

RIDE & TIE



NEWSLETTER

NOVEMBER 2010



Sequoia Ward on Magnificent Obsession and Chris Amaral finish 1st at the Pacific Crest Ride & Tie near Ashland, OR in July.

Photo: A.Parsons

PRESIDENT'S MESSAGE

I was so fortunate to have had the opportunity to travel to Iowa to participate in the inaugural One Heart Benefit Ride & Tie in September. It was a wonderful weekend, with beautiful weather, and it was one of those experiences where you walked away feeling that you had been a part of something really great. Many kudos to race director Eileen Witt who demonstrated tremendous energy, creativity, and courage in organizing such a fantastic event. I so appreciated meeting her, as well as Kris Lager, Executive Director of the One Heart Equestrian Therapy Center, and some of the One Heart horses and students. I hope this is the start of more ride & tie activity in the Midwest. And to my ride & tie partners Lara Olson and Peaches, I can't wait to get out there again next year!

Not many people know that there is a lot of work happening behind the scenes to help get ride & tie a little more organized. What went unnoticed by most folks last year was that our webmasters, Trisha Gibbs and David Christy, built a member database that can be managed online. This new "Ride & Tie System" (I think our system needs a name..."RATS"?) means no more Excel spreadsheets, which I like a lot, and our member data is more secure, and it is also centralized. But it also means that race directors can now log-in and download or print member lists for their races. They are no longer reliant on someone to send them the list. We are also now loading race results directly into the Ride & Tie System, and I look forward to the time when race directors will have the option of entering race results themselves instead of having to mail the paperwork to the Association. Our webmasters have also started building the capability to track points and miles online. This is not ready for primetime yet, but my vision is that one day, and probably not in the too distant future, you will be able to look up your own points and miles standings whenever you want on the ride & tie website. For now it is a work in progress, but I will keep you posted as we move toward that goal.

But there are also things happening that you *can* see. We just completed the newsletter archive project! We've been scanning and uploading copies of old newsletters to the ride & tie website. There is more information about the archive on page 7. This project started back before I was even on the board, so it is a long time coming. Check out the old newsletters when you have time. It is really something to go back and read the old ride & tie journals and newsletters. I think it is fabulous that even those of us who did not do ride & tie "back in the day" can share a little bit of the nostalgia. Thank you Trish and Annie for your hard work in making that happen.

By the time you get your newsletter I will have survived my first race director experience with the Cuyamaca Ride & Tie. That will mean that there is only one more ride & tie race left in the 2010 season and that is the Lone Star Ride & Tie in Bandera, TX on November 27th. If any of you can make it there please do so. Support your race directors who work hard to make these events happen.

Many of us are already looking ahead to the 2011 season, and will have some exciting new races to talk about. Race directors, get your flyers in to Annie Betts by December 1st and get your race in the Member Handbook.



Photo: David and Karla Young

Melanie Weir and Lara Olson, with equine partner Peaches, approach the turnaround point at the One Heart Benefit Ride & Tie on September 4th.

RACE MANAGERS!!!

Start planning now for next year. We need your race information and flyer for the 2011 race schedule!

Send your race flyers and information to Annie Betts at Annie12345@aol.com before December 1, 2010.

The flyers should contain the following information:

- Name of race
- Date of race
- Distance(s)
- Entry fee(s)
- Directions to the race
- Contact info
- Any other information you think is important.
- The flyers need to state: **"All competitors must be members of the Ride and Tie Association."**
- The flyers need to be in JPG or Word format.
- If you need help with a flyer, contact Annie Betts at Annie12345@aol.com. She will be glad to help you.

VETERINARIAN'S CORNER

Congratulations to the
2010 Ride and Tie Scholarship Recipient
Logan Potts



Each year the Ride and Tie Association awards a scholarship to a deserving veterinary student. Logan Potts is the 2010 recipient of the Ride and Tie Scholarship. Logan is a first-year veterinary student at Washington State University. Here he shares with us important equine nutritional information.

Coffee Shop Talk

By Logan Potts

"Would you like cream or sugar hon?" the waitress asked as she set my cup of coffee down on the table. You see, this was my first learning institution about horses, "Mom's Café" at the livestock sale barn in a rural eastern New Mexico town. It was always a pleasure to get up early and go listen to the old cowboys and horse traders talk about their exciting horse stories from the past, and the present struggles of the industry. Through conversation and laughter, we had always solved the world's horse problems over a good cup of black Joe.

This particular morning the subject on the coffee-stained table was the price and quality of horse hay, and the ability of a forage-only diet to meet the nutritional requirements of horses. Questions were entertained about different forage sources and physical forms of forage that were the most suited for the equine diet. Surrounded by the aroma and warmth of coffee (it was probably all of the caffeine I had consumed), I began to appreciate man's constant desire to provide the best feed to his horse companions. More importantly, I thought about the present economic times, how horses may be used less, and fed less of a concentrate (grain) in the diet, and left with only hay to meet their nutritional needs at only a maintenance level. In addition, many areas of the United States have less than desirable weather and soil conditions, where horse owners resort to feeding different physical forms of hay to horses because of lack of hay crop fertility. This topic caught my attention and the attention of my coffee drinking buddies alike, and I began to think about feeding horses under a forage-only budget.

What does your horse do? First and foremost, the owner should consider the job of his or her horse; Is it general maintenance, breeding, recreation, sporting or competition? Regardless of your horse's job, forage in the diet serves as the foundation of the regimen and can meet the nutritional requirements for most horses under a maintenance-only state. Horses that are used for competition, work, breeding or other physiologically demanding states may need to be fed a diet designed specifically to meet their physiological needs. In these certain cases, a concentrate is usually added to the regimen in order to meet the higher nutritional requirements of the horse. In addition, it is always important that horses receive vitamins, minerals and free-choice water.

