

RIDE & TIE



NEWSLETTER

September 2009



Humboldt Redwoods Championship Race Start

Anne Betts

PRESIDENT'S MESSAGE

Hooray for Race Directors!! Each year I get a lot of credit for putting on the Ride & Tie Championship. It is a bunch of work and a certain level of anxiety for me, however, the real work and anxiety falls upon the shoulders of the local race director that we have had for each event. Since I have been president those race directors have been Mary Beth Alkire in Montana, Rufus Schneider in San Diego, Chris Amaral (twice) in the redwoods, and Dennis Miller in Taylorsville. They have all been great. The race director for 2010 at Mt Adams will be Steph Irving. She is an excellent ride & tie and race director. I have been going to her events for several years. They are all excellent. She'll be able to manage the work and anxiety with ease.

I mention this as I am sitting here uncomfortable. My body feels rather pooped from four day in a row going hiking out on the trails with my chainsaw preparing for the Lost Mountain Ranch Ride & Tie. The stress and anxiety of this race belongs all to me and to the volunteers I entice to assist me. It is amazing how many trees nature can manage to bring down each year and still there is a forest. We cleared the same trails last year. Some new trees came down. Some of the trees that were down just got a couple feet lower, always the really big ones. We won't mark the trails until the week of the race. Rachel Toor is coming to help. She likes to ride.

I am also trying to promote teams. I am wondering who will actually show up. Fortunately the ranch makes camping easy. There is even some lodging on the site. The weather in September is the best. My vet and I have touched base. She and her family are coming. This is a family sport. We will only have one vet unless a local vet who has done ride & tie decides to come and participate. Then she will be there also if there is an emergency. Small races, ours will have about ten teams, can't afford more than one vet. There are still port-a-potties to order. We will get the pizzas from Costco the day of the race.

Here is the good part: In spite of being a lot of effort and a bit of stress, it is fun. Clearing the trails with my wife, Annie, our friends Lisa Preston and Barry Johnson, is fun, hard work but fun. The day of the race always seems great. Things always seem to work out. The party, pizza and tunes afterward are a hard combination to beat.

This has been a record year for donations to the Ride and Tie Association. We have received over \$20,000 in contributions. Without this we would be unable to provide the high level of Championship event, Newsletter, and Handbook and keep down entry and membership fees. To all of our benefactors – thank you very much.

The Ride and Tie Association is a 501 (C) (3) non profit organization. Donations to the organization are tax deductible.

We also appreciate all of you members who participate. Just by participating and talking about ride & tie, you are promoting it. I have been promoting ride & tie for almost 30 years by talking about it every chance I get. It's a hard sport, but promoting it is easy. Thanks to all of you who help promote it every day.

Go Ride & Tie!

Don Bott



Jan Cooperman promoting Ride & Tie



Mike Whelan and Anne Langstaff at the LA Marathon Expo.

Honoring Our Equine Partners

by Melanie Weir

We all know that there are many wonderful horses that grace the sport of ride & tie. Some of those horses are so remarkable that they consistently finish in the top ten, and repeatedly bring wins and best condition awards. Sometimes these horses make it to the Horse Hall of Fame. But what about horses who consistently compete and complete their races, even if they are not in the top 10, or don't get the best conditioned horse award? Perhaps their human partners are not nearly as gifted at running as other human competitors are. Consider, too, those horses that bring in a myriad of new participants to the sport because they are reliable and consistent.

We think these horses should also be honored for their contribution to the sport so a new award has been created just for them. It is called the **Horse of Distinction Award** and its objective is to honor horses that have distinguished themselves in the sport of ride & tie by making significant contributions.

To be considered for this award horses must be nominated by a ride & tie member or participant. The nominating individual may be the horse's owner. A panel of four judges will review all submissions and select the year's winner. The winner will be announced at the World Championship.

There are three ways to nominate a horse:

1. Via the ride & tie website. Forms are available on the website on the Horse Hall of Fame page. The entire submission process will be handled electronically.

2. You may also print the forms from the website, fill them out, and mail them to:

The Ride and Tie Association
Attn: Horse of Distinction
P.O. Box 2436
Sequim, WA 98382

3. If you do not have access to the website please call Melanie Weir at (714) 321-3695 to obtain the forms and instructions for submission.

When nominating a horse be prepared to describe the contributions made, and why it is deserving of the award. Here are some criteria to consider:

- Number of races and/or championship races completed;
- Number of different riders or teams the horse has competed with;
- Number of beginners the horse has introduced to ride & tie;
- Overall career mileage; and/or
- Career years participating in the sport.

These criteria are not exhaustive nor are they exclusive, and they are not in any particular order of importance. Please note that horses elected to the Horse Hall of Fame are not eligible for this award.

Who will you nominate?



2009 CHAMPIONSHIP OBSERVATIONS by Greg Fellers, DVM

⇒ Overall, it went very well from the viewpoint of the veterinarians. The cool weather was a blessing to all equine and human competitors.

Riders and crews were attuned to the needs of their horses at the checkpoints, and worked diligently to have them ready to go back out. All the horses on the more competitive teams appeared fit and ready to do the distance and the speed.

⇒ Again, from our viewpoint the vet check area was laid out well so that crews could negotiate the steps to get their horses through it.

We appreciated the sportsmanship of those teams that were faced with the great disappointment of having their horse pulled for lameness or failure to recover.

⇒ We did have to treat one horse after the race. It was presented to us at the first vet check looking bright and eager to go except its heart rate kept bouncing around from 72 to 84. Also, it showed an inconsistent stiffness behind when trotted out. The other parameters of the physical exam looked pretty good, but the horse was unable to get its heart rate consistently under 72 within the 30-minute deadline. The decision was finally made to pull the horse. It remained in the vet check area over the next couple of hours and was generally alert, comfortable and ate and drank. It was not until much later, back at camp, that it began to show colicky signs with poor gut sounds and was put on IV fluids. Fortunately, the horse responded well and looked good when I saw him the next morning.

