

RIDE & TIE



NEWSLETTER

March 2006

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36th Annual World RIDE & TIE CHAMPIONSHIP July 1, 2006 Santa Ysabel, California



PHOTO BY KB RANCH PHOTOGRAPHERS

ENTRY FEE: \$100/team
\$1000 prizes to first M/W, M/M, W/W Teams
plus Pat's Purse and the Corky Award

Camp open from June 24-July 5

Race Director: Rufus Schneider (619) 445-2060
sam2001@direcway.com

Send Entries to: Ride and Tie Association
PO Box 385, Alpine, California 91903

Message From The President

Welcome to the 36th year of Ride & Tie. There are a lot of sanctioned races on the schedule this year. There are races in California, Virginia, Maryland, Washington, Pennsylvania, New York, New Mexico, Oregon, Tennessee, and Utah. There are multiple day rides. For those that really want to have a full day on the trails there are 50, 75, and 100-mile races. There's probably a race near you.

Preparation is underway for a great Ride & Tie Championship in San Diego on July 1st. I have conformation that Bud Johns will be there to drop the hat this year. Camping will be available from June 24th through the 4th of July weekend. Bring the family and have a great time. We will once again be playing tunes. There will be several of us pickin' guitars and this year we're expecting to have Warren Hellman and George Hall with their banjos. Anyone else that would like to play tunes, please join us. Brandi, I will bring my fiddle for you.

Hopefully you have received the 2006 Ride & Tie Handbook. We tried a new bulk mailing service. The Handbook was mailed out January 23. Some of you still had not received your books midway through February. If you have received this newsletter in the mail, then you are a current member and you should have received a Handbook. If you did not receive your Handbook, please let us know and we will send you one immediately.

First there were 21 and now there are only 20. That would be the Rules of Ride & Tie. At the February Board of Directors meeting we revised Rule 20 and 21 (now known as rules 19 and 20) and eliminated Rule 14.

Revise Rule 19

A team has not completed the race until both human teammates and their horse have fully crossed the finish line, although it is not required that they do so simultaneously. Finish times for all races under 20 miles is determined by the time that the horse meets pulse and respiration criteria established by the head Veterinarian.

Revised Rule 20

These rules apply to a sanctioned race. A race may be of any distance, but to be sanctioned there must be a Ride & Tie race of at least 20 miles in length included within the same event.

Eliminated Rule 14

No smoking will be allowed on the trail at any point.

These rule changes will not matter to anyone competing in a race over 20 miles in length. They do let us include the short course races in



**I WANT YOU
ON THE RIDE & TIE BOARD**

our insurance and let us recognize their participants for their achievements. We will be keeping a separate point total for those that only do short courses and we will try to honor those that are exceptional as we do for races over 20 miles in length. The top point and mileage people for 2004 received stainless steel license plates frames engraved with their achievement. Awards for the 2005 winners will be given out at the General Meeting Thursday, June 29 at the Santa Ysabel Championship.

If you are a finisher in any sanctioned Ride & Tie this year you will receive a \$5.00 voucher which will be good for up to one half your entry into the Ride & Tie Championship. Vouchers issued prior to July 1 must be redeemed for this year's Championship race. Vouchers received after that date will be good for the 2007 Championship.

Finally, we are looking for people who would like to serve on the Ride and Tie Board of Directors. There are three openings this year. As a board member you will 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 above. If you would like to serve please contact the Chairman of the Nomination Committee, Doyle Eggers rotneggranch@isp01.net (831) 663-6007 by March 20th.

Don Beth

Pioneertown Ride & Tie

The New Year has just begun, and the Ride and Tie season started off with a bang, as 22 teams showed up for the second annual Pioneertown Ride and Tie. The event, hosted by race manager Barbara Robertson, was staged in the tiny (and I mean tiny) Western "outpost" aptly named Pioneertown. Pioneertown is located north of Palm Springs, in the high desert, and has been used as a filming location for many Hollywood Westerns. It boasts a classic main street, with the tumbleweeds rolling by, just like the movies!

Many of the competitors, such as myself, stayed the night at The Pioneertown Inn. With its rustic cabin rooms, and a corral for your horse, RIGHT OUT BACK it

couldn't be better. And the race started and ended right there! (Post race, it was terrific to walk the 50 yards to your room, and grab a quick shower before the noon check out!)

Barbara, and her great crew of volunteers, staged 3 races distances, short courses of 6 or 13 miles, and long course of 26 miles.

Twelve teams started the long course, and 1st place was the man/woman team of Mike Whelan and Gunilla Selzer. Rufus Schneider, who will be the race director for the 2006 Championship, placed 3rd partnering with Jim Calkins. She was generous enough to bring two other horses "along", for other teams to use for the event. Rufus has been the race director for many SoCal events, and we all appreciate the time and effort she continues to give to our sport. Thank you Rufus!

Eight teams competed in the 13-mile short course, which was won by the man/woman team of David De La Rosa and Alessia Ebling of PLATINUM PERFORMANCE. Their company has been a loyal supporter of Ride & Tie for quite some time, and many competitors and their horses have enjoyed receiving their products for awards. (Myself included.) Five teams completed the 5-mile course, and one of the competitors, a brave

by Laurie Wilson

fellow named Tim Huntington, had never ridden a horse! The veterinarians awarded the Best Conditioned horse award to the 4th place team of Tom Gey and Carole Ruprecht on Findefar.

Quite a few competitors made the long haul from Northern California, including Warren



PIONEERTOWN, site of the Pioneertown Ride & Tie

Hellman and partner Jeff Townsend, Steve Anderson, Frank Lieberman and Bill Johnson, Jennifer Tiscornia and partner Jessica Jacob, and myself. It was great to see longtime Ride and Tier Bill Johnson back, after a hiatus from the sport.

Having an early season event, such as this, keeps us all out there running and riding, through the winter. So many thanks to Barbara for staging a great event.

