

# RIDE & TIE



## NEWSLETTER

May 2007

*Ride & Tie  
the Redwoods!*



Can you picture yourself riding and running along a winding trail beneath towering redwoods? Imagine the sound of your footfalls on the soft path and the thudding hoofbeats of your horse as your partners near you. The smells of the redwood forest fill your mind. What could be grander?

This could be your experience at this year's 37<sup>th</sup> World Championship Ride & Tie! We were very lucky this year to have Chris Amaral volunteer to put on this race for us. Chris has competed in ride & tie in the past and has put on many endurance rides in this area. Chris sends us regular reports on how the plans for the race are coming. Here's an excerpt from the most recent:

I went down to our race site yesterday with my ride and tie partner and explored. The wildflowers are really going crazy right now...stunning actually. We went from near the vet check over to the starting area and I think it will be really great. An uphill meadow with a dirt road along one side for the runners....and smarter riders...lots of room for recalcitrant horses to act up and a little "quiet" area over a little hill from the starting chaos for reasonable people with unreasonable horses to gather out of the fray. This is a spot that will be very, very good for a starting photo. After that we backtracked to the vet check and it really is a perfect spot for this. Trails in and out at opposite ends. Easy truck and trailer access for the evac rig for pulled horses, parking for crews, and as of Sunday lots of nice green grass. There should be some sun, some shade by mid morning. We explored some other new trails I haven't been on before which are breathtaking and great for ride and tie if you have 75 foot lead ropes to tie your horse with because the trees are that big there. There are still lots and lots and lots of down trees blocking trails, but the senior ranger I met with yesterday said he was absolutely certain every trail would be open by early June.

# Message From The President

Wow! The sun is shining, Annie is wearing shorts. The clouds have cleared to where we can almost see the snow capped peaks from our hot tub. We are 1,200 feet above Sequim where the tulips have already bloomed, ours are just beginning. The swallows are moving back into the barn and I think winter may be coming to an end, though it did snow just a week ago. We had a lot of snow this year. It knocked down a lot of trees and generally made a mess of the trails. Aside from a little mud the trails are starting to look good again.



Don riding Cinder on messy DNR trails near our home

Photo By Lisa Preston

I would like to give special thanks to Warren Hellman, John Osterweis, Mary Tiscornia, and Steve Shaw. Not only are they Founding Members of the Ride and Tie Association, they are also consistent major contributors. Their continuing support helps assure the future of our sport. Thanks also to our Supporting Members Debby Lyons, Jeff Herten, Jennifer Tiscornia, and Natasha Powers.

Chris Amaral, the Championship Race Director, said this year's Championship trails took some pretty good hits over the winter too. The state park has assured him that they will all be open by race week. The food is being planned. There will be a potluck on Thursday night, the Association supplies the meat, along with the General Membership meeting and awards for last years point and mileage Champions. We are planning on playing tunes most of the evenings, so bring your guitars, banjos, fiddles, voices, rotten fruit... Well maybe not the rotten fruit or at least don't hit the guitar. We will be camping there starting the Saturday before the race. I hope you come and join us. It will be a great place to spend a week. There aren't many motels in the area, if that's what you prefer, you might consider renting an RV for this year so you can be close to the fun.

It is election time again. Your ballot is in this newsletter. We had three candidates for three positions again. We have an election for three seats each year. I encourage anyone interested to become a candidate in the future. We currently have representation on the Board from the Northwest, Northern and Southern California, and the East Coast. With races now in Texas, Alabama, Tennessee and possibly a Championship race in 2010 as part of the World Equestrian Games in Kentucky, we may soon need a representative from one of those areas.

This is the last Newsletter before the Championship. Be sure and come and participate. Let your friends know about it, they don't all get the Newsletter. The more people we can have the more fun it will be. See you in the Redwoods!

*Don Beth*

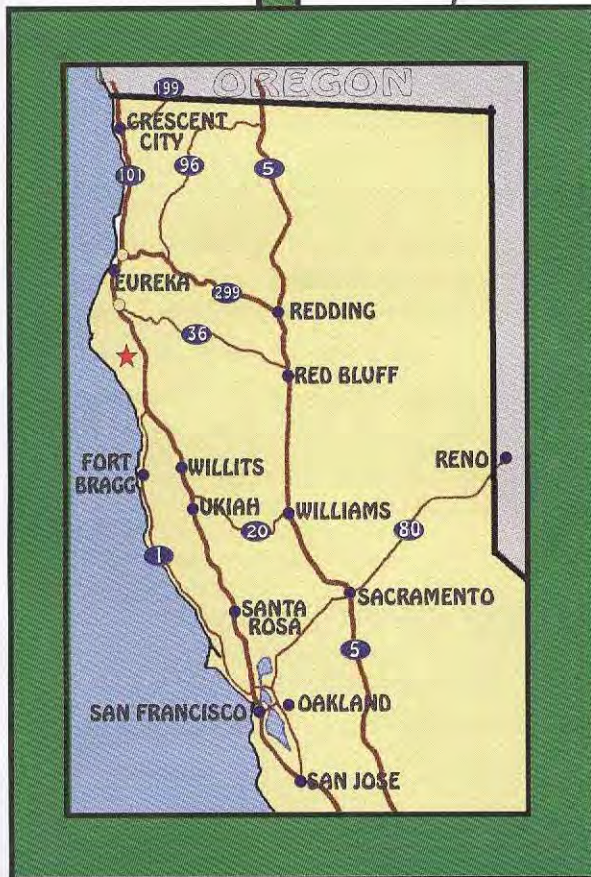
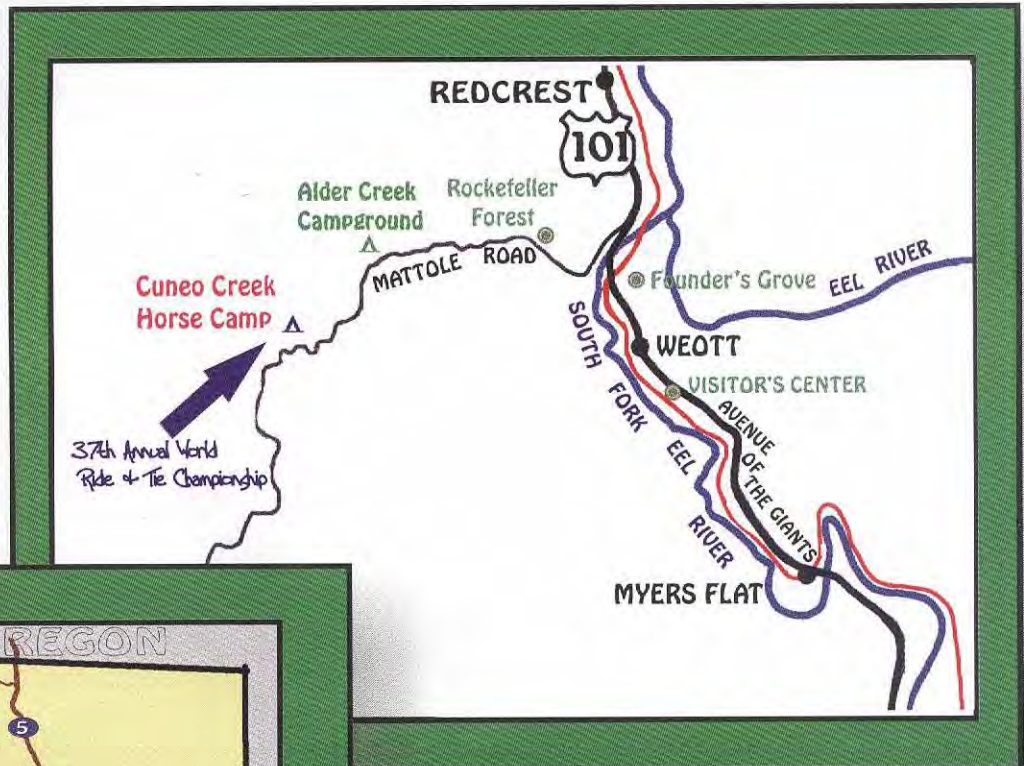
# PLATINUM

