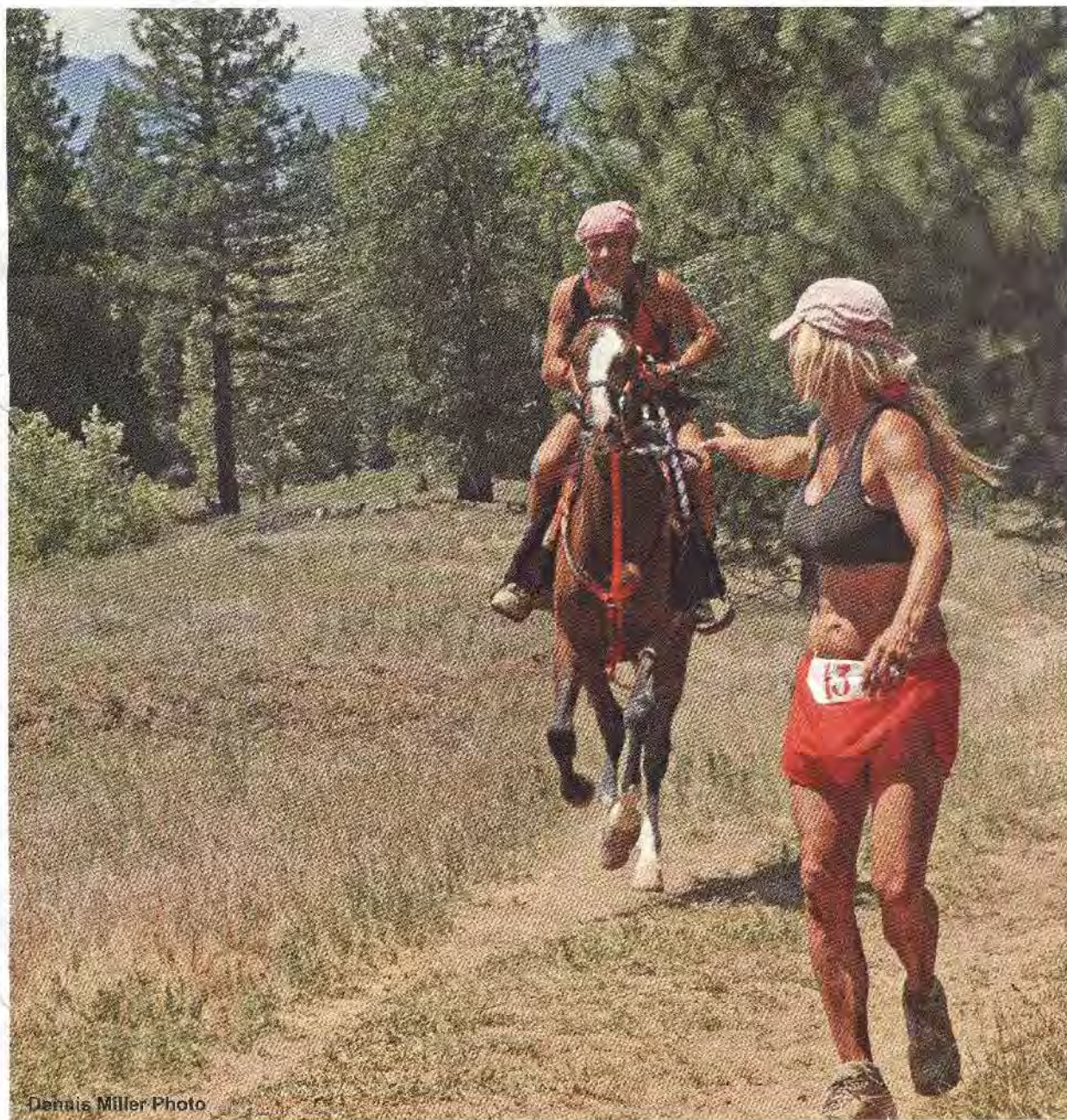


RIDE & TIE



NEWSLETTER

September 2008



Dennis Miller Photo

Message from the President

Whoopee! We will be in the giant redwoods again. I'm already getting excited about next year's Championship race. The 39th annual World Ride & Tie Championship will be back at the Cuneo Creek Horse Camp in the Humboldt Redwood State Park. We almost filled up the park with our 40 teams in 2007. Since the park is limited in space we will be cutting off the entries at 50 teams. The entry forms will not be available until January, because we can't reserve the park until then. At that time we will have online registration available. We already have membership renewal on line. Each of the first ten teams to enter will have one paddock reserved for them. Make your plans early. You really won't want to miss out.