Laurie Wilson began participating in Ride & Tie in 1995 at Sun Valley, Idaho. She has completed over 1000 Ride & Tie miles, and has won six woman/woman titles starting in 1997 at Fort Bragg with Kathy Appleby. She has also won titles with Mary Tiscornia, Becky Widler, Becky Spencer, Alina Vale, and Brandi Page. Laurie is one of the newest members of the Ride and Tie Board of Directors.

RACE RESULTS

PIONEERTOWN RIDE & TIE

January 14, 2006

Pioneertown, California

Barbara Robertson, Director

24 Mile Course

- 2:48 Gunilla Kent/Mike Whelan on LP
- 2:55 Jonathan Jordan/Laurie Wilson on Flyer
- 2:59 Jim Calkins/Rufus Schneider on Zima
- 3:02 Tom Gey/Carol Ruprecht on Findafar
- 3:12 Warren Hellman/Jeff Townsend on Flew
- 3:53 Rick Noer/Melanie Weir on Kamanche
- 4:05 Bill Johnson/Frank Lieberman on Gypsy
- 4:19 Steve Anderson/Kirsten Seyferth on Slim

12 Mile Course

- 1:17 David De la Rosa/Alessia Ebling on Koonaa
- 1:25 Beth Crawford/Mike Fraysse on Majafar
- 1:48 Trish Gibbs/Kurtis Ibarra-Dosio on Justin
- 1:58 Dick Blizzard/Jane McGrath on Fire Mtn Scamp
- 2:05 C. Thompson/Seanna Thompson on Ole Pretty Boy
- 2:05 Sandra Thompson/Ward Thompson on Orey
- 2:09 Patti Bowman/Dawn McCool on Ruby
- 2:09 Megan Hartop/Melissa Limkenbeard on ----

6 Mile Course Finishers

- Joe Zimmerman/Summer Zimmerman on ----
- Gail Kemble/Kelly Rojas on ----
- Jennifer Manson/Amanda Wood/ on ----
- Linda Camisasca/Cyndi Testa on ----
- Tim Huntington/Barbara Robertson on ----



Kirsten Seyferth, Slim and Steve Anderson at Pioneertown

RUNNER TRAINING FOR SANTA YSABEL by Tom Gey

This year's championship site could be hot come race day July 1. The average high temperature in July is 92 degrees, with an average low temperature in the 50s. Competing at 90 degrees will present a challenge to both equine and human athletes not acclimated to heat. Here's what you can do to prepare yourself to race in these conditions.

First, get yourself in shape, because just being in good condition will help you deal with the heat. Even if you are training in a cool environment, putting on a good base mileage per week will help prepare your body to cope with hotter temperatures when you race. I like to work up to at least 30-35 miles of running per week, which is probably about the minimum you need to comfortably complete a 35-mile course.

Second, train in the heat for a couple of weeks before race day. Research has shown that by running in the heat your body becomes almost fully acclimated to higher temperatures in approximately 2 weeks. While there are some anecdotal reports that sitting in a sauna may help you acclimate to heat, the scientific research clearly shows that physically training in the heat is the best way to acclimate your body.

Starting with 2-3 miles, each day gradually build your running mileage in the heat. If it isn't possible to train in the heat, run with an extra layer of clothes to simulate higher temperatures. As your body adjusts to running at higher temperatures, it will become more efficient at dealing with the heat.

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Tom Gey on Freedom Ferme at 2002 Championship

CONDITIONING YOUR HORSE FOR PERFORMANCE

Horses in days of old were generally well conditioned for performance because, day to day, they performed. Being ridden or driven for transportation on a regular basis kept them fit. Standing around in stalls and paddocks does not.

In a natural manner, feral horses condition themselves while they walk about grazing. Horses walk at 2 - 4 miles per hour. They sleep about four hours out of the day. As they meander around finding grass to graze, even at their slowest 2 MPH walk, if they are on the move for only 10 out of the 20 remaining hours, they average 20 miles of movement per day, usually on varied footing. And of course, periodically, the whole herd gallops off to the top of a hill to gaze back at whatever excuse they used to incite themselves to a good jaunt.

Ride & Tie's competitive goals demand much more of our horses. Short of turning "Noble Steed" out into the mountains of Montana, how can a RAT'er be sure his/her horse is fit enough to safely perform at a novice level, and then conditioned to perform even better?

First, buy a stethoscope. In order to gauge and improve the degree to which your equine is conditioned, learn to monitor and understand some basic measures of metabolic function. Conditioning will not improve without periodic increases in the amount of stress the body is asked to handle. The secret to successful conditioning is to stress the body enough to force it to remodel into a stronger and fitter being, without increasing stress on the body to the point of distress.

Soft tissue can be remodeled in six months to one year. In other words, your horse's muscles, including the heart muscle, can soon be conditioned to make him go as fast as he's ever likely to be able to go. However, it takes the semi-hard tendons and ligaments one to two years to remodel, and bone, up to three years. That first year of conditioning, your horse has more heart than legs. Your job is not to ask him how fast and for how long he feels like galloping. Your job is to gradually toughen up his locomotive system to handle the stress that his conditioned metabolic system can put on him. Distance riders call it "LSD" ... long, slow, distance work.

If your horse has been trail ridden for pleasure for a few years, or grew up in the mountainous pasture, he's developed "bottom". Conditioning for performance can begin. The essence of conditioning is teaching the horse's body to utilize more oxygen more efficiently. →

by Lari Shea



Lari Shea with her horse, Avantii

2006 CHAMPIONSHIP AT SANTA YSABEL

by Rufus Schneider

Are you curious about the Championship Ride & Tie course? Come check it out early! May 13th is the date for the Santa Ysabel Ranch Ride & Tie. It will be held at the same place the 2006 Ride & Tie Championship will be held and on some of the same trails. You will get a good idea of the area. The May 13th Santa Ysabel Ranch Ride & Tie will have a 7-mile, 13-mile, and a 25-mile course. We look forward to a big turnout.

