

# RIDE & TIE



## NEWSLETTER

March-April 2005

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## THE DATING GAME

Reprinted from the April 1993 Journal of the Ride and Tie Association

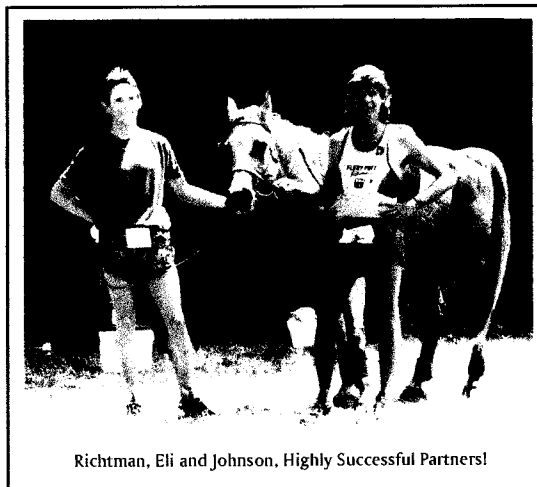
by Robert Eichstaedt

It always happens this time of year. The fireworks of April's wildflowers herald the start of spring training, and the gossip runs rampant. Rumors abound. Coy inquiries flit through the Ride & Tie community like pollinating bumblebees. The first Ride & Tie races are just a few weeks away- it's time to team up! For many veteran Ride and Tie competitors, the complications of assembling a team are much like trying to get a date for the prom. With a feigned casualness they check out the scene. Who's going with who? Who said no? Who's still free? Who thinks you're cute? Who's got their own horse (car) and who'll want to use yours?

I'm caught in Ride & Tie's annual pre-season shuffle, and I hustle desperately, both interviewing and applying, trying to arrange the ultimate performance partnership, all the while praying that my cageyness won't cause me to miss the dance. With nervous anticipation I stall until the last possible day, hoping for an outrageous offer from some world-class decathlete, or maybe a hard-bodied sprinter with a limousine horse and a support crew fresh from the NASCAR circuit. Of course it's all just reaching for the moon, but I can't deny daydreaming of the awesome victories my perfect team will achieve. We'll be the best there ever was! Our racing foes, seeing us haul into camp, will strip off their numbers and concede defeat. Fear and despair will enervate any who might dare ride against us. Every spring I hope for the fulfillment of my Ride & Tie fantasies. Every spring I swear that this year will be better than ever before.

Trying to make it better, I brush off the eager dweebs who keep dropping hints. I post a hot 10K time at some badly measured footrace, then get my courage up, put my ego on the line and invite that fabulous athletic god or goddess to team up with me. But, of course, they themselves are holding out for a more valuable draft pick, and it becomes a question of how long I'll hang on before giving up and giving in- how long before I bite at just anyone's offer to partner. "Anyone" has on occasion turned out to be someone a lot like me, just another pencilneck, trying to get a date. Our team turns out to be so geeky even our horse sports a pocket protector.

Newcomers to Ride & Tie know little of the sport's special springtime mating rituals. They often feel overwhelmed by the challenge of locating and evaluating appropriate partners, horse and human. If you've always wanted to do a Ride & Tie race but are intimidated by the challenge of putting together a team, here's something to keep in mind: your first Ride & Tie will always be the best one, no matter what your team looks like. I personally guarantee that your first Ride & Tie event will be the most fun you've ever had on or in the vicinity of a horse! You don't believe me?! Just give it a try and then we'll talk. (CONTINUED ON PAGE 6)



Richman, Eli and Johnson, Highly Successful Partners!

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## PRESIDENT'S MESSAGE

"Well I just don't look good naked anymore." That's a Sheb Wooley, the Flyin' Purple People Eater man's song that I've been learning on the guitar. Unfortunately the song might be true. I'm working on the pounds (sure). I just did a two-hour run (that's the truth, I just didn't go very far), filled the tub with cold water from our well and hopped in, screamed and hopped back out. Thanks for the idea, William Emmerson. I guess it's something you just have to get use to. I will start drawing my Social Security the week after the Championship. Unfortunately our horses are all out of shape too. I think this year's championship is going to be exciting.

I went for a run, walked a little, with my partner and very good friend, George Hall, last week. He had hip surgery two years ago. He's really running well. George, I will get Cinder and myself in shape. I'm riding her tomorrow. With our unusually sunny weather, the trails up here in Washington are in good condition early.

We have 22 teams already committed to do the Championship. Send in your entry! Here's what we have planned for you so far: Wednesday-Saturday--Caterer will be at the race site to provide snacks and meals and assorted taste treats. Horse Shoes, Croquet and Volleyball will be set up for your enjoyment, along with trails to ride and hike, and fishing and boating nearby. We will have an informal social hour (or two)

every evening to give us all a chance to get together and talk Ride & Tie.

Thursday we will have the General Membership meeting of the Ride and Tie Association followed by a barbecue/potluck. Also Thursday we will have a wild man from the wild west show to do an incredible demonstration of archery and hatchet throwing while riding bareback.

Friday we will have vetting in and the race meeting.

Saturday is the Championship race. It will be three loops with all the vet checks, the start, and finish in the same location. It's all next to the camping area and close to the caterer in case you get hungry. There will also be a short course Ride & Tie and an Ultra Run. We will be having a roast pig dinner and many awards afterward to celebrate. The Montana Old Time Fiddlers will provide after dinner entertainment. If you play an instrument or sing you are welcome to join in. I plan on doing my Ride & Tie song and who knows, maybe I'll sing "I Just Don't Look Good Naked, Anymore!"

Sunday will be the final event, the biathlon. We run this event primarily so that those involved with crewing and helping on Saturday can have a few sore muscles too.

There is now a Ride & Tie Forum on our web site [www.RideAndTie.org](http://www.RideAndTie.org). The few glitches it had have been fixed. If you have questions or comments about Ride & Tie or the Association, this is a good place post them. There's a place to post vet questions too. We have three vets on the Board of Directors and many veterinarian members in the

Association, so you will get real answers to your questions.

