

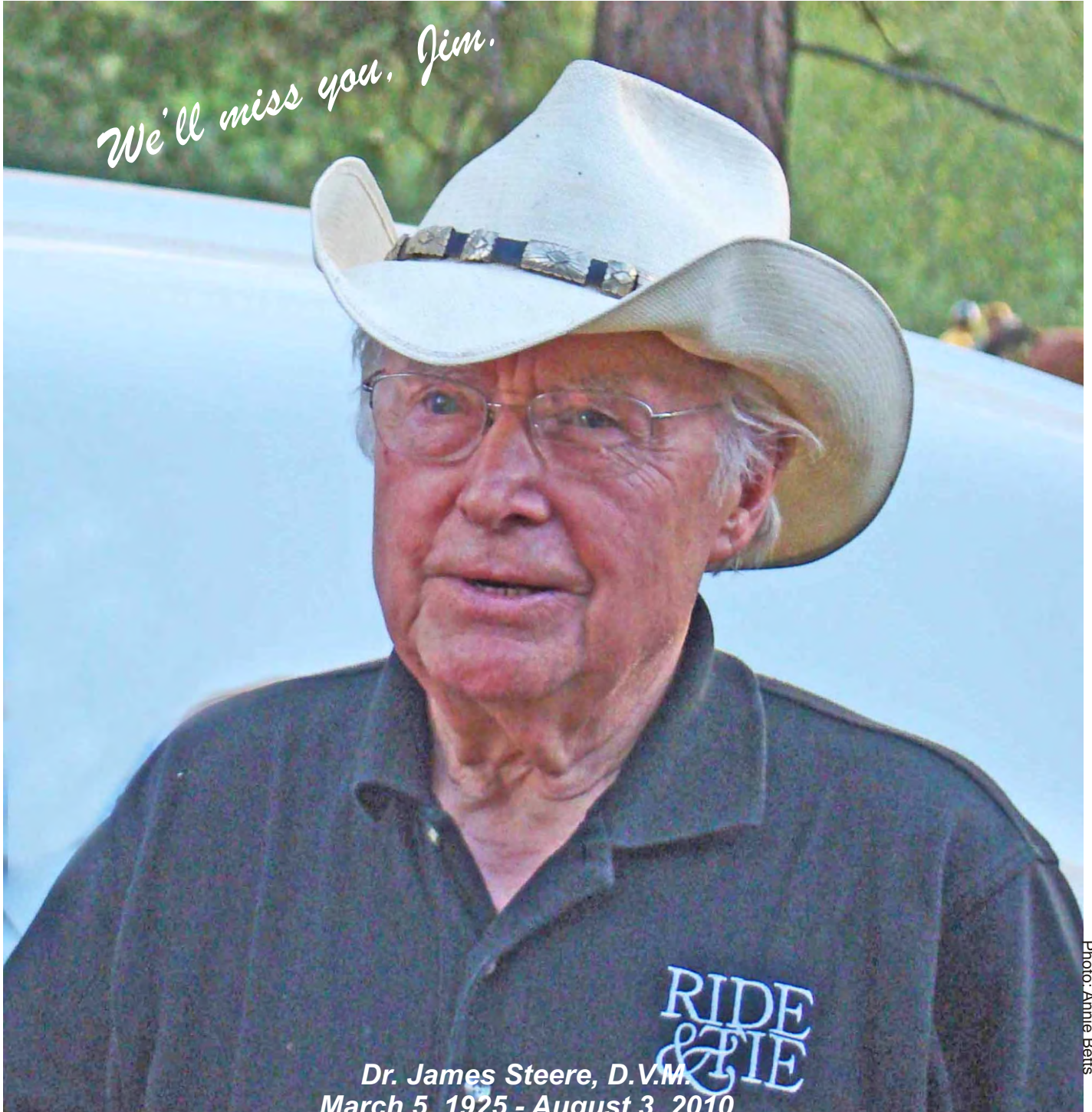
# RIDE & TIE



## NEWSLETTER

SEPTEMBER 2010

*We'll miss you, Jim.*



Dr. James Steere, D.V.M.  
March 5, 1925 - August 3, 2010

Photo: Annie Betts

# PRESIDENT'S MESSAGE

*It was such a shock for so many of us to hear of Dr. Steere's death. Although I have a heavy heart, I also have a tremendous amount of gratitude for the gifts that Dr. Steere left us. He touched so many lives with his 50 years of veterinary practice, and years and years of teaching, both on campus and off. I think everyone he met learned something from him. He will remain eternal in our memories. My thoughts go out to the Steere family with hopes for comfort during a sad time.*

I had the opportunity to participate in the Pacific Crest Ride & Tie near Ashland, Oregon on July 24<sup>th</sup>. What a great event that was! The Lily Glen group horse camp was a great place to stay, and the course was beautiful. Thank you to Annette Parsons for managing the ride & tie event, and also to Bobbie Ann Bellar, ride manager for the endurance ride. There was a pretty good turnout with a total of eight ride & tie teams (it would have been nine teams but for some car trouble for Team Ruprecht/Gey). I would not have been able to participate at all if Gunilla Pratt, Mike Whelan and Rick Noer had not been willing to haul two horses all the way from San Diego. So many thanks to them for doing that...that takes dedication!

Speaking of dedication, many of you out there are dedicated ride & tiers. You know who you are. Others of you dabble a bit here and there. We want you all, dabblers and die-hards alike, of course, but the sport needs your help.

There are still 10 races on the schedule this year! I wish I could get to every single one of them. I am die-hard enough to want to, but my pocket book (not to mention my husband) won't allow it. But you can help. Make a point of getting to these events. Even if you are not able to team up and race, the race directors always need volunteers, and teams need crew so there is always something to do. Help is so appreciated and it is a great way to get connected with people who like to do crazy things just like you. So please, all of you, make