Speaking of the Championship, camp will open on June 24th, (one week before the Championship) and remain open until July 4th, which should give you plenty of time to explore San Diego County. The Race Camp is two miles from Santa Ysabel with its famous Dudley Bakery, restaurants and a market. Seven miles away is the historic mining town of Julian with Bed & Breakfasts, hotels, restaurants and a wonderful Main Street to shop and browse for an afternoon.

CONDITIONING YOUR HORSE continued

We'll first use the stethoscope to count the number of heart beats per minute. A normal resting mature riding horse has a pulse rate between 32-40 BPM. Some promising individuals with bigger, stronger heart muscle only need to pump blood 26 -30 times per minute. These are good prospects for sports requiring sustained cardiac output.

To take the heart rate, stand at your horse's left side and rub the side of your hand holding the head of the stethoscope down from his shoulder into his "armpit". Don't goose your horse with a cold poke! Place the diaphragm of the stethoscope against the horse's left chest wall in the girth area just behind and about 4-6 inches above the point of elbow, then scootch it forward a bit. Wait for a few moments until the horse becomes accustomed to your invasion; his heart rate will stabilize. Each "lub-dub" you hear is counted as one heart beat. Gently tap your toe in rhythm with the heart beat to help keep up with the rate. If you can't hear the heart, press your stethoscope a bit harder against his side. Move it further forward and experiment with a higher position. For the most accurate count, listen for a full minute. After you get good at it, you can count for 30 seconds and multiply by 2, or for 15 seconds, multiplying the result by 4 to get the rate per minute. Don't count for ten seconds and multiply by 6, because I guarantee, you'll have much more error that way. And this may seem obvious, but you'll have an easier time clocking off 15 seconds if you begin when the big hand is at noon, three, six or nine!

Horses have an absolutely amazing cardiac capacity. At maximum work, they can multiply their resting pulse rate by a factor of 8-10 times. In other words, an athlete with a resting pulse rate of 26 BPM could work anaerobically at maximum exertion for a very short period with a heart rate of 260 beats per minute. Think what would happen to your own heart if your resting heart rate of 60 went up to 600 when you ran. Kaboom!

It is most efficient, however, for horses to work aerobically at distance with a working heart rate of between 110-160 BPM, determined by an on-board heart monitor. A conditioned horse's heart rapidly drops back towards the resting rate the very moment he stops working. Most endurance riders find that no matter how steep the hill they just went up, it is hard to catch the heart rate at higher than 120 or 130 BPM after dismounting and taking the rate with a stethoscope or by palpating pulse. Within 5 - 15 minutes, if your horse is fit, his pulse will be in the low 60's. The really elite athlete's pulse may drop to 60 or below within two minutes during a competition.

Here is our first test to determine your horse's state of conditioning. After a typical brisk workout lasting a good hour, take your horse's pulse rate immediately upon stopping, and continue to monitor it every few minutes until it is down to 60 BPM. Allow him to drink, and scoop water on him to cool him down. If it took 30 minutes for your horse to recover to 60, you are working him way too hard for his degree of condition. Back off, find the level

CONTINUED ON PAGE 9

On the road between Santa Ysabel and Julian you can find everything you need or want to enjoy your stay. stores, restaurants, gas stations, feed stores and Kin Leo's Chocolate Factory. It's worth a stop for a treat. Fifteen miles from camp in a different direction is the cowboy town of Ramona. There you will find vets and more restaurants, motels and other services. North of camp, about twenty minutes away is Warner Spring Resort. It has hot spring pools, bungalows, a 5 star restaurant, golf course, equestrian center and airstrip. With enough notice we can provide you with info to stay there if you wish.

Of course being San Diego, we also have beaches, the Wild Animal Park, San Diego Zoo, Sea World, Lake Cuyamaca and Palomar Observatory and other points of interest nearby. Don't forget Mexico is also a little over an hour's drive south (Tecate and Tijuana). Why not plan on making the Championship Ride & Tie a good reason to visit Southern California? There will be more info on the base camp, trail conditions and activities in the following issue.

THANK YOU PETER HAAS by Bud Johns



Peter E. Haas, chairman emeritus of Levi Strauss & Co., died December 3, 2006 at 86. An enthusiastic trail rider--especially with his Morgan Tony Vermont--he attended the first Ride & Tie race when it was sponsored by his company in 1971. He was Levi's president of the time and was promptly hooked by the sport. He attended each championship--which in those days was known as The Levi's--through 1984 and presented the completion buckles and other awards for those events.

Peter Haas is pictured above with Dawn Damas and Mary Tiscornia at the 1972 Championship.

(PHOTO FROM THE BUD JOHNS COLLECTION)

THANK YOU

TO THESE STOP-OVER PLACES WHICH HAVE MADE A CONTRIBUTION TO THE RIDE AND TIE ASSOCIATION! If you are stopping over in their area call them first!

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WHERE TO SLEEP WHILE TR



Traveling with a horse can be a lot of fun if you plan well. When we travel some of our overnights are planned because they have great trails to explore. Others are ideal because they offer a safe place to leave your horse while you explore the area without a horse. Other times we choose our overnighting spot only

because it is convenient to the highway we are traveling. Below are some of the places I've found in California which may be helpful to you while you are planning your trip to the Championship.

All of the places listed have facilities to keep your horse overnight. Some are only for horses. Some are stables that have space for your RV and others are motels, hotels or bed & breakfasts. To find more places to stay overnight while traveling with your horse try these websites: www.totalescape.com/active/animals/corrl.html, www.horsetrip.com, www.travelinghorse.com, www.horsemotel.com, www.socalequine.com (They also have northern California listings), and my favorite: www.horseandmuletrails.com. Also try the book: *Nationwide Overnight Stabling Directory* (www.overnightstabling.com) which is well worth the purchase price for anyone who travels with their horses.

Following is the list of privately owned places in California that would welcome the Ride & Tie competitors on their way to or from our Championship. Be sure to mention the Ride & Tie Championship. Many offer discounts!