This case reminds all of us; vets, riders and crew alike, that we need to pay particular attention to those horses in that "grey zone". We must remain diligent and take the time to assess and reassess these horses before a decision is made to go or not.

Looking Forward To Next Year

⇒ I need to do a better job of staking out a vet exam area at camp. We found ourselves trying to get by on narrow roads over uneven surfaces. We really had to scrounge for an adequate spot to judge BC. We need to be able to adequately and fairly observe these horses for this very important award.

All the vet check points are set up to be at the camp, so that will make the logistics of handling the vet cards a lot simpler than it was this year.

Other Comments

Dr. Susan Garlinghouse wrote a very good article in a recent Endurance News describing the AERC Veterinary Committee's encouragement of more stringent pulse criteria, both in terms of the number to meet and the time to meet it. This reflects a wider effort by FEI to be more proactive in ensuring the welfare of our equine competitors in long distance events around the world. While we don't need to walk lockstep with endurance riding, we all have the same concerns and issues when it comes to our horses. Therefore, I am planning on lowering the pulse criteria from the traditional 72 that it has been, probably to 68. This may necessitate some slight alterations in strategy to negotiate the vet check as efficiently as possible. It will also benefit those teams who have worked the hardest to train and bring a horse fit and ready to compete.

One last comment is that I would love to hear from any of you if you have questions/ideas/suggestions concerning the championships. Unfortunately, the email listed in our membership directory is old. It is gkfellers@gmail.com.

Greg Fellers, DVM

Greg Fellers is the Head Veterinarian for the Ride and Tie Association.

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My Cheating Feet

by Rachel Toor

One of the great things about Ride & Tie is that we are a small community. So if someone transgresses, it stresses the bonds of trust. I am writing to come clean, to confess my sins at the Cuneo Creek championship race.

No, I'm not apologizing for terrorizing the field with Pip, my ground-pawing, head-shaking, fire-breathing equine partner. He was excited; he wanted to be with his brother Rainey and his Auntie Cinder. Who could blame him? I didn't do a good job of controlling him, and was lucky to stay on.

Nor am I going to hang my head about nabbing Russ Kiernan as a human partner. It's not every day you get to team up with a legend. The Dipsea Demon was a hot commodity at the championship race when his old teammate, Jim Brown, failed to show. As is my wont, I arrived at the Championship without plans, but my friends, Don and Annie Betts, snagged Russ for me, with the promise of a good (young) horse and a respectable (if not so young) partner.

That we all finished in one piece, out of the money, perhaps, but owners of the "Best Blood" title (and appropriate first aid kits), was an achievement.

But now I'm going to tell you the truth: it wasn't done without some, well, cheating.

Coming in to the last vet check, I arrived on foot at the river/stream/creek crossing. (It looked like a river to me.) I had managed to avoid getting my feet wet all morning. This was not an inconsiderable feat and was, mostly, the product of my good luck and bad timing on Russ's part.

But there I was, about to run into the vet check (with my horse and other partner behind me—not ideal Ride & Tie strategy, I know, but Pip was obstreperous; at this point, for the first time, I understood that to finish is to win), and there was water to cross.

Now let's be honest. It was pretty chilly up there under those big Humboldt redwoods. Only with reluctance did I shed my down jacket minutes before the race began. It was a mistake; I was cold for miles. So the prospect of having wet feet for the last loop was not inviting.

I stood looking at the river.

And then I saw him. Irish Mike, my partner from the Donner Pass Championship. Mike is a good runner, and an excellent rider. We were able to share stirrups with ease: he was a jockey back in Ireland and is the same size as me. We are not big people.

Mike's horse had been pulled and he was just hanging out on the other side of the river.

"Carry me," I said, sounding like my pathetic whiny inner child. "I don't want to get my feet wet."

Without a nanosecond of hesitation, Irish Mike strode into the water. He came to me, I mounted him, and he ferried me across on his back. He sloshed through the water, keeping my tootsies dry. I kissed him on the head. (I was so thrilled about this that I took a wrong turn and



Rachel Toor with dry feet at 2009 Championship

Continued on page 10

RIDE & TIE KIDS

The Ride & Tie Newsletter is welcoming Bethany Draeger to our staff as our new Juniors Editor. Bethany, a seventeen year old student from Mira Loma High School in Sacramento, reports her favorite activities, besides Ride & Tie, are tennis and horse back riding. Bethany completed her first Ride & Tie at Wild West Ride & Tie in May.

My name is Bethany Draeger and I am stepping into the shoes Melissa Queen has left behind for the next Junior Editor to fill. Melissa did a fantastic job and I only hope I can replicate her passion and enthusiasm as I take the reins (yes, the pun was intended). Not only am I new to this position, I am also new to Ride & Tie events as a whole. My first race was the Wild Wild West Ride & Tie in the Tahoe National Forest on May 24th of this year. The overall experience was slightly overwhelming but also very exhilarating and has caused me to become very interested and involved in upcoming Ride & Tie events. Let me tell you a little bit about this race:



Beginning on the Friday before the Ride & Tie was the first of three days of 50 mile endurance races. On Saturday afternoon, when the majority of the Ride & Tie competitors arrived, the second 50 mile race had just come to a close. Welcoming the ride & tiers into the Wild Wild West campgrounds were the friendly nickers and comforting smells of horses that make all horse-lovers feel at home no matter where they are. The fine horses were vetting out, including a mule who found an innocent pleasure in continuously rolling in the dirt with a content, carefree look on his face, as the camp began to settle down and prepare for the adventures of the following day.

