

RIDE & TIE



NEWSLETTER

November 2007



Championship 2007 Photo by Barry Thorpe

Message from the President

Another fine year of ride & tie has come to a close. We had a well liked Championship. The Humboldt Redwoods will be added to the list of favorites for many people. There were many good local races and hopefully everyone went home and told their friends how great the races were and we will have more new competitors next year. I had a lot of fun and I hope you did too.

Most of the races held this year will be back again next year. We may have to wait and see how the ashes fell in San Diego though. We were lucky in Taylorsville where we are having the 2008 Championship. The fire there in September spared the trails, but it did come close.

The trails for the Taylorsville Championship are going to be the same that were used in 1991 and 1994. Race Director, Dennis Miller, Joe Tomaselli and Chuck Stalley are working to reopen them. Those of us that were there know the trails were pretty challenging. I did the '91 Taylorsville. I will be 17 years older this time and a lot heavier. I think I will pack a lunch.



Grandpa Don and Karolina, go for a fast ride.

Taylorsville is in the middle of a lot of good things to do. Think about making it your vacation.

Swimming holes in the creek that passes the campground.

Play at Indian Falls

City swimming pool just two blocks from camp

Local pub and grocery store

Nine-hole golf course (If anyone is interested we can probably arrange a small golf tournament. Just let me know.)

Fishing in the creeks and Lake Almanor

Boating in Lake Almanor

Hiking and horseback riding

Singing and playing tunes (Bring your instruments!)

Barbecue pot-luck on Thursday night (The association will furnish the meat.)

Association General Meeting on Thursday

A great Championship Race on Saturday with a feast to follow

We are working on our website (www.rideandtie.org). Very soon we plan to be able to renew memberships on line. You will be able to buy Ride & Tie merchandise at

our online store. We are working to post past Newsletters there. We hope someday to have them all. If you have any Newsletters that are missing, let Annie at annie12345@aol.com know. We would like to make our archives complete.

The 2008 Ride & Tie Handbook will be mailed out to current members in January. In it you'll find the current membership list, 2007 race results, 2008 race schedule and flyers for each race, as well as photos from most of the races held in 2007. Make sure your dues are paid by January so you don't miss out. Pick out the races you want and put them on your Calendar so that you don't miss them. I am looking forward to riding and tying with you next year.

RIDE DIRECTORS! We've begun working on the 2008 Handbook. We will need a flyer for your race by December 1st. If you need help with the flyer contact me, at ANNIE12345@aol.com.

There are three openings for the board of directors for next year. Contact me if you are interested.

Don Beth

Dealing with the Hot and Humid Ride & Tie

by Kathy Broaddus, DVM



Annie Betts Photo

Kathy Broaddus on Newman at Chesapeake Ride & Tie

Ride & tie in the east can be a whole new game due to the hot and humid conditions often present during the events. Even the Michaux Ride & Ties in Pennsylvania in May usually offer temperatures in the 90's and humidity to match, and now that Texas and Alabama have joined the ride schedule, we have even more opportunities to manage our horses under extreme conditions. A successful ride outcome requires a very different approach to horse management than practiced in the west.

Pre-ride: Train in the heat. Instead of riding in the coolest part of the day, train in the afternoon when conditions are worst. Expose your horse to the kind of stress you'll encounter on race day. To get a handle on how he's coping with the heat dissipation, take his temperature before and after you ride to identify normal for him. It's not uncommon to experience a two or three degree body temperature increase during exercise, but if it goes over 103 degrees, back off and slow down. Elevated temperatures significantly slow recovery rates; if he starts to overheat he'll feel sluggish, slower to respond, and lose the desire to eat and drink. Slow down – you're not trying to cook him, just to help him adapt.

Minimize surface area that is covered by the tack – every bit of skin exposed to the air can help.

Body clip, even in the summer. Clip at least the neck, better the whole body. Even short hair holds water and sweat against the body which can form an insulation layer holding heat in.

Monitor body condition. Fat is an excellent insulator for keeping heat in. Thin is not good, but neither is fat.

Fitness: obviously, conditioned horses fare much better in the heat and are able to circulate blood and sweat more efficiently.