ANDERSON: 3D Ranch~3dranch@sbcglobal.net~(530)378-2276

ARBUCKLE: SJ Ranch Guest House~ www.sjranchguesthouse.com~(530) 476-2579

BAKERSFIELD: Sioux City Ranch~jpopplewell@bak.rr.com~661.588.0496

BROWNSBURG: BarB M Farm~barBMFarm@aol.com~(317) 852-8740

BURNEY: Burney Mountain Guest Ranch~www.burneymtn.com~(530)335-4087

COTTONWOOD: Cottonwood Creek Equestrian Center~cottonwoodck@aol.com~530-347-0212

CRESCENT CITY: Orman Guest Ranch~<http://home.earthlink.net/~ormaninc>~866-232-8398

ESCONDIDO: Holly's Land Stables~619-339-1963

FRESNO: Silver Glen Stables~www.silverglen.com~(559) 285-1153 (cell)

HEMET: A Ranch~www.jinshindo.org ~ (951)767-3393~(951)295-0560 ~ (951)333-8005

INYOKERN: Bonfire Ranch ~lindanrustyb@yahoo.com~760-377-4088

JULIAN: Stagecoach Trails RV~info@stagecoachtrails.com.

KELSEYVILLE: Henry's Horse Hotel~deliver@myself.com~(707)279-8895

LOS BANOS: Angel Acres Horse Hotel~www.angelacreshorsehotel.com~(209)829-1560

MONTEREY: JM Farms~ Jon@worrall.com ~ (831)659-2552

OAKHURST/FRESNO: Homestead Cottages~www.homesteadcottages.com~800-483-0495

PASOROBLES/TEMPLETON Carriage Vineyards B&B~www.carriagevineyards.com~800.617.7911

PETALUMA: Valley View Stables~www.valleyviewstablesinc.com~(707)778-1240

REDDING: A&B Horse Hostelry~horsemotel@hotmail.com~530-221-4354

SACRAMENTO/DAVIS: Blacktie Ranch~blacktieranch@msn.com~(707) 678-1080

SACRAMENTO/ELVERTA: Shandoni Ranch~dirwin6839@aol.com~916 991-5232

SACRAMENTO/Woodland: Woodland Stallion Station~a_taylor@direcway.com~(530) 661-1358,

SANTA BARBARA/GOLETA: Horseman's Hangout~mnhorsin@silcom.com~805-685-4440

SANTA BARBARA: Rancho Oso Guest Ranch~www.rancho-oso.com~(805)683-5686

SAN LUIS OBISPO: Sea Horse Ranch~stable@seahorseranch.com~(805)528-0222

SANTA YNEZ: Cricket Canyon Ranch~www.cricketcanyonranch.com~(805)686-5942

YREKA: Rhonda's Place~rzinkel@sisqtel.net

TRAVELING WITH YOUR HORSE

In addition there are many campgrounds in California that have horse facilities. AAA puts out a recreation map for northern California and one for Southern California that has all the public campgrounds and many of the private. The map indicates which places have horse facilities.

CALIFORNIA STATE PARKS allowing horses to overnight are:

- Anza Borrego Desert S.P. (Whittaker Horse Camp) www.reserveamerica.com or (800)444-7275
- Cuyamaca Rancho State Park (Los Caballos) www.reserveamerica.com or (800)444-7275
- Folsom Lake State Recreation Area: Avery's Pond (916)988-0205
- Folsom Lake State Recreation Area: Granite Bay (916)988-0205
- Humboldt Redwoods State Park www.reserveamerica.com or (800)444-7275
- Lake Earl: contact ranger at (707)464-6101 ext. 5151
- Lake Oroville Rec.Area (Loafer Creek Horse Camp) www.reserveamerica.com/ 800.444-7275
- Mount Tamalpais State Park (Frank Valley Horse Camp) (415)388-2070
- Point Mugu State Park www.reserveamerica.com or (800)444-7275
- Redrock Canyon State Park (661) 942-0662
- Samuel P. Taylor State Park (Devil's Gulch State Camp) (415)488-9897
- Sinkyone Wilderness State Park www.reserveamerica.com or (800)444-7275

There are also **REGIONAL AND COUNTY EQUESTRIAN CAMPS** such as those listed below:

- BERKELEY:** Es Anderson Equestrian Camp, Tilden Regional Pk, Berkeley,(510) 562-2267
- OAKLAND:** Bort Meadow, Anthony Chabot Regional Park, Oakland, (510) 562-2267
- LIVERMORE:** Del Valle Regional Park, south of Livermore, (510) 562-2267
- ORANGE COUNTY:** Starr Mesa Equestrian Camp (949) 923-2210 www.ocparks.com
- O'Neill Regional Park: 1.800.600.1600 www.ocparks.com

And some **FOREST SERVICE PARKS**(www.fs.fed.us):

- GEORGETOWN:** Dru Barner Park No fee, no water, no toilets. From Wentworth Springs Road, five miles east of Georgetown, look for sign past Camp Virner, turn left on Bypass Road. Go 1.5 miles on gravel road to the park. (See Bottlehill Rd. on Georgetown Map) No reservations.
- ELDORADO NATIONAL FOREST:** (South of Tahoe National Forest)
 - Loon Lake Equestrian Group: (530)647-5415 or www.reserveusa.com
 - Tell Creek Horse Camp (20 miles east of Placerville) Permit Required, (530)647-5415
 - Wrights Lake Equestrian Campground (34 miles east of Placerville) (530)647-5415

Most of the **NATIONAL PARKS** do allow horses and horse camping. Each park is different and has different requirements. Many allow only pelleted or cubed feed only. Some require special permits. Contact the individual park regarding what their requirements are:

- JOSHUA TREE:** Ryan Camp: Call 760-367-5541, Mon-Fri, 8 am to 4 pm
Black Rock Campgrounds 1-800-365-2267.
- LASSEN VOLCANIC NAT'L PARK:** Horse Camp at Summit or Juniper Lakes; call 916-595-4444
- REDWOOD NATIONAL PARK:** Contact park for details
- SEQUOIA AND KINGS CANYON:** Parks' Wilderness Management Office at 559-565-3761

FAIRGROUNDS: Most Fairgrounds will allow you to camp with your horses. Many provide stalls or corrals, if there are no events during your travel times. To find Fairgrounds along your route go to www.countyfairgrounds.net and choose the state you'll be traveling through.