The rumors going around that we are looking for a site in Southern California, more specifically the San Diego area, for the 2006 Championship are true. It will probably be held the second or third Saturday in June to avoid the heat. This is when Levi used to hold the event. Hopefully school will be out by then. We also need suggestions for future race sites past 2006. If you have any suggestions, please pass them along to anyone on the Board of Directors.

Finally, we are looking for people that would like to serve on the Ride and Tie Board of Directors. There are four openings this year. Only two of the members whose terms are ending, Mary Tiscornia and Tom Steere, are wanting to run for reelection. As a board member you would participate in conference call Board Meetings at least quarterly and get together as a Board at the Championship each year. It would be helpful if you are a person that communicates through the Internet. You will undoubtedly end up on a committee, helping with the Championship, as an officer on the board, or all of the aforementioned. If you would like to serve please let me know by April 20<sup>th</sup> so that I can get your name to our Nomination Committee. Please contact me if you have any questions.

Don Betts  
[RideAndTieDon@aol.com](mailto:RideAndTieDon@aol.com)  
(360) 681-5218

### LETTER TO PRESIDENT DON BETTS

*Hello Don,*

*Bea and I received your letter and announcement for the 35th Annual race last night and were delighted with the memories that it prompted. And yes, I remember that my article in Runner's World was the spark that ignited your career in this wonderful sport. Often I have felt guilty that my journey allowed me to foresake my connections to all the wonderful friends and adventures that my participation in Ride and Tie brought forth. Your invitation, however, now has Bea and I engaged in a fun debate that goes something like this: Me: "I'm going to do it! I could call Chris or find someone who is a good runner and has a good horse." Bea: "Right honey. With your bad knee and all your speaking engagements in June and July I'm sure that would be a great idea. Plus, did you forget we are packing up our house in Idaho that month?" Me: "Yeah, I know. But, I could fit it in. I mean, Montana is so close to Idaho." etc. You get the idea. I still am considering the possibility in spite of the wisdom of my better half. I've stayed in shape with handball and do have a good Arabian in California I gave to my daughter. Agggghh! Anyway, just to catch you up. I'm now a Professor at Northern Arizona University. I've reclaimed my Cherokee roots and am doing much work in American Indian activism. I've written 12 books now, including one, "Primal Awareness," that has a chapter on the horse racing experiences. Also, just recently, a more radical book of mine was published, entitled, "American Assassination: The Strange Death of Senator Paul Wellstone." The title should let you know my concerns about the good of U.S.A. You can see more about my work at [www.teachingvirtues.net](http://www.teachingvirtues.net).*

*Well, I will try to make it there either as a participant or pit crew or something. And thanks for thinking of me.*

*Sincerely,*

*Don Jacobs (Four Arrows)*

Donald T. Jacobs is the author of Ride & Tie: The Challenge of Running and Riding, (World Publications 1978)

## RIDE & HIKE THE PACIFIC CREST TRAIL 2004

By David and Arlene Foster

We began planning and preparing for this trip a full year in advance. We read journals written by Ben York (who completed the trail twice, most recently in 1992,) and Jim McCrae (who was the first horseman to complete the trail in 1988.) We talked to every person that we knew or could be introduced to that had knowledge of the trail. We were provided with information on water, graze, and trail conditions. Of course, the trail changes every year and all your information could be wrong at the time of your trip.

We used three horses on our trip. Linda, a half Arab/ half Quarter horse, was our riding horse. Cozad and Junior, both Mustangs, were our pack horses. All our horses could be ridden or packed. The pack loads were kept down to 150 pounds, with 100 pounds of that grain. We chose Easyboots to protect the horses' feet, and had them shipped to our Trail Angels every 250 miles. The horses could not have made the miles without the Easyboots.

We had such great support from family, friends, and the Pacific Crest Trail Association members. BackCountry Horsemen helped us the most, with food drops for us and the horses.

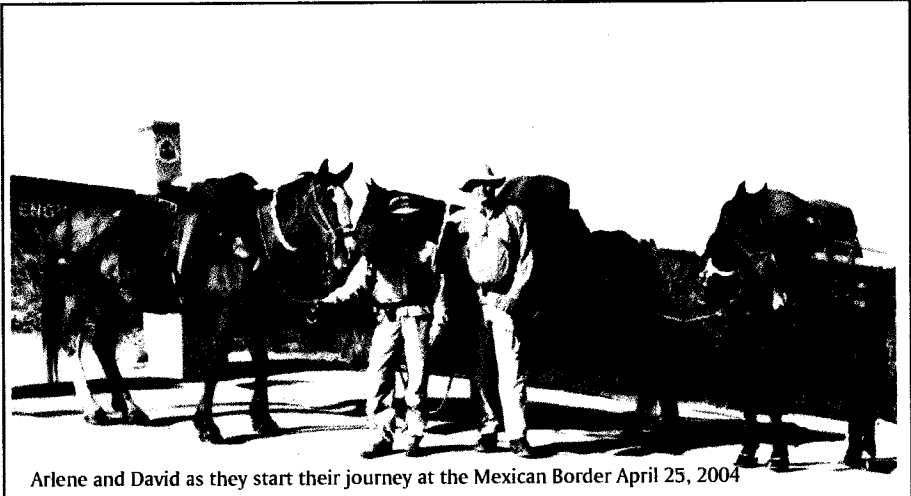
Our son dropped us off at the Mexican Border Monument on April 25. We chose to take turns riding and hiking, alternating every thirty minutes on our saddle horse Linda. The hiker was always out front clearing the trail, and opening the many gates. The horses trusted us, and would follow us over almost anything.

Water and graze were the most important things for a good camp. We made due at times, sleeping on a steep slope, or camping without trees to tie the horses to.