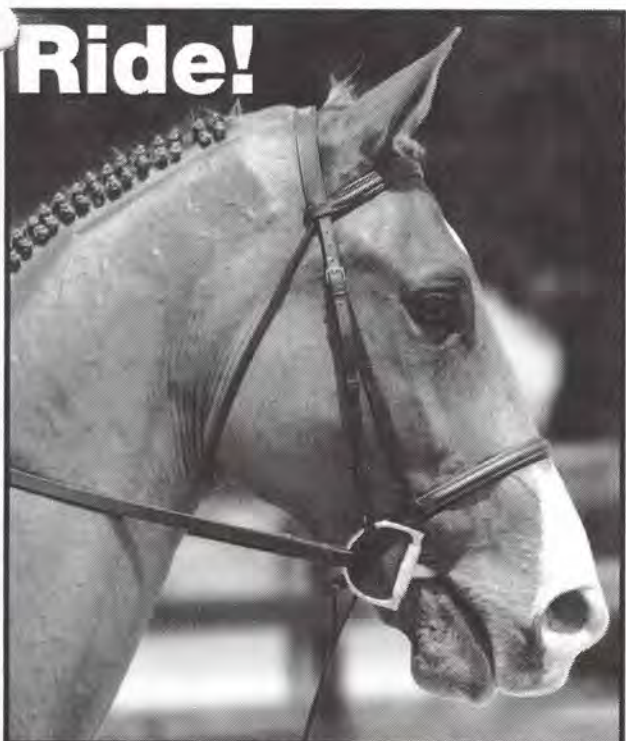
Ride day: Use electrolytes liberally. Use a well absorbed product designed for endurance horses, and double the dose the day before and the morning before the ride starts, and again at every vet check. Sodium, chloride and potassium are obviously in heavy use by the horse, but calcium and magnesium are critical for muscle and gut function. When calcium levels get low, intestinal motility (among other things) decreases. When the gut shuts down, fluid transfer in and out of the intestine becomes very inefficient, and you're done.

Wet the horse down pre-ride with cool water, assuming he is clipped. Evaporation may not be a useful cooling mechanism if the humidity is high, but at least he will start out cool and wet.

If you're using a heart rate monitor, a higher than normal working pulse, or a persistently elevated pulse can be a sign of overheating. Once the body temperature starts to rise, the muscle mass of the horse can keep him from being able to cool.

Use every natural source of water available, and use a lot of it. At each creek crossing, watch the heart monitor and remain in the creek, sponging liberally until the horse recovers to parameters (a heartrate of 60-64 is preferable), even if it takes 20 minutes. If he doesn't recover quickly, it means his temperature is rising, **CONTINUED ON PAGE 9**

Ride!



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RACE RESULTS

Big South Fork Ride & Tie

September 7, 2007 30 Miles
 J. Heltibridle/K. Kane-Joyce/Friskey (BC) 4:26
 Kathy Broaddus/Lani Newcomb/Newman 5:48

September 8, 2007 30 Miles
 J. Heltibridle/K. Kane-Joyce/Bubba (BC) 5:33
 Karen Isaacs Farzad Faryadi Calvin 5:49
 K. Broaddus/L. Newcomb/Red Macintosh 6:54
 Enrique Aveleyra/Beth/Friskey 8:19

Cooler Ride & Tie

22 Miles

Tom Johnson/Marcia Smith/Saamson 2:34
 Chris Turney/Robert Ribley/Monique 2:50
 John Osterweis/Dennis Rinde/Bey 2:53
 Tom Gey/Carol Ruprecht/Findefar 2:58
 Frank Lieberman/David delaRosa/Gypsy 3:03
 Warren Hellman/Jeff Townsend/Flew 3:06
 Melissa Ribley/Cathy Scott/Jasper 3:09
 Jessica Jacobs/Jennifer Siegel/Brioso 3:19
 Melanie Weir/Rick Noer/Kamanche 3:22
 Tara Jordan/Steve Anderson/Koona 3:28
 Melissa Queen/Lisa Queen/Aitopia 3:45
 George Hall/Don Betts/Cinder 4:18
 Leslie Yates/Pam Wilson/Magnum 4:35
 Elaine Ruprecht/Tamara Davis/Jazz Jubilee DNF
 Carrie Barrett/Sheila O'Neill/Chance DNF

13 Miles

Tracey Bakewell/Scott Bakewell/Frank 2:12
 Kim Schneider/Lindsey Hack/Justin 2:30
 Don Strong/Ellen Rinde/Pumpkin 2:33
 Susan Smyth/Steve Shaw/Fly Away Joe 2:35

