

# The Ride & Tie Newsletter

March/April 2004

A SPORT THAT

**NEEDS SPECIAL**

INDIVIDUALS

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## Ride and Tie Association Doubles Novice Prize Money at 34<sup>th</sup> Ride & Tie World Championship

**February 16, 2004 Los Altos, California** The Ride and Tie Association, the national sports organization dedicated to promoting the combined running and equine endurance sport of Ride & Tie, today announced it has doubled Pat's Purse, a novice incentive prize at the Ride & Tie World Championship event, to \$1,000. The only qualification for Pat's Purse is that at least one human team member must have never won a Ride & Tie Championship race. Athletes and would-be athletes, from dabblers to triathletes to adventure racers are all welcome to compete at the challenging World Championship taking place on the remote Mendocino Coast of California on June 26<sup>th</sup> 2004. The Pat's Purse prize money was last won in 2001.

At the 2003 World Championship event the closest qualified team for Pat's Purse was the third place father/son team of Paul and Brent Johnson. With fifteen World Championship completions, Paul teamed up with his son for Brent's first Ride & Tie, turning in an impressive result and the highest placing in the father's long career. Paul Johnson, of Moscow Idaho says, "My good running days are behind me. But a good horse and a younger partner make a big difference. The horse, Finally, carried us along so well ... everything clicked."

Brent Johnson, currently studying communications at Portland State University in Oregon, said the most exciting part of the World Championship was the "controlled chaos" of the crowd coming in to the vet checks. "The crew was more excited than I was," he said. Regarding the course itself, Brent says, "Finally knew exactly what to do. I was really impressed with how smart she was."

The first place team of Jim Howard, Dennis Rinde and equine Sirocco had a winning time of 3:37:01. The third place Johnson team completed the 35-mile course in 4:19:44. Howard currently holds six World Championship titles in Ride & Tie.

Pat Browning, a veteran Ride & Tie competitor, started offering Pat's Purse in an attempt to attract new competitors to challenge teams repeat winning the Championship. A review of the past thirty-three years shows the same names appearing at the top of the sport, for as long as a twenty-year stretch. Often billed as "the thinking athlete's sport" pure foot speed does not guarantee a win. The ability to adapt strategy to the changing conditions of the day can be vital. Teaming up with a canny, experienced partner is a popular option. The only team to claim Pat's Purse to date was novice William Emerson and veteran Chris Turney on a horse named Buddy in 2001.

The Championship event moves to a new venue for 2004: the Mendocino Coast north of Fort Bragg, California. The 38-mile course is both rugged and spectacular, positioned between the Pacific Ocean and the Redwood forest. Race Director Lari Shea offers on-site clinics prior to the Championship, designed to develop horse skills and ride and tie technique. The racecourse will be open a full week before the race, with primitive camping.

### 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, rides ahead and ties the horse to a tree, and then continues down the trail on foot. The team member who started out on foot gets to the horse, unties, mounts up and rides past the runner, ties the horse ... and this leapfrog continues the entire course. When, where, and how a team exchanges riding for running is almost entirely up to each team to develop their own strategy.

### About The Ride and Tie Association

The Ride and Tie Association is a non-profit organization dedicated to the promotion of the sport of Ride & Tie and safe endurance horse management. Over 150 years old, Ride & 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 first Levi's Ride & Tie. 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:

Carol Ruprecht  
Ride and Tie Association, publicity  
(949) 263-1772

Curt Riffle  
Ride and Tie Association, president  
(650) 949 2321

Lari Shea  
2004 Ride & Tie World Championship Race Director  
[www.horse-vacation.com](http://www.horse-vacation.com)  
(707) 964-7669



Photo by Corey Rich  
Paul Johnson, Brent Johnson and equine Finally at the 2003 Ride & Tie World Championship

President's Message:

I hope you are getting ready for the 2004 Ride & Tie season! Thanks to an incredible group of race managers, we have a record number of races this year throughout the U.S from February through November. See the 2004 Race Schedule in this Newsletter and on our Web site [www.rideandtie.org](http://www.rideandtie.org). Have you seen our **new Web site**? Trish Laney from Digital Equine has done a fantastic job of designing it for us. New features include annual points standings and lifetime mileage, an equine health forum, a references and links page, Hall of Fame page, Ride & Tie store, a media and press page, and more. Some of these pages are under construction so check back regularly. Many thanks to Laura Christofk who designed and maintained our previous site for over five years and who made it our most important communication and reference tool. Remember to **renew your membership** so you can **vote for two new Board members**. A membership renewal form and ballot are enclosed for your convenience. Thanks to Rufus Schneider and especially Steve Shaw for their work on our Board (Steve has been on the Board since the Association was created in 1989!) You'll also find the **annual report for the Ride and Tie Association** in this issue. I think you'll agree your Board of Directors have been doing an outstanding job for our membership. Check out the important update on the **World Championship Ride & Tie** that will be June 26<sup>th</sup> near Ft. Bragg, CA. Lari Shea and her staff have been working hard since last fall on this 34<sup>th</sup> annual event, and for those of you who know Lari, it will be event you'll want to attend. Finally, contact race managers right away and tell them you are coming to their events! We are all looking forward to seeing you having fun at our Ride & Tie events in 2004!

Go Ride & Tie!