Our day started at first light, feeding, watering, and taking care of the horses. Then we would have breakfast and pack up. We let the horses graze as they walked on

two horses tied the loose horse would not leave the other horses.

Our first day out, Junior got spooked and ran up on Linda. He got the lead rope caught under her tail and she got a rope burn. Linda did not like that, but she stood still and did not spook or run. In time she learned to just raise her tail and let the lead rope drop.



Arlene and David as they start their journey at the Mexican Border April 25, 2004

the trail and stopped for half an hour or so if we found a nice meadow. We tried to pick our lunch and campsites where there was a meadow with good graze and water. Each day we covered about 20 miles, traveling for about seven hours. We always made camp before dark, usually before 4 P.M. This gave the horses plenty of time to graze. We hobbled the horses until they got full, then tied up two horses and let one go completely loose. We let the horses take turns being loose to graze all night. With

We had a few rattlesnake encounters. Linda did not like it when they sounded off. One time she thought it was safer to go off a steep bank. Cozad thought it was safer to go high on the steep bank. You could see how scared they were. Ears pricked forward, frozen in place. I felt the same way. I heard it but didn't see it. After a few rattlesnakes encounters, we came across an old t-shirt. When Linda walked over it, it moved! Linda thought it was a rattlesnake and stomped it to death. We had to laugh. (CONT. PAGE 9)



**DO YOU RECOGNIZE THIS ISSUE'S ARCHIVE PHOTO?** Who's in it? Where was it taken? When? The winner gets.... A hearty congratulations from us! Email answers to [RideAndTieNewsletter@yahoo.com](mailto:RideAndTieNewsletter@yahoo.com).

**AND THE WINNER IS....**

Carol Ruprecht who identified some of the competitors in the last issue's Archive Photo! (Page 4 Jan/Feb 2005) Carol says: "I think that's Pat Browning on the lead horse, and it could be Skip Lightfoot running #117. And that is definitely Jeff Townsend (last runner, single digit team number) he always wears that same shirt for Championship, it must be a lucky one. Did you notice Bud Johns in the background? I bet he knows which year this one is. And it's probably at Davenport. Could that be Gary Webb #129 in the center of the photo?"

# MY FIRST RIDE & TIE--BIG SOUTH FORK 2004

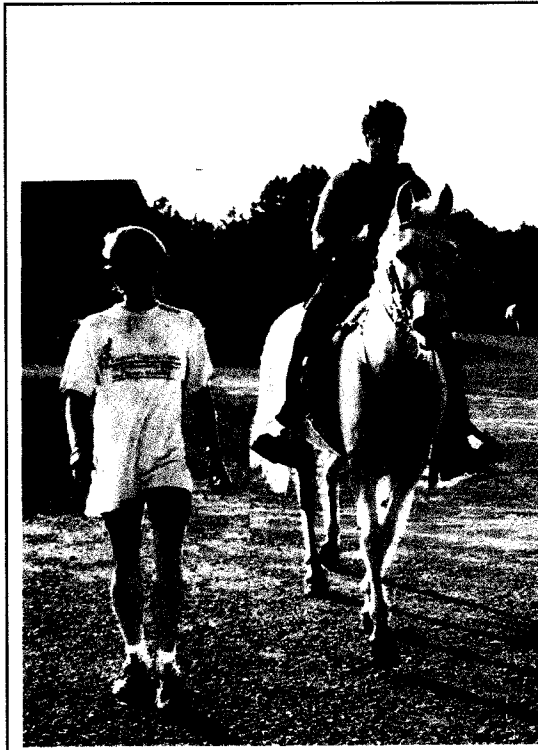
By Eric Cogdell

One day, my wife and I were on the internet looking at endurance riding web sites. I saw the event Ride & Tie, and it sparked something in me to investigate more. 'So, there is one horse and two humans,' I thought to myself, 'Exactly what kind of crazy sport is this?' Something about this event kept me looking more and more into the sport. With my life long love of horses and my career in the Army, this might be just the sport for me.

The next thing I knew, I was linked up with a partner I had never met and a horse I had never ridden. After years of leisurely riding quarter horses (with reins in one hand and an adult beverage in the other) and maybe covering 20 miles all day, my friends and family thought that I had lost my mind. The e-mailing with my running partner, Janice Heltibridle, started immediately. I wanted to do the 10 miler and she wanted to do the 50. So, we compromised and decided to do the 30 miler. We e-mailed several times over the short couple of months we had to prepare. I know that I had to have burned up her computer trying to figure out what I needed to do to prepare myself for the race. I have never competed in a race like this and I was doing 30 miles -- the last thing that I wanted was not to be prepared for this race. A lot had to be done in a short amount of time. It came down to the wire, but mission was accomplished.

On Friday, 10 September 2004, my wife and I packed everything that we thought we would need into the trailer and we headed to Big South Fork, TN. We arrived about lunch time and found the field we were to camp in. The people that had arrived prior to us were scattered out everywhere. It was a mess, but we finally found a space to set up. Now the hunt was on. We started looking for my partner, Janice. I had not a clue as to what she looked like, because we had only talked over e-mail. It took me a few hours but I finally found the ride manager, Joanne Grimes. After a short greeting, Joanne took my wife and me to meet my partner. It was nice to know that my partner really existed. Janice introduced me to our other partner, Frisky. After the introduction of everybody, it was time to

get to business. Janice & Frisky only had a very short time to train me in the fundamentals. This riding style was very different from what I was use to, but I picked up fairly fast. After a short training session, I decided it was enough; Frisky had a long haul in the trailer and needed some rest.



Janice Heltibridle and Eric Cogdell before the Big South Fork Ride &

Starting time came really early on Saturday morning. I met Janice at 6am to get Frisky ready for the day. We got Frisky saddled up and ready to go. We headed to the start point to meet up with the other racers. At this point, my mind is running 1000 miles per hour, hoping that I would remember everything that I learned the day prior. With everyone else there being so nice, I think that they helped settle my nerves.

