, and only twenty minutes (approx.) from Reno.



The Course will be scouted, chosen and marked by Jim Howard, so you know it will be challenging. A former Tahoe Donner Equestrian Center trail guide, Jordan Horowitz, has offered to show Jim the trails that are available up there, but unfortunately this will not take place until snowmelt (June-ish). The plan is to have 3 loops all returning back to base camp for vet checks. Tentative maps involving existing trails have been submitted to the US Forest Service for use permits. Upon approval these maps will be available on the website for those that want to pre-ride the course during the summer. Steve and Michelle Shaw have ridden some of the trails and were very impressed. "Magnificent views."

Veterinarian Greg Fellers, D.V.M. will be heading up our R&T vets along with Robert Steere. Barney Flemming, D.V.M. and Jason Shavers, D.V.M. will focus as our 'endurance vets'. The remaining two vets needed are not confirmed at this time. Melissa Ribley, D.V.M., Michele Shaw, D.V.M. and Leslie Phillips, D.V.M. have generously offered their services for the Biathlon event on Sunday.

A variety of completion awards

will be given to finishers of all events, but division and special category awards have been modified to: 1st - 3rd man/man, man/woman and woman/woman division finishers

- Top Ten
- 1st place Pro/Am, Masters, Century, Century +10, Century +20, and Junior categories
- R&T Championship 'Best Conditioned'
- 1st 50 Miler
- Top 10 - 50 Miler
- 50 Miler-Best Conditioned
- 1st Biathlon Team
- 1st Biathlon Ironman
- 1st Biathlon Ironwoman.



A "Jackpot" award will be organized by Pat Browning. This tempting cash incentive will be awarded to the winning team *IF* one of the (human) partners has never won a R&T Championship prior. Pats' objective is to encourage 'dominating duos' to split up allowing for more competition. \$500 is the opening purse and all are invited to add to the pot. If warranted the (ever increasing) JACKPOT will roll over to future years until won. How's that for incentive!

Sponsorship efforts are under way. Sportack/Easyboot has already generously offered to provide \$200(!) gift certificates to each first place finishers of the Man/Man, Man/Woman, Woman/Woman divisions.

Reduced Entry Fees In efforts to make the 2001 R&T Championship event as affordable as possible and allow people the *option* to spend more the Championship team entry fee has been reduced to \$140! Fees for the other events are: R&T Short Course-\$90, 50 Mile Ride-\$70, 25 Mile Ride-\$60, 35 Mile Trail Run-\$40, Biathlon \$65 (But... the banquet will not be included in the entry fees.) 'Current' membership of The Ride and Tie Association is required to participate in all 2001 Ride & Tie Championship

and Invitational events. A \$10 "1 Day" association membership will be offered to accommodate our 'invitees.'



Bring your pooch (and I don't mean your belly) Our host, Euer Valley Ranch, will allow us to bring our smaller four legged furry friends (dogs) as long as they are not getting into trouble while they are at camp. But, please have them confined during the race(s) and keep them away from the vetting areas.

The banquet and awards ceremony will both be held at the Tahoe Donner Equestrian Center (TDEC). (It is located 1/2 mile up the hill from camp. You will pass it on your way to camp.) The ambiance at TDEC is very 'cowboy rustic.' Wood chips, picnic tables, fire pits, horseshoe tossing pits, the smell of horses and alfalfa... it's great! A banquet ticket includes a pre-buffet 'margarita party' from 4:30-5:30pm where beer, wine and wine margaritas will be for sale and includes chips, fresh salsa, guacamole, and taquitos. The professionally catered all-you-can-eat Tex-Mex Buffet  will begin serving at 5:30 and includes:

- fresh jalapeno cornbread & honey butter
- mixed greens tossed in a mild chili vinaigrette with cheddar cheese and green onions
- mexican rice
- authentic refried pinto beans
- flour tortillas
- chicken fajitas with peppers and onions
- beef fajitas with peppers and onions
- lettuce, salsa, cheddar cheese, olives, jalapenos, and sour cream as condiments
- hot dogs (as an option for the kids)
- homemade chocolate chip cookies
- tropical fruit salsa dessert
- soft drinks
- s'mores made over the campfire.

Adults \$16

Kids \$ 8

Children under 5 FREE

The caterer comes highly recommended so I expect rave reviews on the food.

Awards ceremony

will begin at 7:30pm at the TDEC. There is obviously no cost to attend, but note that only those with banquet tickets will be allowed in prior to 7:30pm.