a commitment to attend at least one more race this year (more is better!), and bring someone new with you. It is important to support the race directors who work very hard to make these events happen, and to help keep this sport alive and growing. Here are a few words of advice. If you go to a race expecting to volunteer, bring a helmet and running shoes, just in case.

I am excited that one of the races recently added to the schedule, the Cuyamaca Ride & Tie, is coming back after a hiatus of eight years. In its day this race was a big one. The camp is fabulous and the trails are beautiful. I actually attended this race in 2002, its last year, acting as a photographer. At that point I had no idea that I would ever actually do a ride & tie. That seemed like such a silly idea to me at the time. I was just helping out my friends Tom and Carol...and I got to go riding with them on those great trails the next day so it seemed like a great deal to me.

I am also excited that Cuyamaca's resurrection is my opportunity to try my hand at being race director. It seems a daunting task, but I will have a lot of help from people who actually know what they are doing. I will let you all know how it goes...better yet, come on down and see for yourself! Hope to see you there.

Happy Trails

-Melanie

## Don't Forget to Nominate a Horse of Distinction

The **Horse of Distinction Award** was implemented last year to honor our equine partners who are truly outstanding, but who will not be eligible for the Horse Hall of Fame Award. These are those wonderful horses that consistently compete and complete their races, even if they are not in the top 10 (perhaps because their human partners are not as talented as they are). And some horses introduce 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 of ride & tie. Don Betts' horse Gavilan was the recipient in the award's first year.

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.

Horses that were nominated last year will automatically be included so there is not a need to nominate again. These horses are: Findefar (Ruprecht/Gey), Justin (Schneider), Cinder (Betts), Basia (Carey), Mr. Mocha Brown (Domnitch), Tut's Tumbler AKA Bones (Clover).