7:15 AM and we are off. Janice decided that she wanted me to ride first and follow the other riders and tie with them. The pace was a lot faster than I was expecting but I adjusted very quickly. Soon I tied Frisky and took off running. Before I knew it, Janice was on my heels with Frisky. Wow, my partner sure is a fast runner! We did a fast change when she caught up with me and I was off with Frisky again. After a couple of fast change offs, I decided that I needed to run a little longer and had Janice go on by and tie up in front of me.

We made it to the first Vet check in just over 2 hours. I never knew that there was so much involved at the Vet check. Our Pit Crew (Bob-Janice's Husband & Rena-my Wife) did a great job with Frisky. I knew that after 16 miles my partner had not even broken a good sweat, and that I was in trouble. I knew then that she was going to run me into the ground. I should have trained harder, because she was making me look bad. We got Frisky through the Vet check and we were off again.

The second half of the race was the hardest because of the big hills. About six or seven miles into the second leg of the race, I started running out of steam. I had known this race would be challenging, but it was even more than I thought! I knew in the back of my mind that it would be nice to stop but I knew it would be a cold day in Hell before I would let myself quit. I just kept communicating with both of my partners (Janice & Frisky) and they gave me the energy to keep moving. It turned out that I was running the last part of the race and along the trail I saw the most beautiful thing: a trail sign that said "Bandy's Creek Camp 0.7 miles." Seeing this sign gave me the last burst of energy that I needed to cross the finish line. I ran out of the woods onto the road. There was only 100 yards left but it looked like a mile. I had been battling leg cramps for the last five miles, but this last bit was mine to conquer. I may have been limping from cramps when I crossed the line but I FINISHED. More importantly, the Team FINISHED.

I felt like I had been run over and dragged by a truck after the race but I had a feeling in my gut that I liked. I had a feeling that I had accomplished something big. If you would have asked me after the race if I was going to do another R&T, I would have given you a negative answer. But now after a couple of days and looking back, I am now planning my next R&T.

One last thing, I just want to thank everyone at the R&T for enlightening me about this great sport. Hope to see everyone on the trail soon.

### BOARD OF DIRECTORS

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WEBSITE: Trish Laney Webmail@rideandtie.org

# 2005 Ride & Tie Schedule

**APRIL 9, 2005** 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 16, 2005** GRIZZLY MOUNTAIN R&T  
Madras, OR 20 mile course  
Contact: Sara Miller (541) 475-9364  
Linda Tribby (541) 475-6199  
ltribby@bendnet.com

**APRIL 16, 2005** WHISKEYTOWN CHASER  
Redding, CA Contact: Karen Deaver  
19396 Natalie Way, Redding CA 96003  
(530) 275-8570 kdeaver@suhsd.net

**MAY 7, 2005** SANTA YSABEL Ride & Tie  
Santa Ysabel, CA 11 & 22 mile courses  
Contact: Rufus Schneider  
P.O. Box 311, Descanso, CA 91916  
(619) 445-2060

**MAY 21, 2005** QUICKSILVER PRO-AM R&T 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

**JUNE 25, 2005** BEAR SWAMP Ride & Tie  
Ithaca, NY 6, 12, & 20 mile courses  
Contact: Roberta Schmidt  
19 Muckey Road, Binghamton, NY 13903  
(607) 724-7080 Rschmid@stny.rr.com

**JULY 9, 2005** GOLD COUNTRY Ride & Tie  
Georgetown, CA 20 mile course  
Contact: Cheryl Domnitch  
(530) 273-5668 cdefpe@aol.com

**35th ANNUAL WORLD CHAMPIONSHIP**  
**JULY 9, 2005**  
**LIBBY MONTANA**  
**15 & 35 mile courses**  
Contact: SharenMcColl (619) 445-4485  
Don Betts (360) 681-5218  
RideAndTieDon@aol.com

**JULY 10, 12, 14, 16** FORT STANTON Ride & Tie  
Fort Stanton, NM 35 mile courses each day  
Contact: Beth Brinkley  
4800 N Poverty Flats Lane, Willcox, AZ 85643  
(520) 384-2948 bbrinkley@ncch.com

**AUGUST 6, 2005** CHAMPAGNE FIREWORKS R&T  
Santa Cruz, CA 12 & 25 mile courses  
Contact: Curt Riffle  
469 Casita Way, Los Altos, CA 94022  
(650) 949-2321 crriffle@earthlink.net

**AUGUST 13, 2005** SANTIAM CASCADE Ride & Tie  
Santiam Pass, OR 20 mile course  
Contact: Anna Sampson  
16501 S. Butte Creek Rd, Molalla, OR 97038  
(503) 829-5321 flyingn@molalla.net

**AUGUST 20, 2005** SWANTON PACIFIC Ride & Tie  
Davenport, CA 75 & 100 courses  
Contact: Ellen Rinde  
318 Swanton Road, Davenport, CA 95017  
(831) 423-6089 Ellenm@big-creek.com

**AUGUST 27 & 28, 2005** ALL KIDDING ASIDE R&T  
Waverly, OH 10, 25 & 50 mile courses  
Contact: Maggie Pritchard  
1934 Buchanan Road, Waverly, Ohio 45690  
(740) 947-2883 maggieszoo@dragonbbs.com

**SEPTEMBER 4** NORTHWEST LABOR DAY R&T  
Mount Vernon, WA 25 mile course  
Contact: Don Betts  
146 Janssen Farm Road, Sequim, WA 98382  
(360) 681-5218 RideAndTieDon@aol.com

**SEPTEMBER 10-11, 2005** BIG SOUTH FORK R&T  
Oneida, 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

**OCTOBER 1, 2005** 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 15** FOOTHILLS OF THE CASCADE R&T  
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 22-23** 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

**NOVEMBER 5** HORSETHIEF CANYON R&T  
Descanso, CA 11 & 22 mile courses  
Contact: Rufus Schneider  
P.O. Box 311, Descanso, CA 91916  
(619) 445-2060

FOR CORRECTIONS, CHANGES OR NEW RACES  
EMAIL RIDEANDTIENEWSLETTER@YAHOO.COM  
or CALL ANNIE BETTS (360) 681-5218

## CASH AWARDS AT CHAMPIONSHIPS

This year at the 35th Annual Ride & Tie Championship has \$4000 cash prizes available to winning participants!