9 Miles

Madelynn Jordan/Bill Jordan/Torchie 1:45
 Victoria Ordway/Fiona Mosser/Tassa 1:45
 Madison Trocha/Caylin Trocha/KB Toy 2:27
 Linda Gigliotti/Bob Edwards/Tango 3:10
 C. Domnitch/Cristine Jones/Mocha Brown No Time Recorded
 Krista Christian/Margarita Martinez/Jesse DNF

4 Miles

Rufus Schneider/Nita Browning/Koona 0:46
 Tom Peter/Missy Page/Majafar 0:56
 K. McFarren/Melanie Weir/Kamanche 1:15
 Emily Bakewell/Tracey Bakewell/Ruby 1:33
 Sage Spencer/Atticus Jordan/Justin 1:39
 Melanie Calder/Jarron Calder/Buck 1:45

Chesapeake Ride & Tie

September 21 30 Miles
 J. Heltibridle/Kate Kane-Joyce/Friskey 5:16
 Kathy Broaddus/Lani Newcomb/Newman 5:40

September 22 30 Miles
 Janice Heltibridle/K. Kane-Joyce/Zack 5:22
 K. Broaddus/L. Newcomb/Red McIntosh 5:30
 Chris Longo/John Stacy/Bubba 5:40

September 23 20 Miles
 Janice Heltibridle/K. Kane-Joyce/Bubba 3:53
 Adrienne O'Neal/Kristin Eddy/Tori 3:58
 Eric Garges/Amy Krupka/Magic 4:34
 K. Broaddus/L. Newcomb/Red McIntosh 4:37
 Jenny Jones/M. Trader/Norm Van Meter 4:37

Yellowhammer Ride & Tie

Bill Etchison/Walter Miller/Cody DNF

Manzanita Ride & Tie

25 Miles
 Tom Gey/Carol Ruprecht/Hat Trick 3:07
 Mike Whelan/Gunilla Kent/Marc 3:13
 Rick Noer/Melanie Weir/Kamanche 3:38
 Anne Langstaff/Kirsten Seyferth/Scatris 3:56
 Jessica Jacobs/Jennifer Siegel/Brioso 4:03
 Frank Lieberman/Steve Anderson/Gypsy 5:07
 Rufus Schneider/Kim Schneider/Koona DNF
 Jim Fredette/Kurtis Ibarra-Dosio/Razario DNF

15 Miles

Robert Hancock/Katie Rzakowolska/Justin 2:35
 Amanda Wood/Jennifer Mansoor/Reba 2:57
 Glen Morgan/Arthur Hammons/Dinna 2:57

Foothills of the Cascades

25 Miles
 Steph Irving/Ben Volk/Mon Dart 4:53
 Gary Lear/Lisa Queen/Pumpkin 5:30
 Kathy Broaddus/Lani Newcomb/Cinder 5:44
 Tim Ruben/Leslie Yates/Amigo DNF

High Desert Ride & Tie

30 Miles
 Steve Anderson/Frank Lieberman/Gypsy 4:21
 Kathy Broaddus/Lani Newcomb/Charlotte 5:15

WAYS TO EMBARRASS YOUR HORSE



Hay! How come we're not listed?

I forgot to pay my membership dues!

WHY DO I NEED TO BE A MEMBER?

by Dawn Hartsock

One beautiful sunny day after returning from a wonderful training ride we had the very unhappy experience to receive a message on our answering machine from an attorney telling us we were "being named" in a lawsuit. What did THAT mean? Well...upon further fact gathering we learned that a man who had been run over by a loose horse at a ride and tie that we had been helping a friend put on was suing us for damages!!! Well we reassured ourselves that's why we have insurance and waivers, we would be alright right?? Well as it turned out the injured person had arrived late, his partner had picked up the race packet promising the late partner would come sign the waiver as soon as he got there. And the late partner never did come sign the race waiver. The race secretary was swarmed by other folks signing in and didn't notice that the late partner didn't sign the waiver. Further more it was unclear if this late partner was a member of the Ride and Tie Association.....UH OH!

So I think you can guess where all of this was leading! It took many years of gut wrenching work on the parts of everyone involved to resolve this situation. All of us named in the suit had many nights when we couldn't sleep with worry. Thanks to the wonderful work of Steve Shaw the suit was dropped. But we could no longer deny that in ride and tie the risk of law suits existed. It took me many years before I was willing to be the race director in another ride and tie. And with that said I find it extremely frustrating as a race director when people question the need to be Ride and Tie Association members and/or to sign a waiver!