Curt

### "In the News"

This section will appear regularly to let you know about articles recently published on the sport of Ride & Tie. If you want a copy of any of these articles, and don't find them available, let the association know, and we will try to help you find them. The following have been published in the couple of months since your previous R&T Newsletter:

www.Endurance.net "The Sport of Ride & Tie" by Melissa Ribley, photo by Corey Rich, March 2004

Running Times "The Thinking Athlete's Sport" by Rachel Toor, photos by Corey Rich, April 2004

Endurance News "A Junior Endurance Rider tries Ride & Tie" by Kate Devoe, photo by Annie Betts, March 2004

RNDRunning Newsletter: mention of Tom Gey (1<sup>st</sup> place male over 50 in the WTRS half-marathon) as Ride and Tie champion.

San Jose Mercury News "How I Stay Fit" Athlete profile of Curt Riffle, by Kristina Nicholas, 24th Feb. 2004

Trail Blazer "Championship in Mendocino" Issue 2, Feb 2004

Southern California Adventure Racing e-blast our press release "Pat's Purse Prize Money Doubled" to their membership base. Feb 2004.

The Santa Cruz Triathlete Club e-blast our press release "Pat's Purse Prize Money Doubled" to their membership base. Feb 2004.

EquiSearch.com "Pat's Purse Prize Money Doubled" Ride & Tie, 17 Feb. 2004

All American Trail Running Association ( [www.trailrunner.com](http://www.trailrunner.com) ) "Pat's Purse Prize Money Doubled" on the front page of their site. 17 Feb. 2004

Natural Horse Magazine "Following the Hoof Prints" by Katie Devoe Vol. 6 Issue 1, 2004

Arabian Horse World "Letters to the Editor" by Don & Annie Betts and Carol Ruprecht, December 2003

Arabian Horse World Quarterly "2003 Ride & Tie Championship" by Jamie Fend, photos by Corey Rich, Q1 2004

Race Strategy: "No matter how badly you may have felt during the race, always look good crossing the finish line" (Jeff Townsend)

## Swanton Pacific Ride & Tie

By K.S. Swigart (reprinted with permission from EquiSearch.com)

August 9, 2003 Davenport California: I had a great time at the Swanton Pacific Ride & Tie this weekend, and truly appreciated the moral support, encouragement, and offers of things to eat or drink along the way, from all the endurance riders we shared the seventy-five mile trail with. As my partner Carol Ruprecht described it to friends of hers, it was like having a mounted cheering squad.

I would also like to suggest, for those of you who are saying, "I could never do anything like that" you are probably wrong. It wasn't really that hard. This is not some false modesty, nor am I so great a "runner" that it was easy for me. It's a simple truth: it wasn't really that hard.

I must confess: before the event, when I thought about doing a 75 mile ride & tie in its entirety, I also thought that I must be crazy. However, when I broke it down into its components (and being as analytically anal as I am, I even set up an excel spreadsheet to do the math for me), the whole thing became eminently doable.

I did not have to run 75 miles; I did not even have to run the 37.5 miles that was my share on the ground. If I thought of it that way, it seemed impossible. I am not even marginally in condition to run 37.5 miles. Other than the long ties into the vet checks (which we deliberately planned so the horse would have plenty of time to eat, drink and recover) I was never on the ground for more than a mile at a time.

Other than a lovely trail down through the redwoods, so easy to jog down that there was no reason not to, I never actually RAN for more than a few hundred yards at a time....well maybe a few other easy down grades, but not much, and certainly not anything that was hard. Any time the running started to get even a little hard, I stopped running and walked instead. Actually, I stopped running BEFORE the running got even a little bit hard.

When the walking got hard I stopped and took a breather. While Carol and I probably did split the time on the ground equally, and I probably did cover about 37.5 miles on the ground, I spent about 1/3 of that distance actually running and not walking. So yes, I ran a total of about 12 miles. But that was over a period of about 14 1/2 hours. Running 12 miles over 14 1/2 hours suddenly becomes quite do-able... even if the rest of the time is spent riding a horse, walking, or eating at the vet check.

At the BC judging the next day, Melody Wong asked "What do you do to condition for this?" To which I responded, "Well.... really...not all that much. I run for the train."

The way I condition for ride & tie is to jog at the times in my regular life when I would otherwise be walking. So, instead of walking down to turn on the horse water; I run down. Instead of walking through Union Station from the subway to the train I run: even if I am not late. I did do several shorter Ride & Ties before this one (and I can recommend that, just so you can work out the equipment requirements.)

We guessed it would take about 14 hours elapsed time and reasonably speaking, since the horse had to cover the



Photo courtesy of [www.offthebeatenpath.com](http://www.offthebeatenpath.com)

whole 75 miles herself, she wouldn't be able to do it in much less time than that. I plugged that number into my spreadsheet, figuring I would have to cover about half of it on the ground and would get to ride for half of it. To finish in 14 hours I would have to average about 3.5 mph while on the ground and about 10 mph while on the horse.

3.5 mph? Hell, I can walk that fast. 10 mph on the horse? Understanding that is the average speed the horse needed to do WHILE it was being ridden, this too became something not all that difficult.

And if we both proceeded at those speeds, the horse would spend 6 1/2 hours standing around tied to a tree (or, considering the way we worked it, 3 of that 6 1/2 hours was standing around at the vet checks eating and drinking).