PERFORMANCE®

**Your Source for Preventive,  
Therapeutic and Sports Nutrition**

# Getting to the Championship

**Pipe Corrals!  
Hot Showers!  
Tallest Trees on Earth!  
Great Trails and  
One Exhilarating Race!**



Our 2007 Ride & Tie Championship will be held in the Humboldt Redwoods State Park off Highway 101 on the northern coast of California. For those not living on the coast the easiest approaches to US 101 will be Highway 20 from the south and either Highway 199 through southern Oregon or Highway 299 from Redding for those from the north. Maybe you looked on maps and saw Highway 36 just a little north of the ride site. Don't use it unless you are looking for a scenic alternate and are driving a sports car. Highway 199, 299, and 20 are all best driven in the daylight when you are fresh. Highway 299 is the most winding with four passes to cross in the 142 miles of two-lane road between Redding and the coast. Take your time enjoy the drive.

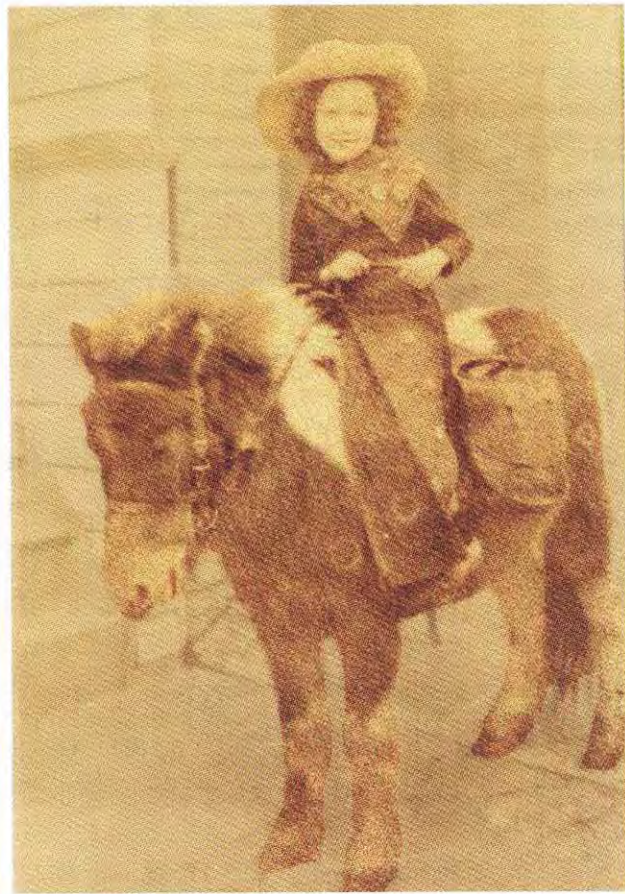
**FROM THE SOUTH:** Follow Highway 101 north (4 1/2 hours from San Francisco) past Garberville to the Honeydew exit.

Follow the signs toward Honeydew and cross over the Eel River on the Dyerville Bridge. Turn left onto the Mattole Road crossing underneath the freeway and go 7-1/2 miles to the Cuneo Creek Horse Camp just past the cemetery. This is a very twisty road through the tallest trees on earth.

**FROM THE NORTH:** Follow Highway 101 about 40 miles south of Eureka to the Honeydew exit. Follow the signs toward Honeydew and cross over the Eel River on the Dyerville Bridge. Turn left onto the Mattole Road crossing underneath the freeway and go 7-1/2 miles to the Cuneo Creek Horse Camp just past the cemetery. This is a very twisty road through the tallest trees on earth.

## I DREAMED OF HORSES

by Joan Ruprecht



Joan on her dream pony

I WANTED A PET. My older brother had a live Bugs Bunny. We lived in San Francisco.

Being a girl, I dreamt of Pegasus, but brought home stray cats and dogs. At age five, I got to ride the San Francisco Zoo merry-go-round, and Mom let me have my picture taken with the traveling pony, and another on a stuffed Trigger (Roy Rogers famous rearing stallion) I was given a secondhand stuffed lion on wheels which I loved and rode constantly. At age ten we moved to Mountain View. We had a whole acre! I got to have guinea pigs, a cat and a dog. At eleven we moved to Soquel. Birthday parties became adventures on horseback (park rentals). In Kettle Falls Washington I was able to ride my uncle's cow pony, and finally at age 17, I worked at a summer resort in Soquel that had horses.

I wanted to go to Davis, become a Vet and marry a rancher. However, I went to Berkeley became a microbiologist and married an economist (and became a mother).

After two years in Los Angeles, we moved to the real country, a 30-acre farm in Humboldt, three whole miles from the big city of Arcata. Now, having a one year old daughter, I had my chance and bought her a pony, a just born Shetland for a year old child. Gee, wasn't I GREEN!