I understand that at the time it might seem like a lot of money to be an association member, and it might seem unrealistic to need both partners to sign the waiver before a race packet can be picked up...but the reality is that this paperwork covers us ALL! In the above mentioned suit the owner of the horse who got loose was also named! If a person isn't a member of the Ride and Tie Association, then the insurance might not cover. If the waiver isn't signed, the person can say they weren't aware of the dangers involved with ride & tie etc etc etc!

So PLEASE, when a race director tells you that you need to sign a waiver and be an active member of the Ride and Tie Association, smile, comply, and thank that race director for putting on that race. Our race directors give many hours of their time so we can have ride and ties, they sure don't need us to place them at risk of law suits! These rules are to PROTECT US ALL!

Dawn has been participating in Ride & tie since 1985. She has been race director of four ride & ties. She is currently the secretary on the Ride and Tie Association Board of Directors.

Since 2006, there have been approximately 70 'bandits' or people who participate in Ride & Tie events without being members of the R&T Association. Our administrative director, Lisa Preston, has spent hours following up on these 'bandits' allowing them to pay after the event in order to get credit for their race.

We know how it happens. One team member pays the fees, and gets the vet card and packet, often because the second member hasn't arrived yet. The second member neglects to go to the registrar and fill out the waiver and pay the membership fee. After the race it is nearly impossible to get people to pay and sign the waiver. With people racing who are not members, the Association, the Race Director, the horse owner and even the partner of the bandit could be leaving themselves open for a law suit.

The Association has lowered the annual membership fee to \$25 to make membership more affordable. The entry blanks and the Event flyers in the Handbook clearly state the necessity for membership in order to race. Rule number 1 of the Rules for ride & tie states that competitors MUST be members.

WHAT YOU CAN DO AS A COMPETITOR: Make sure you and your partner are members in good standing and have signed the appropriate papers to race. DO NOT RACE WITH A BANDIT! Your race will not count and you may be risking legal action should something go wrong.

WHAT YOU CAN DO AS A RACE DIRECTOR:

--Keep careful records of which teams have not paid and signed their waiver.

--Have a person accepting signatures and payments at the starting line if there are competitors who have not completed their paperwork.

--At your race meeting remind people that IF they have not signed their waiver and paid their membership fees, they will not be allowed to race.

--If bandits do slip through the cracks, request membership payment and signatures after the race. Do not turn in names and times to the Association if the paperwork is not complete.

2008 MEMBERSHIP DUE!

Ride and Tie Association Membership runs from January through December. If you are not a Lifetime Member, your membership will be up as of December 31! JOIN NOW!!!

Why Join Now? If you wait until you are going to do a race, you will miss all the information which goes out to members in the newsletter regarding races and the championship. Also, members of the Ride and Tie Association in January will receive the humongous and extremely helpful RIDE & TIE HANDBOOK. Our handbook is a yearly publication filled with photos, race results, point results for the previous year. It also has the Members Directory so you can contact them if you need a partner or a horse. But wait... there's more! You also receive (for one low price) a flyer for each of the 2008 races! Don't delay! Use the membership form on the back of this newsletter...or if you don't want to cut up this lovely publication, send your check (\$25 for individual or \$40 for a family) and pertinent information to The Ride and Tie Association, PO Box 2436, Sequim, WA 98382. Do it! Don't delay!!! And be sure to include your email address so we can put it in the directory!

MY FIRST RIDE & TIE

by Bev Steffen

We had often heard Josh & Erika, our son and daughter-in-law, talk about a Ride & Tie. But it wasn't until we camped with them at the Championship Ride & Tie at the Cuneo Creek Horse Camp in the Humboldt National Forest, CA, that we really understood the excitement. My son Gabe and his wife Rachel were camping with us. Rachel runs marathons, but she had rarely ridden a horse. She got all excited to participate with Josh in the Ride & Tie at Headwaters of the Rouge. Plans were discussed for the August 25th Ride & Tie near Crater Lake.

Low and behold - Rachel found out she was pregnant again. So guess who Josh recruited for his partner - yep! ME (his 56 year old mother!)

They always have a short loop for the beginners. This would be only 8 miles compared to the 36 miles Josh and Lisa did in the Championship Ride & Tie.

Wow! I don't jog, but he convinced me that it would be as slow a pace as I wanted. Josh said I shouldn't have any problem since I made an 8 mile trek into Seville Lake a few weeks ago in the Kings Canyon National Park in California. I didn't realize at the time, that camping trip would be considered my initial training for a Ride & Tie! I managed to walk about eight miles - now to see if I could Ride & Tie it! I was thrilled that my son wanted me to be his partner, and it all sounded very exciting!