Despite the fact that I hate running (the only thing I like about running is stopping running) ride & tie is great fun. As I told Carol while we were on the course: the whole event was very much like a long walk in the park interspersed with short bouts of jogging where the terrain was suited to it further interspersed with the fun of zipping along on a great horse.

Admittedly, I was a bit stiff and sore the next day. But I bet I wasn't any stiffer or sorer than at least half of the endurance riders who did the same course. Ever heard the old maxim, "a change is as good as a rest?" In a ride & tie you get to do lots of changing during the event and so everybody (including the horse) gets lots of rest, despite the fact that it seems non-stop.

So, for all of you who say, "I could never do something like that." I can only say, "Don't think like that. It really isn't as hard as you think." I didn't do much by way of conditioning for this event other than to jog in the places I would normally be walking.

#### A Change is as Good as a Rest

K.S. Swigart recommends Ride & Tie as a way to become a better endurance rider: it most definitely provides a better understanding of just what it is we are asking of our horses, and just what it is we can do to help them.



Lori Walker (right) and Katie Devoe on Rainbow's Fancy  
PHOTO BY ANNIE BETTS

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### **Warning! Last Newsletter!!!**

Be sure to renew your membership!

Membership runs from January to January, So if you have not sent in your renewal since the Last Championship (September), you will not be receiving any more newsletters. One of the benefits of membership is to be kept in the loop about what is happening with your Ride and Tie Association. Besides, it's a great family to belong to!

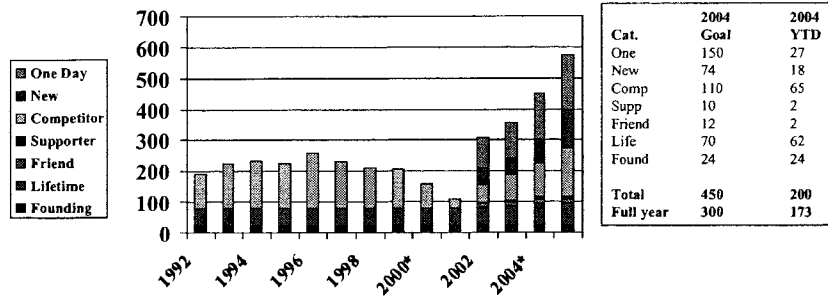
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**Check out the new Ride and Tie Association Web site!!! [www.rideandtie.org](http://www.rideandtie.org)**

## Ride and Tie Association Membership History

1/23/04

Goal: 400 full year members by 2005



### Ride and Tie Association Goals - 2004

Source: RTA records;  
\* 2000 is an estimate; 2004 and 2005

**Mission:**

Make ride & tie a fun experience and a learning opportunity for both human and horse participants.

**Metrics:**

1. Grow the number of individuals participating 65% over 2003 to 250
2. Grow the number of entries 50% over 2003 to 450
3. Grow membership 25% over 2003 to 300

**Purpose of the Association and the Board:**

Provide stewardship (direction and growth) for the sport of ride & tie in the US

**Key Issues:**

1. Low awareness of the sport
2. Low number of participants and entrants

**Key Strategies:**

1. Provide support and encouragement to race directors
2. Provide value to the members of the Association
3. Bring new as well as "retired" participants into the sport and encourage them do at least two races each year

**RIDE AND TIE ASSOCIATION  
FINANCIAL RACE SUMMARY**

December 31, 2003

	2003 Proposed Budget	2003 Actual	2004 Budget
<b>INCOME</b>			
AERC Dues	125	110	125
Banquet Tickets	1,900	1,182	1,500
Donations	15,000	15,000	15,000
Entry Fees	17,000	12,395	14,000
Interest Inc	50	21	25
Merchandise Sale Income	3,000	1,290	1,350
Raffle Income	1,800	-	-
Silent Auction Income	500	-	-
<b>TOTAL INCOME</b>	<b>39,375</b>	<b>29,998</b>	<b>32,000</b>
<b>EXPENSES</b>			
Administrative	1,000	34	300
Advertising	500	133	700
Awards	5,000	1,372	5,000
Expenses - Other	-	115	-
Banquet	4,200	3,153	3,200
Merchandise	1,600	1,428	1,500
Personnel	15,000	7,720	8,200
Publicity	1,500	2,589	2,500
Race Expenses	500	387	400
Resale Merchandise	500	-	-
Silent Auction	500	-	-
Site Expenses	6,500	6,104	6,500
<b>TOTAL EXPENSES</b>	<b>36,800</b>	<b>23,037</b>	<b>28,300</b>
<b>NET INCOME</b>	<b>2,575.00</b>	<b>6,961.14</b>	<b>3,700.00</b>

**Budget Line Items**

**INCOME**

- Membership Dues
- Donations
- Insurance
- Merchandise Sales
- Annual Awards Banquet
- Endowment Fund Transfer
- 2001 R&T Across USA
- Interest

**Total Income**

**EXPENSES**

- Total Awards**
- Annual
- Pro-Am
- Annual Awards Banquet
- Total Publicity**
- Publicity
- AERC Booth
- Website
- Publications/Videos

**Total Administrative**

- Printing
- Postage
- Office Supplies
- Phone
- Computer/Software
- Insurance
- Admin Director
- Contracted Services
- Misc Other