Two new races have been added to the schedule for this year. The Armadillo Ride & Tie in Kennard, Texas on October 26th. They definitely do Ride & Tie in Texas! I wonder how fast an Armadillo can go. Another brand new race the Lost Mountain Ranch Ride & Tie, in Sequim, Washington is on September 13th. Also the date for Fort Valley Ride & Tie in Virginia has been changed to the 24th and 25th. This is one day earlier than originally scheduled. Be sure and check the current schedule.

To all our race directors: thank you for putting on ride & ties. Having helped with four Championship races and now with our September race we have a pretty good idea the amount of effort and expenses involved. We do appreciate what you do for our sport. If you will be putting on your race again or if anyone wants to put on a new race next year, this is a good time to get the date to us. We will be getting requests for our next year's racing schedule in September from magazines like Trail Blazer and Running Times.



Clearing the trails for the Lost Mountain Ranch Ride & Tie

We will be keeping track of all of our expenses and income for the Sequim Ride & Tie and with help from past and present race directors we hope to have an article on "Putting on a Ride & Tie" in the October Newsletter. We would appreciate all the input we can get.

We had thirty-one races on the schedule this year. There are fifteen racing days left. Be sure and check out the schedule. There are races coming up in Tennessee, California, Washington, Maryland, Oregon, Virginia, Texas, and Arizona. Choose a couple. Go and have some fun. Ride & Tie!

Don Both

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WHAT THE RIDE & TIE DRUG RULE MEANS TO YOU by Melissa Ribley, DVM

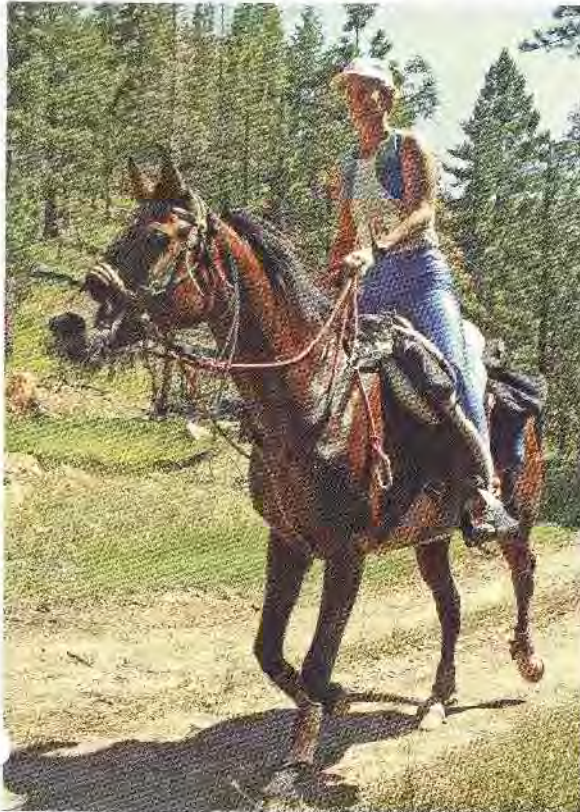


PHOTO BY BARRY THORPE

Monitoring Program (EMMP). Every Ride and Tie in California is registered with the EMMP and a portion of your entry fee funds the program. The purpose of the EMMP is to prevent and deter the misuse of performance and disposition enhancing drugs and medications at public horse events. This is accomplished by establishing a visible presence at horse events and sampling animals for prohibited drugs and medications. Not every public horse event nor every Ride and Tie in California will be tested as events are chosen randomly and at a frequency to fit within the programs funded budget. Within this testing program, animals are chosen randomly with an emphasis on winners. Samples collected may be either blood or urine. Urine is typically collected during the event, usually at the earlier vet checks, and blood is typically collected immediately after the event. Samples are submitted to the state laboratory and any positive results are reported to both the director of the EMMP and also the sanctioning organization of the event such as the Ride and Tie organization.