There was a hum of excitement on the morning of the 24th as riders saddled their horses and pulled on their riding and running gear. Friendly competition was in the air. At 9:30 the Ride & Tie officially began and the horses shot up the first steep hill while their corresponding runners followed behind. There were a total of 8 teams - 3 on the 12 mile loop and 5 on the 23 mile loop. The trail led all over Tahoe Forest with hills to climb and descend, streams to cross, and trail markers to find. The scenery was absolutely breath-taking. The forest itself was magnificent, but when there were breaks in the trees and you could see out into the expanse of the Sierras, the beauty was stunning enough for you to take a moment in your race to just pause and soak it in. After winding through the forest, the finish line was finally reached and after vetting out and rinsing off, the riders and runners were rewarded with awards, pictures, and a fantastic barbeque to conclude both the Ride & Tie and the weekend of endurance races. That evening and the following morning consisted of packing, loading, and saying goodbye because having so many events meant having people from all over who provided stories, smiles, and encouragement for both the experienced and the new additions to the sport.

The Wild Wild West Ride & Tie was an amazing race and a great doorway to an exciting new sport for me. I look forward to future races and meeting many new faces and hopefully encouraging friends of my own to come out and join in the fun of ride & tie into which I was so warmly welcomed.

Doesn't That Sound Like Fun?

by Lisa Stanton

It all started innocently enough. I received an email from my riding friend, Joyce. "Did you see the flyer for the R&T clinic and then the nighttime ride? Doesn't that sound like fun?" Joyce is one of the nicest, most easy-going people you could ever meet; I knew that no matter what happened we would have a good time so I wrote her back. We decided to try the night time 12 mile ride & tie.

Twelve miles in the mountains, part of that on foot, I'd better start doing some running. George, being the dear husband that he is, agreed to run with me for encouragement. Off we went through the streets of our town, walking the first quarter mile for a warm up, then we picked up a slow jog. "You pick the pace, I'll match you" said George. I was already gasping for air, unable to answer so I signaled to slow to a walk. We'd only run a few hundred feet. We finished the 3-mile route we had planned, with far more walking than running. Two days later, we did it again. Then again. I'll never forget how good it felt the first time I was able to go an entire mile without stopping.

Joyce and I were discussing the upcoming clinic, when she asked "Can we use Laredo, your gelding? He'll probably stand better on the trail since he hasn't done any endurance rides, plus he's not as tall as my mare. Besides, he's pretty mellow." I hadn't even thought about the height, Laredo is about 14.2 so Laredo it would be.

Ride & Tie was not an entirely foreign concept, as I've frequently volunteered or crewed at endurance rides. Laredo needed to learn to stand tied alone on trail, so he accompanied me on trail clearing days around the farm, standing tied to trees while I fought with the wild rose bushes. He needed to be introduced to runners with headlamps, so he stood tied to trees in the dark while George and our son, Thomas, jogged past. Two weeks or so before the clinic, Joyce and I met at a local park to practice and give her a chance to ride him. Laredo did get tied that day, but the practice of being passed and left by another horse didn't pan out. Oh well, we'll figure out how to deal with it at the clinic. That's what clinics are for, right?

interested in helping by patrolling part of the trail during the nighttime ride". Bless him, he said "sure, why not".

We camped Friday night at the Ride Camp. The Ride & Tie Clinic was that afternoon. I won't go in to detail about the clinic, but I will say it was very informative and well presented.

The evening Ride & Tie was to start at 7 PM. George and Luci were to head out on the trail at 6 PM with the other trail patrol riders, and position themselves to make sure all the riders/runners made the correct turn along a paved road. Joyce, George and I spent some time arranging bags and water bottle holders, packing them with stuff we thought we might need (meal bars, water, Desitin, and a few first aid supplies). A little before 5 PM, we applied the boots to the horses, with George adding cotter pins to make sure no clips came undone, then time to vet Laredo in. This is where things started to go awry.

I had expected some "buddy" issues with Luci and Laredo, and had a plan to deal with it. I planned a bit of groundwork for Laredo about twenty minutes before presenting him to the vet. When I lost track of the time, I switched to Plan B: I grabbed Luci and took her with me. We made it about ten feet from the corral, when both horses had mental meltdowns. I drag Laredo to Dr. Kathy Broaddus, with him behaving like a complete idiot the entire time.

When it was time to tack up Luci so George would be ready to leave at 6 PM, I tacked Laredo up too, worried that he would be a raving lunatic once George and Luci left camp. When they left, I would start the groundwork with Laredo. George and Lu were ready to leave but the other trail patrol riders hadn't begun to tack up, so George **CONTINUED PAGE 11**



Ride & Tie Clinic at Old Dominion


Forms were printed and filled out, checks were written and sent in. I thought that Laredo should have company so he wasn't all alone Friday night and morning, so along came our mare, Luci. Lani Newcomb, the clinic organizer said "Of course you can bring an extra horse. Maybe George would be

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RACE RESULTS

Old Dominion July 2009 20 Miles Saturday night

Kevin Townsend/Ann Townsend on Major	2:05
Kate Kane Joyce/Theresa Trader on Littleman	2:24
Mark Trader/Janice Heltibridle on Sammy	2:24
Lani Newcomb/Jenny Jones on Beryl	2:50

12 Miles

Rhonda Venable/Lauren Rosser on Tanner	2:17
Bethany Asplundh/Cynthia Glendening on Rosie	3:27
Joyce Frank/Lisa Stanton on GT Laredo	3:28

20 Mile (Sunday)

Theresa Trader/Kate Kane Joyce on Littleman	2:07
Janice Heltibridle/Levi Hochstetler on Frisky	2:13
Lisa Green/Wendy Fournier on Spry	2:18
Catherine Farnan/Ann Crandell/Sheza Bold Image	2:18
Lani Newcomb/Jenny Jones on Spicely	DNF