**Total Newsletter**

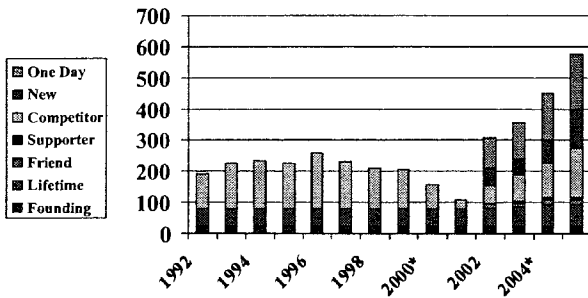
- Printing
- Postage
- Supplies
- Setup/Production
- Total Expenses**
- Net Income**

# Ride and Tie Association Membership History

1/23/04

Goal: 400 full year members by 2005

Source: RTA records;  
 \*2000 is an estimate;  
 2004 anband 2005 are goals



Cat.	2004 Goal	2004 YTD
One	150	27
New	74	18
Comp	110	65
Supp	10	2
Friend	12	2
Life	70	62
Found	24	24
<b>Total</b>	<b>450</b>	<b>200</b>
<b>Full year</b>	<b>300</b>	<b>173</b>

**RIDE AND TIE ASSOCIATION**

**MEMBERSHIP ACCOUNT SUMMARY**

2003 Proposed	2003 Actual	2004 Proposed
8,100	9,370	10,000
3,000	-	3,000
500	360	400
-	-	-
-	-	-
3,000	-	3,000
-	-	-
20	13	15
<b>14,620</b>	<b>9,743</b>	<b>16,415</b>
750	-	500
450	-	-
300	-	500
-	-	-
1,600	2,115	5,100
1,100	1,324	1,400
400	755	700
100	36	500
		2,500
<b>6,010</b>	<b>6,098</b>	<b>7,075</b>
85	-	100
300	390	400
125	272	275
1,500	1,054	1,200
-	-	-
1,500	2,654	2,600
2,500	1,600	2,500
-	-	-
-	128	-
<b>5,100</b>	<b>2,232</b>	<b>4,300</b>
2,800	1,394	2,200
1,200	838	1,000
100	-	100
1,000	-	1,000
<b>13,460</b>	<b>10,445</b>	<b>16,975</b>
1,160	(702)	(560)

## Points and Miles - 2004

Compiled by : Steve Anderson

1/20/2004	2004	Points	Miles
Rufus	Schneider	125	70
Anne	Langstaff	123	70
Jean	Whitman	97	75
Kathy	Broaddus	82	51
Lani	Newcomb	82	51
Kim	Fuess	76	50
Jane	McGrath	76	50
Janice	Heltibridle	63	26
Christine	Huebner	63	26
Andy	Peterson	50	50
Claire	Godwin	47	25
Tom	Gey	44	20
Warren	Hellman	44	25
Mark	Richtman	44	25
Carol	Ruprecht	44	20
Richard	Noer	38	20
Melanie	Walker	38	20
Susan	Lynch	25	0
Sydney	Vale	25	0

**Horse Points/Mileage 2004**

Horse	Owner	Points	Miles
Cei Emrys	J. Whitman	97	75
Justin	Rufus Schneider	82	45
TF Red McIntosh/Teabiscuit	K. Broadus	82	51
Fin de far	Ruprecht	44	20
Prystina	V. Kanavy	44	25
Fire Mt Scamp		38	25
Hickory	Newcomb	38	26
Kammanche		38	20
Frisky	C. Huebner	25	0
Lilly		25	0

**Teams**

Man/Man	Points
W. Hellman/M. Richtman	38

**Man/Woman**

A. Peterson/J. Whitman	50
T. Gey/C. Ruprecht	38
R. Noer/M. Walker	35

**Woman/Woman**

K. Broaddus/L. Newcomb	82
A. Langstaff/R. Schneider	79
C. Godwin/J. Whitman	44
J. Heltibridle/C. Huebner	38
K. Fuess/J. McGrath	38

## **Board of Directors**

Curt Riffle, President (2005)  
 Mary Tiscornia, Vice-President (2005)  
 Sid Sullivan, Treasurer (2003)  
 Steve Shaw, Secretary (2004)  
 Lani Newcomb, DVM, Sanctioning Chair (2003)  
 Rufus Schneider, Sponsor Chair (2004)  
 John Osterweis, Fund Chair (2005)  
 Pat & Nita Browning (2003)  
 Jim Steere, DVM (Director Emeritus)

## **Founding Members**

Lon Clearwaters and  
 Leah Mirsch  
 Clark and Bradley Davis  
 Warren Hellman  
 Wayne and Robin Hinrichs  
 Mike and Cynthia Jepsen  
 Bud and Fran Johns  
 Lud & Barbara McCrary  
 John Osterweis  
 Kirsten Peterson  
 Steve Shaw  
 Jim and D'Ann Steere, DVM  
 Eric Thompson  
 Lars Thompson  
 Mary Tiscornia  
 Ralph and Peggy Wadsworth  
 Brian Zuniga  
 Levi Strauss Company

## **Hey Everybody!!!!**

We will  
 be publishing a  
 membership directory in the next  
 Newsletter that will only go to members  
 of the Ride and Tie Association and will only  
 list members of the Ride and Tie Association for  
 the 2003 and 2004 year to date. We will list your  
 name, city, state, phone number and email  
 address. Please tell us if you do NOT want this  
 in the directory. The next Newsletter is to go  
 out in mid to late May, so please send  
 your inputs by May 9!!!