And finally, **FRIENDS!** If you are traveling and need a place to stopover, why not contact a person in the Ride and Tie Association and ask if you can stop at their place, or if they know of a place to stop? Use your Membership List in the 2006 Handbook to find new friends to contact.

**THANK YOU
TO THESE CONTRIBUTORS
TO THE RIDE AND TIE
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**RIDE
& TIE HANDBOOK
2006**



2006 Membership List, 2006 Race Schedule, Race Flyers, Bud Johns Letter, Conditioning your Horse, by Jim Steere, DVM, Board of Directors, Founding Members, Lifetime Statistics, 2005 Race Results, 2005 Point and Mileage Champions, Photos & more!

Did You Get Your 2006 Handbook? We've had a problem with the mail. If you didn't get yours yet, let us know! Annie12345@aol.com/(360)681-5218

2006 RIDE & TIE SCHEDULE

- 8 APRIL NO FRILLS Ride & Tie.** Star Tannery, VA--30/50 mile courses--Contact: Susan Trader--(540)882-9721 SusnTrader@aol.com
15 APRIL CHESAPEAKE Ride & Tie. Fair Hill, MD--15/30 mile courses--Contact: Cate Peloquin (410) 420-7678 cpenguin57@aol.com
15 APRIL GRIZZLY MOUNTAIN Ride & Tie. Madras, OR--20 mile course--Contact: Don Betts--(360) 681-5218 RideandTieDon@aol.com
22 APRIL WHISKEYTOWN CHASER Ride & Tie. Redding, CA--6/12/25 mile courses--Karen Deaver--(530) 275-8570 kdeaver@suhsd.net
13 MAY SANTA YSABEL Ride & Tie. Santa Ysabel, CA--11 & 22 mile courses--Contact: Rufus Schneider--(619) 445-2060
20 MAY MOUNT ADAMS Ride & Tie. Trout Lake, WA--25 mile course--Stephanie Irving--(509)395-2065, stephirving@sbcglobal.net
20 MAY QUICKSILVER PRO-AM Ride & Tie. San Jose, CA--5, 14, 23 mile R&T's--Don Strong--(530)268-8475--dons@deanshomer.com
28-29 MAY MICHAUX MADNESS Ride & Tie. Mount Alto, PA--11,30,50 mile courses--Skip Kemerer--(301)293-2949--skippykemerer1@aol.com
3 JUNE BEAR SWAMP Ride & Tie. Sempronius, NY--6, 12, & 20 mile courses--Roberta Schmidt--(607) 724-7080--rschmid@stny.rr.com
3 JUNE DESCANSO Ride & Tie. Descanso, CA --15 & 25 mile courses--Contact: Terry Wooley-Howe (619) 445-5443. cancer@inetworld.net
1 JULY 36TH ANNUAL WORLD CHAMPIONSHIP RIDE & TIE. Santa Ysabel, CA--15 & 38 mile courses--Rufus Schneider--(619) 445-2060
8 JULY SWANTON PACIFIC Ride & Tie. Davenport, CA--75/100 courses Contact: Ellen Rinde--(831) 423-6089--ellenr@big-creek.com
9,11,13,15 JULY FORT STANTON Ride & Tie. Fort Stanton, NM--35 mile course-- Roger Taylor--(505)897-4985--Roger_Sue@prodigy.net
12 AUGUST SANTIAM CASCADE Ride & Tie. Sisters, OR--20 mile course--Anna Sampson or Mary Nunn---(503) 829-5321--flyingn@molalla.net
26-27 AUGUST ALL KIDDING ASIDE Ride&Tie. Waverly, OH--10/25/50 mile courses--Maggie Pritchard--(740)947-2883--maggieszoo@hotmail.com
26 AUGUST HEADWATERS OF THE ROGUE Ride & Tie. Prospect, OR, 25/8 mile courses--Annette Parsons--(541)846-6656--aparbns@apbb.net
8-10 SEPTEMBER BIG SOUTH FORK Ride & Tie. Onieda, TN--10/30/50 mile courses--Joanne Grimes--(865) 693-4308--JFGHorse@netzero.net
9 SEPTEMBER RETURN TO COOL Ride & Tie. Cool, CA--8/14/20 mile courses--Contact Frank Lieberman--(530) 886-0980--Coolinda@juno.com
22-24 SEPTEMBER CHESAPEAKE Ride & Tie. Fair Hill, MD--20/30/45 mile courses--Contact: Cate Peloquin--(410) 420-7678--cpenguin57@aol.com
23 SEPTEMBER OLD STAGECOACH Ride & Tie. Simpson Springs, Utah--Contact: Dean Jackson--(801) 254-4347--E-mail Sundownr@xmission.com
7 OCTOBER MANZANITA Ride & Tie. Boulevard, CA--13 & 25 mile courses--Terry Wooley-Howe--(619) 445-5443--cancer@inetworld.net
21 OCTOBER FOOTHILLS OF THE CASCADE, Molalla, OR--20 mile course--Anna Sampson or Mary Nunn---(503) 829-5321--flyingn@molalla.net
4 NOVEMBER HORSETHIEF CANYON Ride & Tie. Descanso, CA--11 & 22 mile courses--Contact: Rufus Schneider--(619) 445-2060

FOR COMPLETE LIST CHECK YOUR 2006 RIDE & TIE HANDBOOK

PLACES TO STAY NEAR THE CHAMPIONSHIP SITE

These are B&B's, Hotels, Cabins and Cottages. July 4th weekend is a popular one in the area. Make your reservations early!

