

Ride & Tie Newsletter

January 2004



"Where in this world can [a person] find nobility without pride, friendship without envy or beauty without vanity? Here, where grace is laced with muscle and strength by gentleness confined. He serves without servility, he has fought without enmity. There is nothing so powerful, nothing less violent; there is nothing so quick, nothing so patient."

*Ronald Duncan from
"To the Horse"*

President's Message

Happy New Year everyone! I hope you and your equine partners had a good holiday. It's time to resume the 2004 Ride & Tie season and we have many exciting events to tell you about in this Newsletter. But the first thing to do is to renew your membership to the Ride and Tie Association. Membership dues provide funding for over 75% of the Association's budget. Without you, we can't keep growing and improving our sport. For your convenience, you'll find an envelope and membership form included in this Newsletter. Check out the article by race manager Lari Shea about the World Championship Ride & Tie and Invitational to be

held near Ft. Bragg, CA on June 26, 2004. Many of you with families had asked us to move our biggest event of the year to the summer months, so we did and we expect to see you there. Get it on your vacation calendar now! While you have your calendars out, check out the schedule of 2004 events that we have received to date and plan on attending them. Our race managers welcome and need your participation. More will be added, so be sure to monitor our Web site, www.rideandtie.org. We will be totally revamping the Web site in early 2004 with more current information about events and results and fresh new information to help

you enjoy our sport of ride & tie. Finally, we have continued to grow the number of memberships, races and participants and overall awareness of our sport over the last three years. While we have a few dedicated volunteers and race managers who are doing incredible work, we are a "grassroots" sport that requires all members of the Ride & Tie family to spread the word, recruit, coach and mentor new members and participants. I'm looking forward to seeing all of you at our 2004 events, and meeting the new people you have brought into the family! Go Ride & Tie!

Please Renew Your Membership!



If you haven't already done so, please renew your membership with the Ride and Tie Association. Your 2004 membership is effective from September 1, 2003 through December 31, 2004. First Year, Competitive, Supporting and Life members only can compete in the World Championship Ride & Tie and do not have to pay the \$15 one-day membership fee for other sanctioned races throughout the season. Membership to the Ride and Tie Association pays the

majority of the Association's expenses for: bi-monthly newsletters, the Web site, sanctioning rules, scheduling, mentors, press relations, the Pro-Am program, the Annual Points Competition and many other functions. Without your dues the Ride and Tie Association cannot provide the stewardship of the sport and the sport will cease to exist. To determine your membership status, look on the top line of the mailing label on this Newsletter or call the Association at 650-949-2321.

Bay Area Ride & Tie Events

The Bay Area Ride & Tie season starts on February 21 with the 8 and 22 mile Shine and Shine Only Ride & Tie at Almaden Quicksilver Park in San Jose, CA. It is held in conjunction with the Shine and Shine Only endurance ride. The next event will be new in 2004 and returns ride & tie to a favorite venue from the past: The Shine and Shine Only Ride & Tie at Grant Ranch in San Jose, CA on April 17. Mileages are expected to be 10 and 25. The very popular Quicksilver Pro-Am Ride & Tie will take place May 15 at Almaden Quicksilver Park in San Jose, CA along with the Quicksilver Duathlon. The Ride & Tie event will be 14 and 22 miles and the Duathlon will be a 14 mile ride and 6 mile run. Finally, we are bringing back another classic in Santa Cruz, CA:

The Fireworks Ride & Tie on August 7. This will be held in conjunction with the Fireworks endurance ride and will be on much of the same trail system as the classic Champagne Ride & Tie from the mid-1990's. For more information, send an

email to co-race manager Curt Riffle at criffle@earthlink.net or call the Association at 650-949-2321. Details will also be posted on the Web site's calendar section at www.rideandtie.org.



Ride & Tie at the AERC Annual Convention

The AERC Annual Convention will be February 27-28, 2004 at the Silver Legacy hotel in Reno, NV. The Ride and Tie Association will again have a booth in the tradeshow area starting at 1PM on February 27. Stop by and see race videos and catch up with the latest

ride & tie gossip. If you can spare some time, we need volunteers to help with booth duty. Send an email to Curt at crriffle@earthlink.net or call the Association at 650-949-0620 for more information or to volunteer.