### **Corky's Corner**

I would like to give my inputs about good trailer etiquette. Now I know we all love our pasture area and just standing in our stalls, munching away. I mean, this is the life. It doesn't get any better than this. But let's face it; we're Ride and Tie and Endurance horses. The wide-open spaces beckon to us. So we have to get into the trailer (or sometimes referred to as the "Portable Outhouse"). Let me make this one comment about this. Have any of you ever been some place and you're not comfortable with going to the bathroom? But, as soon as you get home, you're so relaxed and at ease you just go!

My buddies and I like to use a slant load, 3 horse trailer but there are many combinations out there. If we think of it as a small stall and there is nothing in there that will eat us, no problem. And the best thing is let the human go in first! If there is a meat-eater in there, they'll get the human first and we can run away.

Our trailer has windows and I like to have them open before I get in. This way I know there is still an outside, I can see what's going on outside and when my buddy is loaded in and standing beside me, I can

## **Ride and Tie Association**

### **Board of Directors Contact List**

Pat and Nita Browning 21266 Pleasant Valley Road North San Juan, CA 95960 530-272-8912	(415) 922-3278 Curt Riffle 469 Casita Way Los Altos, CA 94022 650-949-2321	Sid Sullivan 2405 Gekeler Ln. Boise, ID 83706 208-384-1727
Sharen McColl 987 Crows Nest Lane El Cajon, CA 92019 (619) 445-4485 sam2001@direcway.co m	Rufus Schneider PO Box 311 Descanso, CA 91916 (619) 445-2060	Mary Tiscornia 771 Magnolia Larkspur, CA 94939 415-924-7376
Lani Newcomb, DVM 149 Spring St. Herndon, VA 20170 (703) 435-1911 (business)	Steve Shaw 155 Baltusrol Dr. Aptos, CA 95003-5401 831-685-3436 cell 530-559-1902 sshaw@pacbell.net	
John Osterweis 1 Maritime Plaza Suite 800 San Francisco, CA 94111	Jim Steere, DVM 10 Adams Lane Petaluma, CA 94952 (707) 762-6172	

talk to him (or her as the case may be). Also I like having a snack in the feed bin (carrot, apple, sometimes a little hay). And I feel so much safer once the trailer line is clipped below my halter.

Once we're to the trailhead, it's time to unload. With the window opened again, I like to look out to make sure it's safe to come out of the trailer. I want to make sure there's not a rock or bush out there that may want to eat me! I like to have the doors wide open so I have plenty of space to move around. This brings me to an important point. The height of the trailer getting in is about the same height as getting out. I don't want to point anyone out (Scooter) but what's with this dancing side to side and putting your nose out to the bottom of the trailer? Come on, nothing's different! It's maybe 10 inches down. And that "leap" out of yours. Man, make sure no humans are in front of you. These people don't like a "1000 pound linebacker" lunging at them!



# Santa Ysabel Ranch Ride & Tie

**May 15, 2004**

(camp opens Friday the 14<sup>th</sup>, at 2pm)

- Three Races:**
- Ride & Tie** Distances: 11 mile and 22 mile courses  
Start Time: 8AM
  - Trail Run** Distances: 11 mile and 22 mile courses  
Start Time: 8AM
  - Mtn Bike** Distances: 11, 16 and 22 mile courses  
Start Time: 9AM

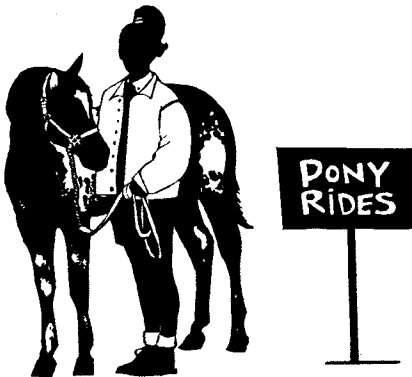
**May 16, 2004**

- One Race, up to three team members:**
- Mtn Triathlon** Distances: R11, H11, B11  
Distances: R6, H11, B6  
(Run/Horse/Bike)  
Start Time: 8AM  
Options: 1, 2 or 2 member Triathlon

We will have a team/partner connection if you are looking for members to create a Triathlon team. Lots of horse riders who don't want to run, lots of cyclists who don't ride horses, or run ... etc. You can do 1, 2 or all three legs of the Tri. Just show up and we will hook you up with someone.

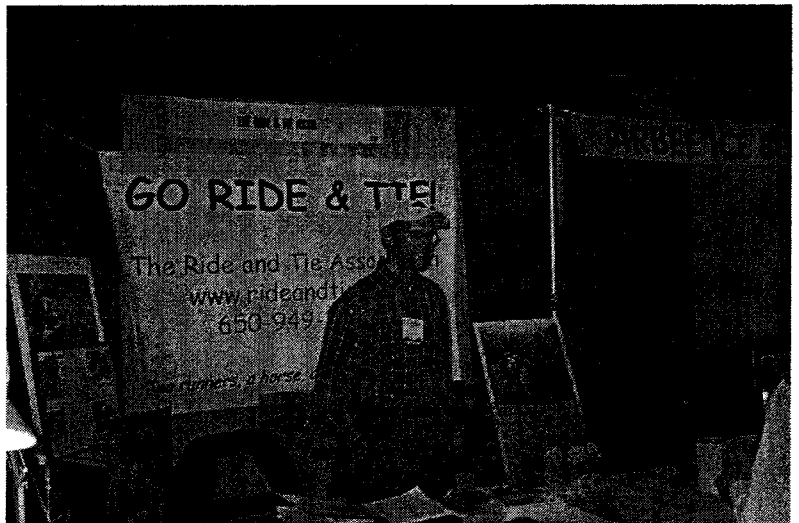
(camp closes Sunday at 4pm)

Call: Rufus Schneider  
Race Director  
(619) 445 2060  
Directions, Fees, Partner Matching



A Change is as Good as a Rest

K.S. Swigart recommends Ride & Tie as a way to become a better endurance rider: it most definitely provides a better understanding of just what it is we are asking of our horses, and just what it is we can do to help them.