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Appletree Inn (760)765-0222

Black Oak Cabin 800 379-4262 www.blackoakcabin.com

Butterfield Bed & Breakfast (760) 765-2179 / (800) 379-4262 www.butterfieldbandb.com

Cabin at Strawberry Hill (760)765-0765 www.artistsloft.com

Eaglenest Bed & Breakfast (760) 765-1252 / (888) 345-6378 www.eaglenestbandb.com

Historical House (760)765-1931 www.historicalhouse.com

HORSEMAN'S INN (760) 765-1034 / (888) 765-1159 WWW.HORSEMANSINN.COM

Julian Gold Rush Hotel Bed & Breakfast (800)734-5854 www.julianhotel.com

Lutz Castle (760)765-0208 www.lutzcastle.com

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Oak Hill Farm Lodging (760) 765-2356 www.oakhillfarmlodging.com

Orchard Hill Country Inn (800) 716-7242 www.orchardhill.com

Pine Hills Lodge (760)765-1100 www.pinehillslodge.com

Pinezanita Cottages (760)765-0429 www.pinezanita.com

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Shadow Mountain Ranch Bed & Breakfast (760) 765-0323 www.shadowmountainranch.net

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GOODBYE MR. BONES

by Annette Parsons and Jim Clover

Goodbye Mr. Bones. We did not think we would have to say those words for at least another 10 years. We never knew it would hurt this much.

Bones died suddenly and unexpectedly around 4:00 p.m. on January 3, 2006. When Jim was heading out for a run at 3:50 Bones was prancing around with head and tail high, along with the other two horses in the field. Jim paused on his way out to admire him, he looked so gorgeous and noble. Jim thought to himself "God, he's beautiful!". When Jim returned from his run at 4:30, Bones was lying dead in the paddock. We could find no sign of a struggle, so we can only pray it was mercifully quick. He died running free, no bit in his mouth.

Bones was the once-in-a-lifetime horse. He is the standard to which we will forever hold all other horses. Before he joined our family as a four-year old, Bones had raced on the track. With us, he soon began to learn about Ride & Tie and discovered his true calling. He truly loved the sport. As a five-year old, Bones carried us to victory as National Man-Woman Ride & Tie point champions. Bones taught me what it felt like to be a winner!

As an eight-year old, Bones carried Jim across the rugged Sierra Nevada over the 100 mile Western States trail in the Tevis. In his first and only 100 miler he placed an admirable 51st in under 20 hours, and finished in fine form.

Over the years, Bones completed 7 championship Ride & Ties and many other smaller races and endurance rides. Bones was a tutor to several of our other horses as they learned the ropes of Ride & Tie. He was also a teacher for several of our friends who partnered with either Jim or me, and have since become avid Ride & Tie fans and competitors. They will search the rest of their lives for a horse with the smooth, fluid way of going, the athleticism, the eager competitiveness and trusting, gentle manner, the heart of Bones.

CONTINUED ON PAGE 11

CONDITIONING YOUR HORSE continued

that he can handle, and gradually increase the duration and intensity of his workouts from there. If he recovered easily to the required parameter in 10 minutes, you are probably not making him more fit with the degree of workout he is receiving. He may retain his current condition, but he will not become more fit without more work. Remember that working in sand or in the hills, or at greater speed, puts a considerable amount of additional stress on all systems. Increase one parameter a little bit at a time, either speed, distance, or difficulty of terrain.

Although we all have watched a hot horse blow after vigorous exertion, respiratory rate itself is not the best indication of how fit a horse is. Research in equine sports physiology has shown that respiratory intake usually is not the limiting factor in performance. In other words, horses take enough oxygen into their lungs. It is the ability to distribute oxygen to the tissues, there to be "burned" to create energy, that differentiates the fit animal from the unfit.

In addition to bringing oxygen in, horses breathe to expel the waste products of metabolism, and to cool themselves off. The resting respiratory rate of 2 - 20 breaths per minute will usually increase to match the stride rate at the trot or canter. (Interesting fact: They breathe in rhythm with the diagonal on which the rider is posting. Change diagonal, and notice your horse switch

his breathing rhythm.) If you feel your horse suck in an additional gasping breath out of rhythm while trotting or cantering, it means he cannot keep up with oxygen demands. He needs to refill his tank... you might as well slow down. If you've galloped up a hill, when you stop your horse may take some very deep, relatively slow breaths at first to replenish oxygen. Then when he's got enough O₂, his respiratory rate may rise dramatically as he pants to help cool himself off. Although respiratory rate usually drops concomitantly with or lower than pulse rate as a horse recovers, some horses continue to pant for a while if they are hot. This may be normal for the individual.

While you are conditioning your horse, you must watch for certain dangers. Notice his attitude; some horses will tell you when they've had enough. Don't argue with Mother Nature. Check for structural soundness, and take any indication of filling or heat as a sign that you are pushing too hard. Do not wait for actual lameness to occur. But your greatest danger during conditioning or competition is dehydration and the consequent electrolyte imbalance.

Work produces heat as a byproduct; horses dissipate this heat in a number of ways. They begin by shunting blood to peripheral blood vessels near the skin surface. You've seen the little veins on your horse's neck, head, and legs pop out like a road map. If the temperature of

the air around the horse is lower than his skin surface temperature, heat will radiate off. Relatively small, thin skinned, leanly muscled horses like most Arabians do this better than bigger, bulkier muscled equines, since they have a greater proportion of surface area to body mass than do their larger kin.

Here's a trick I learned in a hot tub: If you really want to impress your friends with your ability to soak in the hottest spa, get in and don't move. Your body surface temperature will cool off the surrounding water. But if you move an arm, it will feel like you're waving it through scalding water again... you'll have broken out of your cocoon of relatively cooler fluid. And in reverse, if your horse is standing still radiating heat out into cooler air around him, he'll be standing in a bath of hotter air. You can feel this by putting your hand about 1/2 inch away from his neck, and feel how much hotter the air around him is than the ambient air. Slowly walking him will take him into constantly cooler air. But of course, walking is work..... In the UAE, they set up fans to blow cool misted air across the horses' skin at vet checks.

As we mentioned earlier, horses also pant like a dog, literally exhaling hot air and breathing in cooler air. Some heat is lost when they pee and poop. But their most efficient means of dissipating heat is evaporation due to sweating.