The Corky Pro-Am Award of \$300, created in 2003 by Curt Riffle and Skip Lightfoot (Corky's co-owners) will be awarded to the best pro-am team at the Championship (unless they finish first and qualify for the Pat's Purse Award). The award is made in honor of Corky who holds the record for the most number of races completed (40) and for Curt and Skip who hold the record for the most team miles (1283) and the most races (28) in the history of the sport.

Pat & Nita Browning and the Ride and Tie Association have both contributed \$500 each to the 2005 Pat's Purse Award. This award is given to the first place team at the World Championship Ride & Tie if one member of the team is an amateur and has never won the Championship. The purpose of this award is to encourage experienced participants to recruit new people to compete at the WCRT as a pro-am team. An amateur is a person who has not completed more than two 20 mile races and has not completed a Championship.

Don Betts, as Championship Race Director, is setting aside \$1000 for each of three categories at this year's Championship: First place Man/Woman team, first place Woman/Woman team, and first place Man/Man team. He hopes to be able to increase the cash awards to include second place teams in each of these categories. He hopes these awards will be continued at future Championships.

## IN THE NEWS

By Carol Ruprecht

The sport of Ride & Tie has recently appeared in articles in the following venues, published since your previous R&T Newsletter:

Stable Management "Redefining the Trailride" by Audrey Pavia February 2005 (R&T is the magazine cover photo!)

Forbes "Money Man: Horse Sense" by James M. Clash, March 14<sup>th</sup> 2005 Money & Investing feature article on John Osterweis

The Equestrian News "Logos Hall: Natural Born Ride & Tier" by Trish Laney, March/April 2005

Hooked on the Outdoors "Annual Events Calendar" 35<sup>th</sup> Ride & Tie World Championship announced.

## DATING GAME (continued)

For a Ride & Tie team you'll need: one human, any size or sex; and one horse, ditto. Start by jotting down the names of all the runners or riders among your acquaintances, then call the Ride & Tie Association for the names of other available teammates. And put some ads up at the local gym and stable. Prepare a list of potential partners, but don't cull it yet. Instead, take the following quiz and then read on for some team-building hints

--Question: Success in Ride & Tie races demands high levels of physical prowess, outstanding technical riding ability, a graduate degree in strategic planning, and a solid gold horse? T or F?

--Answer: Way False, dude! Success in Ride & Tie is defined as "completion." You do not have to be a fast runner, or have a Top Ten horse to finish a Ride & Tie race. What both you and your chosen partners must have is the desire to work as a team, and the ability to learn from your mistakes.

Ride & Tie is about capital-T Teamwork. It's about two people alternately riding their shared horse and running on foot, on trails and cross-country, in a rough-hewn battle with other teams doing the same. It's about dynamic assessment of abilities, conservation of personal resources, but, most of all, it's about having fun with horses. Required of all Ride & Tie teammates, whether equine and human, is the willingness to work together, learning while adapting to quickly changing circumstances. It's sort of like a super-functional marriage where two mates learn-by-doing while enjoying a mutual appreciation of the absurd. Taking into account the equine element, we might perhaps describe the Ride & Tie team as a "menagerie" a trois. Ride & Tie mimics life,



The Wad Squad will partner for the 2005 Championship!

even in its finer details such as the chancy morass of "new relationship."

Want a simple way to evaluate someone's willingness to be in partnership? Here's a test that will quickly weed out those potential teammates who do not share your competitive goals: if your intended partner can't seem to keep basic agreements about training schedules, horse handling, or the team's running pace, then it's advisable to look elsewhere for someone who can. Likewise, if the horse you're evaluating stubbornly refuses to respond to commands, or just can't be bothered with standing still while you mount, it might be wise to option him out. However, it is possible to train horses, and occasionally even humans, so do give them an opportunity to learn

cooperation before you decide to "can" them. (Not meant in the literal sense, please.)

Of course, with the previous criteria in mind, the best partner for Ride & Tie is still one who has already raced a Ride & Tie event. The experienced Ride & Tier will have seen it all, and done much of it herself. She knows what it's like to take the wrong trails, lose her partner, and run past her own horse. At one time or another, she's forgotten the tie-rope, lost the buckets, and driven the truck over the saddle; she's snubbed down runaways and been one herself; she's seen hotter teams quit and older teams win.

Choosing a Ride & Tie horse is much like picking a human partner: it's less to do with performance and more about attitude. The horse must be willing to give whatever is required. It then becomes the riders' responsibility to make those requirements known and to reward the animal's willingness.

A horse which doesn't feel connected to the team, but just wants to go with the herd, can be a giant liability. A Ride & Tie horse should have the intelligence to know how to rest whenever possible. After a long and discouraging uphill footslog, it's inspiring and uplifting to come `round a bend and see your horse tied under a shady bough, standing with one slack hind leg while intently looking down the trail for you. Best of all is when he nickers in greeting. Then you know he's on the team. After you've done a race or two, you'll be astounded to discover that there are teams that favor a hostile attitude in their horses; these guys waste much of their energy during races boisterously arguing with the animal and with each other; they (CONTINUED PAGE 7)

# etc.

**THANK YOU to Rachel Toor our new Ride @Tie Mentor for Montana! (Racheltoor@earthlink.net)**

**THANK YOU TO Dave and Debbie Wagner, our new Ride@Tie Mentors for Utah! (Ddwags@redrock.net)**

**WANTED: Your photos, artwork, articles, ideas for articles, poetry, anything for the Newsletter. I live in fear that there won't be enough stuff to fill the pages!!!, RideAndTieNewsletter@yahoo.com.**

**\*\*\*\*\* DATE CHANGE! The Santa Ysabel Ride @ Tie, previously planned for May 14, has been rescheduled for May 7th!**

**\*\*\*\*\* Have you checked out our webpage lately? New stuff there everyday! Be sure to try out the Forum! Works great now! Www.rideandtie.org**

## PRACTICE R&T IN LIBBY

Don and Annie Betts and Marybeth Alkire are hosting a Free Practice Ride & Tie near Libby at 9 AM on Saturday, April 30th. It is open to anyone interested in trying out or practicing Ride & Tie. It is a great opportunity to give inexperienced horses their first taste of being out on the trails tied to a tree while other horses are running by. There will be 8 to 10 miles of marked trail. The practice will be starting at the Monroe's, at 247 Forest Way, (same place that we will be holding the Championship).