By the time Janet, Carol, Phillip, and Elaine were 14, 12, 10 and 5 we had three horses and the pony. Finally at age 40

plus, as the kids peeled off to college, and were not around to exercise or criticize, husband Ted and I took over the horses. From there it went from walk--to trot--to Ride and Tie--and finally Endurance Riding.

### FEATHER THE FANTASTIC!

I use to dream of her when I was 7, she was a grey mare and she rode like the wind. She was my best friend and for her only I mattered. Then when I was 61 she came back into my life. Now she was a 14-year old, totally foundered girl unable to hold her foot up for the farrier. And she just melted my heart. I traded my Boston Bull Terrier for her with a friend and promised to trade back as soon as Feather was well. Never happened, we both fell in love with our trades.

I bred her to Roger Miller's Jim Jones stallion, this was the last baby for both Feather and her man. This being a boy (I only do mares) I gave him to Ted. After a year of pregnancy and backward front shoes, Feather became my dream horse.

If she had been mine before foundering I do not think I could have ridden her, too much horse for an old lady who did not get to ride until her 40's.

Feather has over 3,000 endurance miles and at age 25 completed her first Championship Ride & Tie with me at age 71 and Cowman at age 61.

Joan Ruprecht completed her first Ride & Tie Championship in 1978. Since then she has completed 22 championships and has accumulated 875 career ride & tie miles.

## POST-COMPETITION CARE OF THE RIDE & TIE EQUINE

by Michele Roush, DVM

We all know how good it feels to ease down into that lawn chair, with a cold bottle of ice tea or lemonade (maybe even a beer!), after a hard-run race. Sometimes a shower is the first order of business, or sometimes it is a little relaxation, refueling, and reliving of the day's mistakes and successes. This article is a reminder not to forget the third partner of the ride and tie team: the equine athlete. It is easy to recognize the importance of the obvious, such as offering the horse water and feed, and removing tack, but the after-care should not stop there, nor should it stop after the horse has passed its veterinary completion exam.

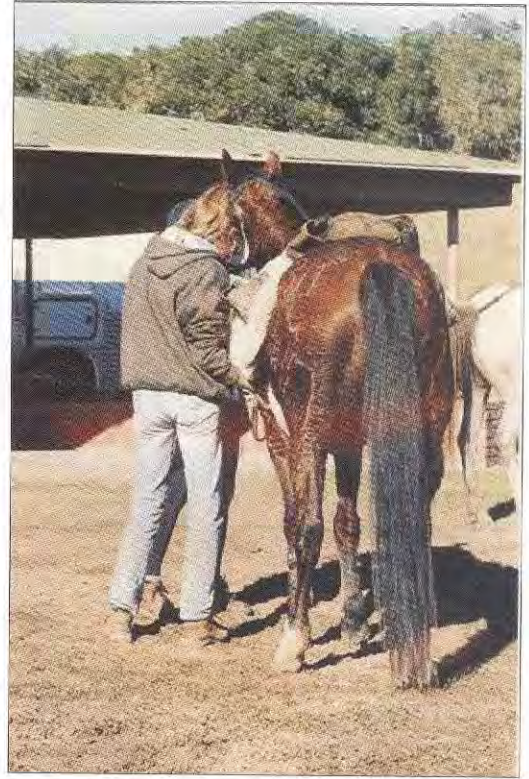
One thing you can do to help your horse after the race is over, is to keep your own focus until you are satisfied that your horse is healthy and comfortable. Do not let yourself relax entirely until you have finished your job of taking care of your horse. Remain vigilant for injuries that may have occurred, as yet unnoticed by you, out on the trail. As you are unsaddling, look for tack galls, scrapes and cuts, check that all shoes are still on, and run your hands over all four legs, back, withers, and girth areas to look for soreness and swelling.

Watch your horse carefully, to be sure that he or she has had a good drink of water at the finish, and is interested in eating. Watch for urinations, and note the color and quantity. Do not forget to stand back and look at the whole horse, too. It is okay if your horse looks a bit tired, but it is not okay if the horse looks wrung out, or exhausted. There is a certain dullness to the look of the eye that warrants continued scrutiny, or even a second look by a veterinarian. Along these lines, do not be timid about asking a race veterinarian to examine your horse again, after the completion exam, if you have any concerns. We would much rather catch a developing metabolic problem in its early stages, when we have a better chance to help the horse, and to avoid catastrophe.

Make a good attempt to regulate your horse's temperature. Be aware of the

ambient temperature and weather conditions. Cold or windy weather necessitate a longer cool-down period, perhaps less water on the horse to wash off sweat and mud, and probably cooler or blanket changes as the layer close to the horse becomes wet. Warm weather can be tricky, as well, as you try to cool the horse without chilling it unduly. Remember that horses have a large body mass, and a relatively small surface area. They can continue to radiate heat long after they have finished exercising. If using a blanket, periodically put your hand underneath it to make sure your horse has not broken out in a sweat again.

Studies have shown that horses' metabolisms continue to compensate for exercise and to combat dehydration overnight and into the next day, after the race. Aldosterone, which is a hormone that regulates hydration, continues to be secreted in higher and higher levels well after the horse stops exercising. In fact, the concentration of aldosterone in the blood of the equine athlete will be higher the morning after a race than it was at the end of the race. This means that the horses's body is working hard to conserve hydration long after the end of exercise. Horses can lose 5-10% of their body mass (most of the losses will be in the form of water) during a race, and do not regain their starting body weight until at least 24-48 hours after the race. All of this can become very important if you plan on leaving directly after the race. If you have a long trailer ride home, it is definitely better to spend the night, allowing your horse more time to recover from the race before enduring the stress of the trailer ride.



Michele Roush, providing post competition care

If you are inclined to do so, do not forget to wrap legs with a poultice or other bracing substance. This is like you using Ben Gay to ease your aches and pains. You can do the same for your horse!

And certainly do not forget to get your horse out for walks every so often, to help stiffening muscles. This applies to the afternoon after the race, as well as to the next day. Think about how hard it can be for you to get out of the truck on your drive home the day after a race, and know that your horse can be feeling similar aches and stiffness.

Good care of your horse in the immediate post-race period will enable a much quicker recovery, so that your horse will easily be ready to go again next time!