A horse's digestive tract evolved from being a natural grazing animal and is approximately 100 feet in length at maturity. It is designed to take in large amounts of roughage while grazing large areas of pasture land. This "on the go" diet provides a horse with fiber, carbohydrates, and sufficient protein, and with some hays, adequate minerals and vitamins.

Fiber allows for a more positive metabolism of nutrients and happier gastrointestinal health. The type of fiber will differ greatly due to type of forage, curing of hay, soil type, and maturity of forage.

Structural carbohydrates (cellulose and hemicelluloses) from forages can provide up to 30 to 70% of a horse's energy requirement after being broken down by microorganisms in the hind-gut of the horse.

Protein from high quality roughages helps maintain and build the structural components of the horse's body. From muscle fibers and ligaments to hoof and hair growth, proteins provide a strong structure for our equine companions. More abundantly found in legume hays, proteins are comprised of amino acids -- both essential (provided by the horse's body), and nonessential (must be supplemented - not naturally made by the horse's body). Most common species of horse forages supply a horse's protein needs at a maintenance requirement.

What if I feed cubed or pelleted hay? Recent drought conditions, soil and climate availability, and large horse-herd operations have also sparked interest among horse owners to seek alternative forms of forage. Most feed companies today sell complete horse feeds that include a pelleted or cubed form of hay if not the altered form of hay separately. When looking at different physical forms of hay, there are advantages and disadvantages to both traditional long-stem hays and cubed or pelleted hays that should be considered.

Long-stem hay is usually cheaper, prolongs time spent eating, thereby increasing retention time and digestibility of nutrients, and requires less concern for storage. However, traditional long-stem hay is usually wasted more, harder to transport and handle, harder to measure accurate intake, and may include more dust, which is a concern for horses with respiratory disorders.

Continued on Page 7

One Heart Adapted Ride and Tie

By Kris Lager

On Friday, Sept. 3rd, 2010 the riders, family, staff and horses of One Heart Equestrian Therapy hosted the entrants for the Benefit Ride & Tie held on Sept. 4th in Iowa. Three teams of One Heart riders and horses set off on a ride & tie adapted to the needs of the One Heart riders. The event was held at the fairgrounds in Story County, Iowa.

We were all eager to participate in a ride and tie! Using the tried and true horses of One Heart, inviting 3 pairs of riders, and brainstorming with the staff, we put together a ride & tie event of our own as a demonstration for the entrants who came for the benefit. We had been educating our area about what ride & tie is but had never explained it to our riders. When they arrived Friday we tried to explain it. Ha! It was better to show them by doing.

Brother and sister team, Tyler and Kia joined Bri, the Norwegian Fjord for the race. Lloyd and Eric teamed up with Shane, the Morgan. Aiden and Mom, Stephanie warmed up with Rosie, also a Morgan. In an email following the event, Mom, Stephanie explained she hadn't ridden since she was bucked off when she was 12 years old! But nevertheless, she 'mommied up' and went where her child needed her! We didn't see any anxiety as they rode off.

The start of the race was in the large arena and set off through the grounds and returned to the arena for an approximate 1/3 mile loop. Seemed much longer to mom, Lisa as she pushed Kia for her portion of the unmounted part.

We established one rider exchange point since all of our mounting is done with the use of a mounting block. Each team had a leader and two sidewalkers. Some of our Benefit Ride & Tie participants got to sidewalk with a One Heart rider. The whole crowd of spectators got caught up in the excitement and novelty of ride & tie and walked or jogged along with the One Heart racers. Each of the One Heart riders got to make two exchanges.

It was a close (though untimed) finish with Aiden and Mom, Stephanie finishing first, followed closely by Lloyd and Eric. Kia and Tyler had a strong finish on Bri with Mom, Lisa trotting along pushing Kia's chair.

I think we captured the essence of ride & tie; teamwork, strategy, learning new things, support crews and tons of excitement! It was a pleasure meeting the participants and sharing with them some of the folks and horses they were supporting through this benefit race. We had a great time and we hope you did too!

One Heart Equestrian Therapy offers therapy to individuals demonstrating physical, cognitive, mental, or emotional limitations and special needs. One Heart welcomes all people with disabilities beginning at age two. We work with children and adults who have been born with disorders or diseases, injury victims, children and adults with emotional disorders, and/or learning disabilities. Many of our students have multiple handicaps.

One Heart Equestrian Therapy is a tax exempt charitable organization (501(c)3). One Heart Equestrian Therapy is a member of the North American Riding for the Handicapped Association. For more information contact Kris Lager, Executive Director:

One Heart Equestrian Therapy
67826 Lincoln Hwy
Colo, IA 50056
Phone: 515-460-5488



One heart Adapted Ride & Tie: Clockwise from left (Photos by Kris Lager):

Winning One Heart team at the Adapted Ride and Tie. From right: Aiden, mounted, Dad sidewalking, Mom, Stephanie, teammate, holding little brother begging for a ride. Rosie is led by Race Director, Eileen Witt

One Heart rider teams making the turn on the race course for the Adapted Ride & Tie race.

Rider exchange station. Tyler is on Bri as teammate Kia is preparing to mount.