6Mile

Rhonda Venable/Lauren Rosser on Tanner	1:24
Erica Sime/Amelia Hellman on Rajah	1:45
Ann Townsend/Katherine Toth on Major	1:48
David Geier/Maria Muzzio on Mo-Hawk	1:51
Yancey Crandell/Natalie Muzzio on Z	1:51

Descanso R&T 23 Miles

Anne Langstaff/Bill Schreiber/Sahara	2:56
Gunilla Pratt/Mike Whelan/Fanta	3:09
Linda Taylor/Melanie Weir/Emerald	5:48
Cath. Fillebrown/Kirsten Seyforth/Seventeen	5:48
Jeanne Sesky/Kate Swigart/Windy	DNF

15 Miles

Betsy Mongrain/Rufus Schneider/Angie	2:10
Rick Noer/Sharlee Rushing/Justin	2:27
Priscilla Remillard/Tammy Spicer/Fuego	5:47

Fort Stanton 2009 35 Miles--Sunday

Sherrie Reimers/Lara Lund on Lucky	6:36
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35 Miles--Tuesday

Laura Lawrence/Tim Lawrence on JC Starcross	4:31
Sherrie Reimers/Lara Lund on Lucky	5:03

35 Miles--Thursday

Sherrie Reimer/Lara Lund on Lucky	5:04
Laura Lawrence/ Tandi Gaul on JC Starcross	5:05

35 Miles--Saturday

Sherrie Reimers/Lara Lund/Lucky	3:30
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Bandit Springs R&T 30 Miles

Ben Volk/Tim Rubin/Yoggi	4:05
Lew Hollander/Lewis Hollander/Najim	4:55
Don Betts/Lisa Preston/Rainy	DNF

10 Mile (8AM, 2 PM and Sunday)

Lisa Schuller/Melissa Queen/Cinder	1:45
Melissa Queen/Peter Ramsing/Cinder	1:29
Ben Volk/Regan Volk/Tia	2:15

Cool Ride & Tie

22 Miles

Mark Richtman/Mary Tiscornia on Sal (BC)	2:55
Heidi Lambert/Jennifer Tiscornia Steere on Rocket	3:04
Rachel Grimm/Veronica Spadafore on Flyaway Joe	3:46
Susan Smyth/Michelle Spinosa on Joe Peshi	4:05
Michelle Andreotti/Susanne Rowland on OverAMile	DNF
Warren Hellman/Jeff Townsend on Flew	DNF
Cheryl Domnitch/Julie Weidenfeld on Mocha Brown	DNF
Moses Vaughan/Leslie Yates on Tu To Tango	DNF

13 Miles

Dal Bums/Peggy Smyth on Phyllis	2:16
Kelsey Giles/Shayna Powless on J.J.	2:22
Bethany Draeger/Suzan Hughes on Sahara	3:03
Michele Jay-Russell/Sharon Wimberg on Stash	3:14
Carrie Barrett/Dani Downing on River	DNF
Victoria Ordway/Jessica Pinto on Mojito	DNF

9 Miles

Julianne Curtiss/Emily Reddish on Hercules	1:13
Shellie Anderson/Dave Andreotti on Buck	1:28
Pat Browning/Robert Fosselman on Willie	1:31
Nancy Brooks/Darlene Frisa on Ravenwood Shahrat	1:32
Billy Jordan/Madelynn Jordan on Shanay	1:56
Fiona Ordway-Mosser/Madison Trocha on Barbie	2:03
Steve Anderson/Bob Trocha on K.B.	5:31

4 Miles

Tracey Bakewell/Jody Gray on Frank	0:31
Carysa Green/Peggy Smythe on Phyllis	0:37
Jeff Windeshausen/Jenine Windenhausen/Skorpius	0:48

Lost Mountain Ranch Ride & Tie 25 Miles

Brandi Page/Rachel Toor/Pip (BC)	3:35
Blake Kimball/Leslie Yates/Cinder	4:20
Samantha D'Andrea/Josh Steffen/Abu	4:48
Adeline DeBello/Hannah DeBello/Cowboy	5:22
Steve Anderson/Tim Rubin/Rainy	5:30

15 Miles

Jill Summers/Robert Summers/Pumpkin	3:36
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2009 RIDE & TIE SCHEDULE

SEPTEMBER 18-20 CHESAPEAKE FALL RIDE & TIE, Fair Hill, MD, Kate Peloquin, (410)652-3454, cpenguin57@aol.com

OCTOBER 3 MANZANITA RIDE & TIE, Boulevard, CA, Terry Wooley Howe, (619)445-5443, endurance@hughes.net