It is important to understand that competitors within California are competing under the jurisdiction of not only rule four of the Ride and Tie organization but also the California equine medication rules. Prohibited substances under the California equine medication rule include: drugs and medications that 1) affect performance or disposition 2) mask or interfere with laboratory testing or 3) are metabolites or derivatives of a prohibited substance. Categories of prohibited substances include: stimulants, depressants, tranquilizers, anesthetics, local anesthetics, sedatives, analgesics, anabolic steroids, corticosteroids and soring agents. The California equine medication rule, however, is more liberal than that of the Ride and Tie drug rule in that it allows for restricted use of prohibited substances when they are administered or prescribed by a licensed veterinarian, and they are not administered within 24 hours of competition; longer for anabolic steroids (90 days) and long acting sedatives (45 days) and a drug declaration form is given to the ride manager. So in other words, if you are compliant with the Ride and Tie rule which bans all foreign substances for 72 hours prior to competition, you will be found in compliance with the California equine medication rule.

So how can you best comply with the Ride and Tie drug rule? By not administering any "foreign substance or medication" within 72 hours of competition. Sounds simple, but what is a foreign substance? A good rule of thumb to follow here is if the substance in question is not one that a horse would ingest on its own, it is likely a foreign substance. Examples of substances that are not "foreign" would be substances that are part of the natural diet of horses such as electrolytes (salt) and vitamins/minerals. A word of caution is indicated here with respect to feeding "natural/herbal" nutraceuticals. Most of these nutraceuticals are not FDA approved and therefore it is difficult to know what the actual ingredients of these products are regardless of the stated ingredients on the label. In addition, many of these "herbal" products contain plant derivatives which are close related chemically to prohibited products and test positive in the laboratory as prohibited substances.

Continued on Page 10

The Ride and Tie organization rule number four states: "No foreign substance or medication may be given or administered to any horse within 72 hours before starting the event or until one hour after finishing the event. This includes ointments or solutions for topical use that contain local anesthetics. All medications administered during the two weeks prior to the race must be declared in writing to the veterinarian conducting the pre-race examination." So why is it important to have a drug rule, how is it enforced and how do you best comply?

One important reason to have a rule in place banning the use of prohibited substances as well as a drug testing program to facilitate enforcement of this rule is to help protect the safety and welfare of our horses and riders. Horses competing in such a rigorous endeavor as Ride and Tie cannot do so safely under the influence of substances that may mask an impending injury or illness. It is also not safe for riders to be competing on horses that are under the influence of mood altering substances which may produce unpredictable behavior. A second reason is to provide a level playing field that deters horses from competing under the influence of performance enhancing substances. It is consistent with the sporting nature of Ride and Tie that horses within our sport should be competing on their own merit and within their own natural ability. To falsely improve the performance of a horse through chemical influence is not within the spirit of our sport. Lastly, it is important for the public image of our sport to be monitoring our horses for substances that may affect the safety, welfare and performance of our horses. Without looking for and monitoring prohibited substances, as an organization we cannot publicly declare that we compete in a sport that regulates performance enhancing and welfare endangering substances.

The drug rule is most effectively enforced through a drug testing program. There is a drug testing program in California run by the Department of Food and Agriculture known as the Equine Medication

Working Swanton Pacific

by Steve Anderson

I had worked as gate monitor at the Pole Barn in "Siberia" at the Swanton Pacific Endurance Ride and Ride & Tie in 2006. The Pole Barn is an old hay barn and there is a metal gate which separates the McCrary's place from their neighbors. There is also an old semi-trailer that looks like it hadn't seen the pavement in 20 years. And this location is approximately the 85 mile mark in the race.

This year I heard there will be three 100 mile Ride & Tie teams so I volunteered to work the Pole Barn again and give aid and supplies to the RAT teams. I was also informed there were 50 Endurance riders signed up (up from 12 in 2006). So I was going to be busy.

