

RIDE & TIE



NEWSLETTER

March 2007

37TH ANNUAL WORLD

RIDE & TIE CHAMPIONSHIP

Humboldt Redwoods State Park

June 16, 2007



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

Camp Opens: June 9th
Race Director: Chris Amaral (707)839-5624
Championship2007@rideandtie.org

Send Entries to: Ride and Tie Association
PO Box 2436, Sequim, Washington, 98382

Message from the President

Our snow has melted. Spring is nearly here and an exciting new Ride & Tie season is about to begin. Annie and I flew back to Oklahoma to speak at the AERC Regional Convention to promote Ride & Tie and to enjoy the ice storm. On April 28 and 29 the Hog Scramble in Huntsville, Texas will be the first sanctioned ride & tie to be held in the AERC Central District. If you live in the area, will be there on business or vacation, contact the ride manager, Dawn Carrie, or our mentor in the area, Karen Wolfsheimer. There are people in the area looking to team up with some veteran ride & tiers. How about the Alabama Yellowhammer, located in the Talledega National Forest in Alabama? Maybe you have some friends or relatives with a horse in the area. Maybe it's time for a little cross country adventure. Joanne Mitchell, the seasoned race director of Big South Fork, is the race director for the Yellowhammer and might be able to help get you teamed with someone in the area. Perhaps this is the year to try one of the multi-day rides. Because you stay over an extra day or two, or four it becomes an entirely different experience. You will need to change your whole idea of pacing especially if you will be using the same horse for all of the days. It's a great way to make new ride & tie friends and spend more time with some old friends. Be sure to check the schedule. There are some great races listed there.

The Ride and Tie Association belongs to its members. The Board of Directors exists to make this an association that works for you, to educate people on ride & tie, sanction races, and put on first rate Championship races. We value your suggestions and encourage your involvement. My reason for writing a letter in each Newsletter is to pump you up and get your adrenaline flowing and to keep you informed on what the Board is accomplishing.

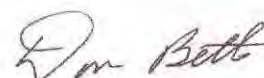
The Board has made some significant changes over the last several years. The approved Board Minutes are now posted on our web site. The Membership dues have been lowered for continuing members from \$50 for an individual to \$25, and \$75 for a family to \$40. We have streamlined the Rules of Ride & Tie from 21 rules to only 18. We are finally officially recognizing competitors in ride & tie races of distances under 20 miles. Entry fees for the Championship have been lowered from over \$200 down to \$100 per team. We have added \$1000 first place prizes at the Championship for the winners in the Woman/Woman, Woman/Man, and Man/Man divisions. Last year the Championship race was returned to southern California for the first time in 13 years.

This is our second year to have the yearly Ride & Tie Handbook. We have added color to our publications. The Ride & Tie Newsletter is adding Veterinarian and Junior sections. We would be glad to try and address any specific topics or suggestions you may have to make the Newsletter even better.

This year we will be holding the Ride & Tie Championship in Humboldt Redwood State Park, home of the Avenue of the Giants Redwoods. People come from all over the world to see these fantastic trees. For the price of only \$100

your family and your partners, can camp there for a whole week, ride the trails, compete in the Championship race, win a couple of belt buckles, and eat at the awards banquet. This is an extreme bargain. We have plans for future Championship race sites at the Cooley Ranch, Healdsburg, CA; Taylorsville, CA; and a ranch near Prineville, OR. We are currently in discussion with FEI, about having our Championship race in Lexington, Kentucky in 2010 as a demonstration event during the World Equestrian Championship.

So, set your goals, run those hills, and ride those ponies. It's time to go Ride & Tie.



Spring IS almost here! Betts Log House in Sequim, WA

2007 RIDE & TIE WORLD CHAMPIONSHIP UPDATE

by Chris Amaral

Championship plans are underway! The ride camp is on a beautiful old homestead site filled with fruit trees in Humboldt Redwoods State Park. This spectacular horse camp has been the site of the Cuneo Creek Endurance Rides for over 25 years and a few Ride and Ties during that time as well. This is a relatively remote site with the nearest services about 40 minutes away in the small town of Garberville. There is plenty of people water and horse water at ride camp as well as a creek flowing along side. There are some shady and sunny spots, and about 30 steel corrals. Bring your quarters as there are very nice coin operated hot showers available. A lovely dining area under an immense buckeye tree will provide the setting for the post race meal and awards ceremony. Extra meal tickets will be available for a modest fee. The ride



and tie courses will be a mixture of old roads and single track trails with a very small amount of currently used truck roads. There are several rocky stream crossings



Photos by Barry Thorpe (707)822-9175 bthorpe@radc.com)



so horses should have some hoof protection. Pads are not necessary but shoes or a complete set of Easy Boots will get the completion you are looking for. There are big climbs, long downhills, and meandering flat stretches along the creeks. There can be morning fog as well as the possibility of afternoon temps in the 90's. Wildlife in camp can often include deer, turkeys, coyotes and bears.

Contact Championship director, Chris Amaral at Championship2007@rideandtie.org.