At The AERC Convention!

**A Very Warm Welcome To  
Our Newest Members!**

- Kim Fuess
- Jesse Rond
- Ken Riggsbee
- Carl Rossi
- Marina Cassimatis
- Laura Axelsen
- Dean Hanley
- Kirsten Seyferth
- Mark Moody
- Mischa Kubancik
- Marci Martin
- Ann Townsend
- Kevin Townsend

**And Thank You! To our  
Friends and Supporters!**

- Heidi Agler
- Ann Swartz, D.V.M.
- Maynard Munger
- Marvin Johnson
- Val LeBel
- Marilyn Kiernan
- Russ Kiernan
- Tom Laris

### Shorter Courses, Horses and Exchanges *(reprinted with permission from EquiSearch.com)*

*Three women competed in their first Ride & Tie race this past weekend in Manzanita California. Each teamed up with an experienced partner: partners who completed the 32-mile World Championship course in early September. The three newcomers have backgrounds in very different equestrian disciplines and each came to the desert to try their hand at the short (15 mile) course. In so doing they gained an appreciation for short horses, and partners who shared their steeds: the more frequently the better.*

By Carol Ruprecht

Terri Spencer competed in her first Ride & Tie this weekend: she was convinced to try it by her riding instructor. Spencer's been trail riding and doing a little gymkhana for the past four years. She runs too, but never like this. And she'd not ridden on an English saddle until Saturday.

Kirsten Seyferth rides in English style saddles all the time. She's an endurance rider with nearly two thousand competitive miles to her credit. Seyferth, originally from Germany, had never competed in a Ride & Tie until Saturday, but she had heard about it, and everyone who had done it told her it was a great time. She thought the variety of running and riding, the team aspect of having a partner with whom she shared a horse, all sounded totally crazy, unusual, but fun.

Marina Cassimatis' riding background is with Hunter-Jumpers, three-day eventing, and dressage. She hasn't been doing much riding in years. Vet school took up too much time. Now she practices in Palos Verdes and competes in triathlons. But another vet at the practice convinced her to try it, and she too was at the starting line for her very first Ride & Tie this weekend.

In the sport of Ride & Tie each team consists of two people and a horse, with the people trading off riding the horse and running. Exchanges are frequent as the team leapfrogs across the course. Each of the competitors interviewed for this article admits to some form of "running" activity this year: from a jogger, to 5K races. As first time competitors in Ride & Tie, each coming from very different equestrian disciplines, I asked what surprised them the most about this sport.

"How hard it was" according to Spencer. "What bad shape I really am in." While she works out most days of the week, her running hasn't included hills until now. Nor did her training include sand. Spencer quickly added that the difficulty has already inspired her to train for her next event. She's planning on getting her regular running partner to join her in some hill work. "It was a lot of fun and I look forward to doing it again"

Seyferth was surprised at how well her horse drank "He never drinks so well on an endurance ride." Veteran Ride & Tie competitor Tom Gey told Seyferth that he believed it was the stop and go pace of the sport. "It gives the horses time to think, and they take better care of themselves". She was also surprised at how well she weathered the race. Seyferth had been worried about staying hydrated, and getting sore: neither turned out to be problems.

What surprised Marina Cassimatis the most was the fast pace, and how calm the horses were about being tied, and being passed by other horses while tied. "I knew my partner Mike was competitive, and I wasn't going to let him down. I wasn't going to let the horse down, and I wasn't going to let Mike down."

The hardest part for Spencer was when tiring from the running began to affect her riding. "It made me less confident on the horse" she reported.

For Cassimatis "It was hardest near the end, when I was getting fatigued in the saddle. Then the transition from riding to running became harder".

Seyferth claimed it was getting harder to climb on the horse in the last couple of miles. Possibly her horse Slim (14H2) was getting taller as the race unfolded.

Both Seyferth and Cassimatis started the race late: a full seven minutes behind the lead teams. When Cassimatis' partner informed her that they were in second place, but probably couldn't catch the first place team in the time remaining, she was both surprised and excited. She had no recollection of passing the other teams, and didn't realize they were so well positioned.

Seyferth knew exactly where her team was: an experienced endurance rider, she had been tracking the other competitors. She figured they were doing pretty well when, with a seven-minute handicap, they were passing runners and riders. "Can you tell I am competitive?" She asked her partner, over her shoulder, as Slim carried her away at a canter.

Spencer had been enjoying the day, and chatting with Seyferth as they jogged along. Suddenly she thought, "Maybe I shouldn't be chatting" when she realized the two were in hot contention for first place in the woman/woman team category.