Michele Roush, a 1993 UC Davis Veterinary School graduate, has been involved in Ride & Tie since 1980 and endurance since 1994. Michele was the National Best Condition Champion for AERC 2002, and the West Region AERC BC Champion in 2000 and 2003. She was on the US team for Endurance World Championships in Dubai in 2004 and won the Man/Woman title in the 1995 Ride & Tie Championship with Jon Root. Visit Michele's website at <http://www.laurelspringsranch.com/roush.htm>



**EasyCare**  
[www.easycareinc.com](http://www.easycareinc.com)

## My First Ride & Tie

by Haley Wood

I completed my first Ride and Tie this past weekend at Santa Isabel. It was wild, a little scary and very fun. I can't wait to do another one!! This is my story.

We traveled out to the base camp on Friday afternoon with my Mom, her R&T partner Jennifer Mansoor and my friend Daniel Mansoor (also 10). It was raining cats and dogs!! We were cold and very wet as we set up the portable corrals for the horses. Once the horses were settled in, Daniel and I went into the Suburban and changed into dry clothes, ate some dinner and watched a movie. Daniel and I thought it was great, we were warm, cozy and having fun, but our Moms were cold and wet and thinking about packing it up because the horses were shivering!! With lots of support and encouragement from the other Ride and Tiers in camp, our Moms moved the horses into the trailer for the night to stay warm. After a long but cozy night, we awoke to a sunny beautiful day. We were so glad we stayed!!



Photo by Julie Bradley

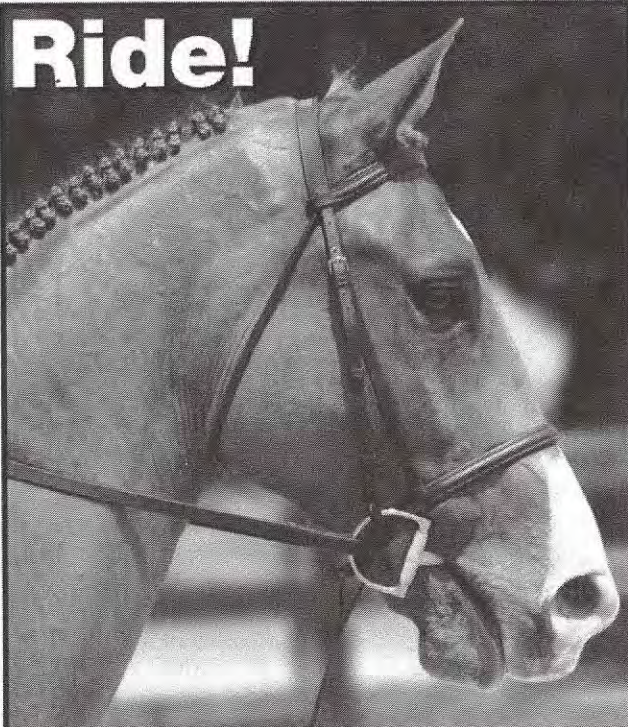
Daniel Mansoor on Tommy, Amanda Wood, Haley Wood and Jennifer Mansoor on Reba

Race day was crazy: vet checks, tacking up, eating breakfast and getting dressed in the car. My pony, usually a Hunter/Jumper show pony, was eager and ready to go. I was a little nervous about his energy, as I usually have to wear spurs when I ride him at home!! We waited until all the other teams took off and then started out. I rode first on Tommy, my pony, and my Mom rode Reba, our Arabian mare (an

experienced Ride and Tie horse). Daniel and Mrs. Mansoor started out on foot. We hit the first exchange and that's where it got really wild. Tommy was spooking, rearing and being a real stinker!! Daniel fell off once, but stayed on with all the other rearing and silliness. He was a real cowboy that day. Tommy even gave my Mom a black eye during one of his little fits!! After all this, we all decided to walk a while and let him settle down. About a mile down the road, when Tommy was a little tired, we all got back on and the rest of the race was lots of fun. I was surprised at how fast everyone goes on their horses and that they trot down the hills!!

We crossed the finish line and everyone cheered. The other Ride and Tiers were all so nice and supportive. Everyone took our picture and congratulated us. We felt like real celebrities. My Mom says that we can do another one next year, after we get better on Tommy out on trail. She doesn't want another black eye. All in all, it was a great day and we had lots of fun with our Moms. I am going to be practicing on Tommy this summer and I hope to see you all soon!!

# Ride!



Great articles • Huge distribution  
Stallion Showcase • Horses for sale

1.800.267.8373

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

**JUNIORS!** We need your stories, artwork, photos, poetry or even just your thoughts and ideas about Ride & Tie. Send your stuff to Melissa Queen, Juniors Editor at [paintclassic@gmail.com](mailto:paintclassic@gmail.com) or snail-mail to 7680 NW Ridgewood Dr. Corvallis, OR 97330

# The Mystery of the Mystery Photo

by Annie Betts

I put this old photo in our last issue with the question "Do you know where this race start was taken and when?" Since we received only two replies we figured most folks didn't know the answer any better than we did. But the replies we did get lead to more mystery.



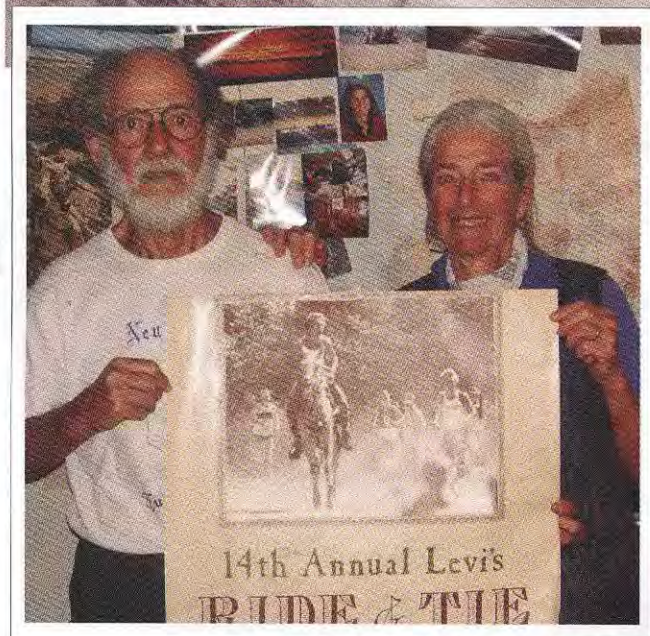
Mystery Photo from March

From George Hall: "My two cents for the "mystery Photo" is the 1990 Championship in Eureka. (at first thought it was the '83 Levi's in Eureka, but Dan Barger, my partner that year, would have been 17 years old in '83. The Dan Barger in the picture looks closer to the 23 year old Dan Barger.) Don't ask me why I think it is Eureka. I barely remember going through the water start. Also Tom Johnson (who wasn't doing ride & ties in '83) in the white shirt is pretty obvious. And is that Mary Tiscornia a few rows back in the mid-right? And Tom

Kristofk next to Dan? I remember the lead guy out of the pack, but I can't remember his name. That kind of looks like Steve Shaw behind and to our left of Dan in a lite color shirt and visor."