RACE RESULTS

Manzanita Take Two

December 9, 2006

22 MILES

- 2:36 Rufus Schneider/Bethany Pappani on Kona
- 2:38 Jonathan Jordan/Robbie Schultz on Chrissy
- 2:43 Tom Gey/Carol Ruprecht on Findefar
- 3:04 Dawn Hartsock/Doyle Eggers on D.D.
- 3:08 Steve Anderson/Frank Lieberman on Gypsy

11 MILES

- 2:45 Amanda Wood/Linda Camisascas on Reba
- 2:45 Jeanne Sesky/Jennifer Mansoor on Fehran-tiki
- 3:11 Melanie Weir/David de la Rosa on Emerald
- 3:13 Rick Noer/Kurtis Ibarra-Dosio on Kamanche

STRENGTH AND CONDITIONING FOR THE RIDER

by Kate Kane-Joyce

Ah, a new season begins! It is a time to re-live the rides of the past year and strategize for the races to come. What are your team's strong and weak points? Can you improve on your horse's or mule's fitness? Where can you improve on your own? If you are looking for a change in your physique, an edge in the saddle, look to the world of iron (and I don't mean horseshoes).

not toys, either, and without proper knowledge and respect, the possibility of injury is high. Cardio-vascular fitness is of course paramount for the ride and tie athlete, but to really experience changes in your body and to gain a more shapely, functional and reliable physique, weight training is a vital part of a fitness plan. A certified trainer can assist you in your improvements by providing guidance in

correct form and appropriate starting weights for your individual physique.

When a person talks about strength in riding, the most obvious muscles are the lower back and abdominals. A strong core is the anchor of a secure rider because the core creates stability in the

have the right test line. No cards and letters, please; I don't believe that brute strength is a substitute for proper training and appropriate biting. But even the best-behaved horses get tired and lay on their riders and this is where a strong back can carry you both. Exercises that mimic the activity of the upper back while riding include all "row" movements, chin-ups and pull-ups. These are large, heavy muscles. Work them 1-2x a week, with ample recovery time.

Behind the neck, we find the sometimes forgotten muscles called the trapezius (traps). These are worth mentioning apart from the back and shoulder groups because of their importance to rider safety. Because muscle becomes more dense with work, fit muscles provide protection to the tissues underneath. This may not be body armor, but a fit muscle will recover more quickly than one that is not in regular work. By mastering a move called the "shrug", we can isolate and build muscle in this area to further support the spine and neck. Another advantage of learning the shrug is that when you learn to "flex" a muscle, it is clear then how to relax that muscle. If you hold tension in your neck, the shrug will be a friend to you.



Janice Heltibridle and Kate Kane-Joyce at Chesapeake Ride & Tie

I was so intrigued with the parallels I found in weight training and riding that several years ago I started moving towards marrying the two into a career. By spending time in both the saddle and the weight room, I focused on strength programs to improve muscle quality and performance for equestrians who wish to take their game to a bigger place. In classical riding, applying aids effectively comes from keeping one body part active, while another remains still, however, not tense. Weightlifting follows these same principles and is a way to further train the body and brain in an environment where a rider can focus on their body alone. This year, I put my R&T partner and myself on a program designed for this hybrid sport. It involved lifting weights heavier than she had ever considered, but the program paid back with our best times, ever.

I have found that many people avoid working out with free weights (dumbbells, barbells) for numerous reasons, and that's a shame. The weights can be intimidating for anyone who has never used them; no one wants to look foolish. Free weights are

upper body. We do not want to balance off of our horses' mouths, so the abs and lower back must be able to perform with endurance and strength, respectively. The abdominal wall is constantly at work in everyday activities. It supports the trunk and especially the lumbar spine. If a person does not make proper use of his or her abs, over time this can lead to lower back ailments because of the forward pull on the spine. Abs are slow-twitch, by design. A rider should strive to work the abs at least 3x a week, with low weight and high repetitions. The muscles of the lumbar spine are more of a power-group, by comparison and as such, require more rest time between workouts. Work these 1-2x in a 7 day period.

If you have ever ridden a horse downhill at speed and tried to stop before HE was ready, you know that true stopping power comes from understanding how to use your upper back (latissimus, rhomboids, trapezius). The average R&T horse has 190# of muscle in his neck alone. If you are going to get through to that kind of sea monster when it counts, you had better

My exercise of choice for the shoulders and chest is the old, reliable push-up. The push-up must be done in perfect form to be effective. If you are a beginner, try the modified push-up, which has your knees on the ground **CONTINUED ON PAGE 9**

RIDE & TIE HANDBOOK 2007



HAVE YOU RECEIVED YOUR 2007 RIDE & TIE HANDBOOK? IF NOT, CONTACT US AT (360)681-5218

TYING UP...An Old Syndrome with New Mechanisms

by Karen Wolfsheimer, DVM

"Tying up" (aka exertional rhabdomyolysis) is an episode where a horse acutely develops stiff, sore muscles in association with exercise. In olden days this syndrome was recognized in working draft horses. The horse was given plenty of corn and rested over the weekend as a reward for a week's worth of hard work plowing the field. Then on Monday morning, shortly after being put to the harness and plow, the horse would stop short and refuse to move. Thus the original name "Monday morning disease". The farmer would notice that around this time when the horse seemed extremely sore and reluctant to move, that when the horse urinated, his urine was dark brown, thus another name for the disease, "azoturia". With the development of the horse for sports including track and endurance racing, similar episodes were noted in certain horses in association with exercise.