ONE HEART RIDE & TIE

By Gavin Betzelberger

Brother and sister team Amy and Gavin Betzelger traveled from Delavan Illinois to compete in the inaugural One Heart Benefit Ride & Tie in Collins, Iowa. With one previous Ride & Tie race under their belt (Big South Fork in 2009) Amy and Gavin were the most seasoned team there! They, along with equine partner Starrquest took first place on the 20-mile course, and received the Best Conditioned horse award.

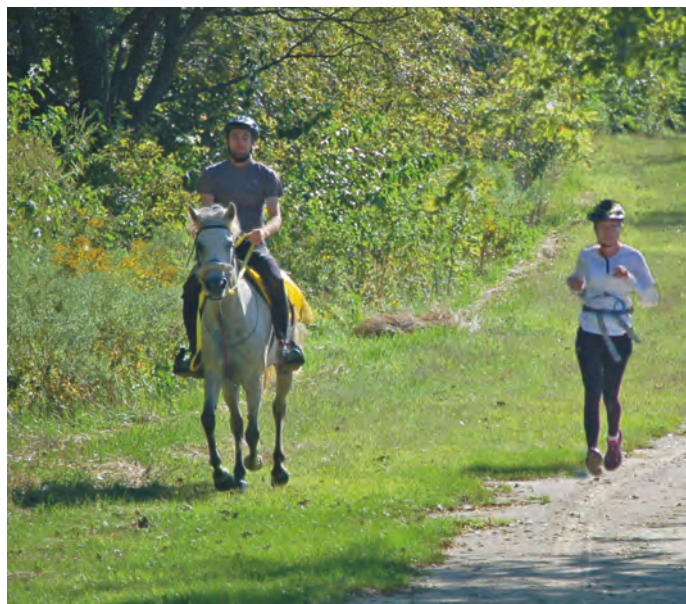
There are some events in which participation is the only prerequisite for a good time. The first annual One Heart Benefit Ride & Tie was one of these events. One Heart Equestrian Therapy works with physically and cognitively limited riders. Despite the newness of this race and the absence of Ride & Tie races in the Midwest, nine teams materialized from Iowa and Illinois for the benefit.

The One Heart Ride & Tie, over Labor Day weekend, consisted of a 4.5-mile race, a 12-mile race, and a 20-mile race on Saturday. There was also a demonstration Ride & Tie at the Nevada Fair Grounds for the One Heart Equestrian Therapeutic participants Friday afternoon preceding the Saturday race (see facing page). The benefit race itself followed a horse, cycling, and running trail of crushed limestone leading through interspersed woodland and restored prairie. The trail, a renovated railroad foundation, had plenty of good trees and wide shoulders ideally suited for a ride and tie. The high quality of the trail, perfect weather, and characteristic flatness of Iowa made for a fast-paced and highly competitive race.

The race began and ended in Collins at a well-maintained city park. From the staggered start Ride & Tiers headed west through the neighboring town of Maxwell. At Maxwell the 12-milers stopped for a quick vet check and then raced back towards Collins. After a smoothly run vet check at Maxwell the four 20-mile teams pushed onward into the gently rolling prairie west of town after which they doubled back to Maxwell for a second vet check, and after that continued on to Collins for the finish.

All the contestants were warmly received and cheered into the finish. Amy and I (and Starrquest) crossed the finish line first in 2:19. Not far behind was local team Laura Miller, Krystle Ulch and Red, who came in second with a time of 2:28.

Following the races there was a small informal luncheon and later that night a catered dinner, awards ceremony, and concert. Amy and I were happy to accept the best-conditioned horse award (our mother was especially proud since she trains Starrquest). wonderful prizes that were donated for this event. Participants floated from table to table relating and reliving race experiences, talking shop, watching the slide show assembled by event photographers David and Carla Young, and making ambitious plans for next year's race. In short, a wonderful time was had by all.



Above: Gavin Betzelberger on Starrquest, and sister Amy Betzelberger, winners at the One Heart Benefit Ride & Tie

Below: Race Director Eileen Witt riding Roanie, and partner Annette Mansheim, approaching the turnaround point for the 20-milers.

Photos: David and Karla Young



www.rideandtie.org

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Junior Editor's Page

by Regan Volk

PREPARING FOR WINTER

Hello everyone. For this issue of the newsletter I would like to talk about the importance of preparing your horse for winter. A lot of you may already know this, but if you don't properly prepare for winter you could be stuck in the middle of it with a shortage of hay or some other unwanted calamity.

One of the most important things about preparing for winter is making sure you have enough food for your horse. You can't exactly go to the grocery store to buy food for your horse in the middle of winter. When it comes to winter, your pasture does not have as much nutritional grass in it as it does during summer. This means that you have to buy more hay for your horse. In my experience, we have had to have about 8 tons of hay during our winter. We usually have around four horses with us during winter and they are all easy keepers (they don't need a lot of extra food or supplements to maintain good weight and condition). When it comes to buying grain and other feed to make up for that loss of nutrition that your horse usually gets from grass, you can usually get more during the chilly months if necessary.

Another important diet requirement is fresh, clean water. Some horses don't like to drink cold water, so you may need to use water heaters. These also keep ice from developing on top of water tanks. If you don't use heaters, you need to crack the ice at least twice daily. Water is just as important as food to your horse.

When preparing for winter, you need to make sure your horse is ready too. If you put shoes on your horse you may decide to take those off and leave them off during the winter, especially if there is snow on the ground. The snow sticks to the metal of the shoe and can make the horses hoof very cold, think frostbite, and packed with snowballs. Also for those people that have horses whose hair doesn't get very thick, you may need to get them a heavy duty winter blanket that is water-proof and breathable to make your horse comfortable.