Help Grow Ride & Tie

Two ideas that Jean from the Virginia area offered to help grow the sport. First, if you are experienced at ride & tie, look for opportunities to team with a new person and coach them through their first event. Second, wear your ride & tie event t-shirts to other running or riding events. They really attract questions and interest!

Stomach Ulcers in Endurance Horses

The endurance community has begun to suspect a high incidence of digestive tract ulcers in endurance horses. Some references are claiming as high as 50%-70% of endurance horses may be effected by them during competition.. The symptoms are poor appetite, slight or mild colic behavior, and poor weight. The only way to tell definitely is to have the horse scoped. Gastro Guard is very expensive but the only proven cure. Results have been seen on one example horse within two weeks using before and after scoping and treating with Gastro Guard. A product called Neigh-Lox can then be added to the feed which helps prevent the acid levels from building in their gut. Neigh-Lox has not yet been proven in clinical trials. Another inexpensive solution is to give Mylanta by syringe during competition. Consult with your veterinarian about these topics if you are interested.

Top Mileage Horses

Here are the top mileage Ride & Tie horses as compiled by the Association's volunteer statistician, Steve Anderson for the year's 1993 through 2003. Ellen Rinde's Scots Bilexijo is the top mileage record holder but has now retired. Curt Riffle and Skip Lightfoot's Corky is still competing and has to earn 205 miles to become the top mileage horse in the sport.

<u>Horse</u>	<u>Miles</u>	<u>Years Comp.</u>
Scots Bilexijo (McCrary/Rinde)	1235	8
Corky (Lightfoot/Riffle)	1031	11
Grab (Andriotti)	941	8
Joe (Hellman)	842	8
Linda (Foster)	839	6
Willie (Browning)	839	11
Scooter (Andreotti)	795	6
Samurai (Hellman)	790	6
Gavilan (Betts)	721	11
Ggaffon (Webb)	681	8
Miami Spice (Clearwaters)	659	6
Albi (Tiscornia)	619	9
Budweiser (Turney)	593	7
Eli (Richtman)	586	7
Cody (Ceragioli)	569	5
Justin (Schneider)	562	12
Cimarron (Howard)	550	6
Rajik (Lightfoot/Riffle)	547	7
Allegra (Foster/Webb)	532	5
Mis P (Hollander)	507	10

World Championship Ride and Tie, 2004

Have you always wanted to attend the Championships.... or do it again after a few years away? Well, this year is the perfect time! The WCRT will return to Mendocino County on June 26, 2004, based on a 300 acre ranch called Simcha, overlooking the Pacific Ocean and Ten Mile River just north of Fort Bragg, California. The trail meanders past virgin Redwoods, with 360 degree ridge top views over the ocean to the west and to neighboring mountain forest ranges in the other three directions.

Building on the excitement and camaraderie of past Championships, the focus will be on a family reunion atmosphere for endurance enthusiasts, with newcomers enthusiastically welcomed! Plus, the famous Mendocino Coast is a grand destination vacation area in and of itself, offering everything from ocean caves and river kayaking, salmon fishing and abalone diving, to world class wining, dining and art galleries in town. Bring your friends, kids, and partner, and enjoy an escape to this secluded yet cosmopolitan paradise.

Ricochet Ridge Ranch will be putting on a series of monthly R&T clinics in the spring, and is personally inviting clients from all over the world who have ridden on Redwood Coast Riding Vacations to try their hand at R&T this June.

In conjunction with the 35 mile Championship Ride and Tie, we'll also have a 15 mile Fun Ride and Tie, a 50 mile one day Endurance Race, a 25 mile Limited Distance Endurance, a 35 mile Trail Run, and on Sunday morning, a Biathlon 20 K ride/10 K run, which can be run as a Team, an Ironman, or an Ironwoman.

The 2004 WCRT is sponsored by Ricochet Ridge Ranch and owner, Lari Shea, who can arrange lodging at selected B&B's with a R&T discount. Or, book your own lodging and auxiliary adventures, with suggestions at www.horse-vacation.com www.mendocinocoast.com or www.gomendo.com

For questions regarding the trail, leasing horses, lodging and race week activities, please contact Lari at rideandtie@horse-vacation.com or larishea@horse-vacation.com, or phone 707-964-9669.