Take highway 37 north from Libby. Go 1/2 mile after crossing the Kootenai River. Turn left onto highway 567 (Pipeline Creek Road). Travel 5 miles on paved road to Munro's Meadow. Turn left on Dirt Driveway. There will be signs at the turn.

## DATING GAME – Continued

seem to enjoy throwing grit in their own gearboxes. I suppose it works fine for some folks, but for my part, I prefer a team that rolls along like well oiled clockwork, slicker than deer guts on a doorknob.

You'll notice that I've not mentioned breed. Breed is irrelevant if your ultimate goal is completion. While the Arabian has been bred to be a natural endurance champ, any horse with the conformation, strength and experience to do long distances can complete a Ride & Tie. Morgans, quarter horses, track trotters, ponies, and mustangs have all done well in Ride & Tie races. Yes, even Appaloosas.

The demands that Ride & Tie racing places upon a horse are not trivial, but can be met with appropriate conditioning rides. It's important to remember that a Ride & Tie horse is doing "interval"-style work over ultra distances, and therefore must be conditioned both for speed and endurance. During practice and conditioning, Ride & Tiers concentrate on identifying their animal's performance envelope boundaries, yet are careful not to exceed them.

A caution: The third-party horse, that is, one not owned by either teammate, is always a risky choice for new Ride & Tiers. A team using someone else's horse should stage as many practice rides on the strange mount as they can manage. Using a rent-a-horse in Ride & Tie is like that blind prom date that your mother arranged: full of unpleasant surprises. It's dangerous to assume that you can caretaker an unknown horse as well as you might your own, regardless of your good intent or experience.

Having selected teammates via the "willingness to cooperate" test, the newly-formed team is then free to focus on identifying the positive talents of its individual members and maximizing the use of those talents. For example, the best hill runner can choose to run a majority of the

uphill miles in races, while the superior rider might opt to ride the roughest off-road stretches. Each human brings an assortment of useful abilities to a team: strategy skills, trail sense, horse-smarts, competitive fierceness, good nature. And, likewise, every horse has "pluses" that can and should be exploited, such as a steady demeanor, surefootedness, one or more comfortable gaits, speed, quick pulse and respiration rate



Ride & Tie Partners: Don Betts, Gavilan and George Hall have completed ten championships together.

recoveries, durability, etc. How a team uses its collection of performance-enhancing attributes is what governs its racing success. Resource utilization is paramount. Size, weight, sex and peak physical conditioning are secondary considerations.

If your team consists of two novices and a rookie horse you'll move yourself well up the learning curve by running a few moderately paced practice rides alongside another, more experienced team. This will provide you with a feel for the wonderful natural rhythm of riding and tying.

On practice rides with experienced Ride & Tiers, you will find them gracious and willing to instruct beginners in the best methods for

ties and hand-offs- the calloused pros of our sport are always eager to offer helpful hints about rough trail riding and vet check procedures. If you're a disillusioned refugee from the endurance riding scene, the friendly camaraderie of the Ride & Tie "family" will be a refreshing surprise.

Pre-season practice sessions are beneficial to conditioning and quite inspirational. Running with the horses carries a primitive and energizing feeling. And those who feel occasional guilt pangs when making big furry beasts carry them about need only offer the penance of a few miles of jogging alongside their horses to find absolution. In Ride & Tie, unlike most other horse sports, the horse is an equal partner. Ride & Tie competitors transfer their own experience as endurance athletes to the conditioning and care of their animals. For many, it's a matter of keen pride to never ask their horse to do something they themselves have not done.

There you have it- the Secret of the Perfect Ride & Tie Team: A horse and two humans who want to do Ride & Tie and are willing to work as partners. Does Ride & Tie sound like your kind of fun? Then keep your Association dues paid up, keep training, and, most of all, don't miss the dance.

Ride & Tie is so simple and yet so complex. If you try it you'll soon see why some folks think it's a perfect metaphor for Life. In fact, there are even those who love it so much, they believe that Life is actually a metaphor for Ride & Tie.

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**LOOK WHO'S COMING!!!** Already confirmed competitors for the 35th Annual Ride & Tie Championship are: **Tod Wadsworth/Con Wadsworth, Arlene Foster/Dave Foster, Byron Grant/Paul Johnson, Russ Kiernan/Jim Brown, Laurie Wilson/Carrie Barrett, Linda Riley/Jane Depner, Steve Anderson/Liz Carrey, Jeff Townsend/Warren Hellman, Barrie Grant/Dannie Grant, Annette Parsons/Jim Clover, Don Betts/George Hall, Rufus Schneider/Ann Langstaff, Jonathan Jordan/Tara Jordan, Josh Steffen/Lisa Preston, Doyle Eggers/Sara Kelly, Peter Klopfer/Martha Klopfer, Carol Ruprecht/Ted Ruprecht, Kaci Calloway/Sherrie Calloway, Mary Tiscornia/Sid Sullivan, Nile Neu/Danika Hummel, Tim Calaway, Alina Vale, Dawn Hartsock**

# PLACES TO STAY ON YOUR WAY TO LIBBY

These places have offered a discount for Championship competitors and their crews.