Bring some cash... a raffle bursting with horse, riding and running related loot will be up for grabs. Ticket sales will be ongoing. The raffle will begin *after* the awards ceremony, but before the dancing begins.

Dancing?... For those with energy left there will be dancing and drinking till they kick us out. (This could go on all night!)

A silent auction will be held simultaneous to the banquet and awards ceremony. Items will be on display and available for bidding at the TDEC. (*bring your checkbooks for this one*). I hope to include equestrian artworks, jewelry, saddles, tack, horse trailer, and other higher value items.

Invitations (entry forms) will be sent within the next month or so and will also be available on the Ride & Tie website. www.rideandtie.org



Volunteer help is greatly appreciated and moderately rewarded. Race day volunteer opportunities will be posted on the website.

Join us for a great weekend of competition and fun, if not as a competitor, as a friend, and remember... invite a friend!

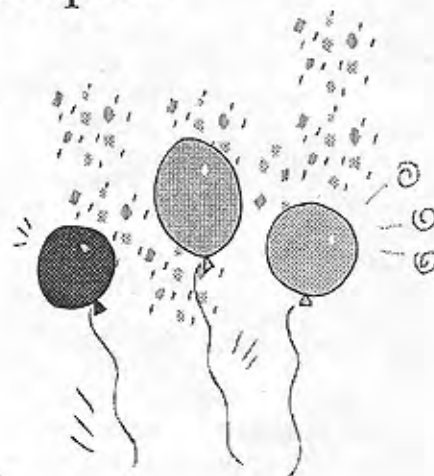
Ride & Tie Association 2000 Annual Awards Banquet

Date: March 24, 2001

Time: Doors Open 5:30 pm
Dinner 6:30 pm (Mexican Cuisine by Jerry)
Awards Ceremony Following Dinner

Location: Santa Clara County Horsemen's Association
20350 McKean Road
San Jose, California

Cost: \$15.00 per person. Children under 12 free.



RSVP: Payment postmarked by March 16, 2001. Make check payable to: Cheryl Domnitch.
Mail to: Ride & Tie Annual Awards Banquet, 15350 Stratford Drive, San Jose, CA 95124

This year's annual awards banquet is sure to be a fun time. We'll have the hall to ourselves to party and tell stories, maybe play a little Ride & Tie trivia while we're at it, and Jerry's Mexican Cuisine will be a treat. As long as you are coming into town, plan on participating in the March 24, 2001 SASO Ride & Tie on the morning of the Banquet. For more information on the Banquet or SASO Ride & Tie, including Race Entry Forms, contact:

Cheryl Domnitch
408-879-0749
cdefpe@aol.com

Camping: Lightfoot Stables: 23100 McKean Road, San Jose

Nearby Hotels: Holiday Inn, 399 Silicon Valley Blvd., San Jose
408-972-7800

Executive Inn Sts., 3930 Monterey Rd., San Jose
408-281-8700

Residence Inn, 6111 San Ignacio Ave, San Jose
408-226-7676

Days Inn, 4170 Monterey Hwy, San Jose
408-224-4122

Directions to Santa Clara County Horsemen's Association:

From the South: 101 North to Cochrane Road (west)
Right on Monterey (approx. 5.5 miles on Monterey)
Left on Bailey (approx. 2.9 miles on Bailey)
Right on McKean (approx. 3.4 miles on McKean)
Horsemen's on Right side

From the North 101: 101 South to Bernal Road (west)
Right at 3rd light, then left on Monterey
(approx. 3 miles on Monterey Hwy.)
Right on Bailey (approx. 2.9 miles on Bailey)
Right on McKean (approx. 3.4 miles on McKean)
Horsemen's on Right side

From the North 280: 280 South to 85 south
Take Almaden Expwy South (approx. 4.9 miles)
Right on Harry (0.1 miles)
Left on McKean (0.7 miles)
Horsemen's on Left Side

RIDE & TIE RACE SCHEDULE 2001

March 10, 2001
Ride & Tie Clinic
San Jose, CA
Curt Riffle
650-949-0620
curt_riffle@hp.com

March 24, 2001
SASO
Almaden Quicksilver Park
San Jose, CA
11, 22 miles
Cheryl Domnitch
408-879-0749

April 14, 2001
No Frills
Herndon, VA
10, 25, 50 miles
Jean Heishman
540-933-6991

April 21, 2001
Ride & Tie Clinic
San Jose, CA
Curt Riffle
650-949-0620
curt_riffle@hp.com