Activities include:

- * Wine Tasting Tours in a gilded limousine: Leave the driving to them, while you enjoy the wine! ~~Tour complete with lunch~~, champagne, and discounts at wineries.
- * Kayaking among the sea lions on Ten Mile River, and within the newly created Big River State Park.
- * Guided Ocean Kayaking through sea caves, and among sea lions and seals, weather permitting.
- * Salmon fishing and party boating in the Pacific Ocean.
- * "Skunk Train" excursions on the California Western Railroad.
- * Trail Rides on Ten Mile Beach and through the Redwoods, English or Western. Guided rides also available on your own horses through private lands. Unguided rides on your own horses on the beach, and in Jackson State Forest.

Basecamp: Camp will be in an open meadow, with ocean views (and possibly ocean fog~~). Dogs are welcome on Simcha, but the next door neighbor cattle rancher will shoot them if they cross the fence onto his property. Campsite is open from Thursday, June 24-Sunday, June 27th, with additional camping nights available for a nominal charge. A few porta-corrals are available for rent for the week, with prior reservation.

Full Tilt Boogie: Family games will again be played on Thursday afternoon. Three-legged race, egg on spoon race, wheel-barrow race, volleyball, badminton, and a tug-of-war across the pond will challenge youngsters of all ages. A pot luck BBQ hopefully filled with the catch of our fisher-people and abalone divers will grace Thursday evening's hootenanny around the camp fire. On Saturday evening, a "Margarita Party" will precede the Awards banquet, after which we return to the time honored tradition of *dancing our booties off!* Music provided by the Brown Brothers Blues Band.

Environmental concerns are CRUCIAL! If you ride your horse on Ten Mile Beach, you **MUST STAY ON WET SAND** and understand the reason for **NO RIDING INTO THE SAND DUNES!** Ten Mile Beach, in Mackerricher State Park, is a designated breeding habitat for the endangered "Snowy Plover". Because of concerted effort on the part of local horse-folks, we're still allowed to ride on the beach in the tidal zone. But if any horses whatsoever ride into Snowy Plover habitat on dry sand or sand dunes, horses may be forever forbidden to ride anywhere in the entire Park. June is prime Snowy Plover nesting time. Violators of this rule will be kicked out of the R&T, with entry fees forfeited!

Directions: The Mendocino Coast is approximately three and one half hours from the San Francisco Golden Gate Bridge, Sacramento or Eureka. Ricochet Ridge Ranch is located on Coast Highway One, two miles north of Fort Bragg, CA, opposite MacKerricher State Park and Ten Mile Beach. WCRT base camp is five miles past Ricochet Ridge Ranch, the third turn to the right (east)

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past the Ten Mile River. Drive through the gate 1/2 mile to camp.

From the South or East, take Highway 101 north of San Francisco/Santa Rosa. The shortest miles, most scenic and least steep route is to turn West onto Highway 128 at the town of Cloverdale, about 2 1/4 hours drive north of San Francisco. Follow Hwy 128 for about 65 miles, until it merges into Hwy 1, about 20 miles south of Fort Bragg. Hwy 1 takes you past Mendocino, and right through Fort Bragg as "Main St". Simcha is seven miles further, on the right.

The alternate route is to pass Cloverdale, and continue north on Hwy 101 to the town of Willits. At this point, Hwy 101 is a two lane road going through the middle of the town. Just after the railroad tracks and after driving under a big "Welcome to the Redwoods" sign, turn left (west) onto Hwy 20. Follow Hwy 20 for 33 winding miles until it dead ends into Hwy 1, just a mile south of Fort Bragg. Turn right. Drive through Fort Bragg, as described above. Both routes take about the same amount of time to drive. Although longer on two lane roads, Hwy 128 is very scenic, passes a number of wonderful wineries, and meanders through some spectacular redwoods. Hwy 20, although less miles on 2-lane roads, has more miles of sharp curves and steeper grades.

From the North, take Hwy 101 to Coast Hwy 1 at Leggett, pass the town of Westport, and drive 7 miles to Simcha, just south of Seaside Beach. Turn left (east) into the Simcha driveway, across from Ocean Meadows Rd.