We thought we were all set with George's answer when we received email from Peter and Martha Klopfer who told us: "Taken in 1983, the 13th annual Levi's Ride & Tie in California, near Eureka." They went on to say that they had the poster for the 1984 ride (which would have had the photo from the 1983 one) from that ride and that it matched the mystery photo. At our request, the Klopfers sent us this photo of their poster.

At a glance we figured they were correct and that Don would have to tell his long time Championship partner, George, that he was wrong, but we



dug a little deeper into the dark, dank Ride & Tie archives and came up with a poster for the 1991 Championship. Looks to us as if George WAS right! We still don't know who is leading the pack, but it looks as if it is the same person, in the same clothes as in our "Mystery Photo."

Thanks to the Klopfers and George Hall for coming up with an answer and being brave enough to take a guess!

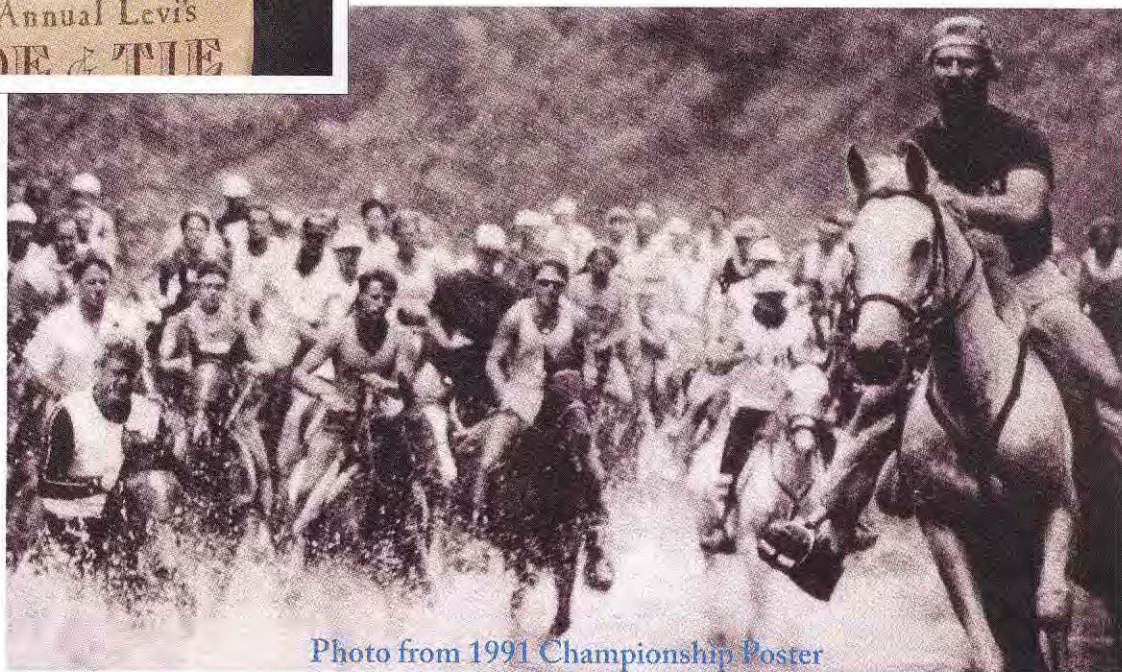


Photo from 1991 Championship Poster

# 2007 RIDE & TIE SCHEDULE

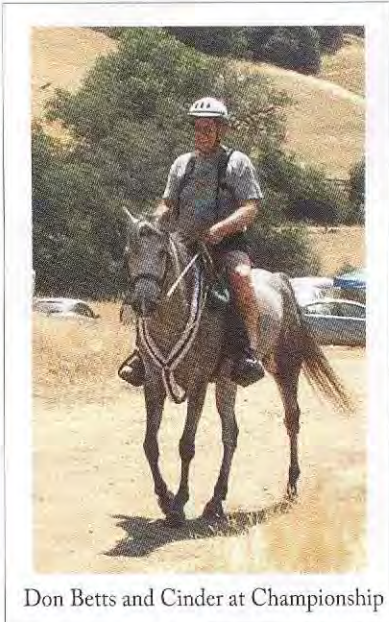
See 2007 Handbook for more information on each of these races

- 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, cdefpe@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, Molalla, 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--RACE CANCELLED**
- 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 and 100 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@sbcglobal.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 CPENGUIN57@aol.com, (410)420-7678**
- 5 OCTOBER ALABAMA YELLOWHAMMER RIDE & TIE--Talledega National Forest, Alabama--25, 50 and 100 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, Molalla, 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.**



# CANDIDATES FOR THE BOARD OF DIRECTORS

**Don Betts**-- Don has served one term on the Board and is the current President of the Ride & Tie Association.



Don Betts and Cinder at Championship

I would like to be reelected to the Board of Directors. We have accomplished a lot in the term I have served. We have lowered membership fees and costs of entries to Championship, while adding prize money. We have added a Ride & Tie Handbook and returned to a quality Newsletter. I would like to continue to be part of the system which is making these changes.

In January I flew back to Henryetta, Oklahoma to speak at

the AERC Regional Convention to promote Ride & Tie. With my wife, Annie I have hosted Ride & Tie Booths at horse expos in Montana and Washington and the Pacific Northwest Endurance Riders Conference in Oregon. I serve as a race director for two ride & ties and I am actively competing in the sport I love.