I drive off the main road onto a bad, dirt & gravel road for over a mile to reach the barn. My shift starts at 6:45 pm and goes till when ever the drag riders come by or the last person tells me "I'm the last person". I set up a pole lantern hanger with lantern and have a second lantern on top of my car. My lanterns have the yellow "bug light" globe so as not to blind the horses, but give people encouragement as this is the only light in the middle of nowhere. And let me add, in 2006 there was partial fog with clearing (to see the stars) but this year, it was a total fog bank. There was a full moon, but let me get to that later.

So, I get out of my car to set up my lantern pole and I glance up as two quads (off road machines) come by (they are here to hang glow sticks from my location to finish). Without stopping, they wave a quick hello and move through the gate I had opened. All is set up. I brought a 5 gallon jug of water, bucket, chairs (in case the RAT's wanted to rest, and a second bucket of supplies. Now I wait.

The fog is there and never goes away. With that, it is "just damp" so I have to keep my clip board and paper in my car as wet paper is hard to write on. About 7:40 pm the first two riders show up. I found out earlier that a few riders had come by, before I got to my post.



Steve's Home Away From Home

In 2006, I was dealing with cattle and keeping them away from the gate area. But this year, no cattle. The only noise out there are crickets. And there's the constant drip, drip, drip of water condensing on the metal barn roof and falling through the holes in the roof, onto the wooden floor. Maybe every 15 to 20 minutes, someone would come by. I had one stretch of 50 minutes without anyone coming and it's too dark and too wet to read. At 11pm, the fog clears enough to see the full moon. This adds a little more light, but not much. And then the moon disappears for the rest of my time waiting.

Finally, at 12:40 in the morning I hear the voices of Frank Lieberman and Jonathan Jordan (on Gypsy). I yell out to them and they yell back. I lift the gate on my SUV to give more light, half expecting them to take a breather. Turns out, they didn't need anything and all I had for Gypsy was apples. Frank fed Gypsy and they were off. I was wondering what happened to the other 2 teams and I found out in the morning they were pulled.

At 1:10 am, the two drag riders came by and I told them I would just sleep out here rather than drive back into camp (and find a place to park, in the dark, and a place to sleep). Also, camp would be noisy as riders coming in up to 5 am. I met up with Frank and Jonathan before breakfast and got the scoop on how Jonathan came "off course". I'll leave that story for them.

Warren Hellman was there doing the 75 mile endurance and the Ruprecht clan were also present. George & Judy helped with marking the trail with light sticks.

Steve Anderson began his Ride & Tie career in 1998. He has completed eight Championships and is 25th for the most miles with over 1100 miles. Steve is a member of the Board of Directors, Treasurer of the Association and keeper of the ride & tie statistics.

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Greetings Ride & Tiers!

Someone asked me if I could write a little introduction of myself for the Newsletter. I am honored that I have been asked to be the Head Veterinarian for the 2009 Ride and Tie Championships. I am well aware of the shoes I will be attempting to fill following the lead of Dr. Jim Steere for so many years.

I was first introduced to Ride and Tie when I was practicing in the Morgan Hill area in the mid 70's, and was asked to be the vet for the Brown's Ride and Tie. I did that for a few years before moving to Loomis to start up a new vet practice, but was hooked on the sport.

I got involved with the Mother Lode Ride and Tie, both as a competitor and as a vet, during the years that it was run, mostly in the 80's. Also, in our area was the Cool Ride and Tie, in it's various forms over the years. Again, I alternated between vetting and competing.

I was fortunate to hook up with a training group that ran from the Auburn Dam overlook on Wednesdays. Out of that, a friendship with Tom and Laura Christofk grew, and they asked me to be Head Vet for the Championships one year when they were held in the Euer Valley, near Truckee.



Greg Fellers, DVM vetting horse at 2007 Championship.

Photo by Annette Parsons

I have been an equine practitioner my entire professional life, and have developed a keen admiration of the equine athlete. I have been fortunate to have had the opportunity to vet in many areas of equine distance sports, including endurance, competitive trail riding and even triathalons involving horse riding.