Signs of rhabdomyolysis can vary from mild to severe. In the mildest form you may only see a reluctance to move out at the walk or trot. The most severe scenario, as experienced by the author with her own horse, would be that of an acute halt from canter followed by refusal to move. The horse may then begin to sweat profusely and tremble all over. In addition, the severe pain could result in an elevated pulse and respiration. If and when the horse does finally urinate, the urine may be dark brown, not so much from dehydration, but due to the presence of muscle pigment called myoglobin which is being released by damaged muscle cells. Depending on the cause of the "tie up", other more subtle signs may precede the acute episode. Thus, it is important to have an understanding of the multiple mechanisms that may lead to rhabdomyolysis so that you can not only treat the acute episode but also hopefully prevent recurrent episodes.

When discussing mechanisms for "tying up" in the horse, you can break it down into 2 categories: 1) Sporadic exertional rhabdomyolysis, and 2) Recurrent exertional rhabdomyolysis. Recurrent exertional rhabdomyolysis (RER) can be further subdivided into 2 categories including chronic intermittent rhabdomyolysis and polysaccharide storage myopathy (PSSM aka EPSM or equine polysaccharide storage myopathy). While mechanisms for each

category differ, acute treatment and long term preventive management are similar in many respects.

Sporadic exertional rhabdomyolysis is probably the most common type seen in endurance horses. In addition to signs listed above, the horse may show overt muscle cramping, especially in the muscles of the hind-limbs, dehydration, hyperthermia, or occasionally diaphragmatic flutter (so called thumps). Onset of signs may be associated with overexertion for the level of conditioning, hydration and electrolyte imbalances, or following a viral respiratory infection. Recent muscle overuse without adequate recovery and inadequate warmup in cold weather may also be contributors to an acute episode.

Intracellular imbalances in potassium, sodium, calcium and magnesium have been incriminated as contributors to muscle damage in sporadic exertional rhabdomyolysis. Muscle cells that are damaged will release an intracellular pigment, myoglobin, as well as the enzymes, creatine kinase (CK or CPK) and aspartate aminotransaminase (AST or SGOT). The myoglobin is filtered by the kidneys and if accumulated in excess will be

not only visible in the urine as a brown, coffee color but can also be toxic to the kidneys. The intracellular enzymes, CK and AST, can be measured in the blood serum, to gauge the degree of muscle damage or necrosis (cell death).

Chronic intermittent rhabdomyolysis, as a cause of RER, may be seen in horses even with light exercise. While it can occur in multiple breeds such as Arabians and Standardbreds, it is best characterized in the Thoroughbred race horses. Hyperexcitable horses, especially young fillies, seem to have a higher incidence. Multiple causes for this condition have been incriminated in the past including lactic acidosis, hormone imbalances, electrolyte imbalances, and selenium /Vitamin E deficiency. However, more recent studies have shown that alterations in muscle contractility associated with a stress-related defect in intracellular calcium regulation contribute to muscle pain, stiffness and necrosis. This defect is felt to be heritable as an autosomal dominant trait.

The second type of recurrent exertional rhabdomyolysis, polysaccharide storage myopathy (PSSM) has been recognized in many breeds including Quarter horses, **CONTINUED ON PAGE 8**



When I asked Karen for a photo or illustration having to do with horses being "tied-up" this is what I got! "Sorry Annie, Don't have any pics of horses getting IVs. This is the only picture I have of a "tied up" horse! Ha! Ha! He's "tied up" to the washrack! Dont ask me what the inner tubes are doing on his feet! Belongs to a wacky friend who was soaking his feet for some reason or another.... Karen"

JUNIOR RIDE & TIE

We are happy and excited to introduce Melissa Queen, our new Junior Ride & Tie Editor! Melissa lives in Corvallis, Oregon. She keeps busy training her horses and participating in an Equine Drill team when she is not in high school or doing ride & tie. Welcome Melissa! If you are a junior and would like to write an article or send us photos or drawings, contact Melissa at paintedclassic@gmail.com.

BLUE DAYS

As I sit down to write, the rain continues to drizzle down the windowpane. There was a light dusting of snow this morning, and the horses' breath curled in clouds around their noses as they woke. The days are shorter, the weather unpredictable. It's hard to turn my mind to the sunny summer Ride'n'Ties. Then I'm reminded...

Grizzly Mountain, 2006, preparing for my second Ride'n'Tie. Wake excited in the morning, climb out and find, Snow? It sleeted around us, but nothing would keep us away. Brrr...

That was my first Ride'n'Tie as a Junior Team- with my friend Ali. We rode my horse, finishing in a close second. Ali and I are hoping to team together this year, or at least both come along. You don't always know your team until you arrive, but usually it works out.

Foothills, 2006, Pull up with one horse and 4 runners... Extra horses, anyone?! Runner, runner... Horse! Wait, more runners! One sec... 2, 4, Who has horses again? Next morning and we're still scrambling- starting hat toss and we're rushing to the start! Whew, we made it!

Mixing up partners, I find, is really quite fun. You meet new people, and you'll never forget your Ride'n'Tie partner! Don't worry if you don't yet know their name- you'll know much more before you pull away!