If you do all these things, you and your horse will be happier during the winter. And remember, even though it's cold outside, try to ride your horse a couple of times a week, even if they are just short rides. This ensures he will not be quite as fresh or stiff when you get on to ride him once spring comes around again.

Till next time. Keep running...keep riding,



Regan and friends on a snowy winter ride.

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Coffee Shop Talk (Continued from page 3)

Cubed or pelleted hay products can offer reduced feed waste and provide more accurate accounts of feed intake. In addition, these products are transported easier and require less storage space. However, with different forms of hay it is harder to control feed intake. If given free choice, the size of the cube or pellet may cause an increase in passage rate, and could lower total digestibility and retention of nutrients of the forage. Finally, storage must be in a moisture free environment and the cost is usually higher to the producer and consumer.

So as we have our coffee before going out to feed our horses, it is important to remember many horse owners have their choice of several different types of hay and physical forms of roughage. It is always important to evaluate your horse under seven categories so that you and your nutritional consultant can provide the most for your equine companion nutritionally. As with many horse owners we do not want the tough economic times to affect our ability to provide for our horses. Hopefully, this information can help us feel more at ease that our four-legged friends are provided for nutritionally when feeding them only hay.

Seven Categories to help determine nutritional needs

- Class of the horse
- Body weight
- Body condition
- Stage of production
- Age
- Activity level
- Growth

Sources Used:

Robert J. Coleman and Laurie M. Lawrence, Department of Animal Sciences; Jimmy C. Henning, Department of Agronomy. Alfalfa Cubes for Horses. July 2000. Educational programs of the Kentucky Cooperative Extension Service. July 12, 2010 <<http://www.uky.edu/Ag/AnimalSciences/pubs/id145.pdf>>

eXtension. Last updated: July 2010. 74 Land-grant University minds across America. July 12, 2010 <<http://www.extension.org>>



Newsletters are Now Online!

By Melanie Weir

Hey Ride & Tiers, did you ever wish that you could go back and find an article from an old newsletter? Or have you ever wondered what newsletters might have looked like way back in the wild and woolly days of Ride & Tie?

Well you don't need to wonder anymore. The newsletters are now available to you on our website at www.rideandtie.org. Click on "Newsletter Archive" at the bottom of the home page. The newsletters go back to the fall of 1987 when our newsletter was called "The Journal of the Ride and Tie Association."

Annie Betts, newsletter editor for many years, was the driving force behind getting this project done. She meticulously scanned each and every page of each and every newsletter. After many difficulties with formats, and disks and the U.S. mail, webmaster Trisha Gibbs designed an upload feature to the Ride & Tie System, which helped get the project finished. Trish then took the literally hundreds of files from there, assembled them and put them on our website. Voila! The newsletters finally made it online for your viewing pleasure!

Despite the amount of effort involved, and the various fits and starts that assailed the project along the way, Annie maintained a sense of humor. "We editors have put a lot of work in creating these newsletters. The work was very gratifying and I appreciate every issue. I am glad to see them on our website."

Annie, in the words of Thomas Edison, "The first requisite of success is the ability to apply your physical and mental energies to one problem without growing weary." Enough said.

There may be a few missing newsletters, and if you happen to find one that is not on our website, please let me know. Going forward newsletters will be posted online after the subsequent newsletter is mailed to members. Never again will you need to worry about losing your newsletter!

RACE RESULTS

DESCANSO RIDE & TIE - 22 Miles	June 12, 2010	CA
Tom Gey/Sara Howard on Findefar (BC)	2:34	
Jonathon Jordan/Tara Jordan on Crissy	2:55	
Michael Whelan/Gunilla Pratt on Fanta	2:59	
Betsy Mongrain/Melanie Weir on F.S. Any Question	3:07	
KS Swigart/Paula Stenzel on Windy	3:08	
Descanso Short Course - 15 Miles		
Rufus Schneider/Beth Love on Koona (BC)	1:57	
Rick Noer/Katie Rzadkowolska on L.P.	2:10	
Arthur Hammons/Glen Morgan on Zeus	2:39	
Debra Stella/Jay Stella on Taz	3:00	
Justin Ruppert/Lindsay Ruppert on Katie	DNF	
FORT STANTON RIDE & TIE - 25 Miles	July 15, 2010	NM
Sherrie Reimers/Vince Stine on Sammy	6:14	
ONE HEART BENEFIT RIDE & TIE - 20 Miles	Sept. 4, 2010	IA
Amy Betzelberger/Gavin Betzelberger on Starrquest(BC)	2:19	
Krystle Ulch/Laura Miller on Red	2:28	
Melanie Weir/Lara Olson on Peaches	3:50	
Eileen Witt/Annette Mansheim on Roanie	3:59	
One Heart Short Course - 12 Miles		
Matt Johnson/Julie Johnson on Star	1:24	
Sarah Pesch/Teresa Harp on Red	2:01	
One Heart Short Course - 4.5 Miles		
Stephanie Caston/Kirsty Husby on Townes	0:38	
Keith Poling/Katie Poling on Spirit	0:44	
AnnMarie VanDerZanden/Nina VanDerZanden on DeeDee	0:52	
BIG SOUTH FORK 1 RIDE & TIE - 30 Miles	Sept. 10, 2010	TN
Joe Bellafato/Renee Bellafato on Dandy (BC)	5:25	
Janice Heltibridle/Lani Newcomb on Bubba	6:06	
BIG SOUTH FORK II RIDE & TIE - 30 Miles	Sept. 11, 2010	TN
Janice Heltibridle/Beth Kempf on Frisky	5:39	
Karen Isaacs/Amy Betzelberger on Jeb (BC)	5:53	
Big South Fork Short Course - 8 Miles	Sept. 12, 2010	TN
Brenda Ann Sears/Whitney Wright on Comes a Time	1:37	
Janice Heltibridle/Matthew Schmidt on Bubba	1:45	
Sara Boelt/Gil Furr on MBA Moonlight Bay	1:51	
Shay Hanson/Emily Shouse on Maya Inspiration	2:17	
Lori Lyttle/Malyndia Long on Shere	2:33	
Hannah White/Katie Shouse on Go Go Ladybug	2:52	
LOST MOUNTAIN RIDE & TIE -21 Miles	Sept 11, 2010	WA
Ben Volk/Tim Rubin on Jazz (BC)	3:32	
Melanie Weir/Rick Noer on Pumpkin	3:46	
Leslie Yates/Dave Riffle on Cinder	4:08	
Lost Mountain Very Short Course - 1.2 Miles		
Marissa Steffan/Sierra Steffan on Tennessee	0:20	