I never cease to be impressed by the horse's ability and willingness to compete over great distances. It is my passion to see that these wonderful athletes are honored and cared for by all of us, and we don't lose site of the sheer joy of being out on the trail together.

Alas, it seems that age and the demands of a busy life have severely restricted my ability to train and compete any more. But I love our sport and the chance to be with ride and tiers whenever I can. I'm looking forward to next June, and I hope many after that, to enjoy time together with friends, both old and new, 2 legged or 4 legged!

Best regards,
Greg Fellers, DVM

EXCERPTED FROM HEART ZONES Newsletter August 2008:

Recently, an Alaskan distance runner and triathlete startled a bear family. At first, he first tried to run away. The mother bear charged him. Fortunately, the escaping runner tripped and the sow and both cubs ran over him. When the pandemonium subsided and the bears disbanded the runner downloaded the data from his heart rate monitor. He discovered a new maximum heart rate - the combined sum of all-out effort and adrenaline. After years of using 185 bpm as his anchor point for maximum heart rate, he had to revise his number upward by five percent. He was astonished his new adrenaline-driven peak heart rate was 193 bpm. It was a happy ending to a unique tale, but we still don't recommend this way of testing your maximum heart rate.

by Sally Edwards, Heart Zones Newsletter

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Ride & Tie in German

Hi Annie!

The Ride and Tie was great! We had a good time! But - of course - it was the hottest and humidest day of the year. Just when we were done with the rewards, a big thunderstorm with lightning hit the ground...!

We were only 3 teams on the long course and one team got disqualified, and 11 teams on the short course. My horse had problems with this kind of weather, so an other team with an Arab won the race. Uta and me pushed it hard (Uta came one day earlier from a trip home to do the race with me!), but Mira (my horse) didn't cooperate at all that day, well....!

Harry May, the guy we talked about with Jim (he mentioned Harry, when he came over 15? years ago), Harry is going to come next year (2009) to do the race with you!! I hope to make it although!?!?!?!
We didn't do pictures this time, but my friend Silke did. I will tell her to send you some pictures. It is always a great event! It would be wonderful, when you guys can come over next year. We can plan it with a horse etc!

Miriam



A familiar view to our championship competitors: The back of one of the twins as they passed.



The Steckenroth champions



View from the back



German Ride & Tie is a family event also!



*Ride & Tie followed by
Food & Music*



One of the twins at the vet check

Many of us met and were impressed with 'the twins from Germany' at this year's championship. After competing in our Championship they returned home to their families and began preparing for the

annual Steckenroth Ride & Tie, held in the countryside near Steckenroth, Hohenstein, Germany. These photos were taken by Miriam's friend, Silke Dehe, one of the competitors in the ride & tie. Race photos were taken from horseback!

We read on the web about the Steckenroth Ride & Tie. It sounds pretty much like any of our events with the exception that following this ride & tie they have some 'riding games' such as setting a table from horse back, or riding with a roll of toilet paper stretched between two riders without breaking it. There is also a game involving riding and answering questions about general knowledge, such as Pythagora's theorem or Luther's theses. Our events might be easier.

MY FIRST RIDE & TIE

BY CHRIS GODSEY

The following was from a letter addressed to the endurance riders at the Heart of the Hills Endurance ride:

The Heart of the Hills Ride and Tie was a blast. A "must do" for all. I am not a great rider or even a passable runner and I loved it all! Ross and I completed the 25 miles in 4:05. Yes we beat many of the LD endurance times from the day before. This included the time we were in camp for our vet check and potty break. I will admit he ran more than I did, but he did get his breaks on his FABULOUS horse, DIAMANTE.



Chris Godsey on Diamante with Ross Carrie at Heart of the Hills Ride & Tie

Honestly this is the most fun I've had in quite a while! It is a great way for a ride manager to spend the day after the ride while her wonderful family and friends clean up after the ride. The trails are fabulous and probably easier when split between riding and power walking. I did jog a little but never up hill. Knowing the trails as I do, I was able to trade off with Ross whenever a hilly section was about to come up. I only messed up and had to run the hills once but even those were mild. This was also Diamante's first R&T and he was great. He really got the hang of being tied and looking back for his next partner. I don't think we ever kept him waiting very long and he seemed quite entertained by the whole thing. It was just so cute when I would look ahead and see him looking back for me.