**Mountain View**  
Bed & Breakfast

10% Discount to  
Ride & Tie Competitors

65705 W. Hwy. 20  
Bend, OR 97701  
(541) 280-6618

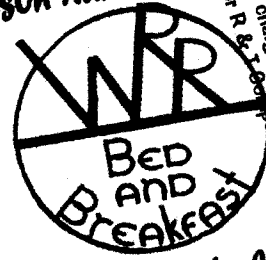
[www.mountainviewbedandbreakfast.com](http://www.mountainviewbedandbreakfast.com)

**HIDDEN ACRE**  
Horse And Rider Bed & Brk

10% Discount to Ride & Tie Co!

Judi Kieffer - Owner  
Boise, Idaho 83712  
3776 North Preet  
(208) 853-0723  
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[www.hansenguestranch.com](http://www.hansenguestranch.com)

10% Discount for R&T's

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Breathtaking Glacier National Park, for spectacular day hikes or just sight seeing

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[www.mastersuitebedandbreakfast.com](http://www.mastersuitebedandbreakfast.com)

\$10 per night discount for three nights

Here's a few more places which may be on your route which have horse facilities:

White Pine Inn B & B  
3848 White Pine Road  
Loon Lake, WA (506) 233-0255  
[www.whitepineinn.com](http://www.whitepineinn.com)

Deer Crossing Bed & Breakfast  
396 Hayes Creek Road  
Hamilton, MT 59840  
(406) 363-2232 (800)763-2232  
[www.bbonline/mt/deercrossing/](http://www.bbonline/mt/deercrossing/)

Bull Lake Ranch, LLC  
15303 Bull Lake Road  
Troy, MT, 59935  
800 995-4228  
[Bulllakeranch@yahoo.com](mailto:Bulllakeranch@yahoo.com)

Kooanusua Resort and Marina  
23911 Highway 37  
Libby, Montana, 59923  
(406) 293-7474  
[www.kooanusuaresort.com](http://www.kooanusuaresort.com)

Lazy N Bed and Breakfast  
1752 Pleasant View Drive  
Victor, MT 58875  
(406) 642-3668  
[brycen@cybernet1.com](mailto:brycen@cybernet1.com)

Moose Ridge Bed & Breakfast  
13901 Highway 2 South  
Libby, Montana 59923  
(406) 293-3960  
[www.mooseridgemontana.com](http://www.mooseridgemontana.com)

The Timbers Bed and Breakfast  
1184 Timberlane Road  
Ronan, MT 59864  
800 775-4373  
[paints1@qwest.com](mailto:paints1@qwest.com)

Also, Paul Johnson, outside of Moscow welcomes Ride & Tiers to stay at his place on their way to the championship!!  
Call Paul at (208)883-3809.  
Paul says his place is about five hours from Libby.

If you would like to have R&T folks stay at your place along the way, email me at:  
[RideAndTieNewsletter@yahoo.com](mailto:RideAndTieNewsletter@yahoo.com)



## QUICKSILVER PRO-AM 2005

The 2005 Quicksilver Pro-Am Ride & Tie will take place Saturday, May 21st, at the Almaden Quicksilver Park in San Jose, CA. We hope you can join us! We are considering some course changes to take advantage of some new trails the park has made available. We hope to be able to have camping and start, finish, and all vet checks in the same area. We will still offer three course distances of approximately 6, 12, and 24 miles. Stay tuned for more details. This Pro-Am event is perfect for people new to the sport, rejoining the sport after a few years off, and for those who are tuning up for the Championship or other races.

This year, all pro-am and novice teams will receive a \$25 discount off the entry fee (any distance)! We are very happy to welcome back Dr. Matt Randall as our head vet for the event, Debbie Cabrera as the event

by Curt Riffle

photographer, and the HAM radio club to help with course communications. Our sponsors so far include Platinum Performance and Phoenix Performance. More will be added as we get closer to the event.

In addition to our overall and pro-am awards, we will have a special award for the top Junior competitor (18 years or younger). This award is in memory of Judith Stein-Aviles, the sister of Debbie Cabrera. Judith had helped Debbie take photos at Ride & Tie events over the last few years, including the Quicksilver Pro-Am.

In an effort to save money and trees, we will not be sending out paper copies of the entry this year. So please help us spread the word electronically and forward this message to anyone you think might be interested in participating in the event!

We will have two practices prior to the event. On March 26, we will be practicing in the East Bay in the Sunol Wilderness. On April 30, we will be practicing on the course at the Almaden Quicksilver Park in San Jose. Please let me know at least one week in advance if you are interested in attending one or both of these practice sessions.

Please be sure make time to participate in the other northern CA events coming up this year: the new Whiskeytown Chaser Ride & Tie near Redding, CA on April 16, the Georgetown Ride & Tie on July 9 near Auburn, CA and the Champagne Fireworks Pro-Am Ride & Tie on August 6 in Santa Cruz, CA. See the Ride and Tie Association Web site at [www.rideandtie.org](http://www.rideandtie.org) for more details.

We look forward to seeing you on May 21!  
Curt Riffle  
Race Manager

## PACIFIC CREST RIDE AND HIKE --CONTINUED



Arlene and David reach the Canadian border September 15.

We have ridden, camped, and worked on many parts of the first 200 miles of the Pacific Crest Trail. When we started section "C" all that changed. New territory, new trails, a feeling of uncertainty at what lay ahead. No longer the well groomed trails we were accustomed to. We found the trail hard to follow at times, with no PCT markers for miles. So many downed trees, rock slides, river and stream crossings, large boulders, and trees blocking our way. I counted 32 down trees one day.

The scenery was awesome. When we started, the flowers were all in bloom. So many vibrant colors, so many varieties. The mountains were unbelievable, I stood in one spot and took pictures of all the mountains around me. You have to see them, no picture will do them justice. The vegetation changed all the time from desert brush to lush forest

trees. Each with their own beauty. The meadows and streams were my favorite. The meadows provided us graze, and the streams our water. The babbling streams would lull us to sleep. The nights were mostly clear, the stars shined so bright. We slept under the stars, with no tent, unless it threatened rain or got too cold.