CHESAPEAKE FALL I RIDE & TIE - 30 Miles	Sept. 17, 2010	MD
Janice Heltibridle/Lani Newcomb on Bubba	5:31	
CHESAPEAKE FALL II RIDE & TIE - 30 Miles	Sept. 18, 2010	MD
Daryl Downs/Janice Heltibridle on Frisky	4:28	
Lani Newcomb/Kathy Broaddus on Beryl	5:27	
CHESAPEAKE FALL III RIDE & TIE - 20 Miles	Sept. 19, 2010	MD
Janice Heltibridle/Laney Baris on Bubba	3:11	
Lani Newcomb/kathy Broaddus on Beryl	3:57	
THE COOLEST RIDE & TIE - 27 Miles	Sept 18, 2010	CA
John Osterweis/Mark Richtman on Bey	4:27	
Gunilla Pratt/Michael Whelan on Mark	4:32	
Carrie Barrett/Sheila O'Neill on IronWyll	4:33	
Melissa Ribley/Cathy Scott on LD Monique	4:33	
Tracey Bakewell/Ruth Thornton on Frank	5:31	
Alyssa Stalley/Karen Camilli on Irish Maggic	5:47	
George Hall/Leslie Yates on Magic	6:54	
Sequoya Ward/Cheryl Dominitch on Magnificent Obsession	DNF	
The Coolest Short Course - 17 Miles		
Darlene Julian/Simone Julian on Fly Away Joe	2:50	
Leslie Steere/Robert Steere on Bombay	3:26	
Jessica Pinto/Victoria Ordway on Mojito	3:32	
Thom Steere/Becky Steere on Wesob	3:46	
Susan Smyth/Michelle Spinosa on Joe Pesci	DNF	
Shellie Anderson/Susanne Rowland on Dudley	DNF	
The Coolest Short Course - 10 Miles		
Pat Browning/Dennis Rinde on Willey	2:04	
Karen Jeffers/Joanella Bala on Taches	2:12	
Abigail Christensen/Natalie Christine Bowman on Apache	2:14	
Mary Hufty/Julie Rydberg on Jack	2:34	
Bradley Stolfi/Hank Stolfi on Buster	2:39	
Rebecca Abrahams/Sarah Konst on Dieifa	2:48	
The Coolest Short Course - 5 Miles		
Merry Law/Meighan Vineyard on Marilyn	1:01	
Scott Bakewell/Kyle Bakewell on Sunny	1:09	
Tracey Bakewell/Emily Bakewell on Annie	1:09	

TEXAS TANGO RIDE & TIE - 25 Miles	Sept 19, 2010	TX
Sherrie Reimers/Laura Lund on Lucky	3:53	
Texas Tango Short Course - 7 Miles		
Gunnar Frank/Kelvin Frank on Blazen Rocket	1:03	
Roxanne Lee/Alanna Frank on Tesso	1:10	
Val Jaffe/Madeleine Gordon on Amira Moniet	1:46	

RACE SCHEDULE

Lone Star Ride & Tie, Bandera, TX Nov. 27, 2010
 Ross Carrie (936) 581-0492
 carrie@revenenvironmental.com

SAVE THE DATE!!! June 18, 2011

2011 RIDE & TIE CHAMPIONSHIP. Humboldt
 Redwoods State Park, CA. Sequoya Ward,
 (707) 845-6039 duncme2@gmail.com

Race Results (Continued from page 8)

MANZANITA RIDE & TIE - 25 Miles Oct 2, 2010

Rufus Schneider/Beth Love on Koono (BC)	2:58
Thomas Gey/Carol Ruprecht on Findefar	3:17
Michael Whelan/Gunilla Pratt on Mark	3:21
K.S.Swigart/Paula Stenzel on Windy	3:43
Richard Smith/Glen Morgan on Zeus	3:46
Sharlee Rushing/Tara Jordan on Pebbles	3:58

Manzanita Short Course - 15 Miles

Melanie Weir/Susan Minor on Caroline	3:16
Torey Koltun/Richard Noer on L.P.	DNF
Yvonne Phipps/Yvette Phipps on Cometa	DNF

One Heart Ride & Tie - Continued from page 5

The idea for the Ride & Tie came about when race director Eileen Witt, a volunteer with One Heart, and Kris Lager, the Center's Executive Director, were trying to come up with fundraising ideas. "Why don't we do a Ride & Tie?" asked Kris. With that, the One Heart Benefit Ride & Tie was born. Having grown up just north of San Francisco, Eileen was familiar with the Levi's Ride & Tie. Competing in a Ride & Tie was always a dream she'd had as a teenager. "Never in a million years would I have guessed that by volunteering for One Heart I would be directing a Ride & Tie event!" Eileen says. "Now that I have participated in my first race, I'm hooked and look forward to participating in more events." She and partner completed the race on Eileen's 17.5 hand American Saddlebred. A week after the race, Eileen purchased a nice little Arabian for next year's competition!