Ahh, the nostalgia's starting to set in, and the season will approach quickly. It's time to brave the inclement weather and start the infamous conditioning of the horse. My trusty steed, Opie, gets a few months off as I get back into school and begin the time-consuming Ski Team. There is a brief overlap with Equestrian Team, then I'm back into riding. From December on we've been training with my Drill Team. It's great fun, and good for Opie to be out and around other horses. If you worry about your horse's activity levels in the winter, I would recommend committing to a team or lessons. We practice just once a week on the weekends, for 2 hours of considerably intense arena work. Arenas may seem

by Melissa Queen

like a step backwards from the Ride'n'Tie outdoors, but when the trails are bogged and flooded, it's an excellent terrain. Don't shy away from simply getting some lessons- they'll keep your horse in tune, and help you stay on when he spots lions in the bushes!

As Opie and I tune up our dressage patterns, we'll be dreaming of sunny Ride'n'Ties... Bandit Springs, the Championships... But it's not so much a dream as a prediction- I know I'll be coming, and I know it'll be fun. I'll take this moment to call out to any Juniors reading- If you haven't Ride'n'Tied, you're missing out! Bring along your friends, and we'll throw a party! Bring your horse- he may not be perfect, but if he has basic condition, he'll have fun too! Be sure to share your great experiences (or treacherous trials!) in pictures or words, and perhaps get them published here! So hold out these blue days, and dream of sunnier ones, full of friends. See you there!

Melissa Queen and Op

*email me!
(paintedclassics@gmail.com)



Melissa and Opie wishing for warmer weather.

CORRECTION for the 2007 HANDBOOK
K. Ibarra-Dosio/R. Schneider 93 points in the Woman/Man, Long Course list.

RIDE & TIE HORSE FOR SALE



10 year old Standardbred mare, 16h., bay. Loves trails, has done 300 endurance miles plus some dressage and jumping. Big trot, smooth canter. Very forward, surefooted, never quits. Ties well and takes good care of herself on the trail and in camp. Will make a great Ride&Tie horse, unfortunately I have too many horses and too little time. \$3500 Contact Kirsten at scatris@hotmail.com or (310)455-4357.

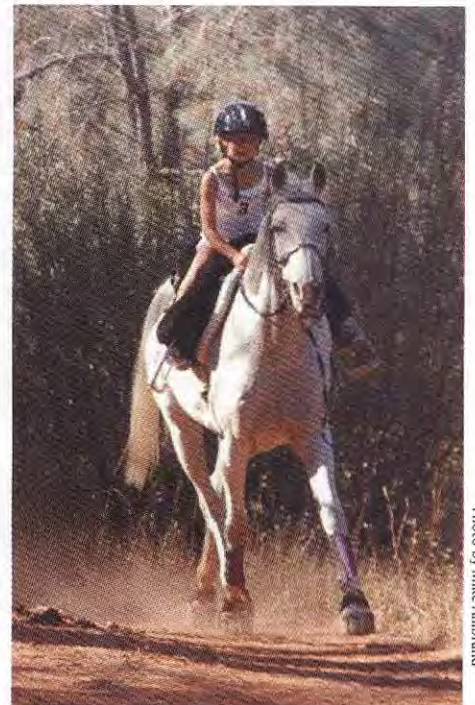


Photo by Mike Albrand

8 Year Old Olivia Wagner on Loretta at Cool Ride & Tie is one of our Ride & Tie Juniors.

WOULD YOU LIKE TO BE ON TV?

The reality TV show, Wife Swap, is looking for equestrian families to appear on upcoming episodes. Families selected for the show will receive a \$20,000 honorarium. If you refer a family that is chosen there is a finder's fee of \$1000. Families must have two parents and children between 6 and 17 years living full time at home. For more information contact Meghan McGinley at (646) 747 7959 or Meghan.McGinley@rdfusa.com.