The heat of competition turned up a notch in the last few miles. With Seyferth's partner issuing instructions, strategy suddenly came into play: exchanges quickened as runs and rides were shortened to take advantage of the last bit of energy each retained. Spencer and her partner were flying up behind, using the horse to outrun the competitors they knew they couldn't beat with foot speed. Then the clincher: Spencer's stirrup leather gave; the stirrup went spinning in the trail dust, and the title with it.

"I think we might have found the perfect sport." Said Seyferth, even before the exciting race to the finish. "Slim loved it. He had a blast. And so did I."

What is the most fun about this odd, equestrian, extreme, team, ultra running sport?

"The whole thing was fun," replied Cassimatis. "Now that I've done it I want to do it again."

"It was a lot of fun," said Spencer. "I look forward to doing it again."

"The whole thing was fun," claimed Seyferth. "Having a little team. Supporting each other. The communication, teamwork, the fast pace. You never do anything for more than five minutes, then you change." She thought for a moment and then concluded "If runners saw what we were doing they would probably say 'what a loon!' and if a dressage person saw it they would think 'they are crazy!' but part of the fun is that you lose your conventional worries. You don't care what you look like, or what people think of you. You are giving it your best."

Editor's Note: for full race results, 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.

**Editor's Note:** We would like to hear from you! Currently, we are asking for information and opinions on feeding the Ride & Tie horse. There will be differing opinions, but perhaps you will put together what works for your horse from bits of differing ideas. Write to the Ride and Tie Newsletter at: [Sam2001@direcway.com](mailto:Sam2001@direcway.com) or use the "webmail" link on the website. ([www.rideandtie.org](http://www.rideandtie.org)) or send your comments to Sharen McColl, 987 Crows Nest Lane, El Cajon, CA 92019



Feeding the  
Ride & Tie Horse...  
Your ideas

**Grooming Tip:**

When washing your horse, wet him down, then use white vinegar; get a gallon jug of it, pour it from the top of his mane, down his spine, and really saturate the tail. Leave it on for about 10 minutes, then use shampoo. You will be surprised at how clean it will get him all the way to the skin! (Yeah, it smells, but the upside is that the flies don't like it either!) Use baby shampoo on his face.

I received a message on the Association answering machine seeking my advice about how to properly feed Ride & Tie horses. Since this is a very good, but not simple question, I'll give you my opinion, but highly recommend that you read Lew Hollander's excellent book, *ENDURANCE RIDING FROM BEGINNING TO WINNING* (look at the "Resources" section of the Ride and Tie Association Web site [www.rideandtie.org](http://www.rideandtie.org)). Also, I have requested that some of the vets that we have within the Ride & Tie Family let us know their thoughts on this subject in upcoming Newsletters and new Equine Health Forum section on our Web site.

The answer to the question I think has two parts. First, the daily diet and the race diet. The daily diet that I have used consists of good quality alfalfa hay in the morning and oat hay in the evening for a total of about 1-2% of the horse's body weight. Since our horses are out in a huge pasture 24/7, they also get pasture grass depending on the season. Whenever they are worked or whenever I can get to the stables (3x per week) I feed them a grain mixture of equal parts (about 1/3 of a coffee can) of: Omolene, rice bran, oats, and beet pulp (mixed with water). I include a cup of corn oil, a supplement called Platinum Plus, and 10,000 mg of glucosamine sulphate with MSM.

On the evening before race day, I give them the above grain/supplement mixture but add two tablespoons of Endura-Max electrolyte mix. I give them hay and lots of water for over night (a gut full of wet hay is a great for long term hydration I have read). In the morning, I again offer them the grain mixture (they are usually too excited to eat much), but use an oral syringe to give them a dose of electrolyte. At each vet check, I try to have wet hay and a sloppy mash of beet pulp, oats and rice bran if they are interested. I dose them with electrolytes from the oral syringe at each vet check but only after they have had water and any food they wanted. At the end of the race, they get the same water and food and I make doubly sure the hay is wet (prevents choking). I dose them once more with electrolytes. They usually won't eat for about an hour or so, but I make it available immediately.

I hope that answers the question. You'll get a different opinion from everyone, but so far, this has worked for me.

*Submitted by: Curt Riffle*

**2004 RACE SCHEDULE  
SANCTIONED BY THE RIDE AND TIE ASSOCIATION**

2004 RACE SCHEDULE  
SANCTIONED BY THE RIDE AND  
TIE ASSOCIATION  
987 Crows Nest Lane  
El Cajon, CA 92019  
(619) 445-4485

FEBRUARY 21  
SHINE & SHINE ONLY Ride & Tie,  
San Jose, CA  
8 & 22 mile courses  
Contact: Curt Riffle  
469 Casita Way  
Los Altos, CA 94022  
(650) 949-2321  
crriffle@earthlink.net

APRIL 11  
NO FRILLS Ride & Tie, Star Tannery,  
VA  
30/50 mile courses  
Contact: Kate Denisar  
4747 Great Heron Circle  
Fairfax, VA 22033  
(703) 868-5283  
kdenisar@att.net

APRIL 17  
SHINE & SHINE ONLY Ride & Tie,  
San Jose, CA  
12 & 25 mile courses  
Contact: Curt Riffle  
469 Casita Way  
Los Altos, CA 94022  
(650) 949-2321  
crriffle@earthlink.net

APRIL 17  
GRIZZLY MOUNTAIN Ride & Tie,  
Madras, OR  
20 mile course  
Contact: Don Betts  
641 Janssen Farm Road  
Sequim, WA 98382  
(360) 681-5218  
RideandTieDon@aol.com

