

# Ride & Tie Newsletter

Jan/Feb 2003

## Board of Directors

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## President's Message

By Curt Riffle

Welcome the 33<sup>rd</sup> year of ride & tie! Our 2003 season has grown to 23 sanctioned races and is expected to grow even more. The season resumes on January 18<sup>th</sup> with the Shine & Shine Only Ride & Tie in San Jose, CA and concludes with the World Championship Ride & Tie near Truckee, CA and the Big South Fork Ride & Tie both on September 6<sup>th</sup>. Check out the 2003 schedule in this issue, select your events and put them in your 2003 calendar NOW!

January is Membership Renewal Month and we've included a membership renewal form with this Newsletter for your convenience. Please take a moment and renew your membership

now! Membership in the Ride and Tie Association provides you with the latest information on our sport, saves you the \$15 One-Day membership fee at sanctioned races and helps support and grow our sport (membership dues provide almost 80% of the funding for the Association.) Please note that this year's World Championship will require a New Member or Competitor Member class of membership (one-day memberships will not be available). Join now and enjoy the benefits all year long!

We ended 2002 with over 300 active members world wide.

We'd like to grow this to 400 in 2003. We have 20 mentors now



actively helping new people join the Ride & Tie Family. We have four Pro-Am races identified (see the article

*Cont. on page 3*

*Please take a moment  
and renew your  
membership now!*

## Get Ready, Set.....Getting Started

### *Learn how to Ride*

Depending on your riding skill level, you may want to start with riding lessons. Call a stable in your area, feed store, or horse shoer to find out who gives lessons. Feed stores usually have an announcement board and

free horse magazines, both of which may advertise lessons. When selecting a riding instructor be sure to explain your riding plans. Your interest is in "trail riding" or "endurance" since most instructors will have never heard of Ride & Tie.

### *Take a Vacation!*

Lari Shea's Ricochet Ridge Ranch produces weeklong and weekend seminars on the spectacular Mendocino Coast just north of San Francisco during which she'll fine tune your riding

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## December Board of Directors Meeting Highlights

**T**he Board of Directors for the Ride and Tie Association met on December 14. Here are some of the key decisions and announcements:

- There were 306 members of the Ride and Tie Association with 209 of them full-year members. This represents an increase of approximately 100% over 2001.
- The Ride & Tie Championship will now be called the World Championship Ride & Tie
- The 2004 World Championship Ride & Tie will be moved to the July or August timeframe to eliminate the conflict for families with children in school or parents who are involved with the educational system.
- **Full year memberships in the Ride and Tie Association will be required for the 2003 World Championship Ride & Tie (no One-Day memberships).**
- The 2003 Board meeting dates will be March 8, June 7, September 4 and December 6 (meetings are open to members)

### ***New Lifetime Member:***

Gabrielle Mann is our newest Lifetime Member. Gabrielle has been a strong competitor for many years and even in the toughest races, she always seems to be ready with a smile! Thanks for your long term support for ride & tie, Gabrielle!

## Prize Money Doubled for 33<sup>rd</sup> World Championship Ride & Tie

**December 16, 2002 – Los Altos, California** – The Ride and Tie Association, the national sports organization dedicated to promoting the sport that combines running and equine endurance, today issued a challenge and an invitation to runners, triathletes, adventure racers and all comers: 2003 is the year to attempt the all terrain human/horse race of Ride & Tie. The novice incentive prize “Pat’s Purse” has just been doubled for the 2003 World Championship Ride & Tie. The event will be held September 6<sup>th</sup> in the Sierra Nevada mountains near Lake Tahoe California. The only qualification for “Pat’s Purse” initiated by Pat Browning, a veteran Ride & Tie competitor, is that at least one human team member must have never won the Championship Ride & Tie race.

Curt Riffle, president of the Ride and Tie Association cautions newcomers: it isn’t easy. “Riding a horse isn’t easy, it’s an athletic sport which requires an investment in training time. These guys are riding rugged terrain at speed. To do that, you need to develop riding skills.” The World Championship course is 30+ miles in length, up and down extreme mountain trails, at altitude. By issuing this challenge at the beginning of the year “newcomers to the sport have time to develop the necessary skills, find partners and plan their winning strategies” assures Riffle.