2007 RIDE & TIE SCHEDULE

See 2007 Handbook for more information on each of these races

- 7 APRIL** CHESAPEAKE RIDE & TIE--Fair Hill DNR, Maryland--15 and 30 Miles--Cate Peloquin 1328 Salonica Place, BelAir MD 21024 CPENGUIN@aol.com, (410)420-7678
- 14 APRIL** OLD DOMINION NO FRILLS RIDE & TIE--Star Tannery, Virginia--30 and 55 Miles--Kate Geier (703)868-5283 Entries to Susan Brehm, 1501 Crystal, Dr. #242, Arlington, VA 22202
- 21 APRIL** GRIZZLY MOUNTAIN RIDE & TIE--Madras, Oregon--25 Miles--Don Betts RideAndTieDon@aol.com 146 Janssen Farm Rd. Sequim, WA98382 (360)681-5218
- 28-29 APRIL** HOG SCRAMBLE RIDE & TIE--Huntsville, Texas--15 and 30 Miles--Dawn Carrie (936)436-1654 RDCARRIE@aol.com Mail entries and coggins to Rae Callaway 12510 W. Shadowlake, Cypress, TX 77429
- 21 APRIL** SANTA YSABEL RIDE & TIE--Santa Ysabel, California--11 and 22 Miles--Rufus Schneider (619)445-2060, PO Box 311, Descanso, CA 91960
- 19 MAY** QUICKSILVER RIDE & TIE--San Jose, California--6,11, and 22 Miles--Steve Anderson 639 Meadow Avenue, Santa Clara, CA 95051 (408)249-2780, steve.anderson1@juno.com
- 19 MAY** MOUNT ADAMS RIDE & TIE--Trout Lake, Washington--25 Miles--Stephanie Irving,(509)395-2065, PO Box 200, Trout Lake, WA 98650 sirving@gorge.net
- 25-27 MAY** MICHAUX MADNESS--Mont Alto, Pennsylvania--25 Miles--Skip Kemerer 12908 Brandenburg Hollow Road, Myersville MD 21773, (301)293-2949 skippykemerer1@aol.com
- 9 JUNE** DESCANSO RIDE & TIE--Descanso, California--15 and 25 Miles--Terry Wooley Howe, 21800 Japatul Valley Road, Alpine, CA 91901, (619)445-5443, TerryHowe@hughes.net
- 16 JUNE** 37TH ANNUAL WORLD CHAMPIONSHIP RIDE & TIE--Humboldt National Forest, California--18 AND 35 Miles--Chris Amaral, Championship 2007@rideandtie.org, Mail Entries to Ride and Tie Association, PO Box 2436, Sequim, WA 98382
- 21 JULY** GOLD COUNTRY GEORGETOWN RIDE & TIE--Georgetown, California--5,13 and 25 Miles--Dawn Hartsock (831) 663-6206, grover1959@aol.com and Cheryl Domnitch (530)273-5668, cdfpe@aol.com. Mail Entries to Cheryl at 12793 Sierra Vista Drive, Grass Valley, California 95945
- 15-21 JULY** FORT STANTON RIDE & TIE--Fort Stanton, New Mexico--Four 35 Mile Races--Roger Taylor,(505) 897-4985, 500 Camino del Bosque, Albuquerque, NM, 87114, Roger_Sue@prodigy.net
- 21 JULY** BANDIT SPRINGS RIDE & TIE--Ochoco National Forest, Oregon--30 Miles--Janelle Wild (541)849-2460, mfarm@centurytel.net 584.Romie Howard Rd. Yoncalla, OR 97499
- 11 AUGUST** SANTIAM CASCADE RIDE & TIE--Sisters, Oregon--30 Miles--Anna Sampson (503)829-6002 and Mary Nunn (503)829-5321, Send Entries to Mary at 16501 South Butte Creek, Mollala, OR 97038
- 25 AUGUST** SWANTON PACIFIC RIDE & TIE--Davenport, California--75 and 100 Miles--Ellen Rinde, (831) 423-6089, 206 Swanton View Road, Davenport, CA 95017
- 25 AUGUST** HEADWATERS OF THE ROGUE RIDE & TIE--Prospect, Oregon--25 and 16 Miles--Annette Parsons (541)846-6656, 1831 Slagle Creek Road, Grants Pass, OR 97527 aparsons@apbb.net
- 7-9 SEPTEMBER** BIG SOUTH FORK RIDE & TIE--Onieda, Tennessee--8,30 and 55 Miles--Joanne Mitchell, 9013 Coburn Drive Knoxville, TN 37922 865.693.4308 jfgmhorse@bellsouth.net
- 8 SEPTEMBER** THE COOLEST RIDE & TIE--Cool, California--4, 9, 13 and 22 Miles--Frank Lieberman and Linda Shaw, (530)886-0890, 1810 Windy Court, Cool CA 95614, coolgalinda@foothill.net
- 21-23 SEPTEMBER** CHESAPEAKE RIDE & TIE FESTIVAL--Fair Hill DNR, Maryland--20,30, 45, 50 and 80 Miles--Cate Peloquin, 1328 Salonica Place, BelAir MD 21024 CPENGUIN@aol.com, (410)420-7678
- 5 OCTOBER** ALABAMA YELLOWHAMMER RIDE & TIE--Talledega National Forest, Alabama--25 Miles--Joanne Mitchell, 9013 Coburn Drive Knoxville, TN 37922 865.693.4308 jfgmhorse@bellsouth.net
- 6 OCTOBER** MANZANITA RIDE & TIE--Boulevard, California--15 and 25 Miles--Terry Wooley Howe, (619)445-5443 21800 Japatul Valley Road, Alpine, CA 91901, TerryHowe@hughes.net
- 7 OCTOBER** MAN AGAINST HORSE RIDE & TIE--Prescott Valley, Arizona--25 Miles--Cheryl Johnson, 3134 Angus Drive, Prescott, AZ 86305, (428)541-0680 Johnsonfamily17@juno.com
- 20 OCTOBER** FOOTHILLS OF THE CASCADES--Molalla, Oregon--25 Miles--Anna Sampson (503)829-6002 and Mary Nunn (503)829-5321, Send Entries to Mary at 16501 South Butte Creek, Mollala, OR 97038
- 27-28 OCTOBER** FORT VALLEY RIDE & TIE--Fort Valley--Virginia--12, 30 and 50 Miles--Claire Godwin, (301-948-0158 crgdvm@aol.com. Send entries to: Susan Trader, susntrader@aol.com, (540)882-9721, 16813 Clarkes Gap Road, Paeonian Springs, VA 20129.