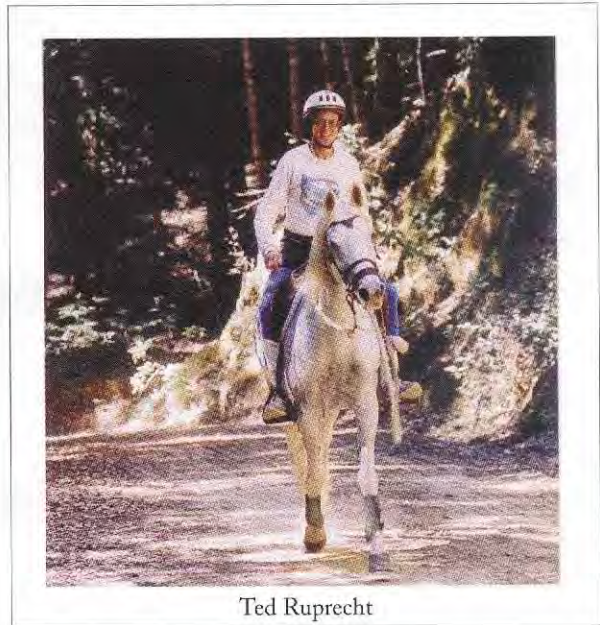
I have enjoyed serving on your Board of Directors. I hope you support the direction our Board is steering the Association and you will return me to the Board for another term.

**The Board of Directors is made up of nine members serving three year terms. Each year three of the members come up for re-election. The Board meets five times each year by telephone conference and once in person at the Championship. If you would like to donate some of your time by becoming a Board of Directors member, contact any of the Board Members.**

**Rufus Schneider** – Rufus has served two terms and is currently the Vice President of the Ride and Tie Association.

I would like to keep my seat on the board of directors for another term. I bring different viewpoints to our board meeting and serve members well with my experiences as a competitor, race director and southern California mentor. In these capacities, I hear what other members have to say and bring their thoughts to the board meeting also.

One goal of mine on the board is to make sure, through all the growing pains and changes Ride & Tie goes through, that we do not lose sight of what the ride & tie experience is all about. I would like to continue doing that, and help the sport grow and move into new geographical areas. If the members would like me to, I would like to continue serving on the board of the Ride and Tie Association

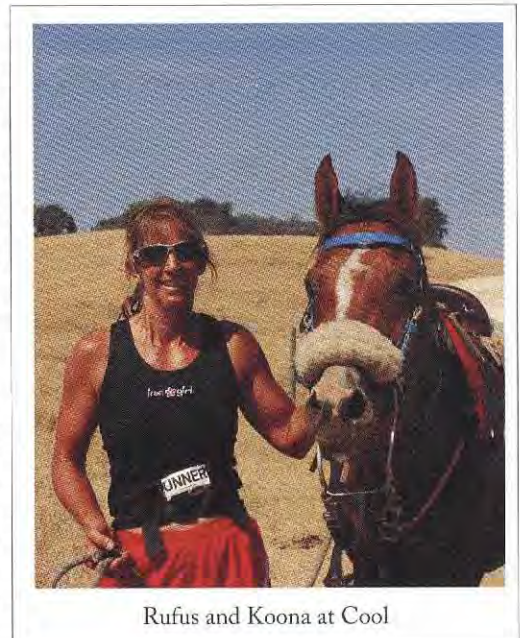


Ted Ruprecht

**Ted Ruprecht**– Ted Ruprecht is serving his first term, and is currently the Treasurer of the Ride and Tie Association.

I and my immediate and extended family have been long term frequent participants in R&T. I completed my 25th championship this year.

I have been on the Board of Directors for one year and have served as Treasurer since July '06. I have participated actively in all Board meetings. I am the originator of the voucher idea where by participants in R&T races earn discounts off the Championship entry fee. I have also pushed for renewed recognition of those achieving their 5, 10, etc year completion levels. As Treasurer, I have worked to arrange our finances in a functional way so we can actually see where our funds come from and how they get spent. Not an easy task but an essential step toward efficient management.



Rufus and Koonah at Cool

# OLD RIDE & TIE HIPPIES NEVER DIE, THEY JUST GET THEIR SURFACES REPLACED

by George Hall

"Usta, wha-a-a-a-a-al, Iusta alotofthings!" Famous words from ride & tier and endurance rider, Bob Edwards, after hearing me lamenting about how I used to be able to run and ride before my hips went bad.

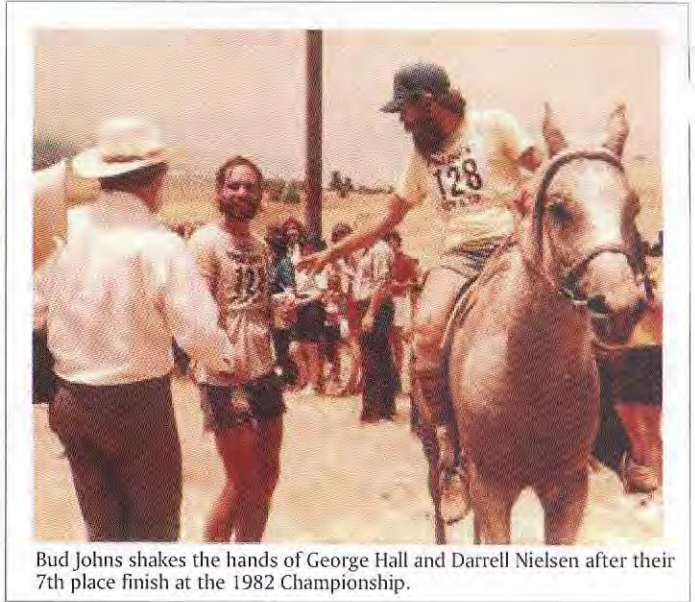
Often when I run into a former ride & tier their excuse for not coming to the championship is that they don't have time to get the horse or themselves in shape. That is no excuse! If your horse can walk and trot the distance, and you can walk and get on a horse there IS no excuse. You can still get there, have a good time doing it and enjoy the experience with long time friends and new acquaintances. This year's Championship race will be one the best yet. Beautiful redwood forests, pipe corrals, hot water showers...what more do you want? Some of you may remember I was so debilitated from two arthritic hips that I needed help getting up into the saddle and was lucky if I could hobble a breakneck 25-minute mile. But I was there at the Championship every year, often in last place or close to last with my patient and helpful partners, Don Betts and Gavilan. We were having fun enjoying the experience with our ride & tie family.

It was five years ago when I last wrote to the newsletter about how I was scheduled for bilateral total hip surface replacement.