The only team to claim Pat’s Purse, winning the championship in 2001, was novice William Emerson, ride and tie veteran Chris Turney, and a horse called Buddy. Turney, who holds four championship titles, had a running injury. Emerson didn’t have a lot of riding experience. But by combining their strengths and adjusting for their weaknesses, they triumphed over the field to take the championship. Emerson, who also competes in ultra running and adventure races, describes their horse, Buddy, as a “user friendly” mount, and acknowledges that he would have benefited from more riding experience. Both Turney and Emerson admit the prize money wasn’t their motivating factor: it was the challenge.

Pat’s Purse went unclaimed at the 2002 championship where the closest qualifying team of Jeremy Reynolds and Tom Johnson, North American record holder in the 100K, placed third overall, eighteen minutes behind the winning team.

### **About The Sport of Ride & Tie**

The sport of Ride & Tie combines trail running, endurance riding, and strategy. The goal is to get all three team members, two humans and one horse, across a 25 to 40 mile cross country course by alternating riding and running. Everyone starts out together. The rider, being faster, will ride ahead, tie the horse to a tree, and continue down the trail running. The team member who started on foot gets to the horse, unties, mounts up and rides past the runner, ties... and this leapfrog continues the entire course. When, where, and how a team exchanges riding for running is almost entirely up to them, and this is where the strategy lies.

*See Prize Money (Continued on page 5)*

## President's Message

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about Pro-Am races in this issue) throughout the country and the season specifically to help new people join our sport. Please help our sport and our race managers by encouraging friends and family to get involved. Have them check out our website ([www.rideandtie.org](http://www.rideandtie.org)) or call the Association (650-949-2321) and request our new brochure that describes the sport of ride & tie.

Finally, a New Year's resolution: Let's make the sport of Ride & Tie the most fun and memorable events that both human and equine participants will do in 2003.

Care to "join" your Association in making this come true?

Go Ride & Tie!

Curt Riffle, President,  
The Ride & Tie Association

## How to Tie Correctly

By Lew Hollander and Curt Riffle

1. Don't tie on the steep side of a bank as the horse will circle the tree a few times waiting nervously for your partner to arrive and potentially fall down the bank causing serious trouble
2. Tie where your partner can see the horse. Good visibility is essential. Try to tie in a location where your partner can see the horse at a distance. Running by the horse is one of the most often repeated mistakes in ride & tie
3. Tie high enough that your horse's legs don't become entangled in the tie rope. This may result in serious injury to your horse or cause panic in the horse that leads to a break-away.
4. Don't tie too close to another horse. Never share the same tie.
5. Don't tie in a narrow spot of the trail as it will make it difficult for others to get by
6. Don't tie in a leafy or bushy tree as the horse may stand behind it and become invisible to your partner
7. Make sure the tree or post you use as a tie is sturdy especially at the start of a race. Avoid tying to a dead tree or rotten post.
8. Avoid tying near wire fencing
9. Your tie rope should have a clip to attach to the halter to allow quick release of the horse in case of an emergency (i.e., tangled or wrapped)
10. When you tie the horse, make sure the reins are not hanging so loose that the horse may "step through" them and become entangled

### Ride & Tie Wisdom:

The prettiest sight in ride & tie is the finish line. The next prettiest sight is seeing your horse tied to a tree, alertly staring up the trail at you, anxious to go on.

### Pro-Am Racing

There will be four Pro-Am Ride & Tie events during calendar year 2003:

- Quicksilver Pro-Am Ride & Tie PLUS; San Jose, CA; April 26
- Santa Ysabel Pro-Am Ride & Tie; near San Diego, CA; May 17
- Gold Country Pro-Am Ride & Tie, near Sacramento, CA; August 9
- Ft. Valley Pro-Am Ride & Tie, Ft. Valley, VA; October 26

The purpose of a Pro-Am race is to encourage veteran (Pros) Ride & Tie participants to team with new people (Ams) interested in the sport of Ride & Tie. A special Pro-Am category is designated in these races with separate awards and recognition and really is the highlight of the race. No team points are awarded in the Annual Points competition for Pro-Am races to encourage the Pro-Pro teams to split up for these races and find new people as partners. According to the Association definition, an "Am" is anyone who has completed two or less sanctioned races (a sanctioned race is at least 20 miles). Once a person completes their third sanctioned race, they are a "Pro."