"Bones"

(Tuts Tumbler)

April 10, 1987 - January 3, 2006

CONDITIONING YOUR HORSE continued

I learned how well evaporation cools when I was living without electricity, with a milk goat. To keep the gallon a day of milk from going bad, I put it into a glass jar, placed the jar in a pan with a couple inches of water at the bottom, and covered the whole thing with a wet Turkish towel, the ends of which were tucked into the water bath in the pan. Osmosis kept the towel moist, and evaporation kept the milk cool.

Horses do not have a "sweat sack" reservoir of water stored somewhere in their body to be used for cooling. The fluid component of sweat is taken from intra- and extra-cellular fluids, from gut contents, and from blood itself. Hence, skin loses elasticity, becoming more like parchment, gut motility slows down, and the blood actually gets thicker. Your veterinarian or an experienced endurance or ride & tier can help you perfect some simple tests to check for dehydration by monitoring skin response, capillary refill time, jugular refill, gut sounds, and quality of mucous membranes. Here's what to look for:

To test skin response, pinch a hunk of skin in the middle of horse's neck, pull it out gently and release. Normally hydrated skin will spring back into place in one second or less. As the horse becomes more dehydrated, the skin is less elastic and may take 2 or even 3 seconds to pop back. A horse with thicker skin and more subcutaneous fat will have a faster skin response test, so get to know what's normal for your horse. Skin response will be slower, the closer to the head you test, as the skin there is more loose. Skin response at the point of shoulder, where the skin is tighter, should always be instantaneous. I like to test in all three places... it just takes a few seconds.

As the horse becomes more dehydrated, his blood actually becomes thicker, and takes longer to refill when pushed out of little capillaries. Therefore, we test capillary refill to check for state of hydration. Since most of the horse's body is covered by hair, we look inside his mouth on mucus membranes to make this judgment. Standing at your horse's left side, put your left hand on the bridge of his nose, and with your left thumb pull up his upper left lip at the corner. With your right thumb, push against his gum above his left upper corner incisor hard enough that when you take your thumb away, you see a white circle where the blood has been pushed out of the underlying capillaries. Count the seconds until the gum pinks up again. Instantaneously to one second is normal. Two or three seconds is becoming seriously dehydrated. You can also judge how moist the mucus membranes are at this time, and see their color. Shortly before a horse dies, he might have perfectly dry blue-ish purple membranes. You're hoping for naturally wet and pink.

Normally, your horse's guts make gurgling sounds about four times per minute as food is squeezed through the intestines by peristaltic action. As a horse loses fluid to sweat, the gut contents are thicker, motility slows down, and

you'll hear fewer gut sounds. Listen with your stethoscope both high and low in the flank area on both sides. (Yeah, you could use your ear up against his side, but the 'scope makes it easier.) Let your horse eat grass along the trail and at every break or vet check. In nature, horses eat nearly continuously. After a couple hours without anything to eat, the intestinal flora which aid digestion start to die back. If your horse is ravenous after a forced starvation while being ridden for 6 or 7 hours, he may have difficulty digesting everything you give him at the end of the day. Also, fiber in the gut holds water, lessening the chance for an impaction.

A lecturer from Kentucky Equine Research told us a few years ago told that KER had finally put to rest that old adage: "You can lead a horse to water, but you can't make him drink." They found out how to make a horse drink. Let him eat. Then he'll drink. Of course, he should be eating green grass, soft hay, or a mash, but not a lot of concentrates until he's reasonably rehydrated and his guts are rolling.

As you probably know, blood flows towards the heart via veins. The biggest, easiest to find vein in your horse is the jugular, on the underside of his neck in that convenient groove. As you've probably suspected by now, if a horse becomes dehydrated, the time it takes blood to refill his jugular vein if it is "stripped" will be slower than normal. Standing on his left side, push your thumb against his jugular vein about 6-8 inches down from his jaw to cut off the flow of blood. With your right thumb, strip the blood down towards his heart, so the jugular vein will be "empty". Take your left thumb away, and count how many seconds it takes for the jugular to refill. Again, faster is better.

As you can imagine, if a horse is dehydrated, his heart rate is likely to be elevated, since it has to work harder to push thicker blood to deliver oxygen. If the guts don't digest food properly because of fluid loss, the horse might colic. Yet, the most efficient way for a horse to cool himself down while performing work is by sweating. It's obvious, a working horse needs a lot of water.

When at rest, a normal equine consumes 5 - 6 gallons of water per day. When working at length in hot weather, he may drink 20-30 gallons or more per day! But he may perspire out even more fluid than he can possibly replenish during a given period of time. Stop at every possible water source while on the trail to encourage your horse to drink. Ask your riding companions to remain with you until your horse drinks, for if they move off, yours will want to follow despite the fact that he may not have relaxed enough to realize he really is thirsty.

You can also help to prevent fluid loss by creating artificial sweat to evaporate off of your horse's skin. Any time you stop at a stream or mud puddle, get off and use a scoop cut out of a bleach bottle to soak your horse's body with cooling fluid. If there's a lot of water on the ground, learn to use a big sponge slung on a string to hoist up water while you trot by. While riding along, I carry up to 6

water bottles just to cool my horse. Anytime we're walking up a steep hill, I sprinkle water along the sides of his neck and over his head, if he doesn't mind that. Approaching a vet check, I make sure to use up any water I have left, to help him get an early start on cooling. Any water I put on him from the outside to wet his hair saves him from producing fluid from the inside to use for evaporation. I refill my horse's water bottles at every vet check, and at water tanks or pools along the trail. The extra pound he's carrying are much less important than the benefit that water gives him.

After the ride, walk the horse around every now and then while he's cooling off, so he does not become stiff, but pause frequently for him to drink his fill. Do not make him wait until you decide he is cool and put him back in his paddock to take a drink. At that point, he will be in danger of gulping too much at once, and will not have the advantage of natural movement to aid in dissipating the water.