The weather on the Mendocino Coast is generally mild, rarely rising above 80 degrees F., even in the summer. When the fog rolls in, it can be chilly enough for warm jackets for humans and blankets for the horses. Although rain is rare during summer months, anything is possible. Drinking water will be available for horses, but bring potable water for humans.



For Entries;

Ride and Tie Association
987 Crows Nest Lane
El Cajon, CA 92019
619-445-4485; 650-949-2321
"Sharen McColl" <sam2001@nethere.net>
www.rideandtie.org

Join us for the excitement of the World Championship Ride and Tie!

rideandtie@horse-vacation.com or larishea@horse-vacation.com

"In the News"

This section will appear regularly to let membership know where the sport of Ride & Tie has appeared in the media recently. 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 make arrangements to supply you a copy

- "Younger Men, Shorter Horses, Older History" Natural Horse Magazine, Vol. 5 Issue 5 2003
- "Shorter Horses, Courses, Exchanges, at Ride & Tie" EquiSearch.com October 8th 2003
- "Recovery Through Ride and Tie" San Jose Fit Magazine Oct/Nov 2003
- "A change of pace for riders and horses" Endurance News November 2003
- Quicksilver Ride & Tie, Bay Area Backroads www.kron.com / local shows / BAB / 11/9/03
- "Howard, Rinde Win Ride & Tie Championship" Adventure Sports Magazine November/December 2003
- "2003 Ride & Tie Championship" Arabian Horse World Magazine November 2003
- "Ride & Tie" in Horses & People section of Western Horseman Magazine December 2003
- "A Match Made in Heaven: Adventures in Ride & Tie" Natural Horse Magazine Vol. 5 Issue 6, 2003
- "A Quick Race for the Gold at Quicksilver Pro-Am" Natural Horse Magazine Vol. 5 Issue 6, 2003

"2003 Ride & Tie Championship" Arabian Horse World Magazine will also appear in their Quarterly Issue available on magazine stands and major bookstores in January, so pick up a copy!



Greetings from the Pacific Northwest. Contrary to popular belief there are Ride and Ties north of California. This year we have races monthly from April through October with a break in June for the Championship. Washington and Oregon are great places to go for your family vacation.

APRIL 17 - GRIZZLY MOUNTAIN Madras, OR; **May 22** either Glenwood or Olympic Peninsula, WA; **JULY 10 - BANDIT SPRINGS**, Prineville, OR; **AUGUST 14 - SANTIAM CASCADE** Santiam Pass, Central OR; **SEPTEMBER 5 - NORTHWEST LABOR DAY RIDE** Mount Vernon, WA; **OCTOBER 2 - PACIFIC CREST** Howard Prairie Lake, OR; and if we still have any energy left we may include the **OCTOBER 23 - FOOT-HILLS OF THE CASCADE** Molalla OR. There are some things that still need to be settled on the May, August, and October rides. For current status of these events contact me or check the Pacific Northwest Ride and Tie web page.

<http://hometown.aol.com/rideandtiedon/myhomepage/profile.html>

For those of you who would like to have a Ride and Tie race in your own area, I suggest checking the current www.AERC.org schedule for 2004 and finding one of their rides in your area. Contact the race director and offer to help if they will include a Ride and Tie in their event. So far, all of our rides for next season are part of AERC Endurance Rides. On several of those rides I will actually be the race director for the Ride and Tie portion. For those rides I will collect the entry fee (same as the AERC ride) and turn that fee over to the AERC race director. They will treat us just like we are another distance in their event. So far I have contacted 6 different race directors and they have all said yes. They seem to like us being part of their event. If the Ride and Tie Association is listed as also insured on the AERC insurance there is no charge for sanctioning. Race directors like this. I would be glad to talk to anyone interested in pursuing this. Don Betts RideAndTieDon@aol.com (360) 681-5218

Corky's Corner

Corky's back again. The handsome gray guy with a not so slight record of achievement. The guy who Knows-How-To-Race the Ride & Tie (better than any other steed out there, believe me – I hope). I'm the Horse with a BIG motor on the backend and always willing to show that backend to any other equine competitors. Forget years (I try to), I'm a mean and ready competitor. Alright, my other "Flight Brother", the Raj, still likes to corner me on a curve but do we ever have tricks we may or may not share with our other equine competitors. Having a few years under your girth is not a bad thing, no way.