### Best of 2002 Annual Point Champions

Horse (Points): Zar Za Fire (Heather Lightfoot)

Horse (Miles): Zar Za Fire (Heather Lightfoot)

Individual (Points): Curt Riffle

Individual (Miles): Carol Ruprecht/Tom Gey/Curt Riffle (Tie)

Woman/Woman Team: Jean Heishman/Janice Heltbridle (2001)

Woman/Man Team: Carol Ruprecht/Tom Gey (2001)

Man/Man Team: Warren Hellman/Jeff Townsend (2001)

### Key Volunteers of the Ride and Tie Association:

Luara Christofk, Webmaster  
Steve Anderson, Annual Points  
Laurel Anderson, Newsletter Editor  
Carol Ruprecht & Biz Eischen, Communications  
Michele Roush Shaw, DVM, World Championship  
Lon Clearwaters, Legal  
Joanne Grimes, AERC Convention  
Sarah Smith & Nancy Kerns, Writers

Our  
Volunteers  
are the  
Life Blood of  
the sport of  
Ride & Tie!

## Get Ready, Set.....Getting Started

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skills while teaching you Ride & Tie competitive strategy and veterinary necessities. Hone your skills on deserted Pacific beaches and riding through gigantic redwood forests. Camping or B&B accommodations available. [www.horse-vacation.com](http://www.horse-vacation.com) 888-973-5777 (ranch) or 707-964-9669 (home office)

### Learn from a Mentor

The Ride and Tie Association has a Mentorship Program to welcome new people to the sport. call the association at (650) 949-2321 or visit the website at [www.rideandtie.org/mentor.htm](http://www.rideandtie.org/mentor.htm) to find a mentor in your area. Mentors are available to give you advice, teach you technique, go out for practices, etc.

### Volunteer at a Race

Depending on where you are located, you may be able to observe a Ride & Tie competition. Check out the race schedule on the website at [www.rideandtie.org/schedule.htm](http://www.rideandtie.org/schedule.htm) or call the association at (650) 949-2321 for information on upcoming events in your area. If possible, volunteer to help the ride manager put on the event. This is a great way to learn and to meet people already knowledgeable in the sport. You may also just get lucky and find a partner. Take your running gear, just in case.

### Order the Video

For a nominal fee, order a video of the 1996 Sun Valley Idaho World Championship. The video follows competitors through the race, with some tips on tying and strategy. You can order the video from the R&T Association.

### Partner Matching

The Ride and Tie Association has a Partner Matching page on the website. Visit [www.rideandtie.org/partners.htm](http://www.rideandtie.org/partners.htm) to see current postings. Submit your own posting for the Partner Page if you don't see a suitable match for your interest level or geographic area. Generally, you will have no trouble finding a partner if you already have a horse.

### More on Finding a Partner

The American Endurance Ride Conference is an organization 5000+ strong, and each member has at least one fit horse suitable to compete in Ride & Tie. Some have more horses than they can exercise, and may welcome your help. Contact the AERC at (530) 823-2260 and ask how to locate endurance riders in your area. There is a growing trend of running Ride & Tie events in conjunction with endurance rides. Go to an AERC ride in your area (schedules are posted by region at [www.aerc.org](http://www.aerc.org)) and meet people. Volunteer to help with the ride. Find someone interested in trying Ride & Tie with you. This is a great resource because AERC members have fit horses and can teach you the ropes of the horse aspect of this sport.

### Share a Trail

Even more on finding a partner. When out running trails you've probably seen people on horseback. Ask them if they do ride & tie, or if they do endurance. Ask if they know anyone who does, and follow the leads

*Continued next column top*

## Lease a Horse

If you find a partner, but neither of you have a horse, you may be able to lease a horse. There are some limited opportunities to lease a horse for the World Championship event held in September. People who lease their horses usually have strict criteria with respect to your riding skills and handling of the horse. Cost of leasing and other terms, including transportation, services, tack etc. vary widely. Contact the Ride and Tie Association for a list of options.

## Cuyamaca Ride & Tie

By Carol Ruprecht

Reprinted with permission from EquiSearch

November 4, 2002 -- I met mountain bike traffic as I crossed a wide dirt road, following the course trail markers. "Is this a horse race? Or is it a people race?," one of the mountain bikers asked me as I ran past. It's easy to understand his confusion, he had just seen my partner, on the horse, dashing across the same road, with me in hot pursuit. "Both!" I replied before disappearing into the shrubs.