TYING UP--CONTINUED

draft breeds, Warmbloods, Paint Horses, Appaloosas, Arabs, Anglo-Arabs, Morgans, Standardbreds, American Saddlebreds, Tennessee Walking Horses, Welsh-cross ponies, Andalusians and Thoroughbreds. The condition was first described in Quarter horses by Dr. Stephanie Valberg. A similar condition was described by Dr. Beth Valentine (and named Equine Polysaccharide Storage Myopathy, EPSM) in draft breeds, although a different sign of exaggerated flexion in the hindlimbs ("shivers") was also described.

Glucose is normally stored in muscle and liver cells as an energy source in the form of a polysaccharide ("polysaccharide means "many molecules of glucose") called glycogen. PSSM is a condition where there is abnormal glycogen storage resulting in the accumulation of excessive amounts of glycogen and an unusable polysaccharide within the muscles of affected horses. Over time, glycogen combines with certain proteins inside the cell to form abnormal glycogen-protein complexes. How these abnormal polysaccharides damage muscle cells is unclear but may involve interference with intracellular energy generating pathways resulting in muscle cell injury or death. In other so-called "glycogen storage disorders" in other species, the accumulation of glycogen is due to deficiencies in the enzymes that break down glycogen but in PSSM those enzymes are in place and function normally. Instead the defect seems to be an abnormality in insulin sensitivity of muscle cells. Muscle cells are one of the cell types in the body that utilize insulin to help glucose enter the cell. Insulin serves to aid cell membrane proteins called "Glucose Transporters" (GLUTS) in transporting glucose into the cell. Apparently, horses affected with PSSM have an increase in insulin sensitivity so that glucose is more efficiently transported into muscle cells allowing for more glycogen storage within the cells. While the condition has been shown to have a familial tendency, at least within Quarter horses, the mode of inheritance is not clear at this time.

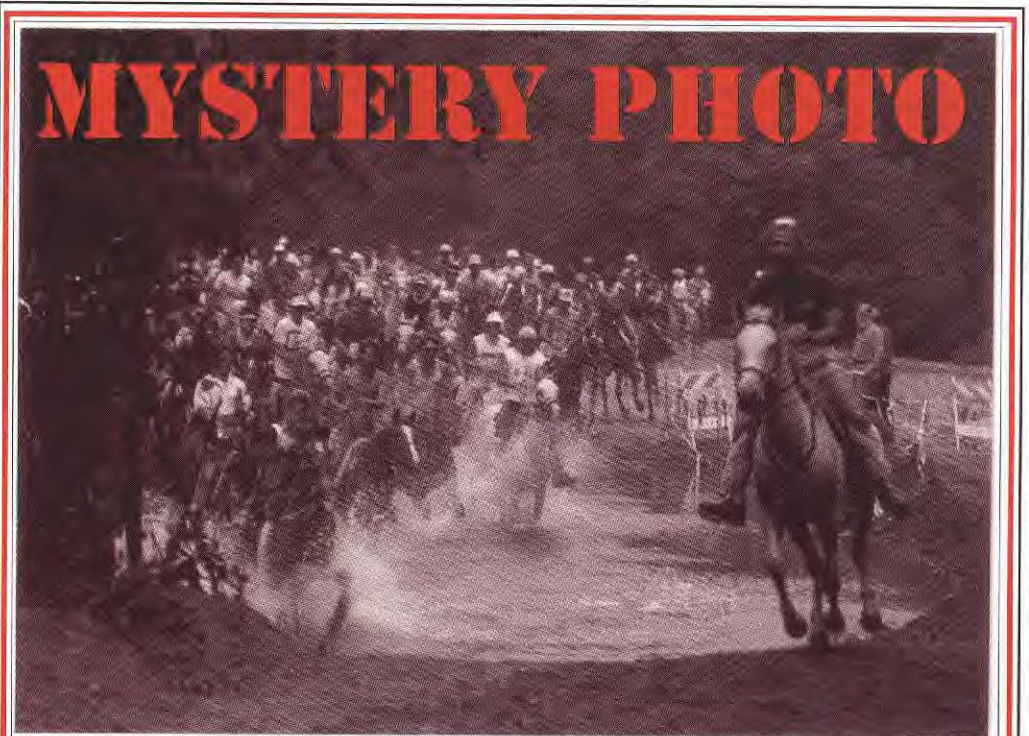
In addition to acute episodes of "tying up", horses with PSSM have other more subtle signs including generalized stiffness, apparent

fatigue, saddle/sore back issues, bucking, resistance to holding up the back feet for shoeing, abnormal gaits, subtle lamenesses, cranky attitude, muscle tremors or sensitivity. These signs may be aggravated by inadequate warmups or cold, damp weather. The horse may show other signs of muscle pain such as kicking at flies that aren't there (mild muscle cramps), swishing their tail excessively or not wanting to pick up their tail, look at their belly or flanks as if colicky, a preference for rolling or rubbing, or the opposite, with a resistance to grooming/brushing especially over the back and rump. In severe cases, muscle wasting can occur resulting in weakness and inability to rise from a lying down position.