May 5, 2001
Quicksilver Pro-Am
Almaden Quicksilver Park
San Jose, CA
11, 23 miles
Curt Riffle
650-949-0620

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
Santa Cruz, CA
(Davenport)
75, 100 miles
Ellan Rinde
408-423-6089

July 28, 2001
Fireworks
Santa Cruz, CA
25 miles
Liz Maitoza
831-763-7885
Cherly Domnitch
408-879-0749

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

October 7, 2001
Cuyamaca
San Diego, CA
25 miles
Terry Woolley Howe
619-445-5443

October 26, 2001
Ft Valley
Ft Valley, VA
12, 25, 50 miles
Jean Heishman
540-933-6991

September 16, 2001
Biathlon
20 mile ride/10k run
Team/Ironman/Ironwoman
Laura Christofk
laura@two-west.com
530-268-8647

PLEASE BE A COURTEOUS CONTESTANT, ENTER EARLY OR CALL
WITHIN A REASONABLE TIME PRIOR TO RACE DATE

DUES ARE DUE, REMIT NOW FOR A FULL YEAR OF RIDE & TIE

Results: The last races of 2000

Horse Thief Canyon 23 Miles 8/19/00

1. Laurie Riebling/Kathy Appleby	Dakota	2:51
2. Dave Van Wicklin/Megan Hartop	Jazz	3:40
3. Jonathan Jordan/Bill Spencer	?	3:46

13 Miles

1. Robyn Tustison/Steve Tustison	Jaycee	1:53
2. Mike Bustillo/Gary Vargas	Mickey	1:55
3. Tara Jordan/Bill Fincher	Quake	2:51
4. Coe Schneider/Alina Vale	Justin	3:15
5. Dave Foster/Arleene Foster	Linda	3:25
6. David Howe/Leah Woolsey	Alex	DNF

Knotes from Knoxville

Big South Fork Ride & Tie
September 9, 10, 2000
Joanne Grimes, Race Director

I was more than a little overwhelmed this year. I actually had three teams in the 50! It didn't cost any more to sanction the additional distance event but I never really thought anybody would enter! And come they did! Teams representing NINE states came! (AZ, GA, IN, KY, OH, TN, VA, WA, WV. were represented).

That's nearly 20% of the US! One man, Howard Barton, 69 years "young" came from Gig Harbor in Washington state. Some of the "old guys" showed that growing old is not for sissies. Two husband/wife teams. One uncle/nephew team. One set of identical twin sisters. Ride & Tie is definitely a family sport!

This year the 25 and 10 mile courses were much easier than last year. The weather cooperated beautifully with the light sprinkle of rain on Saturday helping to settle the dust. And this year.....no rattlesnakes!

The comments overheard this year were: "I'd like to do the 50, but those WOMEN sure are tough." "This year was so much easier than last year." "What time do you need to know tomorrow morning if we decide to enter?" "I really like my poster." "I think the Best Condition awards (the set of chains) should have to be worn by the winners at next year's Ride & Tie." "Hey, even though we had to pull, keep my address - I want to do it again next year."

Next year: Since I think I have crawled out of the red ink from last year, I hope to make next year better than this year.

Big South Fork 50 miles 9/9/00

1. Karen Clark/Beth Brinkley	Jeb	8:32
2. Jean Lichtenberger/ Janice Haug	Fleet Adm	9:13
3. Lani Newcomb/Kathy Broaddus, DMV	Norm Van Meter	9:17

25 Miles

1. Kevin Baird/Jason Fortney	Shabazzy Flagstaff	4:23
2. Anna Grisel, DMV/Paula Ayers	Abbashsha	5:03
3. Jerry Fruth/Mitch Harper	Royal Run Amir	6:27
4. Don Alexander/Howard Barton (69)	Jazz	6:35
5. Alan Hiatt/Ken Brown	Jody	7:01
6. David Shenkel/Marie Threadgill	Streaker	Completion

10 Miles 9/10/00

1. Anna Grisel, DMV/Paula Ayers	Rosie	1:29
2. Kevin Baird/Brenda Baird	Shabazzy Flagstaff	1:39
3. Kara Disbrow/Betsy Felty	Dinero	1:42
4. Patti Young/Phil Young	Dusty	1:45
5. Robert Doll/Brian Potts	Krynatia	1:47
6. Cindy Zurhellen/Kathy Kalisek	Cadence	1:59
7. Wynne Brown/Kim Swicegood	Blue Flame (Salazar)	1:59.02
8. Scoot Lykens/Kent A. Warren	Saffron	DNF
9. Tykey Truett/Rich Carnes	Sam Mazon	No Start

Conditioning your horse for Ride & Tie

by Jim Steere, DVM

PHYSIOLOGICAL: Ride & tie horses must be well conditioned for endurance. In addition, they must have speed. The winning edge for two good runners is a fast horse with spectacular pulse and respiration recoveries. And speed takes anaerobic training in addition to the aerobic conditioning received by the majority of endurance horses. Aerobic exercise means oxygen uptake and use are in balance. In the conditioned horse the respiration will be synchronous with the gait. This type of exercise utilizes primarily fat as the energy source. Steady, aerobic exercise is what you do on the long distance ride.