I know many of you Endurance Riders are skeptical and I can assure you I had my doubts about this being any fun at all but, now having completed, I can tell you without a doubt R&T ROCKS. I am not even sore today, and slept like a baby last night. The 8 milers finished and headed home before we came in, but I heard they are all hooked. Diamante, Ross and I challenge all of you to meet us at the next Ride & Tie! We are currently the leaders in the US at the 25 mile distance, and Sherrie and Laura are the US leaders in the short course. Since we were not competing against anyone we did not stand for B* but I am sure D! would have won. See you guys on trail, Chris

RACE RESULTS

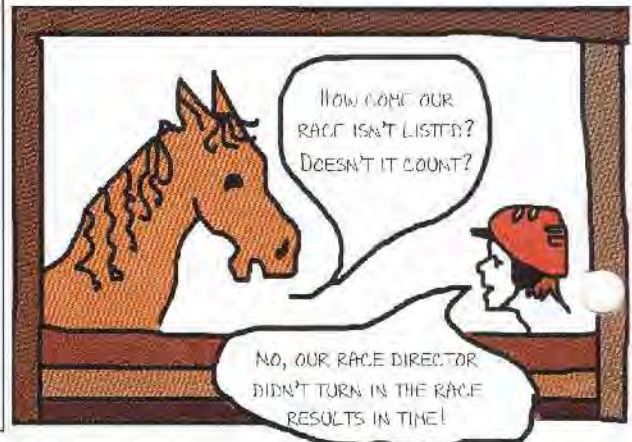
BANDIT SPRINGS RIDE & TIE	30 Miles
Liz Perkin/Darcie de Freitas/Pumpkin	5:18
Don Betts/Jim Latshaw/Rainy	5:42
Susan Smyth/Frank Lieberman/Gypsy	5:55
Tim Rubin/Ben Volk/Cinder	6:54

SANTIAM RIDE & TIE	36 Miles
Ira Hickman/Ben Volk on Meg	6:09
Don Betts/Liz Perkin on Cinder	6:33
Deanna Olson/Carissa Summers on Mariah	7:19

SWANTON PACIFIC RIDE & TIE	75 Miles
Tom Gey/Carol Ruprecht on Findefar	13:40
Dennis Rinde/Ellen Rinde/ General Geranium	DNF

	100 Miles
Jonathan Jordan/Frank Lieberman/Gypsy	24:20
Kathy Backus/Howard Kent on Ace	DNF
Bruce Burnham/Kat Swigart on Pony	DNF

Chris Godsey, a newcomer to Ride & Tie, is the race director for the endurance ride at Heart of the Hills. The next Texas Ride & Tie, recently added to the schedule will be held in October in Kennard, Texas.



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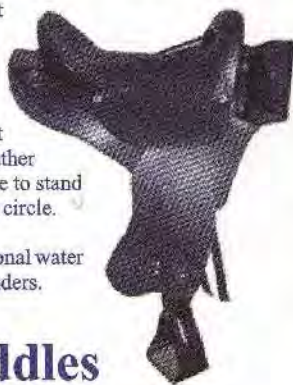
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2008 RIDE & TIE SCHEDULE

For More Detailed Information see the 2008 Handbook or contact Race Directors

SEPTEMBER 5-7 BIG SOUTH FORK RIDE & TIE Onieda-Jamestown, TN. Joanne Mitchell, 570 Sunnyside Road, Sweetwater, TN 37874 (423)337-6194 jfgmhorse@bellsouth.net

NEW! **SEPTEMBER 6 COOLEST RIDE & TIE**, Cool, CA, 4, 9, 13, or 22 Mile Courses, Frank Lieberman 1810 Windy Ct, Cool, CA 95614 (530)886-0890 coolgalinda@sbcglobal.net

SEPTEMBER 13 LOST MOUNTAIN RANCH RIDE & TIE, Sequim, WA, 25 or 10 Mile Courses, Don Betts, 146 Janssen Farm Road, Sequim, WA 98382 (360)681-5218. rideandtiedon@aol.com