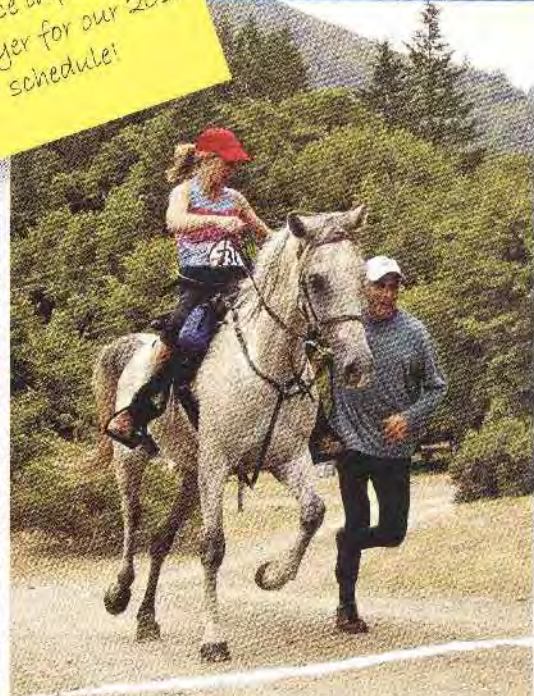
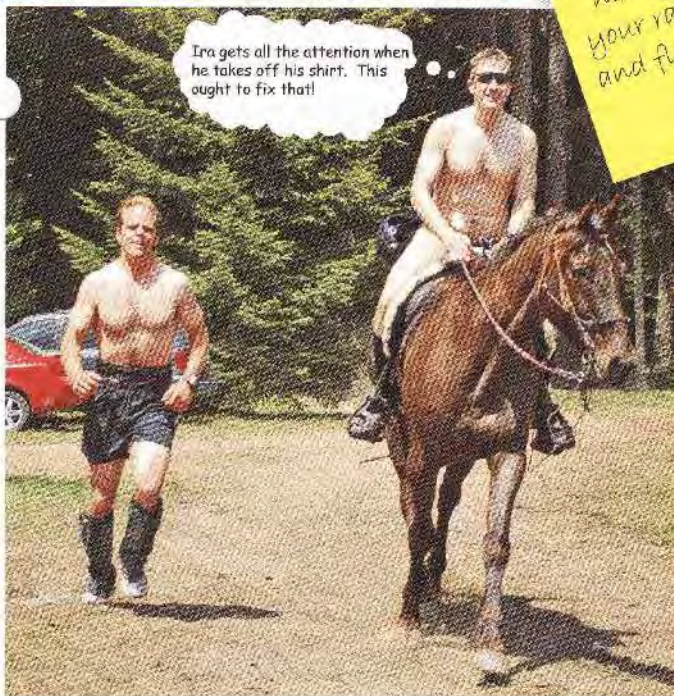
OCTOBER 17 FOOTHILLS OF THE CASCADES RIDE & TIE, Mary Nunn, (503)829-6002, flyingn@molalla.net

OCTOBER 23-24 FORT VALLEY RIDE & TIE, Fort Valley, VA Susan Trader, (703)556-0223, susntrader@aol.com

2010 RIDE & TIE CHAMPIONSHIP, Steph Irving, (509) 395 - 2065

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Race Managers-
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next year. We need
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and flyer for our 2010
schedule!



Many of the female endurance riders look forward to having the shirtless Ride & Tie, Ira Hickman, at their rides. I overheard one say "endurance riders don't look that good!" At Mt. Adams Ride & Tie, Ira's partner, Ben Volk, took off his shirt too. As a joke, I photoshopped off his running shorts also and gave him the thought bubble. When Ben showed the fixed-up photo to his wife, rumor has it that she said: "I don't care if you ride naked, but if I ever catch you riding without a helmet again you may as well not come home!"

Annie Betts

Carrie Barrett on River with partner, David Tarpinian, as they finish first in the Short Course at the Humboldt Redwoods Championship this year. Photo by Peter Ramsing (www.peterramsing.com)

RX: Ride & Tie by Susan Smyth

Why did I return to Ride & Tie? The answer is that it was just the prescription that I needed at this time in my life. My kids grown and gone (or kinda), stressful job, horses that needed riding, waistline thickening and time for a new social outlet I turned back to ride & tie.

I first participated in Ride & Tie in 1981. I had crewed for my sister, Peggy Smyth. (Levi's Women-Women winner 1980, 81, 82 with Val LaBel) My first camp experience was at in Verdi. Many teams enjoyed a week of camping, training and preparing. It was clear that ride and tie was made up of very unique members from all walks of life brought together by a very exhilarating sport.



Susan Smyth filling her prescription at this year's Championship

My first Ride & Tie was Castle Rock 30 in Davenport. Only days before the race, I was teamed up with Eric Thompson. I met Erik at the starting line. Minutes before the race, Erik appeared in cut-off jeans and we were off. We rode my seasoned endurance horse Sierra. The event was so exciting that we finished well, and went on to compete in the next two years of Levi Ride & Tie. Most of the race was about catching up to Eric.

Almost two decades passed with only minor participation in ride & tie as crew or P&R person and occasional participation in short courses. In 2004, I was teamed up for the short course with Carrie Barrett. Not only did we finish second, but my long time friend, Steve Shaw had convinced me to help with the award dinner preparation. Most of all I realized how therapeutic ride & tie can be.

Ride & Tie has given me focus outside of work. The training and preparation has not only been great for my cardiovascular, muscle tone and endurance, but has meant the needs of my mind, body and spirit. I have learned a lot from this incredible group of athletes. Laurie Wilson taught me about hydration and Cytomax, Frank Lieberman gave me his secret of Pay- Day candy bars and Victoria Ordway the concept of endless energy.

Last year I participated in four Ride & Ties. The first was Quicksilver where I teamed up with Laurie Wilson. It was incredibly hot. Laurie was a great partner and mentored me along the way to stay hydrated. She is an amazing runner and competitor. The next was the Championships in Taylorsville with Victoria Ordway. Per my usual style, we met prior to the ride. I think it was the longest short course ever. Despite the climbs and elevation, the views were spectacular. Dennis Miller did a great job as ride manager. One of the highlights was being a part of the three crazy women chasing the runaway horses into the night following the race. In July, despite my objections, Frank Lieberman convinced me to join him in Bandit Springs for a 30 miler on Gypsy. This ride was one of the most beautiful campgrounds and ride I have been to. Frank and I moved ahead in first place up to 2 miles from the finish line, where I thought I would take a turn for added mileage. At one point I thought I was lost on a maze of fire roads, but Gypsy guided me back to the course finishing in 4:55 minutes. The last ride and tie of the season 2008, was Coolest Ride and Tie. Here I teamed up with my son, Michael Cortez. He proved to be a great partner.