*(Continued on Page 16)*



Photo: A. Parsons

Melanie Weir with Stryde and Rick Noer cross the finish line at the Pacific Crest 30-Mile Ride & Tie near Ashland, OR

[WWW.RIDEANDTIE.ORG](http://WWW.RIDEANDTIE.ORG)

# VETERINARIAN'S CORNER

## Current Joint Therapies for the Equine Athlete

Melissa Ribley, DVM

*Reprinted with permission from Endurance News, monthly publication of the American Endurance Ride Conference ([www.aerc.org](http://www.aerc.org), 866-271-2372)*

The 55<sup>th</sup> annual AAEP (American Association of Equine Practitioners) convention this year had a full schedule of innovative speakers presenting emerging discoveries in medical science as well as innovative diagnostics and therapies. Of particular interest to both the equine practitioner and owner of the performance horse is how best to prevent and treat joint disease, a common cause of lameness in the equine athlete.

Joint therapy is often an integral part of both the prevention and treatment of equine lameness due to diseases such as arthritis and synovitis. Arthritis is a general term for inflammation of the joint and can either be acute, such as caused by an overuse injury or can be chronic, caused by repetitive wear and tear. Synovitis is inflammation of the joint capsule, and is often visualized as a “puffy joint”. Endurance horses in particular are subject to arthritis and synovitis due to the workload placed upon their musculoskeletal system. Joints that are commonly affected in the endurance horse include both high motion joints such as the fetlock as well as low motion joints such as the coffin joint and parts of the hock joint. Prevention and early treatment of joint inflammation, which often occurs in the heavily exercised horse such as the endurance horse, will help slow the progression towards degenerative joint disease. Degenerative joint disease is an end stage arthritic disease of which therapy is limited to controlling the signs of pain and lameness either through anti-inflammatory medications or surgical fusion of the joint.

Dr. Dora Ferris, a veterinarian at the Equine Orthopedic Research Center, College of Veterinary Medicine, Colorado State University, presented an interesting and clinically useful paper at the AAEP meeting this year describing the results of a survey of veterinarians on their use of joint therapies in equine practice in 2009. In this survey, over 6,000 veterinary members of the AAEP were asked to answer questions relating to the most common joint therapies they used.

The results of this survey indicated the most commonly used joint therapy was intra-articular (injected directly into the joint) corticosteroids. Corticosteroids, such as cortisone, are a class of drugs with potent anti-inflammatory effects. 70% of the respondents in the survey used a corticosteroid in their treatment regimen. “There are perceived risks with the use of corticosteroids, such as laminitis, which limits the use of corticosteroids for some veterinarians” states Dr. Ferris. Corticosteroids, however, were typically not administered as the sole treatment as over half of the respondents combined intra-articular corticosteroids with another medication, hyaluronate (a component of natural joint fluid). In corticosteroid non-responsive joints, over half (54%) used a relatively new form of joint therapy known as IRAP (autologous conditioned serum).

Alternative therapies to corticosteroids were administered primarily for prevention of joint disease in the high level performance horse. The most commonly used alternative to corticosteroids was reported to be polysulfated glycosaminoglycan (Adequan, Luitpold Pharmaceuticals) with 78% of respondents administering this intramuscularly as a prophylactic. Hyaluronate sodium (Legend, Bayer Animal Health Division) was the second most commonly used alternative to corticosteroids with 64% of respondents administering this intravenously as a preventative to joint disease.

“Veterinarians in the survey were unlikely to use compounded medications for joint therapy” states Dr. Ferris, with almost three fourths of the veterinarians indicating they had not used a compounded medication. An example of a compounded medication is what is sometimes referred to as the “generic” alternative to the FDA approved, and therefore more costly, joint medications.

In summary, states Dr. Ferris, “Alternative therapies to corticosteroids commonly used for the prevention of joint disease in the performance horse is the systemic administration of Adequan and Legend, while a frequently used therapy for the acute case of joint disease is intra-articular hyaluronate.