SEPTEMBER 21 CALIFORNIOS TEJON FANDANGO RIDE & TIE, Tejon Ranch, CA. Marge and Vern Biehl, 46000 Kings Canyon Rd. Lancaster, CA 93536 (661)724-1060, californios100@aol.com

SEPTEMBER 20-22 CHESAPEAKE FALL RIDE & TIE, Fair Hill, MD, 20, 30 and 50 mile courses, Cate Peloquin, 1328 Salonica Place, Bel Air, MD 21014 (410)420-7678, cpenguin57@aol.com

OCTOBER 18 FOOTHILLS OF THE CASCADES RIDE & TIE Molalla, OR, 25 Miles, Mary Nunn 16501 South Butte Creek, Molalla, OR 97038 (503)829-5321 flyingn@molalla.net

OCTOBER 18-19 HIGH DESERT RIDE & TIE, Silver Springs, NV, 30 mile course, Nancy Upham (775)224-6565

NEW! **OCTOBER 24-25 FORT VALLEY RIDE & TIE**, Fort Valley, VA 15, 30 and 50 Miles, Susan Trader (540)882-9721 susntrader@aol.com

OCTOBER 26 ARMADILLO RIDE & TIE, Kennard, TX, 10 and 25 mile courses, Ross Carrie, (936)581-0492, carrie@ravenenvironmental.com

DECEMBER 20 RIDER RANCH RIDE & TIE Roll, AZ 15 and 25 Mile courses Laine Jensen (619) 867-9243 Lainejensen@msn.com

Ride & Tie Drug Rule continued

Therefore, it is recommended to withdraw nutraceutical products 72 hours prior to competition.

The safety and welfare of our equine partners in Ride and Tie along with providing a level playing field remain vital missions for the organization. As part of this mission, the organization has a drug rule in place to promote a drug free competition.

For more information on the California Equine Medication Monitoring Program, see cdfa.ca.gov/ahfss/Animal_Health/EMMP

Melissa Ribley, DVM

Melissa Ribley is the Chair of the AERC Veterinary Committee. She and her husband, Robert, began doing ride & tie races in 1995. Melissa has almost 700 miles of ride & tie competition including completing 11 Championships.



RIDE & TIE IN THE NEWS ONLINE by Carol Ruprecht

Coverage of the June 21st Ride & Tie Championship in Taylorsville is all over the web, from running sites, to equestrian sites to those that focus on kids. Our aim is to reach more diverse readers, hopefully to interest them in the sport. You can read coverage of our latest Championship in the following places, without even making a trek to the bookstore:

Auburn Journal

"Father-daughter tandem steal the Ride & Tie show"

<http://www.auburnjournal.com/detail/87564.html>

TrailRunner.com

"38th Annual Ride & Tie World Championship Results"

www.trailrunner.com/news/2008_R&T_ChampWorld.pdf

KidsRunning.com

<http://www.kidsrunning.com/news/rideandtie062808.html>

Trail Runner Magazine

"Fifteen-year-old Becomes Youngest Ride & Tie World Champion in History"

http://www.trailrunnermag.com/news_detail.php?id=101

HorseCity.com

http://horsecity.com/stories/062708/tra_rideandtie.shtml

EquiSearch.com

http://equisearch.com/equewire_news/ride_tie_070208

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contact Don Betts at RideAndTieDon@aol.com

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THE RIDE & TIE ASSOCIATION



Dorothy Miller

NOT A MYSTERY PHOTO

THERE'S NO MYSTERY ABOUT HOW DENNIS MILLER LIKES HIS NEW SPECIALIZED SADDLE HE WON AT THE 2008 CHAMPIONSHIP. WOULD YOU LIKE TO KNOW MORE ABOUT SPECIALIZED SADDLES?

WWW.SPECIALIZEDSADDLES.COM. IF YOU WOULD LIKE TO KNOW MORE ABOUT HOW DENNIS LIKES HIS NEW SADDLE, EMAIL HIM AT DENNIS@FEATHERHORSEDESIGNS.COM

The Ride and Tie Association Membership Form

Send completed 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.