Well, the following year I was again at the Championship with Don and Gavilan six months after surgery. We ran in Euer Valley near Truckee on what was essentially the same course as the previous year, but completed it an hour and a half faster. How? I didn't need help getting on the horse! I had to walk the whole way, but I could walk fifty percent faster than the previous year and could walk and ride in great comfort. The following year in Fort Bragg, Don, Gavilan and I were doing it again. That time I could run up the hills, but still had to walk the flats and down hills. By that November I was running the Quadruple Dipsea, 28.4 miles of hills. My muscles are still coming back from being so atrophied and fibrotic. They will never be the same, but they get me there. Every month is better than the last. I am now able to run 50K and 50 milers again, as long as it's trails and hills. Steve Shaw and I were even first place (and simultaneously last place) at the Swanton Pacific 75 mile Ride & Tie in '05 with the help of Tallymark.

My disability over the years has made me think of all the unsung heroes out there like Pat Browning, Don Roth, Russ Kiernan and others who have overcome extreme hardships. They have enjoyed our sport for decades and compete because it is just so fun. My first ride & tie was Brown's R&T at Quicksilver Park in 1980. I met Darrell Nielsen napping in his old school bus the morning of the race after working a double shift on the oil rigs down near Buelton, then driving all night to get there on time. Sherode Powers and Russ Kiernan beat us by four minutes. I was hooked. A couple of weeks later it was the Big Creek Ride & Tie. We came in second again, eight minutes behind Sherode and Russ. Then, onward to the Levi's at Big Bear. After a rocky start, we finished eighth place. Would-a, should-a, could-a was the subject matter after the race. Our horse was "lost" at the top of the first hill. Being a novice, I had tied to a group of saplings. By the time Darrell got there a couple minutes later, Na Ara had stepped in among the trees and could not be seen. The whole race went by. Finally the drag riders informed Darrell they saw a horse's nose sticking out from the trees. Darrell ran back, mounted and was riding hell-bent-for-leather after me through the brush of a steep downhill section passing people right and left. I am sure some of you remember and were not pleased. Don Jacobs and Kin Schaurer finished fourth or fifth on our backup horse, Hotshot. Over the intervening years a lot of ride & tiers have come and gone, but a few old timers are still around. Some of them are still gunning for first place, others just want some fun. Sons and daughters are competing, a few new comers are trickling in.

One way to help promote our sport and expose ourselves to potential ride & tiers is to enter 50 mile or limited distance endurance rides as a ride & tie team. Approach the ride manager personally, explaining the sport, if they are naive. Many, if not most ride managers know of ride & tie, but may not appreciate how easy it is to accommodate a team or two to ride with the endurance riders. One sticking point is at the vet checks. Some veterinarians or ride managers may be reluctant to have the ride and tiers vet right through when they reach criteria, rather than have a "hold" as the endurance riders do. It is likely they will keep the criteria at the common 64 and 64. No sweat. The partner that rode into the vet check can be crewing the horse, or if they have a crew, relax and refuel, then head out again a few minutes before the partner vets the horse out. The goal is to get out there, have some fun, and introduce the endurance community to ride & tie. Steve Shaw and I traveled to Utah near Brice Canyon area two years in a row to do the Wendell Robie Ride put on by Dave "The Duck" Nicholson in 1997 and 1998. Fifty miles a day for five days is not nearly as difficult as it sounds, especially at The Duck's races. They started at a civilized time of 8:00 AM. Although some mention was made of the movie "Groundhog Day", the experience was wonderful. Each day was a different course through beautiful, sculpted red rock canyon lands and forest. Being October, it rained often, but the temperature was good. Steve's locomotive, Cougar's Clown motored us though without a problem. Those were the years my hips started going bad, but it was still a pleasant experience. The endurance riders got a kick out of seeing us out there. Each night at the pre-ride meeting for the following day, people would comment on the day that had just transpired. A few were very interested in R & T, but just couldn't get past the thought of getting out of the saddle. Thankfully, I am still in the saddle and on the ground with a smile on my face, looking forward to the week culminating in the 37<sup>th</sup> Annual Ride & Tie Championship on June 16, 2007. I hope to see you all there.



Bud Johns shakes the hands of George Hall and Darrell Nielsen after their 7th place finish at the 1982 Championship.

## Founding Members

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

## Lifetime Members

Chris, Linda & Steve Anderson, Nancy Beacon, Lee Betak, Don & Andrea Betts, Marge & Vern Biehl, Kathy Broadcus, DVM, Pat & Nita Browning, Ruthann Conklin, DVM, Doyle Eggers, Jack Garnett, Thomas & Carol Ruprecht Gey, Guy Goddard, Byron Grant, Debbie Hansen-Bernard, Dawn Hartsock, Janice Heltibridge, Tom Highland, Carl Hill, Lew & Hanne Hollander, Jim, Sara & Elaine Ruprecht Howard, Tom Johnson, Jan Kahdeman, Gunilla Kent, Peter & Martha Klopfer, Skip Lightfoot, Mo, Nori & Whitney, Livermore, Gabrielle Mann, Kent McLaren, Lani Newcomb, DVM, Janet Owens, Anita Parra, Annette Parsons, Calvin Paulette, Brian Purcell, Barbara Ravizza, Chet Relyea, Mark Richtman, Curt Riffle, Emmett Ross, Tom Rotkis, Dale Roush, Ted & Joan Ruprecht, Kirsten Seyferth, Lari Shea, Marcia Smith, Godfrey & Suzanne Sullivan, Judith Teichman, Kathy Thompson, Jeff Townsend, Alina Vale, Jean Whitman, Laurie Wilson, and Leslie Yates.

## BOARD OF DIRECTORS

Don Betts, President	RideAndTieDon@aol.com
Rufus Schneider, Vice President	(619)445-1060
Carol Ruprecht, Treasurer	jruprecht@reninet.com
Dawn Hartsock, Secretary	Grover1959@aol.com
Steve Anderson	Steve.anderson1@juno.com
Pat and Nita Browning	frenchcorral@yahoo.com
Lani Newcomb	Give2bute@aol.com
Don Strong	dons@deanshomer.com
Mary Tiscornia	MT1580@aol.com