About three weeks prior to the race, we began training. We first trained for 30 minutes in the ring to make sure I could show Abu I was boss. That went well. The next morning was our first Ride & Tie practice run (pun on words - I didn't run). We went three miles in the hills behind our house, and tied six times. That means I had to quickly hoist myself up onto that horse six times! plan was to ride Abu up every hill and flat land, then I could jog downhill! I was so proud of myself! I actually jogged, hoisted myself on and off Abu six times by myself, found good tying trees, and we finished in about 40 minutes. Good practice Josh said!

The next evening we were going to do a little more ring work, but on Reiny, who Josh refers to as his old, fat, out-of-shape mare. Reiny is bigger around

than Abu. I tried to climb on. I got my left knee to my chest, and my foot in the stirrup - that was good, but my right foot must have been stuck in concrete. I could not move a muscle to get up on that horse. It was like total muscle fatigue from the day before. So Josh had to throw me up on the horse for that night's practice. I had just three weeks to get into some kind of shape, and right now, that shape was very sore from head to toe! Realize that I rode horses as a teenager, but only once or twice in the past 35 years!

As the race drew closer, Josh and I increased our practice to six miles. We always practiced on Abu and things were going well! I felt very comfortable on the horse and the equipment seemed right. Then, three days before the race, different plans were evolving. Erika's 20 year old sister, Sam, was coming to visit. If Sam and I were partners, and Josh & Lisa were partners, we could all go the first loop together, letting Josh and I ride & tie at the same time, and Lisa and Sam ride & tie at the same time. That way, Sam and I would end our novice race at 8 miles, while Lisa and Josh continued on to complete the 25 miles. Sam had begun running a mile a day four weeks prior to the race, whereas I had begun training on the horse. So that was settled, Sam would be the main runner, while I would be the main rider.

Now the physical difference between Sam and I is as great as our age difference. I'm 5' 8", 56 years old, and Sam is a petite 20 year old, weighing in at 90 pounds, and maybe five feet tall. Tiny, but she sure can run. Like the Energizer Bunny, Sam kept going and going and going! For the 8 mile race, I'd say she ran a total of five to six miles while I rode! That means I ran (or more accurately, power walked) a total of 2 to 3 miles. But I had done all my practice



with Josh on Abu, with stirrups fit to my long legs. So the morning of the race, I was on a fatter horse, very short stirrups, and a very loose fitting sheepskin on the saddle. Josh wasn't even sure if Reiny would be able to finish the 8 mile race because she hadn't been ridden like that in several years. In Reiny's favor, was the fact that she didn't like to be separated from Abu. So Josh set the pace on Abu, and Reiny followed.

The race started on the gravel road in camp. Reiny actually went out in a canter, but Josh said to hold her back for a while. The course left the road and entered the woods. I was thinking, if only I had a video cam attached to my helmet! The trails were beautiful, and I quickly learned that I didn't need to guide Reiny through the trees, just let her follow Abu's lead. However, I was sure hoping the horse would leave room for my legs as she weaved in and out of the trees. I kept my knees and feet in as close to her body as possible. We never slowed the pace. Then came the cliffs - Oh my! **CONTINUED ON PAGE 9**

ARCHIVING OLD NEWSLETTERS

by Annie Betts

We have begun the task of scanning old newsletters and putting them in online archives on our website (www.rideandtie.org). Our archives are missing some of the Ride & Tie Newsletters, Journals and Championship Guides (programs, participants guides). If you have saved any of these old issues check through them and see if you have the ones we are missing. You can scan them and mail them to me, or mail them to me and I'll scan them and send them back to you in the next day's mail.

I have all the Ride & Tie Journals (different from the newsletters) from Volume 1 in 1987 through Volume 16 in July 1995. After that I have March 96, March 97, November 98, January 99, February 99, April 99 and June 99. If you have any other Journals, please contact me!

I have the following newsletters: 1990: February, March, July

1991: None

1992: March, September,

1993-1994: None

1995: February, June, September, November

1996: January, May, July, September, November

1997: January, May, July, September, November

1998: January, April

1999: None

2000: January, March, June, August, December

2001: March, May, July, August, December

2002: January, June, October

2003: January, June, July, November

2004: January, March, August, November, December

I have all the rest of the newsletters starting in 2005.