Folks are wondering how their horses will handle what might be a bit of heat at the World Championship Ride & Tie in San Diego. Horses do relatively well in dry heat, since the evaporative function works best when relative humidity is low. So the crucial factor is making sure that they don't become dehydrated as they sweat to keep themselves cool enough to be competitive. On a hot, dry day, your horse can lose many gallons of fluid to sweat, even though his coat always looks dry, since the moisture evaporates before soaking the coat. My horses train next to the ocean in Northern California, where we consider it a heat wave if it gets hotter than 79 degrees. Yet they've done fine at Tevis and various Race of Champions in high heat and elevation. However, taking them back to the east coast, where they would have to deal with high humidity, would take much more time to acclimate.

Hopefully, one of our riding veterinarians will write about the reasons for supplementing with electrolytes during training and competition.

If you question your horse's state of being, Dr. Kerry Ridgway's "Cardiac Recovery Index" will give a good indication of his ability to continue, or, conversely, his need for rest. By gradually increasing the work load, while monitoring your horse's well-being, you can create a horse fit enough to take you wherever you want to go.

Lari Shea
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Lari Shea has competed in five Ride & Tie Championships since 1983 at Eureka. She has been the Race Director for the two Ride & Tie Championships held in Fort Bragg (1997 and 2004). Lari has completed five Tevis races and was the winner of the Tevis in 1989 on Sur Sheriff in 12 hours and 48 minutes. She lives in Fort Bragg, California where she enjoys her business providing local (Mendocino Coast) and International Riding Vacations for people

IN THE NEWS by Carol Ruprecht

The sport of Ride & Tie has recently appeared in articles in the following venues, published since issuance of the Ride & Tie Handbook.

Western Times "Ride & Tie: Getting Started Part 2" by Kathleen McFarren March 2006. Note, this article will be posted on our Ride & Tie website! Click Press & Media, then select "Ride and Tie Library".

The Orange County Register "Sport makes horse sense" by David Whiting February 16th 2006

Western Times "Ride & Tie: How to Get Started" by Kathleen McFarren February 2006, Part I of a II Part Coverage. Note, this article is also posted on our Ride & Tie website! Click Press & Media, then select "Ride and Tie Library".

The Equestrian News "Crew You AND the Horse You Rode in On!" by Carol Ruprecht Feb/Mar 2006

Men's Journal February 2006 List of sports to try includes Santa Ysabel Ride & Tie 2006.

The Equestrian News "Tips for Traveling with Horses" by Carol Ruprecht Dec/Jan 2005-06

Horse News "15 Uncommon Equestrian Sports To Try (Or Watch)" Cover listing, "Ride & Tie: The Pair Sport That Combines Running and Riding." November 2005

Auburn Magazine "Endurance Athletes" interview with Tom Johnson, 2005

GOODBYE MR. BONES continued

In 2003 Bones carried my cousin and me as we "ride and tied" for a month over nearly 400 wilderness miles of the Pacific Crest Trail across the state of Oregon. He even carried a pack on a three-day wilderness trip and never faltered or spooked, although it was clear from his demeanor that he felt it was beneath his dignity.

As fiery as Bones was at the start of a race, he was always the one we put the little kids on when they came to visit, so kind and trusty was he. He always seemed to know when it was time to race and when it was time to babysit.

The night before he died, I was grooming him as we waited for our semi-monthly farrier visit. I had detangled his mane and tail and curried the mud from his winter coat. As I brushed his neck he placed his muzzle next to my ear and held it there, breathing softly. The tingle I felt when he did that was like nothing else. As we nuzzled each other, Jim appeared around the corner of the barn. I had to laugh as I said "You caught me making out with your horse!" That memory of our last time together is my treasure, and will comfort me as the deep ache eases with time, as it must.

Just before we buried Bones, Jim asked me if we had a grease marking pencil. I found one in the horse trailer, and watched as Jim walked over to Bones' body and drew a big #1 on his hip. To us he will always be #1. We are honored to have had Bones in our lives these past 15 years. We miss him deeply and will never forget this strong, gentle, trusting soul.

Annette Parsons and Jim Clover

RUNNER TRAINING FOR SANTA YSABEL continued

By more efficient, I mean you will become better at sweating; you will start sweating sooner, you will sweat more, your sweat will be less salty, and your stomach should process fluids quicker. Since sweating helps you stay cool, as you get better at it, your body will stay cooler while you run and you will lose less electrolytes in your sweat. All of this will help your race performance.

Since you will be sweating more, you need to pay more attention to staying hydrated and maintaining proper electrolyte balance in your blood. Try to get your body used to drinking fluids while you are running. For training purposes, a good rule of thumb is to drink water on any runs lasting longer than 45 minutes. I like to run and ride with a small Camelbak pack because I can drink at full gallop. My partner prefers to have the horse carry water bottles attached to the front of the saddle.

On runs longer than an hour, drink sports drinks that will keep you hydrated, provide some energy and some electrolytes. Experiment with different sports drinks to find one that doesn't upset your stomach, but still keeps your energy levels up during long runs and keeps you hydrated. Personally I like Accelerade, but lots of my running friends like Gatorade. A word of caution here: most sports drinks need to be diluted somewhat so the fluid will move quickly into your bloodstream.

I have not found a sports drink that keeps me from cramping in races longer than 2 hours, so if you have problems with cramping, I recommend you experiment with some sort of electrolyte capsules. I am still experimenting, but I have found that using Endurolyte capsules definitely helps prevent cramping.

The 1989 Frazier Park Ride & Tie World Championship was Tom Gey's introduction to the sport. Partnered with his mother-in-law, who decided to defend her mount by riding until the horse drank, Gey did most of the running. It was a year remembered for heat. It was the last time the Championship was held in southern California. Tom was hooked: certain it could get better than this.



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The Gaston-Mercier saddle is by far the most comfortable saddle I have ever ridden. -Julie Breuer

Did You Know? Last year our own JIM STEERE became the oldest person to ever finish the Tevis! CONGRATULATIONS JIM!!