Oh, and the fundraiser brought in more than \$2,000 for One Heart Equestrian Therapy, with generous donations from many local businesses! Warm THANKS to all who supported our event.



THIS team IS HAVING entirely too MUCH FUN! Team Price-Jacobs With Mondart at the 2010 World Championship Ride & Tie at Mt Adams, WA

Photos from 2010 Championship by Dennis Anderson and the Trout Lake Community Service Club



"Wait! Are you SURE they said to go THAT way??"

**POINT STANDINGS:
TEAM, HUMAN, HORSE**

The tables below display total points to date (as of 10/6/2010) for the top 5 in each category of teams, individual humans, and horses. For a complete list, see www.rideandtie.org

TEAM POINTS

Rank	Man/Man Teams	Points
1	I. Hickman/B. Volk	346
2	R. Kiernan/J. Osterweis	180
3	R. Sproat/D. Summers	125
4	B. Grant/B. Grant	110
5	P. Browning/G. Peck	105

Rank	Woman/Woman Teams	Points
1	K. Broaddus/L. Newcomb	490
2	L. Lund/S. Reimers	280
3	T. Bakewell/R. Schneider	225
4	K. Camilli/A. Stalley	215
5	J. Heltibridle/M. Keyes	160

Rank	Woman/Man Teams	Points
1	G. Pratt/M. Whelan	299
2	M. Weir/R. Noer	272
3	S. Ward/C. Amaral	240
4	T. Jordan/J. Jordan	204
5	A. Parsons/J. Clover	195

HORSE POINTS

Rank	Horse	Owner	Total Points	Total Miles
1	Bubba	Heltibridle	505	158
2	Magnificent Obsession	Ward	410	90
3	Koono	R. Schneider	396	85
4	Desert's Golden Rose	Clover/Parsons	350	90
5	IronWyll	Barrett	325	55

HUMAN POINTS

Rank	First Name	Last Name	Total Points	Total Miles
1	Janice	Heltibridle	760	238
2	Lani	Newcomb	590	190
3	Melanie	Weir	581	153
4	Ben	Volk	561	138
5	Richard	Noer	469	121

THE COOLEST RIDE & TIE

By Frank Lieberman

This year the Cool Run and Ride & Tie was dedicated to Dr. Jim Steere, Mr. Ride & Tie. Jim's wife, D'Ann attended as well as his children, Thom, Becky, Leslie, Robert, and Jennifer. We have created a Jim Steere Memorial trophy on which the names of the winning teams and horses for the last five years are engraved. Each year one of our local sponsors will host and display the Jim Steere Memorial trophy. Our T-shirts were printed with "Jim Steere's extended family". At the traditional potluck Friday night, many of us had the opportunity to tell about our experiences with Jim. We can't thank you enough, Jim, for all that you've done for this crazy sport. You are missed!

We had perfect weather for this year's event, which was held in Auburn Lake Trails in Cool, California. A total of 23 teams, 9 runners, and over 30 volunteers turned out. Feedback from previous ride & ties in Cool indicated the race was too fast, so this year we put on a more challenging race. Former ride & tie participant Tony Brickel and I pledge to keep the long course difficult. In spite of the tough trails, Leslie Steere and Robert Steere came in second place on Bombay in the 17-miler. Coming in fourth place were Thom and Becky Steere on Wesob shortly behind them.

On the 5-mile course Scott and seven-year-old Kyle Bakewell competed against Tracy and 12-year-old Emily Bakewell for bragging rights in the Bakewell family. The boys had the advantage since Tracy had just completed the difficult 27-mile ride & tie. Kyle, about 4'2" in height and about 65 pounds said "I like running the best. Running is easy for me. Winning would have been better than coming in second". He said he likes his quad that can go over 60 mph better than riding a horse. He also thought that he would prefer a straight and downhill course without curves and uphill. I'm glad this seven-year-old has an opinion.

Sixth-grader Emily Bakewell was riding her friend's horse, Annie. Unfortunately Emily's horse, Ruby was slightly off. Emily has been riding horses since 2005 when she moved to the Sierra Nevada foothills. She likes riding, but thinks she is better at running. "I am one of the fastest in my class", stated Emily. She is also a swimmer and likes freestyle and the breaststroke. This was her second Cool Ride & Tie. She was racing her brother and wanted to win. She said "They beat us by a little bit because there was a misunderstanding". I'm not going to tell about the mix-up, Scott. Ride & tie competitors, look out for those Bakewell kids.

On the 10-mile Ride & Tie, 15-year-old Abigail Christiansen and 14-year-old Natalie Bowman competed on Apache. This was their first Ride & Tie, and initially they were going to enter the 5-miler. Luckily for them, however, Sue Smyth was nearby and set them up with hydration packs, so they upgraded. Abigail spoke highly of Apache, a rescued Mustang. She trained him and believes that his qualities of being sturdy, strong, and calm made it easy for them in the Cool event. She says she trained by jogging about 2 miles each day in the hills where she lives. She now admits that she has a better idea about training for herself and her horse. She said the best part for her was how the ride & tie community helped her and her partner with the ride. She is looking

Continued on page 11



Left: Leslie Steere on Bombay and her partner/brother Robert Steere lead the pack at the start of the Cool Ride & Tie.