Degenerative joint disease is a career-ending ailment for a significant number of performance horses such as the endurance horse. The therapies discussed above can help assist in preventing the onset of this common disease as well as in treating it. However, equally if not more importantly, are good management, training, and competing practices. Proper shoeing along with balanced trimming will go a long ways towards keeping your horses joints healthy. Additionally, a training schedule appropriate to your horse's ability level will help avoid overuse injuries that with time lead to chronic arthritis. High speed, high impact exercise is particularly detrimental to the health of high motion joints. Both the joint capsule and delicate cartilage within the joint are susceptible to damage under high impact loads and this damage can be irreversible. Excessive downhill speed is also a factor to be avoided when attempting to protect the delicate joint surfaces, especially on hard packed surfaces. A key factor to consider is that excessive concussion leads to damaged joints. It may be worthwhile during your next endurance ride to ask yourself, is it worth risking my horse's long term soundness to race down this hard packed road for 39<sup>th</sup> place? Keeping these management, training and competing factors in mind will help your equine partner last many more miles.

# RACE RESULTS

<b>BILTMORE RIDE &amp; TIE - 23 Miles</b>	<b>May 15, 2010</b>	<b>NC</b>	
Diane Wilson/Lorena Truett on San Mazon			4:32
<b>Biltmore Short Course - 15 Miles</b>			
Brenda Sears/Whitney Wright on Comes a Time			3:46
Nancy Schneider/Gil Furr on Shaman			4:25
<b>Biltmore Short Course - 8 Miles</b>			
Richard Alderson/Leslie Alderson on Chief			1:41
Sara Boelt/Karen Coffee on MBA Moonlight Bay			2:11
Steve Bardos/Angela Cairns on Gingersnap			2:46
<b>OLD GLORY RIDE &amp; TIE - 25 Miles</b>	<b>May 30, 2010</b>	<b>TX</b>	
Laura Lund/Sherrie Reimers on Lucky			5:10
<b>Old Glory Short Course - 10 Miles</b>			
Diane Phalen/Melissa Arnette			1:58
<b>WILD WEST RIDE &amp; TIE - 25 Miles</b>	<b>May 30, 2010</b>	<b>CA</b>	
Tracey Bakewell/Melanie Weir on Frank (BC)			4:04
George Hall/Merry Law on Cougar's Clown			4:25
Amy Logan/Diane Logan on Zee Bo			4:32
Alyssa Stalley/Karen Camilli on Irish Maggic			4:55
<b>Wild Short Course - 12 Miles</b>			
Shellie Anderson/Michelle Andreotti on Dudley			1:57
Sue Smyth/Victoria Ordway ON Joe Pesci			2:12
Suzu Hughes/Bethany Draeger on Sahara			4:28
<b>BANDIT SPRINGS RIDE &amp; TIE -30 Miles</b>	<b>July 10, 2010</b>		
Ben Volk/Ira Hickman on Jazz			4:24
<b>Bandit Springs Shourt Course - 10 Miles</b>			
Tim Rubin/Joseph Faeh on Cookie			2:02
Jody Parker/Maria Proudfoot on Roanie (Hendricks)			2:02
<b>PACIFIC CREST RIDE &amp; TIE - 30 Mile</b>	<b>July 24, 2010</b>	<b>OR</b>	
Chris Amaral/Sequoya Ward on Magnificent Obsession (BC)			4:06
Gunilla Pratt/Mike Whelan on Mark			4:13
Jeff Barber/Ben Volk on Teancum			4:31
Steve Anderson/jim Clover on Deserts Golden Rose			4:47
Karen Camilli/Tim rubin on Cinder			5:11
Melanie Weir/Rick Noer on Stryde			5:13
Simone Julian/Susan Smyth on Flyaway Joe			5:15
<b>Pacific Crest Short Course - 10 Miles</b>			
Kelsey Giles/JoJo Bala on J.J.			2:20
<b>OLD DOMINION NIGHT WOODS RIDE &amp; TIE - 20 Miles</b>	<b>July 24 VA</b>		
RondaVenable/Dave Venable on Tanner			3:21
Jenny Jones/Carol Federighi on Beryl			3:26
Janice Heltibridle/Mark Trader on Bubba			3:26
Susan Trader/Theresa Trader on Little Man			3:26