Championship Guides (Program guides, Participant Guides)

I am MISSING: 1987, 1988, 1989, 1991, 1996, 2002

IF YOU HAVE ANY OF THE MISSING NEWSLETTERS, JOURNALS OR CHAMPIONSHIP PROGRAMS contact me at Annie12345@aol.com or (360)681-5218 or mail them to me at 146 Janssen Farm Rd, Sequim, WA 98382. I'll scan them and return them in the next day's mail. Thanks!

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JUNIOR RIDE & TIE

THIRD GENERATION RIDE & TIE HAS HIS FIRST RIDE

My name is Sage Ryan and I am eight years old. I did the four miler Ride and Tie in Cool on September 8th, 2007. I had so much fun. I got involved in this Ride and Tie sport because my mom (Jessica Jacobs) did it with my grandfather when she was eight. I did the Ride and Tie with Adikis Jordan, his parents (Jonathan and Tara) also do Ride and Tie like my mom does. Before I did the Ride and Tie, I was very nervous because I have never done it before. I was scared that my horse was going to go too fast because my horse at home is very fast. I did this race on Justin, Rufus's horse and he was perfect for me. When I was getting ready for the start, the stirrups were not fitting very well so we used extra stirrups and that was good because then to get on the horse I put my foot in the lower stirrup and then hopped up

and put it in the shorter stirrup. I borrowed Steve Anderson's helmet because my mom forgot one for me. In the race, my partner was doing pretty good with the help of Laurie Wilson (Shawn's mom). Even though my mom ran near me, I was doing it all by myself. I got on and off myself and tied and untied by myself even though I was getting prickles all over me. The trail was rugged just like in the Ride and Tie song ("for two young boys and a spirited horse, you can count on a rugged course"). It was rugged because it was up and down and there was one hill that I ran all the way up because I saw the water aid station at the top. The finish was so funny because me and my partner were holding hands even though I was on top of the horse. At the finish there



were people waiting for us and they were so excited. At the end of the race, I trotted out my horse and talked to the vet and listened to the heartbeat. At the luncheon I got interviewed and I got a first place award for being the youngest team even though we actually came in eighth place. My first Ride and Tie race was a great experience and I am planning to do another one next month.

Eight year old Sage Ryan is the son of Jessica Jacobs and the grandson of Don Jacobs, old time ride & tier and author of Ride and Tie: The Challenge of Running and Riding.

IF YOU HAVE A JUNIOR WHO WOULD LIKE TO WRITE OR DRAW ABOUT RIDE & TIE, HORSES OR THE VIEW OF RIDE & TIE FROM A CHILD'S PERSPECTIVE (EVEN IF THEY ARE JUST OBSERVING) CONTACT OUR JUNIOR'S EDITOR, MELISSA QUEEN at PAINTEDCLASSIC@GMAIL.COM.

Dealing with the Hot and Humid Ride & Tie CONTINUED

his performance will decrease, and you won't be going much farther anyway, so you might as well stay there and cool. As his temperature drops back to normal he will recover his enthusiasm like a flower being given water.

At the vet checks, remember that natural water sources, and buckets that have been set out earlier in the day, will have warm water which is much less useful. Water needs to be as cold as possible, or even better have ice in it. We commonly go through one to two hundred pounds of ice per horse per ride when the conditions are bad. Put water all over the whole body, then use a sweat scraper to remove it, as it heats up instantly from the horse's body heat then forms an insulating layer and reduces further cooling. Scrape it off, reapply until the water coming off the horse is cool. Once the horse passes the pulse, keep cooling the entire time he is in the vet check until he goes back out on the trail. Using fans, ice boots and spray hoses can be very helpful.

You can tell that this can make ride and tie a much slower sport in the east than it might be in the less humid west. Humans can run around in the heat and humidity often more efficiently than horses can, and without intensive heat management of your horse, you're not going anywhere. No matter how fast your runners are, if your horse isn't handling the temperature well, they can't go forward without him. Once his body temperature starts to rise, performance will suffer, recoveries will be abysmal, and he'll lose his desire to drink (and eat), which will compound the overheating. Being constantly conscious of his core temperature is critical to successful ride and tie in the south and east.

Keeping all that in mind, ride and tie in the east is alive and thriving. We have cold rainy rides, hot sweaty ones, flat ones, hilly ones, and everything in between. Our horses consistently have much higher completion rates than they do on accompanying endurance rides because we're down there on the ground with them, getting a good evaluation of how they're handling the day every time we tie and untie, and we can adjust the plan accordingly. Come and join us!