Anaerobic exercise, meaning without oxygen, is speed work. The body uses oxygen faster than it can take it in. Your horse goes into an oxygen debt. Pulse and respiration get very high – up to 250/minute. After a speed workout, your horse breathes very fast and heavy until he deposits enough oxygen into his tissues to repay the debt. The primary source of energy here is blood glucose (glycogen). Both kinds of conditioning are important for horses regardless of

their use. Together, they increase his endurance and prevent fatigue – the fatigue that near the end of the race, is the largest contributor to bowed tendons, fractures and breakdowns.

The endurance horse who gets mostly aerobic work needs anaerobic conditioning as well, to increase his strength and speed, to develop his muscles for hill climbing, to give him that extra surge when needed. Since anaerobic energy burn requires glucose, the horse that is out of sugar is out of gas; if he's out of sugar and fat, he's in trouble.

If you have a well-conditioned endurance horse, begin anaerobic workouts. If you are fortunate to have a track to work out on, excellent. Otherwise, select a piece of fairly soft ground with reliable footing for about 200 yards. A good uphill run of 100-200 yards is even better, for the impact stress on your horse's mechanical system is less going uphill and the muscles work harder. Run your horse over this measured distance at just under maximum speed (whatever speed he can do without whipping, whooping and hollering). At the end of the run, walk or jog back to the start and, before his pulse goes below 100, repeat the run. This is called interval training. Repeat these intervals two to four times, or until your horse is not recovering

normally or he is showing obvious signs of fatigue such as muscle tremors and slower movements. The idea is to repeat the intervals before he has a chance to completely recover and to get him tired and stressed, but NOT fatigued to the danger point. As he improves, increase the number of intervals, the distance, the speed, or all three. Always quit when he shows increased recovery time and "honest" fatigue. I suggest interval training two to three times weekly.

DISTANCE TO RIDE: Since your horse is now conditioned aerobically, you can taper off to about 10 miles a week and he will stay in shape. Use this remaining time to concentrate on speed work. The last two weeks before the Ride & Tie just pleasure ride, check out the trail, etc. If he isn't in condition by this time, any stress work will be counter-productive.

PSYCHOLOGICAL: If your horse is extremely excitable, you have problems. He will burn out just being tied to a tree. He can also "tie up" (azoturia). Even the calmest competitive horse doesn't like being tied while his competition gallops by. So practice ride & tie, if possible, with other trainees so that your horse gets accustomed to this strange routine.

Now go out there and **enjoy** your well conditioned horse!

St.Jo., Mo. Update

June/July of 2001 are the dates for this event: 40-fifty mile endurance races from St. Joseph, MO to Sacramento, CA Ride & Tie will be included during the entire event.

Joining Sydney Vale, Mary Tiscornia, Jim Steere, DVM as daring entrants are Dana Landale and Steve Anderson. Dana and Steve will Ride & Tie 50 miles on June 29 through a section of Wyoming.

For more information contact Steve Shaw, 530-292-1902 or sshaw@pacbell.net.

Association fund raiser

Check out the books available now through the Ride & Tie website. Selected books on horse care, running, etc. are offered from Amazon.com. For every book purchased in this manner, the Ride & Tie Association will receive 15% of the sale.

This is a GREAT way to support the sport of Ride & Tie!

GO NOW..... www.rideandtie.org..... go to "other Resources"pick out a book!



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

Don Betts
587 Echo Valley Road
Prunedale, CA 93907

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

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.

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 (\$50)** Provides access to the membership database which can link up teammates with horse, riders and runners.
- Competitor Family Membership (\$75)** 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.

HORSE REGISTRATION FORM (ONE HORSE PER FORM)

REGISTERED NAME OF HORSE _____

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

GELDING MARE STALLION BREED _____

OWNER (IF DIFFERENT FROM

ABOVE)

Name _____

Address _____

Phone _____