Actually, it's neither. The 22nd Annual Cuyamaca Ride & Tie, held November 2, at the Cuyamaca State Park forty some odd miles east of San Diego, California, is a Ride & Tie: a grueling mountainous 25 mile combination run and ride whereby two runners take turns riding one horse, passing each other on foot, transferring the horse from rider to runner at each tie. This is the source-event of the expression "hitch hike".

Later in the race, another group of mountain bikers was equally as confused. "You are in second place," one rider shouted encouragingly. I smiled as I ran past, but wondered just what he thought we were doing? I knew we were in first place. Perhaps he thought I was racing against my partner and horse ahead of me? That's been done, but I am certainly not the runner to try it!



Carol Ruprecht & Tom Gay & Findefar,  
© Melanie Walker

"Two people, a horse, and a tough race" is the motto of the Ride and Tie Association. A 25-mile Ride & Tie is nothing like a 25-mile horse ride. And it's nothing like a 25-mile foot race. Ride & Tie is actually a series of sprints (or whatever you can do that vaguely resembles a sprint) -- up and down hills, across meadows, through really glorious

country. Over and over and over the human athletes find themselves back on the ground, doing their best to run to the next tie where they will get a break on horseback.

Ride & Tie has been around as a mode of transportation since the 1700s. As a sport, it's been around longer than the ironman. In *Competitor Magazine*, October 2002 issue, Martin Dugard wrote "Back in 1978, the pinnacle of endurance sports was marathon running." If Martin had ever tried a Ride & Tie, he certainly wouldn't have pointed to the marathon as the ultimate in endurance. The first Ride & Tie, sponsored by Levi Strauss in 1971, was approximately 40 miles of grueling mountainous trail running and endurance riding.

This year, the Cuyamaca Ride & Tie attracted a number of newcomers to the sport. Getting in shape was a motivator for the team that won the

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## Cuyamaca ... continued from page 4

short course: brothers Alan and Ralph Walker on a borrowed horse, Justin. Ralph used to compete in Ride & Tie back in the 1980s. Alan did

his first Ride & Tie this weekend at Cuyamaca. As the first Pro-Am team, Alan and Ralph have won a coveted entry to the World Championship Ride & Tie, which will take place in September, 2003, just outside of Truckee, California.

Asked what the best part of the Ride & Tie was, Alan said "partnering with my brother, and riding a horse, which I haven't done since I was a kid." Alan claimed to be "totally sore" the day after the race. He was pretty sure that he wouldn't have made it any further than the 15 miles of the short course. To train for the Ride & Tie, Alan has been going to the gym, and he started running a couple of weeks ago.

Wait until someone tells him the World Championship, to which he's just won an entry, is 30+ miles long!



Rufus Schneider, Evelyn Marshall and Tiernan © Melanie Walker

Dr. Nuria Casas, an equine veterinarian from Spain had never heard of Ride & Tie before last month. But when she heard about it, she knew she had to try it. And try it she did, taking 2nd place in the short course, on a horse she had never ridden before, with a partner she just met the morning of the race. Luckily, it was a good match: both Nuria and her partner Bill Stockmar, have the same length legs -- a consideration when you are going to be sharing one set of stirrups.

Marcy Walton, another to try Ride & Tie for the first time on the short course, had a different solution for stirrup length. Marcy's partner Jane McGrath, a veteran Ride & Tie'er, has considerably shorter legs than Marcy. To resolve the difference, they ordered a special "double decker" pair of stirrups from Sportack just days before the race. After the race Marcy declared the sport of Ride & Tie to be "painful". But she claims she will be back to do it again because it's a lot of fun.

At 13 years old, Bryce Vale was the youngest competitor at the Cuyamaca Ride & Tie. He successfully completed the short course partnering with his mother, Sydney Vale. When asked what the best part of the race was, Bryce replied, "I don't know. I don't really like horses. My mom forced me, because she needed a partner."

When asked the same question, Bryce's mom declared that the best part of the Cuyamaca Ride & Tie, aside from the glorious weather, apart from the gorgeous park's mountain scenery, excepting the warm and friendly group of very serious competitors was "being out here running and riding with my son."