Kathy Broaddus, DVM along with Lani Newcomb run the Broad Run Veterinary Services where they primarily treat performance horses. They recently purchased the old Bluemont General Store where they can be found selling soups, sandwiches, homemade pies along with harness bells, laying hens, used books, guinea hens and other random items. Kathy competes in fox hunting, Endurance and draft horse racing, along with ride & tie. Along with Lani Newcomb, they breed and drive draft horses.

First Ride & Tie Continued

Don't look down at the Rogue River below you Bev or you'll get dizzy!

About that time, Josh yelled over his shoulder, "If you have to get off your horse Mom, get off on the uphill side so you don't pull the horse over on you". I just kept looking straight ahead at Josh & Abu and tried to become one with Reiny as I trusted her footing on this path made for mountain goats! We still continued the pace! We crossed several foot bridges, more trails, then once again out onto a gravel road. Probably just a mile left to camp and the end of the 8 mile course. We had made quite a few ties with the horses, and every time I took off on foot, it took at least ten steps for my legs to straighten out under my body and get moving in a normal looking manner.

At about the seven mile point, we were cantering on a gravel road. Josh was a horse length or two in front of me as we started across a part of the road that had a culvert going under it. There were no sides as on a bridge, and the water went in fairly quietly on the left of the road, but came out like rushing, noisy white water on the right side. This caused Abu to spook, which in turn caused Reiny to spook. I saw Josh get thrown off balance but I wasn't quite prepared for my next few moments of

excitement. While at a canter, Reiny jumped and twisted suddenly at least five feet to the left, throwing me to the right. I was hanging to Reiny's neck and mane but with my right foot still in the stirrup, I was able to pull myself back up on top - Josh thought I saved it, when I continued to go on off to the left side. In analyzing this later, I figured that my left foot was out of its stirrup by this time, so I was hanging on to Reiny's mane with my right leg over the slippery sheep skin, but with no leverage from my left leg, I knew I could not pull myself back up again. At this point, Josh is thinking he will grab me from the top and pull me up, but I was thinking it best to push off, duck and roll, and pray the horse wouldn't step on me. So that's what I did! Josh sees me going down, and makes a flying leap off Abu and into Reiny's hind end to keep her from stepping on me. In the process of my roll, I remember very vividly looking up from the ground at the horses stomach, hind legs, and Josh's body as he slams both hands with full force of his body into Reiny's rump! All this, while yelling, "Get up and Run!" I thought, "Yea - right".

Anyway, I completed my roll, and scurried off on all fours until I could get to standing. After calming the horses, Josh says, "Mom, you're bleeding". I

had a small puncture wound to my left palm which was causing quite a bit of blood. He said that we could walk the horses in, or I could sit for a while if I wanted. He was so concerned for me - But, no way was I going to walk that horse in that last mile. So Josh threw me up top of Reiny and we cantered on into camp! Our runners, Lisa and Sam had just got there a few minutes before us and Sam reached up and took my hand so we could cross the finish line with pride! We actually took first in the short course with a winning time of one hour, 35 minutes!

The race started and ended in camp, so I don't have any pictures of the beautiful trail, cliffs, bridges, rushing water that spooked our horses, or my graceful fall at the seven mile bridge that caused 27 bruises - most on my bottom side in a nice pokey-dot fashion from the gravel! But I have beautiful memories and my very own Ride & Tie story! I am so glad that my son Josh & his partner Lisa were willing to partner with Sam & I. It was a mother-son experience worth repeating!

What a sport!

Bev Steffen, a retired Occupational Therapist, lives next door to Ride & Tiers, Josh & Erika Steffen in Coos Bay, Oregon. She someday hopes to compete with her granddaughter, Sierra.

UNANIMOUS DECISION ON SEPTEMBER'S MYSTERY PHOTO



September's Mystery Photo is one of Don's and my favorite photos stored in the ride & tie archives, probably because it is a fairly large photo and very clear. We can see the faces of the competitors and imagine just how riding through all that dust felt. I don't recognize any of the participants, but my eye always catches on the fellow with the glasses, looking right at the camera. We still don't know who he is. Do you?