<b>OLD DOMINION RIDE &amp; TIE - 20 Miles</b>	<b>July 25 VA</b>	
Janice Heltibridle/Megan Keyes on Frisky		2:29
Ronda Venable/Dave Venable on Tanner		2:59
Lani Newcomb/Kathy Broaddus on TF Red MC		3:02
<b>Old Dominion Short Course - 12 Miles</b>		
Sandra Abe/Theresa Trader on Ebony Cognac		2:14
<b>Old Dominion Short Course - 6 Miles</b>		
Katie mercer/Claire Livesay on Charlie Brown		1:21
Jacob Tumblin/larry Tumblin on Echo		1:40

## Hollander Shatters Record at 2010 Championship

With his 13th place finish at the 2010 World Championship Ride & Tie, long-time Ride & Tier Lew Hollander has shattered the record for the oldest person to complete a championship long course in the history of the sport. At 80-years young, this amazing athlete has inspired us all and rendered the statistics in the "40 Years of Madness" book already out of date, as he surpassed the previous oldest finisher's record held by then 78-year old Ted Ruprecht. At this year's race Lew teamed up with 19-year old Melissa Queen (winner last year, with Jim Clover, of the distinguished 'Geezer and the Babe' award) and Lew's horse Najim for an impressive 13th place finish. Lew lamented that if Melissa was just one year older they would have qualified for "Century in the Saddle" award. Lew is also a world-class triathlete and still competes in triathlons around the globe.

Lew also helped correct some errors in Ride & Tie statistics and the 2010 championship marked his 24th championship completion! Lew has also hosted numerous Ride & Tie races in the northwest in years past. Way to go Lew! Thanks for your contributions to the sport of Ride & Tie and Congratulations!



Lew trots Najim out at the vet check, ready to head out for another loop. 80 years old???? REALLY????  
(Photo: Dennis Anderson and crew)

# R&T RACE SCHEDULE

## □Sep 4, 2010, ONE HEART BENEFIT RIDE AND TIE NEW RACE!!

4.5, 12 and 20.5 miles in at Heart of Iowa Nature Trail, Collins, Iowa. Race ends in Slater. This is a benefit Ride and Tie for One Heart Equestrian Therapy Center. Contact Eileen Witt at (515) 290-2306

## • Sep 10-12, 2010, BIG SOUTH FORK, Onieda-Jamestown, TN

Friday/Sat (day 1,2): 30 and 50 mile courses. (day 3) 10 mile course. Contact: Joanne Mitchell, 570 Sunnyside Rd, Sweetwater, TN 37874, (423) 337-6194.

## • Sep 11, 2010, LOST MOUNTAIN RANCH Ride & Tie, Sequim, WA

25 & 15 mile courses. Single track and logging roads with a view of the Straights of Juan de Fuca. Contact: Don Betts at (360) 681-5218

## • Sep 17-19, 2010, CHESAPEAKE FALL Ride & Tie, Fair Hill, MD

Multiple courses. See Race Flyer. Contact: Cate Peloquin, 1328 Salonica Place, Bel Air, MD 21014, (410)420-7678

## • Sep 18, 2010, COOLEST RUN AND RIDE & TIE, Cool, CA

Location: Auburn Lake Trails near Cool, CA 27, 16, 10, 4 mile ride & tie AND 27, 16, 10, 4 mile run. Contact Frank Lieberman & Linda Shaw 530-886-0890

## □Sep.19,2010, TEXAS TANGO Ride & Tie, Cat Spring, TX NEW RACE !!!

7, 13, 25-Mile courses. Contact Sherrie Reimers 830-303-0004 SKReimers@aol.com

## • Oct 2, 2010, MANZANITA Ride & Tie, Boulevard, CA

15, 25 and 50 mile courses. Contact Terry Woolley Howe or Jennifer Bishop 619-445-5443

## • Oct 16, 2010, FOOTHILLS OF THE CASCADES, Mollala, OR

25 miles. Contact: Anna Sampson or Mary Nunn, 16501 S. Butte Creek Rd, Molalla, OR 97038, (503) 829-5321

## • Oct 22-23, 2010, Fort Valley Ride & Tie, Fort Valley, VA

15, 30 and 50 mile courses. Susan Trader (703)556-0223

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Above: The start of the Old Dominion Ride & Tie in Orkney Springs, VA. Those easterners tough it out in heat and humidity.