For more information on the sport of Ride & Tie, a schedule of upcoming events, and advice on how you can get started in the sport, visit the website at [www.rideandtie.org](http://www.rideandtie.org) or call the Ride and Tie Association at (650) 949-2321.

## Annual Points Competition:

Here are the Top 10 people and horses in our Annual Points competition to-date. People and owners must be a Lifetime, Competitor or New member to be eligible for the Annual Points Competition.

People	Points
Kathy Broaddus	93
Lani Newcomb	93
Jean Heischman	90
Janice Heltibridle	69
Mary Kornwolf	50
Kathy Shank	50
Cara Ravenscroft	49
Jennie Spearin	49
Tom Gey	47
Carol Ruprecht	47
Rufus Schneider	44
Evelyn Marshall	44

Horse	Owner	Points
Norm Van Meter	Lani Newcomb	49
Fin de Far	Ted Ruprecht	47
Fleet	Janice Heltibridle	25

Yeaahh!

### Prize Money (Continued from page 2)

#### About The Ride and Tie Association

The Ride and Tie Association is an international non-profit organization dedicated to the promotion of the sport of Ride & Tie and safe endurance horse management. Over 150 years old, ride and tie originated in the old West, where frontiersmen discovered two men could travel great distances at a fast pace without wearing down the horse if they traded off. Ride & Tie was invented as a sport, and gained national attention in 1971 when Levi Strauss sponsored the Ride & Tie Championships. The association offers a mentor program, partner matching, training videos, hosts practice Ride & Ties, and sanctions regional and national events. For more information about Ride & Tie, visit the web site at [www.rideandtie.org](http://www.rideandtie.org) or call 650 949 2321.

#### Contacts:

##### Biz Eischen

Ride and Tie Association, publicity

408 885 1283

[biz\\_eischen@yahoo.com](mailto:biz_eischen@yahoo.com)

##### Curt Riffle

Ride and Tie Association, president

650 949 2321

[criffle@earthlink.net](mailto:criffle@earthlink.net)

##### Laura Christofk

2003 World Championship Ride & Tie, event coordinator

530 268 8647

[laurac@fscalifornia.com](mailto:laurac@fscalifornia.com)

We're on the web!  
www.rideandtie.org

469 Casita Way  
Los Altos, CA 94022

THE RIDE & TIE  
ASSOCIATION  
THE RIDE  
& TIE  
ASSOCIATION

### 2003 Race Schedule (Tentative)

January 18, 2003  
Shine & Shine Only Ride & Tie

February 22, 2003  
Shine & Shine Only Ride & Tie

March 29, 2003  
Shine & Shine Only Ride & Tie

April 12, 2003  
Passage Creek/No Frills Ride & Tie

April 26, 2003  
Quicksilver Pro-Am Ride & Tie  
Plus

May 17, 2003  
Santa Ysabel Pro-Am Ride & Tie

May 18, 2003  
The Scioto Run Ride & Tie

May 25, 2003  
Cascade Challenge Ride & Tie

June 7, 2003  
The "New Ride" Ride & Tie

June 21, 2003  
The Seaside Ride & Tie And Triathlon

July 6, 2003  
Renegade Rendezvous Ride & Tie

July 26, 2003  
Horsethief Canyon Ride & Tie

August 9, 2003  
Swanton Pacific Ride & Tie

August 9, 2003  
Gold Country Ride & Tie

August 23, 2003  
All Kidding Aside Ride & Tie

September 6 & 7, 2003 \*\*\*  
33rd Annual World Ride & Tie  
Championship And Invitational

September 6 & 7, 2003  
Big South Fork Ride & Tie

September 20, 2003  
Doncaster Ride & Tie Welcome, Md

October 4, 2003  
Manzanita Ride & Tie

October 25, 2003  
Fort Valley Ride & Tie Fort

November 1, 2003  
Cuyamaca Ride & Tie

*See the website for location and contact  
information of races*

\*\*\*\*\*  
September 6 & 7, 2003

**33rd Annual World Ride & Tie Championship And Invitational**

Truckee, CA 32 Mile Championship R&T, 15 Mile Short Course R&T, 50 & 25 Mile AERC sanctioned endurance rides, 32 Mile trail run, 20k ride /10k run Biathlon (Sunday-team or ironman/ironwoman options)  
Contact: Laura Christofk web-mail@rideandtie.org  
Or Contact: The Ride and Tie Association