A diagnosis of rhabdomyolysis can empirically be made by the typical onset of signs associated with exercise and can be confirmed by measuring elevations in the muscle enzymes CK and AST in blood serum. Elevations in CK occur more rapidly (within a few hours), peaks within 24 hours and return to normal fairly rapidly after the resolution of the initial insult, whereas, elevations in AST take a little longer to peak and persist for longer periods before clearing from the bloodstream. Differentiating the underlying cause may differ according to age, breed, sport discipline and some historical information. Other biochemical parameters such as serum electrolyte

concentrations and blood pH may need to be evaluated as an aid in differentiating causes. Multiple physical examination parameters including body temperature, heart rate, respiratory rate, capillary refill time, hydration status and gut motility need to be assessed. Definitive diagnosis for PSSM requires a muscle biopsy. Tissue taken from gluteal muscles are usually obtained after recovery from the acute episode. Special tissue handling during the biopsy and at the laboratory are required so it is best to contact labs experienced in making this particular diagnosis prior to scheduling the biopsy (see contacts mentioned at the end of the article).

Regardless of the underlying cause, management of the acute episode of rhabdomyolysis is similar. The following recommendations are intended as general guidelines and may vary with each specific case. Therefore, it is important to contact your veterinarian for specific management recommendations for each individual case. Forced walking to "walk out the cramp" should be discouraged if the horse is painful and reluctant to move. Drugs to relieve anxiety and pain can be administered but since many of these drugs may cause or aggravate hypotension (acepromazine for anxiety) or compromise kidney function in the face of dehydration/hypotension (nonsteroidal anti-inflammatory drugs such as Banamine for pain and inflammation), caution should be taken. **CONTINUED ON PAGE 10**



Do you know where this race start was taken and when? Email the answer to Annie Betts at Annie12345@aol.com. Extra credit for identifying competitors. We recognize Bud Johns on the right.

BIG SOUTH FORK by Joanne Mitchell

Congratulations! Another RAT has come and gone and no serious RAT mishaps to share until after the event. (Kate Kane-Joyce lost a toenail. Kate is a body-builder who is not really supposed to run but enjoys it very much-so what the hay. She feels like she is now an "official trail runner" since losing her toenail.)

This was the first year that I did two days of sanctioned RATs. I offered both 30 and 55 mile but nobody took me up on the 55's. I had heard if Beth Brinkley, Karen Isaacs's cousin-in law, had come from Arizona, she wanted to do back to back 55's!

Thursday afternoon before the RAT, Jean Whitman heard from Lani Newcomb, her boss, that they had made it as far as Knoxville and had had two flat tires on their horse trailer and were suspecting a bent axle. They had called the trailer dealer and were turning around (8 hours into their 10 hour trip). They planned on camping out on the trailer dealer's doorstep for a Friday morning showdown when he opened. Those of us in camp were trying to guess how much Kathy's bail was going to be after she was arrested for murder. Anyway, it was only a \$,\$\$\$ repair.

There were some nice comments on the red muscle shirts this year. What color do you want for next year? I always try to do something a little different. I can order a few with sleeves too.

In 2007, I will probably do the same Friday and Saturday sanctioned event with the 10 mile fun run Sunday morning. Remember 2007 will be the PRE-REUNION RAT. It will be the weekend after Labor Day, September 6, 7, and 8th, 2007. The big REUNION RAT will be 2008, the 10th year of the event.

I have talked to Tamara Schoech of the Yellow Hammer Endurance Ride in Alabama, scheduled the first weekend in October. We are in the "just talking" stages of putting on a RAT on the Friday of their Thursday/Friday/Saturday endurance ride for 2007. This could be a 25/50/75/100 mile RAT. All vet checks would be in camp. Parking may be an issue. It is about 1 hour from Atlanta which has a considerable runner population.

My volunteers included my new husband, Bobby Mitchell and my reliable Lucy Scanlon who both helped in spotting and marking trail.

Hope to see you next year!

NOTE FROM EDITOR: the first Yellowhammer ride & tie has been scheduled for Friday October 5, 2007. There will also be a ride & tie in Texas this year at the Hog Scramble endurance ride in April. See your 2007 Handbook for more information.



Ride & Tiers at Big South Fork: Back row standing: Richard Robers, Enrique Aveleyra, Jean Whitman, Beth Kempf, Gail and Michael Cooley, Joanne Mitchell, Bob Heltibridle, Kate Kane-Joyce and Janice Heltibridle.

STRENGTH AND CONDITIONING CONTINUED

instead of your toes. By increasing muscle density in the chest area, we can help protect the number one injury zone for riders, the collar bone and rotator cuff.

To work the shoulders alone, beginners might start with a side and front raise. These movements work on the largest parts of the shoulders, or deltoids. A more advanced athlete might continue on to an overhead press with dumbbells. I like to perform overhead pressing moves with lower back support wherever possible. Under the deltoids are the muscles of the rotator cuff, and special sacks called "bursae". The shoulder joint is complex, with 360 degrees of rotation, and many parts to potentially injure. A respectful warm-up is essential.