Above: Cathy Scott runs ahead of two riders along the beautiful course at the Cool Ride & Tie.

Photos: Geron Marcom



Cool Ride & Tie - continued from page 10

forward to more ride & ties and longer distances. Abigail's mom, Laura, had a lot to do with Abigail's participation. Thank you, Laura.

It turns out that Abigail is also an accomplished fiddle player and is in a band with her two older brothers and their friends. She told us about her brother's fiddle accomplishments. I encouraged her to bring the band next year.

Mark Richtman and John Osterweise won the 27-mile Ride & Tie, and their horse, Bey, won Best Condition. This was Mark's second consecutive win and ties him with Tom Johnson for the most wins in the long course. Will the record be broken next year, Mark?

The next three teams were close behind the winning team. Gunilla Pratt and Mike Whelan rode Mark; Carrie Barrett and Sheila O'Neill were on Iron Wyll; Melissa Ribley and Cathy Scott rode their steed LD Monique. These four teams and their horses were super. Melissa told me the race was difficult and fun. She liked the competition with the Barrett/O'Neill team. They had a good race and the rivalry made it great for her.

Darlene Julian and her mom, Simone, won the 17-mile race. This was a first Ride & Tie for 16-year old Darlene. She says she became hooked at the Pacific Crest Ride & Tie when she was crewing. She said she was "excited at the vet check, I wanted to do this so bad". This year she and her friend were going to be partners at the Cool race, but both the friend and her horse got sick a week prior to the race. Simone stepped in as her partner. Way to go, Mom!

Darlene is a cross country runner, plays water polo, and out-wrestles the boys in the 112 pound class. She comes from an athletic family. Her father ran track at UCLA, and her mother competes in triathlons. In addition to sports she's passionate about art, drawing, abstract painting, and singing. She sings the national anthem at her school's basketball games.

For Darlene the best thing about ride & tie is "it's a family, a community, we were part of the family during the race, everyone was talking and laughing, having so much fun together, seeing other participants joking with each other. The trail was real hard. It was so challenging, I had to beat the trail. The hills were so hard I kept telling myself the other side is downhill. I liked the horse and we hugged at the end; it couldn't have been better. I'm so happy that I met Sue Smyth and I admire her so much. She taught me so much and we have become friends. We were able to use Sue's horse, Fly Away Joe, since mine was unavailable. I am in love with the sport. Every night I read the '40 Years of Madness' book and it has become my Bible. I can't wait for next year's championship."

Who wouldn't want that kind of energy, excitement, and enthusiasm? And to be 16 again? Go for it, Darlene. The sky is the limit. Keep your thoughts positive and continue to grow and evolve. Come back to Cool next year and sing for us.

A new sponsor - Cool Fitness - wanted to do something special for our event. Jim Brown, the owner, created an Inspirational Trophy. He wanted to acknowledge an individual that we admire and look up to. It was a difficult decision because people like Pat Browning and George Hall competed, to name a few. This year's Inspirational trophy was awarded to Leslie Yates. Thank you Leslie, we admire your grit and perseverance.

This year we had a northern California Ride & Tie series consisting of Quicksilver, Wild West, Gold Country, and Cool. Points from these races were totaled, and local sponsor, Scotty's Automotive, donated a cash award that went to George Hall. Good job, George!

Special thanks go to all the volunteers and to Sue Smyth. Sue and her great enthusiasm for ride & tie is infectious. Just think of all the participants that she brings into the sport. She even volunteers her horses for those special riders. Her marketing is terrific and she receives lots of goodies from the various sponsors. Very special thanks go to all the participants. Without you all, there would be no event. Last but not least, my fiancée Linda Shaw does a terrific job in putting on this event, as usual. Thank you, Linda.

Ride & Tie Completes Greuling 100-Mile Run in Southern Oregon

If long-time Ride & Tie Dave VanWicklin from Foresthill, California, ever runs past his horse during a Ride & Tie race, he will be just fine. Dave, along with 130 other elite runners, battled cold winds and rainy weather to tackle a very tough 100-Mile endurance run in the Siskiyou Mountains of southwest Oregon in September. I'll bet he was wishing for his horse! This was the first year for the Pines to Palms 100 (AKA P2P) sponsored by Rogue Valley Runners of Ashland, OR. Owner Hal Koerner, race director for P2P, won the Western States 100-Mile run in 2007 and 2009. He decided we needed a tough 100-miler in southern Oregon. Only 72 of the 130 starters finished. Way to go, Dave! You're an animal!



Hal Koerner (left) presents finishing award to 100-mile run finisher Dave VanWicklin. Photo: Win Goodbody

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Ride & Tie Can Change Your Life

by george HALL

Life was good. A hillbilly woodsman paying \$75.00 a month rent on twenty acres in a beautiful canyon in the Santa Cruz mountains. A steady job driving a log truck nine months of the year with winters off to enjoy nature, carve wood, sing and play my banjo. What could be better? Then it happened...Ride & Tie came along and changed my life.

Working for Big Creek Lumber was a great experience, the McCrarys a great family to work for. They were friendly, generous and down to earth. Lud and Barbara put on the Castle Rock Endurance Ride each spring. I would drive the veterinarians around to the remote vet checks each year, four-wheeling in the back woods to some spots I would not have been able to see otherwise. Seeing the superbly athletic horses accomplish what they did was mind boggling. I had a horse that I took out on the trails, but nothing like these people flying fifty miles in a matter of a few hours. "How could they do that?" When the Levi's Ride & Tie came to Big Creek country in 1978, I saw Ride & Tie for the first time. How could they do that???...and it looks like fun!