So, I have a few words to say about these numbers they put on our rumps. They're OK, it's part of the pre-race stuff, I know that. If I had every number that has been crayoned on my rump over the past three years it would fill a monument – stand back! And I'd like to remind you that I am (nearly, slipped a bit) the Number One Roadster for miles between year 2000 and 2003. OK, my Stud Club Member Za Zar Fire beat me by a few measly – really few miles – but he's another mean roadster, my brother. Meaning, stand back kids. Despite the slight challenge from my own I'm still a mean and lean roadster. I perform. And "Za Zar" (hey, Fire)", he still flies behind my tail – once in awhile-on a trail run. My fellow oldster, The Raj, and I teach them humility when most weekends we fly up-end up those hills and never hesitate. OK, Za Zar Fire knows how to do it almost as well as we older guys but that batty youngster Majic needs to discover where his brain is. Have to admit he's got the stamina and heart but I think he has a flea circus in his brain instead of neurons. This is: One Horse's Opinion. . One horse's opinion of the competition. Just wish he wasn't pushing me me hard, darn. To my readers, let's take betting odds.

Hmm, back to those numbers on the back end. Those things just don't come off easy. I tried a casual roll across the shed, a tree and the number still stuck. The People scrubbed me after training runs and the number still stuck. OK. Now I'm taking a different approach, as in – why be clean? I like my number. If I could do a tattoo it would be "Corky is Number 1". As in Number Won, the big time guy. Hey, it impresses the fillies big time. Not bad. I deserve it. So now – I don't bother with the butt rub and kind of swing myself away from the post work-out scrub brush. This is My Number and I'm the man (alright again, gelding) to take it up and show it off. And every number brings back memories; like the last Championship when my silly rider didn't quite make our last mount (hey, I took off – promptly, what was her problem?) and rode behind the saddle for awhile – people. We do our job and hope they can do their part.

To all my Equine Partners, watch my tail, take care of your rider, and the best to you all. We all have Tails to Tell.

Mr Corky, LEG Stables and still the Best Guy Out There – C

1000 Mile Club

Years	First Name	Last Name		Miles	Competing
1	Ellen	Rinde	McCrary	2956	19
2	Chris	Turney		2483	20
3	Pat	Browning		2460	26
4	Warren	Hellman		2294	21
5	Mark	Richtman		2240	22
6	Dennis	Rinde		2179	12
7	Mary	Tiscornia		2000	32
8	Jon (John)	Root		1975	20
9	Wayne	Hinrichs		1946	20
10	Steve	Shaw		1911	21
11	Curt	Riffle		1904	14
12	John	Osterweis		1866	21
13	Skip	Lightfoot		1858	17
14	Tom	Johnson		1821	17
15	Dave	Andreotti		1716	16
16	Kathy	Broadus		1678	12
17	Lon	Clearwaters		1666	18
18	Lani	Newcomb		1638	12
19	Paul	Robinson		1617	22
20	Tim	Hinrichs		1614	12
21	Gary	Webb		1609	15
22	Jim	Howard		1569	23
23	Arleene	Foster		1460	12
24	George	Hall		1419	22
25	Dan	Barger		1394	17
26	Russ	Kieman		1390	21
27	Don	Betts		1374	17
28	Robert	Eichstaedt		1353	20
29	Tom	Christofk		1314	14
30	Chris	Knoch		1289	11
31	Jeff	Windeshausen		1236	20
32	David	Foster		1230	11
33	Chuck	Stalley		1222	25
34	Byron	Grant		1197	21
35	Gino	Pomilia		1192	21
36	Paul	Rink		1177	12
37	Laurie	Riebeling	Wilson	1155	9
38	Cindy	Webb	Foster	1142	9
39	Tom	Gey		1098	16
40	Ted	Ruprecht		1088	21
41	Lew	Hollander		1058	21
42	Dennis	Tracy		1052	14
43	Rufus	Schneider		1045	12
44	Susan	Simons		1025	19
45	Dennis	Fesler		1003	15
46	Scots Bilexio (McCrary/Rinde)			1235	8
47	Cork Lightfoot/Riffle			1031	11

Total

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