In the lower body, one can further improve core stability by learning the proper form of a key exercise: the squat. This move can also help riders identify with the hip flexors, which control the upper leg and are used exclusively in some forms of rider communication with the horse. A safe, effective squat starts with a solid base position. Feet should be shoulder-width apart, with most of your weight concentrated in the heel of your foot. The knee is "soft", slightly bent and does not lock at any time. Starting from a standing position, flex your hips back and down, as if you were sitting in a chair. At the same time, your head is up, eyes forward, chest raised and abdominals are tight. Last, and maybe most importantly, the lower back is straight and not rounded. Stop lowering your body when your thighs are parallel to the ground. It may be some time for especially sedentary or tight individuals to get to a parallel stop, but that is the goal. You may perform a basic squat with a barbell, dumbbells, or no weight. I do not go very heavy in this move for riders. While the legs are made for power, encouraging large, round muscle growth here would interfere with the muscle's function for a rider.

Because the human is an organic machine, with all parts and systems working in unison, we cannot neglect or focus on one muscle group. A rider may gain advantage by learning how to efficiently use each muscle group as it is intended. Perfect form equals perfect function. If using a weight in any exercise, the lifter should control the weight, and NOT allow the weight to control him or her.

This is only a sampling of the ways muscular development can apply to and improve your riding. Of course, before embarking on any new exercise or diet plan, consult with a doctor to determine your personal potential risk factors. Consulting a trainer for even one or two sessions is a great way to learn proper form and safety around weights, and is a good investment in your self. See you on the trail.

Kate Kane-Joyce is an Equestrian Strength and Conditioning Coach living in Staunton, VA. She has recently passed an elite certification through the National Council on Strength and Fitness. Kate has been a Ride and Tier with partner, Janice Heltibridle, since 2003. Her e-mail address is: runlokirun@excite.com.

*SANTA YSABEL RIDE & TIE
HAS A NEW DATE-APRIL 21*

TYING UP--CONTINUED

It is important to assess hydration status and to administer IV fluids to establish adequate hydration if indicated, prior to administering these drugs. IV fluids are also helpful in establishing adequate urine volume to dilute and flush out the myoglobin released by the damaged muscles that accumulates in the blood and in turn the kidneys.

Depending on the severity of the episode, rest should be allowed for anywhere from a couple of days to 2-8 weeks. Once the acute soreness and stiffness starts to resolve, hand walking and limited turnout can be gradually added and increased over days to a couple of weeks. Return to full training will vary with the severity of the episode and the sport discipline.

Changes in exercise routine and conditioning programs may need to be made. In horses with PSSM, regular exercise and turnout are important to prevent accumulation of excessive glycogen and abnormal polysaccharides. In all horses, after any period of layup, slow gradual return to full training is ideal.

Preventive measures may include evaluation of and changes in diet including carbohydrate, fat, electrolyte and mineral content. While limited intake of carbohydrate is a must for horses with PSSM, low carb diets have also been found to be beneficial in the management of chronic intermittent rhabdomyolysis of Thoroughbred race horses. In addition, diets high in fat content have been found to be beneficial in both PSSM horses as well

as horses with chronic intermittent rhabdomyolysis. Not only is fat an efficient source of energy more than (twice as many calories per gram of food as either carbohydrates or protein) but seems to have a protective effect on muscle metabolism. In addition, sources of fat may vary in their advantages for athletic performance as evidenced by one study that showed less lactic acid accumulation in endurance horses fed rice bran versus corn oil. While lactic acid isn't felt to be a contributing factor to tying up, it can affect overall performance, stamina and recovery. Therefore, diets low in carbohydrates and high in fat may be beneficial in helping to prevent most cases of rhabdomyolysis, regardless of cause. Supplementation of the diet with electrolytes is very important in the sport horse, especially in endurance horses and especially in hot, humid climates. In addition to sodium and chloride (salt), appropriate concentrations of potassium, calcium and magnesium need to be present. Supplementation with selenium may be considered as selenium plays a very important role in muscle metabolism and may be deficient in the diet as many parts of the country have deficiencies in the soil content resulting in low selenium in grass and hays. Vitamin E supplementation is also a consideration since it is one of the body's natural antioxidants and works synergistically with selenium. In addition, diets high in fat may have higher vitamin E (a fat soluble vitamin) requirements. Care should be taken not to over supplement selenium and vitamin E as high doses can be toxic. If

formulating your own diet for your horse seems overwhelming after all these considerations, it is reassuring to know that there are a variety of commercially available diets that have been formulated to meet these needs.

Other dietary considerations include methods to maintain adequate hydration. In addition to adequate electrolyte supplementation attention to fiber intake is very important. As a general rule, a good quality grass hay in amounts at least 1.5-2% of body weight should be fed if quality grass grazing is not available. Because of its high calcium content, the feeding of alfalfa has been incriminated as a contributing factor to rhabdomyolysis (Alfalfa is also high protein and calorie dense compared to grass hays.). The role of alfalfa, independent of other factors, as a contributing factor is not well documented but should be considered on an individual basis if indicated by specific situations.

In conclusion, recognition of predisposing conditions and management practices can allow you to institute dietary and training techniques that may minimize the incidence of tying up in performance horses.

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Karen Wolfsheimer enjoys driving when not writing terrific articles for the Ride & Tie Newsletter, enjoying her career, or competing in Ride & Tie. Karen is the mentor for Louisiana and has been competing in Ride & Tie since 2002.

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