Below: Water troughs provided welcome respite after the race. (Photos: Bob Heltibridle)



# Junior Editor's Page

## Meet Regan Volk

Hello, my name is Regan Volk and I'm the new Junior Editor for the Ride & Tie Newsletter. I thought I'd write my first article about my riding experience that got me to where I am today. We bought my first pony when I was three. She was a Shetland pony named Annie, and she came with her filly, Dolly. I didn't ride Annie as much, since I was led around the pasture on Dolly. When I was five I started taking lessons at Happy Horse Riding School. We then bought another pony named Prince Charming (who wasn't always charming) for my sister. After some rough spots, Prince became my pony instead and it was a match made in heaven.

I rode Prince for the next five years doing a wide variety of disciplines. My favorite things to do with Prince were jumping and western games. I also took him to my first Endurance Ride in Mt. Adams, Washington. When I turned nine I was old enough to ride him at our local fair in 4-H and at Columbia River Pony Club (USPC) events. The USPC is a group with clubs all around the United States who only ride in English saddles. After I grew too tall for Prince, I rode several horses trying to find the magic I had with Prince. I'm lucky today to have found Boonie, an awesome quarter horse gelding that can do it all (games, jumping, dressage, trail, cows). You name it and Boonie and I are up to the challenge. Even Ride & Tie!

The last couple years my dad became very interested in Ride & Tie. I often came along and sometimes did the endurance rides, but I didn't participate until the 2009 World Championship in the redwoods of California. I teamed up with Kelsey Giles and her horse J.J to do the 19-mile not-very-short-short-course. It was a thrilling experience worth the effort. I then went on to do the 2009 Bandit Springs 10-mile Ride & Tie with my dad and our horse Tia. Both rides were on beautiful land and it was a blast just getting to see the forest from horseback. I didn't participate in this year's championship at Mt. Adams, Washington but I was there to crew for my dad and sister. I look forward to next year's championship at Humboldt Redwoods State Park in California.

Until next time...Keep Riding...Keep Running,  
Regan Volk

Regan Volk on her family's Morgan mare,  
Tia, and her dad, Ben, at the 2009 Bandit

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# POINT STANDINGS: TEAM, HUMAN, HORSE

The tables below display total points to date (as of 8/3/2010) for the top 15 in each category of teams, individual humans, and horses. Red indicates short course. For a complete list, see [www.rideandtie.org](http://www.rideandtie.org)

## TEAM POINTS

Man/Man Teams	Points
1 I. Hickman/B. Volk	189
2 R. Kiernan/J. Osterweis	180
3 R. Sproat/D. Summers	125
4 B. Grant/B. Grant	110
5 P. Browning/G. Peck	105
6 T. Rubin/L. Yates	100
7 G. Hall/D. Miller	95
8 J. Barber/B. Volk	90
9 S. Anderson/J. Clover	85
10 C. Riffle/D. Riffle	70
11 J. Steere/T. Steere	38

Woman/Man Teams	Points
1 S. Ward/C. Amaral	240
2 G. Kent-Pratt/M. Whelan	230
3 M. Weir/R. Noer	205
4 A. Parsons/J. Clover	195
5 S. Howard/J. Howard	155
6 M. Tiscornia/M. Richtman	150
7 C. Ruprecht/T. Gey	145
8 T. Jordan/J. Jordan	130
9 M. Queen/L. Hollander	125
10 L. Preston/C. Paulette	115
12 B. Van Wicklin/D. Van Wicklin	105
13 D. Hansen-Bernard/S. Anderson	100
14 S. Irving/L. King	95
15 C. Eigenauer/T. Rubin	90