Here are the guesses that came in:

From Jeff and Jenine Windehausen:

The mystery photo is "the dustiest start ever" (look all of the bandanas) Foresthill 1985. The runner in the dark shorts and white singlet with dark band is Jon Root, right behind him to the left is Dave Poston's partner Rod Kinder. At the far left with the surgical type mask is

Chris Turney who was Jeff Windeshausen's partner. Chris and Jeff finished 3rd on Dave Poston's horse CCA Raad. These photos bring back many fun memories.

From a Mystery Contributor who didn't sign his/her name: To easy it's the Levi about 22 years ago at Foresthill it was 107 Jim Howard ran the whole way an won. Dennis Tracy I was there an still have a scar to show for it but I did finish.

From Steve Shaw: I think this is the start of the Forest Hill RAT, not sure the year. I think this because of the runners wearing dust masks and not being able to see anyone behind. I sure remember that start. After the first few feet you couldn't even see someone right next to you! A hot a dusty race. More than one person went to the hospital with heat problems and the last teams didn't have any water in the tanks for the last ten miles. I recognize Robert Eichstaedt on bay horse, John Root, Rod Kinder just behind John and a really buffed Tom Cristofk on John's right.

Dave and Linda Poston: Dave and I could not guess the last mystery photo, but Dave's old ride and tie partner, Jeff Windeshausen says it was Foresthill (the dust masks should have been a clue!). He may have already sent you that info. That mystery photo guessing is fun, especially for us old-timers, most of what is left of us are good memories (at the least the mind is still good)! We have most all of the old ride and tie posters from when Dave participated in our memorabilia/computer room and they are on the walls, ceiling.....everywhere. Keep up the good work. Dave and Linda

From George Hall: Jon Root and Rod Kinder (right behind Root) are the only people I recognize. I say it is the start of the 1985 Levi's in Foresthill. From the competitor's perspective, anyone other than the lead horses were looking into the rising sun through a cloud of dust (and a hearty hi-ho Silver!) and couldn't see where they were going. That wasn't as bad as the 110 degree temperature later in the day.

From Ellen and Dennis Rinde: Dennis and I have studied the most recent mystery photo and have identified the following people (from left): Chris Turney (with dust mask), Jim Hurley (with bandana), Rod Kinder, Jon Root, Chuck Jones, Dennis Tracy. On the far right, on the dark-colored horse, might be George Hall's former partner, Darryl Nielsen. There's not much in the way of scenery or vegetation to identify the site by. Because it was obviously dusty and apparently hot, I'm going to guess it was at Foresthill.

Thanks to all you brave souls who ventured a guess! We're assuming you are correct and I'm going to write FORESTHILL 1985 on the back. Check out the new old photo on the back of this newsletter and if you have a clue where this is, or who any of the riders are, please send your information along to me at Annie12345@aol.com, or mail it to me at 146 Janssen Farm Road, Sequim, WA 98382.

Thanks!

There are three positions open for the Board of Directors of the Ride and Tie Association. Please contact Don Betts if you are interested. Meetings are held by conference call quarterly and there is an 'in person' meeting at the championship each year. RideAndTieDon@aol.com (360)681-5218

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FROM VIRGINIA TO OREGON TO NEVADA... YAHOO!

Lani Newcomb and Kathy Broaddus flew from Virginia to participate in Oregon's Foothills of the Cascades Ride & Tie, where the weather was in the 40's and it rained and gusted continually. Real ride & tier's they are! Following the race they rushed to the airport to catch a flight to Nevada where they teamed up on Tommy Lewis' horse at the first High Desert Ride & Tie. Here's what Lani said about it all:

We're definitely on for Nevada next year -- Kathy said "I can't believe I was on a horse cantering through the desert!" (She doesn't get out much). The funniest thing was we heaved our soaking wet saddle and tack into the bags, and when we got to the next ride camp (at 10 pm) we unpacked it and hoped it would dry a little by morning, so we spread it out on the hood of the car. In the morning, since it has fleece on the bottom and fleece on the top it was a solid frozen flat popsicle -- you could hold one stirrup and the rest of the saddle stuck out like a lollipop.

Tommy Lewis very generously offered to get on the horse first once she was tacked up -- he is such a sweetie -- and when his seat hit the frozen wet fleece he nearly hit the top of the cottonwoods. It was great. His jeans soaked up all the rest of the remaining moisture.

The management was super nice, there were PLENTY of places to tie, there were no mountains, and NO RAIN! Hmm, maybe that's what made it so good. It did get down to 18 degrees that night, and apparently the night before they had 60 mph winds with sand so thick you couldn't see from trailer to trailer, but we had gorgeous weather on Sunday.



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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.