I had never been much of a runner, but seeing Ride & Tie got me out on the trails. I remember the early days when I would head out for a run up the fire road in my cutoffs and logging boots, get less than a mile up the grade and I would be huffing and puffing and have to walk. How could they do that? I finally went to town and bought some "running shoes". That helped. As the weeks and months went by, I thought more and more about what makes a body work. How could I go farther, faster? These were the days before the GU and sports drinks. I had an Aunt Jamima Syrup bottle for water, a bag of peanut M&Ms and pretzels for nourishment. Don Jacob's book on Ride & Tie (Ride and Tie: The Challenge of Running and Riding, 1978) came out that year, but I didn't know about it. I stumbled on a book about endurance riding where I learned some of the basics about conditioning horses and applied that to my own efforts.

My conditioning efforts led me to think more and more about anatomy and physiology. I bought a few books on the subjects. One day my horse ran off with a fence post (a big lesson learned there) and needed some repair. I thought to myself "I could have fixed that". After a little reflection, I was saying "I should quit this truck driving and become a veterinarian", so I did.

In the fall of 1979 I reluctantly told Lud and Bud I wouldn't be back next season, that I was going to school to become a veterinarian. I enrolled at the local community college the following spring, called one of the local vets to see if I could ride with him on ranch calls, and spent a lot of time on foot conditioning for my first Ride & Tie race. I had no partner. I had tried to convince Ellen McCrary (now Rinde) to do Sunriver with me in 1979, but she declined...She didn't know at the time that I could run. I showed up at the Brown's Ride & Tie in 1980 without a partner. At the registration table they pointed me to the old baby blue school bus. "The guy in there is looking for a partner". After working a double shift as a roughneck on the oil rigs in Buelton, Darrell Nielsen drove all night with Na Ara, an Egyptian Arabian gelding. We teamed up and finished second behind Sherode Powers and Russ Kiernan. Two weeks later was Big Creek Ride & Tie. Second again behind the same guys (the only guys in those days who wore helmets). Then on to Levi's at Big Bear. We were 8th place after a huge novice blunder near the start of the race. I was hooked.

Through Ride & Tie I have met a wide range of people, from the most humble of billionaires to the plain every day people with backyard horses doing something fun. I have had wonderful experiences that have enhanced my life. I met Gordy Ainsleigh and Cowman, who introduced me to another "how can they do that" experience run from Squaw Valley to Auburn??? Are you kidding? Most of the world's population familiar with the Western States 100 mile Endurance Run do not know that Gordy was a Ride & Tier or have even heard of our sport. To run 100 miles with the horses wasn't a big stretch for a Ride & Tier. Western States and other ultras became normal for me. I rode and tied 50 miles a day for five days with Cougar's Clown and Steve Shaw a couple of years in a row. We teamed up for the Swanton Pacific 100 Mile Ride & Tie, coming in 2nd in 18:02. I teamed with Don Betts and Gavilan for many years, a great partnership. They helped me through many years when I was lucky

to be able to hobble down the road at a two-mile per hour pace. I had to get up on a rock and still needed help getting in the saddle, but they stuck with me. Gavilan would stand patiently for me to get on, but with Don, it was time to go as soon as his foot was in the stirrup. Now that I have new hips...no problem. I plan to continue. As long as I am upright and can stay on a horse, I will be there. Thank you, Bud.



Left: Merry Law on Steve Shaw's great horse, Cougar's Clown, and George Hall finishing 2nd at the Wild West Ride & Tie near Nevada City, CA in May 2010. Clown also completed the Championship in June, and sadly, died of kidney cancer in July.

Photo: Debbie Cabrera

LOST MOUNTAIN RIDE & TIE

Sequim, WA

September 11, 2010

Ride & Tie finishers and staff gather at the water cooler after the race. L to R: Rick Noer, Pumpkin, Melanie Weir, Dorothy and Dennis Miller, Tim Rubin, Ben Volk, Jazz, and Head Vet Dr. Jen Strelkauskus.



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Dave Riffle teamed up with Leslie Yates on Cinder.

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Below: A Family Affair
L to R: Sierra Steffen (5) teamed up with her sister, Marissa (3) on Tennessee for the Very Short Course. Mom Erika and Dad Josh accompanied the girls on their first Ride & Tie at Lost Mountain.

The 2020 Woman-Woman champions??



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Compiled by
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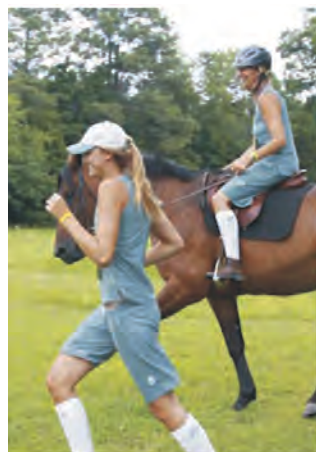
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November Mystery

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WHERE?

WHEN?

WHAT?

Email Annette at

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September Mystery

According to George Hall, the Sept. mystery photo was Jon Root and Robin Dubach; former teammates, spouses, etc. "It was probably at San Antonio Lake at a local ride & tie and Jon might have been the race director, but that is purely a guess. I think it was probably in the early 1980s."

BE A CONTRIBUTOR!

Send us your Ride & Tie stories and photos for the newsletter! Stories should be 700 words or less, photos should be in jpg format. We especially love hearing from new Ride & Tiers and Juniors!

Send them to

newsletter@rideandtie.org

Deadline for submissions is the 10th of the month prior to issue. The Newsletter is published in March, May, July, September, and November.