Woman/Woman Teams	Points
1 T. Bakewell/R. Schneider	225
2 K. Camilli/A. Stalley	215
3 L. Lund/S. Reimers	205
4 K. Broaddus/L. Newcomb	190
5 C. Barrett/H. Clare Lambert	150
6 D. Lacroix/C. Wadey	135
7 K. Marshall/M. Law	125
8 J. Thomas/P. Wilhelm	120
9 J. Heltibridge/M. Keyes	90
10 N. Dillavon/N. Stewart	90
11 P. Karner/T. Rathbone	85
12 T. Bakewell/M. Weir	85
13 S. Julian/S. Smyth	85
14 T. Andersen/J. Jones	80
15 A. Logan/D. Logan	80

## HORSE POINTS

Horse	Owner	Total Points	Total Miles
1 Magnificent Obsession	Ward	410	90
2 Koonaa	R. Schneider	351	70
3 Desert's Golden Rose	Clover/Parsons	350	90
4 IronWyll	Barrett	325	55
5 Sal	Tiscornia	325	55
6 Cougars Clown	S. Shaw	305	80
7 Stryde	G. Pratt	300	65
8 Irish Maggic	Stalley	275	60
9 Bey	Osterweis	270	55
10 Dusty	Paulette	255	60
11 Majic Sirocco	Howard	250	35
12 Rasa	Summers	235	35
13 Fleesa Flyer	S. Irving	225	60
14 Freedom	Morrill	225	35
15 Cinder	Betts	220	65

## HUMAN POINTS

Name	Last Name	Points	Miles
1 Karen	Camilli	450	115
2 Sequoya	Ward	410	90
3 Tracey	Bakewell	405	85
4 Rufus	Schneider	400	80
5 Ben	Volk	399	87
6 Melanie	Weir	365	90
7 Mike	Whelan	356	75
8 Richard	Noer	355	85
9 Jim	Clover	350	90
10 Chris	Amaral	330	65
11 Carrie	Barrett	325	55
12 Mary	Tiscornia	325	55
13 Gunilla	Pratt	320	65
14 Tim	Rubin	320	90
15 Tom	Gey	295	55



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# To Tie or Not to Tie

BY REBECCA GIMENEZ, PHD  
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***Tying your horse in the trailer is supposed to help prevent injury - but does it? Here are the pros and cons.***



*To avoid a trailer tying tragedy, use a tie rope that will break under pressure, such as one made from a hay string (shown), leather, or a high-tech option. Shown is the safe tie method used by the Maryland National Capital Park Police. PHOTO COURTESY OF THE MARYLAND NATIONAL CAPITAL PARK POLICE*



*"This is how horses are attached in professional hauler vans," notes Dr. Rebecca Gimenez. "They use chains on the halter. They are betting against an accident nothing in this photo will break." PHOTO COURTESY OF DR.*

**Q.** *Recently, a friend's horse died as a result of being tied in a trailer. When the trailer door was opened before the horse was untied, he pulled so hard that he broke the tie, flew out of the trailer, flipped over, and broke his neck. I know this tragedy could have been avoided. Can you discuss the pros and cons of tying a horse in a trailer?*

- Randy Winter via e-mail

**A.** In the Technical Large Animal Emergency Rescue course I teach with Tomas Gimenez, MVZ, Dr. Med. Vet, we partly focus on *preventing* incidents such as you describe. As we travel around the country giving seminars and workshops, too many people tell us about tragic trailer-related accidents. As you have observed, far too many of those injuries occur while the trailer is not even in motion! Here, I'll give you some trailer-tying pros and cons, plus six safety tips.

•**Trailer-tying pros:** Tying a horse is *supposed* to prevent him from hurting himself in the trailer, such as turning around or biting/disturbing a neighboring horse. A loose horse can really hurt another one that cannot defend himself and can cause a wreck as the injured horse seeks to escape from the attack. Tying a horse also prevents a horse lying down, crawling under a divider, or from putting his head down under a barrier, then panicking when he raises his head. Tying also controls the head of fractious or aggressive horses and stallions, and prevents horses from reaching down to get hay/feed off the floor.