CONTINUED ON PAGE 12

Cheating Feet Continued

managed to get lost for a shockingly long time. This gave Russ a chance to rest, get warm, and read War and Peace at the vet check.)

Delighted to have been able to help out after his own race was finished, Irish Mike offered to transport the next runner through the water.

"Shall I carry you across?" Irish Mike called out to another former partner of mine, Elaine Ruprecht.

My guess is that she looked at him like he was crazy. She said no thank you.

He said, "I carried Rachel."

I'm sure Elaine busted out laughing.

Elaine is a lot less prissy than me. And she knows the sport a lot better. Elaine chose not to copy me. She didn't want to cheat.

Don Betts, the President of the Ride and Tie Association, has told me that there's nothing in the rules outlawing what I did. But here's what I know: you have to cover the ground on foot or on horse. No one's ever said it was okay to do a Ride & Tie on jockey-back. It goes against the spirit of this tough-as-all-get-out sport. Ride & Tie is not for the prissy. It was wrong to ride Irish Mike. And now I've confessed.

This doesn't mean, however, that I wouldn't do it again.



Rachel Toor's most recent book, *Personal Record: A Love Affair with Running*, includes a chapter on Ride and Tie. She is an assistant professor of creative writing at Eastern Washington University. She is also the author *The Pig and I*. Her website is www.racheltoor.com.

Doesn't That Sound--continued

rode Luci around in circles. Meanwhile, Laredo was in mental meltdown part II, and I was not far behind him. Just as the Trail Patrol left I mounted Laredo. The other competitors were also mounted, their horses calmly walking and trotting around. I was sitting on what felt like a keg of dynamite with way too short of a fuse.

I kept telling myself to breathe deeply and keep him moving forward. Laredo kept sucking back and threatening to rear. Finally, I was able to establish consistent forward motion and started working on disengaging the hindquarters and leg yielding. I felt Laredo start to lengthen into my hands.

The call "Trail's open!" was given and we were off! There were seven teams going out, four on the 20-mile and three on the 12-mile course. The first five teams were flying. There was no way I was going to let Laredo go that fast, so I focused on trying to keep him in a trot. He kept attempting to break into a canter, and I started having flashbacks to the few bucking episodes we had had about six years ago. Eventually he gave up and settled into a working trot.

The trail traveled along a gravel road for about a mile, then turned right and started uphill. Joyce and I had agreed that I would find a place to tie shortly after leaving the road, but there wasn't a good place to tie. The hill dropped off steeply on one side of the trail with a steep bank on the uphill side. Lani was just ahead on foot, so I caught up and made sure I was allowed to wait there for Joyce so we could make the exchange. She assured me that it was fine. I turned around and headed a short distance back down the hill. One rider was just behind me. She asked if I was ready to tie, and offered to tie nearby to help my horse calm down. This sounded like a wonderful plan, until we realized our runners might not be traveling the same speed, and would not know of our plans to ride together.

Joyce quickly caught up and we decided the safest plan was to hand walk him. He started to settle and within a quarter mile Joyce mounted. Soon we were



The Night Ride & Tie Race Start

Bob Halibridge

walking and trotting our way down the trail. This gave me a breather (mentally not physically) and I started to wonder what was going to happen when Laredo had to pass Luci on the trail ahead.

George's ride out was pretty fast as well. When they arrived at the hard surface road where they were to be positioned for the duration of the ride, Lu was a bit antsy so George just kept her walking in a large figure 8. When Joyce and Laredo came by both horses kept their cool. Lu didn't try to follow Laredo, and Laredo didn't try to linger with her.

George said that as soon as Laredo passed and disappeared down the trail, Lu let out a big sigh and relaxed

Laredo kept it together as long as he was moving, and Joyce and I were able to make exchanges. The tying portion of the program didn't go as planned due to an issue with the girth. It seemed a bit loose now that Laredo was sweated up, and Joyce and I were starting to find it a bit more difficult to bounce up there between the saddle packs that were in the way. When I went to tighten the girth, it was on **CONTINUED PAGE 13**

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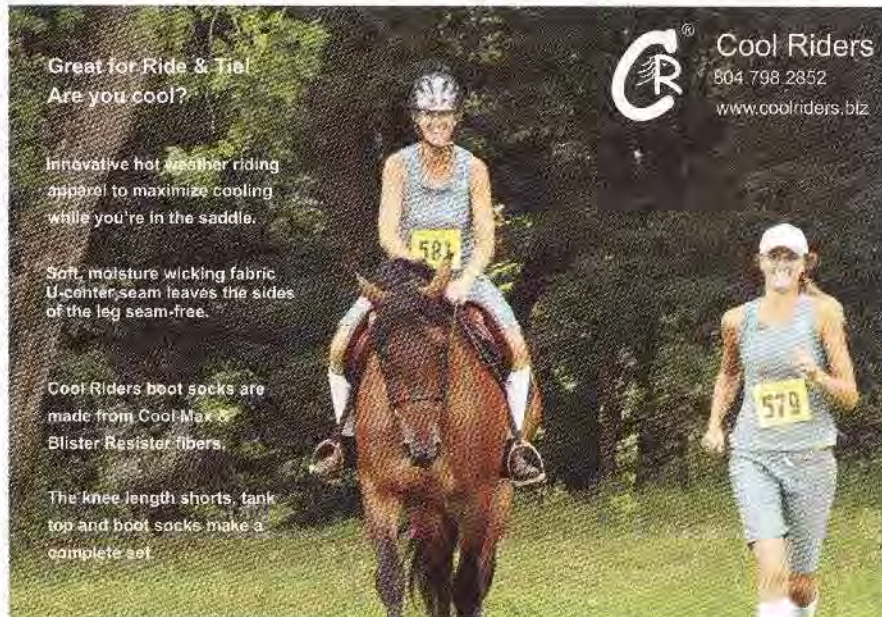
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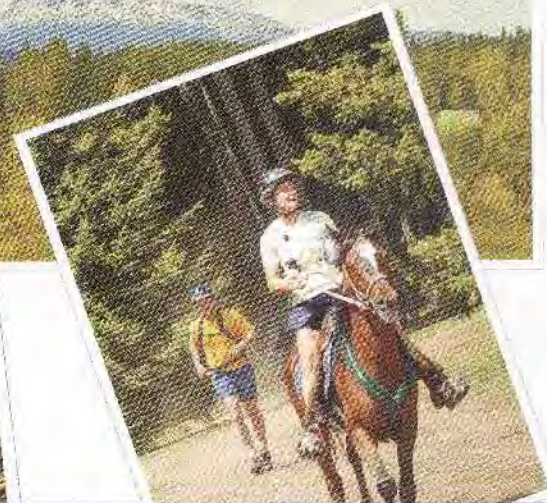
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Photos from May 2009 Mt Adams Ride & Tie