## MEMBERS EMERITUS

Steve Shaw	sshaw@pacbell.net
Jim Steere, DVM	steeres@comcast.net

## RIDE & TIE MENTORS

<b>ARIZONA and NEW MEXICO:</b> Beth Brinkley, (520)384-2948 cactusclanaz@hotmail.com	<b>COLORADO:</b> Terry Pintane, terry-pintane@mariposawindow.com
<b>CALIFORNIA:</b> <b>AUBURN:</b> Cheryl Domnitch, cdefpe@aol.com (530)273-5668 <b>MALIBU:</b> Kirsten Seyferth, scattris@hotmail.com <b>MONTEREY/SANTA CRUZ:</b> Dawn Hartsock, grover1959@aol.com	<b>IDAHO:</b> Sid Sullivan, sids@cableone.net <b>LOUISIANA:</b> Karen Wolfsheimer, wolfsheimer@cox.net (225)767-9615 <b>OHIO:</b> Maggie Herlensky, (740)947-2883 maggieszoo@hughesnet.com
<b>ONTARIO:</b> Dawn McCool, far_rogue@yahoo.com, (909)596-8028	<b>OREGON:</b> Annette Parsons & Jim Clover, aparsons@apbb.net
<b>ORANGE COUNTY:</b> Ruprecht & Gey cruprecht@rideandtie.org, (949)263-1772 <b>Central:</b> Melanie Weir, melaniew@socal.rr.com, (714)321-3695 <b>South:</b> Amanda Wood, awood4@cox.net (949)388-1050	<b>TENNESSEE:</b> Joanne Mitchell, (865)693-4308 jfgmhorse@bellsouth.net
<b>REDDING:</b> Karen Deaver, kdeaver@suhsd.net (530)275-8570	<b>UTAH:</b> Dave & Debbie Wagner, ddwags@redrock.net, (435)658-3035
<b>SACRAMENTO:</b> Don Strong, dons@deanshomer.com (976)791-3574	<b>VIRGINIA:</b> Lani Newcomb, give2bute@aol.com
<b>SAN DIEGO:</b> Rufus Schneider, (619)445-2060	<b>WASHINGTON:</b> <b>Western Washington:</b> Lisa Preston, lfpreston@hotmail.com
<b>SAN JOSE:</b> Steve Anderson, steve.anderson1@juno.com 408 249-2780	<b>XXXEastern Washington:</b> Janet Dodd, jdoutback@msn.com Rachel Toor, racheltoor@earthlink.net

If you would like to be a mentor for your area, contact Don Betts at RideAndTieDon@aol.com

## RIDE & TIE ASSOCIATION CONTACTS

2007 Championship Race Director: Chris Amaral      Championship2007@rideandtie.org  
 Endowment Chair: John Osterweis      johno@osterweis.com  
 Media Relations: Carol Ruprecht      cruprecht@rideandtie.org  
 Statistics: Steve Anderson      steve.anderson1@juno.com  
 Newsletter Editor: Annie Betts      Newsletter@rideandtie.org  
 146 Janssen Farm Rd. Sequim, WA 98382 (360)681-5218  
 Juniors Editor: Melissa Queen      PaintedClassic@gmail.com  
 7680 NW Ridgewood, Corvallis, OR 97330 (541)758-8054  
 Ride & Tie Office: Lisa Preston      Contact@rideandtie.org  
 Ride and Tie Association PO Box 2436 Sequim, WA 98382

## Race Results

### Chesapeake Ride & Tie, MD

<b>30 Mile Long Course</b>	<b>15 Mile Short Course</b>
A. Townsend/K. Townsend/Orion 4:47	K. Broadcus/L. Newcomb/Corian 2:27
J. Heltibridge/K. Kane-Joyce/Frisky 4:50	A. Biasioli/T. Cobb/Earheart 2:41
	Dixon/McClemments/Arapadoddl 3:00

### Old Dominion No Frills Ride & Tie, VA\*

<b>30 Mile Long Course</b>	<b>10 Mile Short Course</b>
A. Townsend/K. Townsend/Orion 5:09	E. Aveleyra/C. Longo/Bubba No Time Reported
J. Heltibridge/K. Kane-Joyce/Frisky 5:35	
A. Biasioli/T. Cobb/Earheart DNF	

### Grizzly Mountain Ride & Tie, OR

Lisa Preston/Brooke Page on Cinder 3:55

### Santa Ysabel Ride & Tie, CA\*

<b>22 Mile Long Course</b>	<b>12 Mile Short Course</b>
Tom Gey/C. Ruprecht/Findefar (BC) 3:02	K. Seyferth/J. Siegel on Scattris 1:54
G. Kent/M. Whelan on L.R. Racer 3:05	Y. Phipps/Y. Phipps on Kisses 2:04
R. Schneider/S. Anderson on Koon 3:18	P. Bowman/D. McCool on Ruby 2:09
F. Lieberman/J. Fredette on Flame 3:55	T. Castellano/B. Castellano/Razario 2:15
M. Weir/T. Jordan on Kamanche 4:12	<b>6 Mile Short Course</b>
B. Pappani/L. Yates on Kahluah 4:29	A. Wood/J. Mansoor on Reba 2:19
J. Jordan/A. Fernandez on Crissy DNF	H. Wood/D. Mansoor on Tommy 2:19

\*Points are not recorded and results are unofficial until sanctioning packet paperwork is filed. All sanctioning packet paperwork is due within two weeks of the race.



# Supracor®

Technology You Can Get Comfortable With®

# THE RIDE & TIE ASSOCIATION

PO Box 2436  
Sequim, WA, 98382  
www.rideandtie.org

*Ballot of Board of Directors Election Enclosed*  
*Swanton Pacific Ride & Tie Cancelled for this year!*

## MYSTERY PHOTOS!

Be Brave! Take a Guess! Where and when were these photos taken?  
Do you recognize any competitors? Email Newsletter@rideandtie.org



## The Ride and Tie Association Membership Form

Print form and complete. Send form and payment to:  
The Ride and Tie Association-PO Box 2436, Sequim, WA 98382

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

(Check One)

Lifetime Member (\$500) No more annual membership fees. Eligible for special savings as offered.

Supporter (\$100 or more) Same benefits as Competitor Member. Also available for special savings as offered.

Competitor Member (\$25) Any competitor must be a current member to compete in sanctioned Ride & Tie events.

Friend of Ride & Tie (\$20) Not an actual competitor but would like to show their support for Ride & Tie.

Competitor Family (\$40) Immediate family residing at one address. List all names to be included.

Membership year is from January 1-December 31. All categories of membership will receive Ride & Tie Newsletter, information and applications for the Ride & Tie Championship, advocacy for growth and competition in all aspects of the sport, inclusion and eligibility for the national point system and assurance of the continuance of the sport of Ride & Tie. The Ride and Tie Association is a 501 (C)(3) non profit organization.