The horses were fantastic. In the beginning they wanted to go back where we came from. But soon they knew what the routine was. We stopped and they ate or rested. It was great just watching them eat and sleep. No more wandering off. They enjoyed their free time. Linda once rolled in a stream, I could hardly believe my eyes, rolling in water. Junior loved to roll too. He would roll seven times in a row, all the way over on both sides. Cozad watched over his herd, always alert, always watching. I could not believe the

obstacles they jumped over, the snow they plowed through, the small narrow trails they weaved through. We asked them to go through some tough trails. There was a piled up jumble of large lava rocks blocking the trail. Lava rocks all around us. Hikers climbed right over them with no problem. We had no choice but to ask the horses to cross this mess and they did it. Linda and Junior only got one small cut on their lower legs. That was it, for the whole trip, one cut! We were so proud of them. They were so strong, they worked hard yet only broke a sweat two times on the whole trip. We would take off their gear, and half the time they were dry under the saddle, too. They did lose weight in Washington and Oregon. There wasn't much graze in some areas. The forest was overgrown with too many trees, with no sunlight for the grass to grow. They ate huckleberry bushes and all kinds of leaves. We felt so bad for them.

We lost weight too. David lost 30 pounds and I lost 20 pounds. We craved juicy hamburgers. I got blisters on my right heel, they would heal then come back to plague me. David wore heavy boots and did not get blisters. David worried we would not finish our trip before the snow started so we pushed Oregon and Washington with only 2 days of rest and 20-mile days. The last weeks were tough, it rained and snowed on us. We got soaked and cold. The tent had snow piled on it, and the snaps and tent poles froze. That was tough. The snow falling, the mountains and trees covered in snow, that was beautiful.

On September 15, in the rain and the snow, cold, tired and triumphant, we reached the Canada Border.



# 35th Annual World Championship Ride & Tie

To be held in the  
**Kootenai National Forest**

Near Libby, Montana

**July 9th, 2005**

**\$4000 cash prizes available to winning teams**

For More Information visit [www.rideandtie.org](http://www.rideandtie.org)

Or email [Championship@rideandtie.org](mailto:Championship@rideandtie.org)

Or phone Don Betts (360)681-5218

35 Annual World Championship Ride & Tie  
Kootenai National Forrest Libby, Montana  
July 9, 2005

Please Circle the race you are entering and make checks payable to the Ride and Tie Association

Championship Race \$100    Short Course Ride and Tie \$50    Ultra Run \$50    Biathlon \$50

Rider #1: \_\_\_\_\_ Phone #: ( ) \_\_\_\_\_ Age: \_\_\_\_\_ R&T # \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Rider #2: \_\_\_\_\_ Phone #: ( ) \_\_\_\_\_ Age: \_\_\_\_\_ R&T # \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Horses Name: \_\_\_\_\_ Age: \_\_\_\_\_ Breed: \_\_\_\_\_ Sex: \_\_\_\_\_ Color: \_\_\_\_\_ R&T#: \_\_\_\_\_

Owner: \_\_\_\_\_ Phone #: ( ) \_\_\_\_\_ Address: \_\_\_\_\_

**NOTE:** Both riders must be members of the Ride and Tie Association.

**THIS IS A RELEASE. IT CONTAINS LIMITATIONS ON LIABILITY. READ IT!!!**

I understand that Ride and Tie, Ultra Runs, and Biathlons are hazardous activities which involve being in remote areas for a long time; that these areas have many natural and man-made hazards which race management cannot anticipate, identify, modify, or eliminate; that horses can be excitable, difficult to control, and unpredictable; and that accidents can happen to anyone at anytime, and that there is NO ambulance or medical help present. I UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK and upon acceptance of my application for entry in the above described race, I acknowledge that I assume FULL RESPONSIBILITY for my own safety. I and my heirs, executors, and administrators, will hold the Ride and Tie Association, and all officers and directors thereof, any member of the race management and race personnel, and all property owners/tenants whose land the race crosses BLAMELESS for any injury or loss to myself or my horse which occurs due to my participation and free from all liability for such injury or loss. In short, I will not sue the race management, their personnel, landowners or tenants, Ride and Tie Association for ANY REASON! I am fully aware of all race rules and agree to abide by those rules set down by the race management and Ride and Tie Association. " I fully understand the consequences for not following race rules. As a participant in this race, I have read the above liability release and will agree to abide by ALL rules.

Rider # 1: \_\_\_\_\_ DATE: \_\_\_\_\_

Rider #2: \_\_\_\_\_ DATE: \_\_\_\_\_

Horse Owner: \_\_\_\_\_ DATE: \_\_\_\_\_

Ultra or Biathlon Runner: \_\_\_\_\_ DATE: \_\_\_\_\_

**MINORS OR JUNIORS MUST HAVE THE FOLLOWING RELEASE SIGNED.**

We, the undersigned parents or guardians of \_\_\_\_\_, born on \_\_\_\_\_ understand that Ride and Tie can be a hazardous activity, that injuries or accidents can occur, and that this ride has no medical aid or insurance for my child. We have entered our child in the above named ride AT THEIR OWN RISK and understand that we will assume full responsibility for the child's safety. We have read the above release that our child, as a rider/runner, has signed and fully understand the release and ride rules. We agree to release the Ride and Tie Association and all officers, directors and all members of ride management and personnel, and all landowners/tenants, from all claims, demands, law suits or liabilities which might otherwise arise by virtue of injury to our child or child's horse, no matter who is at fault. We do further authorize any ride personnel of the above ride to consent in our behalf to any emergency medical treatment by a properly licensed person, which may be require for our child, and do agree to indemnify and hold harmless anyone giving such consent.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

Relationship to the above named minor: \_\_\_\_\_