RX: Ride & TIE continued

With such a fulfilling year behind me, I looked forward to 2009 season. I felt compelled not to just compete, but find ways to share my enthusiasm and support for ride and tie. I made it my goal to bring my excitement and mentorship to many new members. Kelsey, age 15, proved to be a great addition to our junior members. Rachel and Veronica definitely made me kick it up a notch at the Championships in Cunco Creek and then went on to leave me in the dust at the Coolest ride and tie.

I am so fortunate to return to such a great sport and group of people. I am already looking forward to another eventful year in 2010 even through the bruising on my calves are still a rainbow of color. To all the new members: this is not just a sport, but a family and an amazing sense of self. I hope my enthusiasm is contagious!

As I was climbing up the last hill in triple digit heat at Cool Ride and Tie, my partner, Michelle Spinosa, made a couple comments that sum the essence of ride and tie, "you have to be tough to do this sport," and "I doubt this will be the last one I will do."

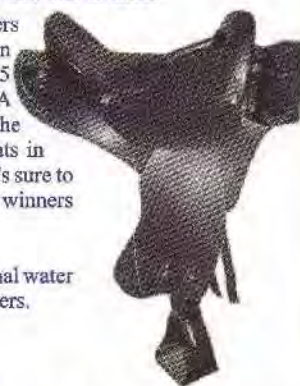
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Doesn't That Sound--continued

the last hole, so we agreed to assist each other with mounting. This hurt our time, but that really didn't matter to us. I had three goals for this ride: 1) for all three of us to make it back to camp in one piece, 2) for all of us to have a good time, and 3) for Laredo to learn something positive.

We settled in to our own rhythm, and started to really enjoy the trail. About a mile from the turn-around we met the first team of 12-milers on their way home. Greetings were made and all looked like they were having a great time. We were very close to the halfway point where we would turn and take the same trail home.

Joyce rode into the halfway point, where Gus was waiting to direct everyone back in the correct direction. He kindly offered to hold Laredo until I arrived, and then held the stirrup while I mounted.** Darkness was falling, and the runner needed to use their headlamp. I kept mine on the red setting once mounted, quickly caught up to Joyce and agreed to ride on five minutes or so. The headlight started to sag & bother me at the trot, so I turned it off and pulled it down around my neck. I thought of all the ride stories I've enjoyed over the years, of riding in the dark and trusting your horse to carry you safely down the trail. Laredo was enthusiastic yet sane so I went for it. He trotted strongly and confidently down the trail, slowing when he needed to pick his way around rocks or muddy spots, and when we came to a place where the footing was terrific he asked to canter. Off we went flying down the trail, with a loop in the reins and two handfuls of mane just in case he tripped or spooked. It was as magical as all of those stories had claimed, even if only for a short distance. I cannot wait to do it again.

Joyce and I exchanged places a couple more times, until finally I just didn't have one more mount in me. We passed George and Luci, then down a steep hill towards the gravel road. As I listened to Laredo and Joyce ahead, I was really proud of my boy as he never took a bad step going down that hill. We hit the gravel road and trotted/jogged the last mile in. I will admit having to fall back to a walk more than once as I cannot pace with Laredo for long. It was a wonderful feeling coming in to that finish line; a huge thank you to everyone who cheered us in. Laredo vetted out and we had completed! It took us 3 1/2 hours, we turtled everyone, but I believe all three goals were met. Funny how the last eight miles made me forget how frustrated I had been the first four.

So what did I learn?

© I dislike saddle packs for Ride & Tie. We used a pommel pack as well as a cattle pack, and they were definitely in the way for mounting. The only real reason we used them was to carry enough



The Ride & Tie Association thanks Moeben for their contribution of Moeben Sleeves to all of our competitors at our World Championship!



Annie Berts

Conversation at the Championship finish line included speculation about whether or not it would have been okay for Rainy to finish the race without his human partner. There is nothing in the rules that says that the horse has to be ridden or led over the finish line. George Hall, did catch him and ride him back to Don to finish, but they could have waited for Don to finish on his own two feet.

Continued on page 14

Doesn't That Soun-- continued water for both of us. A camelback would be much easier, then a small Easy-boot bag for first aid stuff and a small waistpack for mealbars, map, etc.

© Always check the amount of adjustment available on your girth. The main reason we were so slow was because of needing to assist each other mounting.

© There are some holes in my horses' training, we need to address the buddy issue in both of them. No excuse for my Laredo's behavior, particularly during the vet in.

© I liked the red lamp for when I was on foot. My eyes adjusted quickly to the darkness when I was mounted.