MAY 15  
QUICKSILVER PRO-AM Ride & Tie,  
PLUS, San Jose, CA  
5, 14, 23 mile R&T's, PLUS a 12 mile  
ride/5 mile run Biathlon  
Contact: Curt Riffle

469 Casita Way  
Los Altos, CA 94022  
(650) 949-2321  
crriffle@earthlink.net

MAY 15  
SANTA YSABEL Ride & Tie, Santa  
Ysabel, CA  
Long & short course  
Contact: Rufus Schneider  
P.O. Box 311  
Descanso, CA 91916  
(619) 445-2060  
rufusruns@yahoo.com

JUNE 26  
34<sup>TH</sup> ANNUAL WORLD  
CHAMPIONSHIP RIDE & TIE, Fort  
Bragg, CA  
15 & 38 mile courses  
Contact: Lari Shea  
Ricochet Ridge Ranch  
24201 North Highway One  
Fort Bragg, CA 95437  
(707) 964-7669  
larishea@horse-vacation.com

JULY 3  
PACIFIC CREST RIDE & TIE,  
Ashland, OR  
10 & 30 mile courses  
Contact: Annette Parsons  
1831 Slagle Creek Road  
Grants Pass, OR 97527  
(541) 846-6656  
annettep@terragon.com

JULY 10  
GOLD COUNTRY Ride & Tie,  
Georgetown, CA  
20 mile course  
Contact: Cheryl Domnitch  
(530) 273-5668  
cdefpe@aol.com

JULY 17  
BANDIT SPRINGS Ride & Tie,  
Prineville, OR  
20 mile course  
Contact: Don Betts  
641 Janssen Farm Road  
Sequim, WA 98382

(360) 681-5218  
RideandTieDon@aol.com

AUGUST 7  
CHAMPAGNE FIREWORKS Ride &  
Tie, Santa Cruz, CA  
12 & 25 mile courses  
Contact: Curt Riffle  
469 Casita Way  
Los Altos, CA 94022  
(650) 949-2321  
crriffle@earthlink.net

AUGUST 14  
SANTIAM CASCADE Ride & Tie,  
Santiam Pass, OR  
20 mile course  
Contact: Anna Sampson or Mary  
Nunn  
16501 S. Butte Creek Rd  
Molalla, OR 97038  
(503) 829-5321  
flyingn@molalla.net

AUGUST 28  
Swanton Pacific Ride & Tie,  
Davenport, CA  
75/100 courses  
Easy 75 mile or more challenging 100  
mile  
Contact: Ellen Rinde  
318 Swanton Road  
Davenport, CA 95017  
(831) 423-6089  
ellenm@big-creek.com

AUGUST 28  
ALL KIDDING ASIDE Ride & Tie,  
Waverly, OH  
10/25/50 mile courses  
Contact: Maggie Pritchard  
1934 Buchanan Road  
Waverly, Ohio 45690  
(740) 947-2883  
maggieszoo@dragonbbs.com

SEPTEMBER 5  
NORTHWEST LABOR DAY Ride &  
Tie, Mount Vernon, WA  
25 mile course  
Contact: Don Betts  
641 Janssen Farm Road  
Sequim, WA 98382

(360) 681-5218  
RideandTieDon@aol.com

SEPTEMBER 11 & 12  
BIG SOUTH FORK Ride & Tie,  
Onieda, TN  
Saturday: 30/50 mile courses  
Sunday: 10 Mile course  
Contact: Joanne Grimes  
9013 Coburn Drive  
Knoxville, TN 37922  
(865) 693-4308  
JFGHorse@netzero.net

SEPTEMBER 25  
DONCASTER Ride & Tie, Welcome,  
MD  
12/30/50/75 mile courses  
Contact: John and Helen Stacy  
Renegade Retreat  
P.O. Box 383  
Welcome, MD 20693

(301) 743-3290  
renegade@radix.net

OCTOBER 2  
MANZANITA Ride & Tie, Boulevard,  
CA  
13 & 25 mile courses  
Contact: Terry Wooley-Howe  
505 N. Mollison #103  
El Cajon, CA 92021  
(619) 445-5443  
cancer@inetworld.net

OCTOBER 16  
FOOTHILLS OF THE CASCADE Ride  
& Tie, Santiam Pass, OR  
20 mile course  
Contact: Anna Sampson or Mary  
Nunn  
16501 S. Butte Creek Rd  
Molalla, OR 97038  
(503) 829-5321

flyingn@molalla.net

OCTOBER 23  
FORT VALLEY Ride & Tie, Fort  
Valley, VA  
12, 25 & 50 mile courses  
Contact: Jean Whitman  
1788 Seven Fountains Road  
Fort Valley, VA 22652  
(703) 435-1911  
[runsallday@aol.com](mailto:runsallday@aol.com)

NOVEMBER 6  
HORSETHIEF CANYON Ride & Tie,  
Descanso, CA  
11 & 22 mile courses  
Contact: Rufus Schneider  
P.O. Box 311  
Descanso, CA 91916  
(619) 445-2060  
[rufusruns@yahoo.com](mailto:rufusruns@yahoo.com)

Be sure to check the website for updates!  
[www.rideandtie.org](http://www.rideandtie.org)

**support your local race manager**

**Send in your entry,  
or call to volunteer today!**