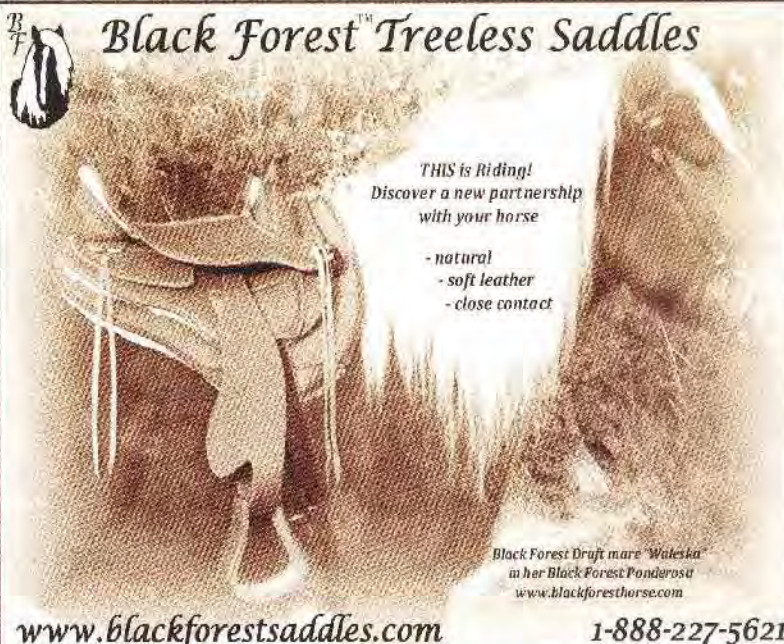
© Two green glowsticks on the breastcollar were enough light to prevent me from having vertigo. We hung a glowstick on each side behind our leg as well, plus one in his tail. They would have been sufficient to spot him had he been tied no matter which way he faced.

That sums up the weekend.

I think I'll go check out the ride & tie schedule for this fall.

Then email Joyce.

Lisa lives in Maryland and spends her days riding and training four horses and catering to one older horse. In addition to riding, Lisa likes to garden, ride on her husband's Chesapeake Bay workboat and purchase the occasional lottery ticket to buy her dream farm.



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Alan Fillebrown

Catherine Fillebrown and Kirsten Seyferth (foreground), Linda Taylor and Melanie Weir near the finish line at Descanso Ride & Tie.



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Don Beals

Leslie Yates ducks under branches at Lost Mountain Ranch Ride & Tie

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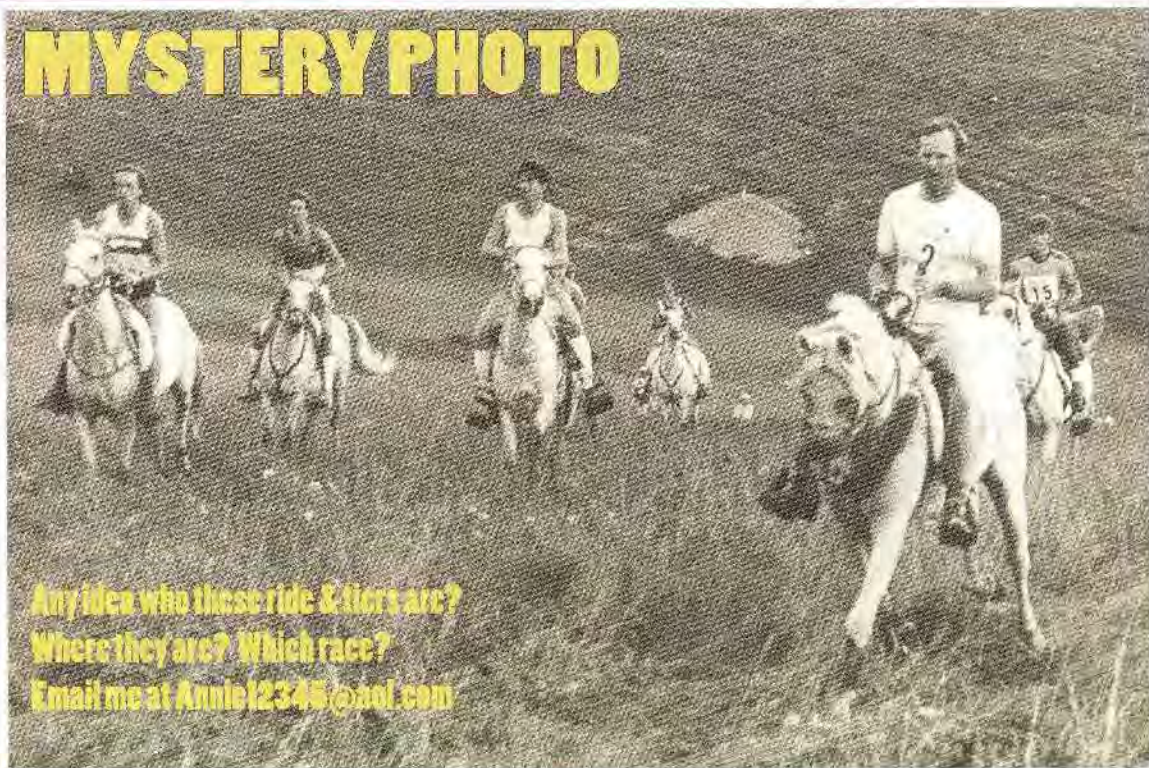


STILL A MYSTERY

Not one person contacted me with a guess as to where or when this photo was taken. No one recognized any of the competitors. Even Bud Johns, from whom the photo came couldn't identify the photo. So, this one will go back into the archives marked: UNSOLVED.

If you have a photo you think would make a good mystery photo, contact me at Annie12345@aol.com.

MYSTERY PHOTO



Any idea who these ride & tics are?
Where they are? Which race?
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