☑**Trailer-tying cons:** The biggest trailer tying con is that the horse can catch a foot (or a trailer obstacle) in the tie rope, then panic and injure himself. You can tie a horse tightly enough to prevent him from catching a foot (and annoying his traveling buddy), yet still give him enough slack to balance himself. Another con is the one you described. It is extremely important to untie a horse before opening the trailer door.

**Trailer Safety Tips:** Here are several trailering safety tips, related to tying your horse in the trailer.

**Provide feed carefully.** In the wild, a horse eats for 18 to 20 hours per day. Anything you can do to simulate these conditions will enhance your horse's health. If he is tied, provide hay in a bag that he cannot get his feet into, nor wrap around his head as he's pushing and pulling to get the hay. If he is not tied, place the hay on the floor so he'll be able to

(Continued on Page 14)



# Jim Steere: A Daughter's Tribute

By Leslie Steere

*Jim Steere, a long-time member of the Ride & Tie community, died August 3, 2010. He was in his home office, working on a memoir, the night he died. He was also planning his next Ride & Tie, scheduled to vet the Coolest Run and Ride & Tie in September, and talking about training for another Tevis Cup.*

*Ride & Tiers knew him as a veterinarian, endurance competitor and partner, mentor, and friend. I knew him as my father. When I was invited me to write a tribute for these pages, I decided to share that part of him with his Ride & Tie family.*

Jim Steere didn't ask much from his eight children. Christmas, Thanksgivings, birthdays, endurance rides - he invited us to join him for events important to him, but he did not pressure or insist. So when, several months ago, he announced he would like all of us to caravan with him to the 40<sup>th</sup> annual Ride & Tie Championship in Mt. Adams, Washington, we knew this was more than an invitation: It was a command performance.

Over the months leading up to the June 19 date, we plotted, planned, and rearranged our lives to make it possible. We cajoled each other into forming sibling Ride & Tie teams. We worried about each other - would Jennifer's hip injury heal in time for her to run; could Thom carve enough time out of his stressful life to train as Dad's partner; would I be able to talk Thom's wife, Becky, a veteran Ride & Tier, into partnering with me, a novice to the sport? We worried about the drive: Dad's old RV was famous for its wiring problems, and he'd be using it to haul two horses more than 1,200 miles roundtrip from his home in Petaluma, California. And most of all, we worried about how to get Dad, at 85 a bit unsteady on his feet, safely through the race.

But none of us considered trying to stop him from participating. Dad had raced in or vetted every single Ride & Tie Championship, beginning with the first race in 1971, and he was going to participate in the 40<sup>th</sup> anniversary championship with or without us. So the week before the race, the Steeres began to arrive in Trout Lake. By race day seven of his eight children were there, along with various partners, spouses, and children of their own.

Two Steere teams set off that morning: Dad's youngest daughter, Jennifer Tiscornia-Steere, with her racing partner, Victoria Ordway, and Dad with his eldest son, Thom. (I temporarily disabled my team's horse, Bombay, by trotting him into a gopher hole at the pre-ride vet check, and Becky and I hadn't found a replacement by start time). The plan was for Jennifer to run alongside Dad to keep him upright, while Victoria ran with Thom, covering a larger percentage of miles on foot.

As Dad rode through camp on the first loop of the 19-mile short course, he was still talking about elevating to the 35-mile long course. We voted him down, afraid that 16 additional miles of cold, wet trail might send Dad into hypothermia and Thom into exhausted collapse. Eleven teams completed the short course. Jennifer and Victoria finished 8<sup>th</sup>. Dad and Thom were 9<sup>th</sup>. And we were all there, cheering and crying with pride and relief as they crossed the finish line.

A little more than six weeks later, my phone rang at 2:30 a.m. Dad was dead.

By default, then, the 40<sup>th</sup> annual Ride & Tie Championship is our last communal memory of Dad. He could not have written a better ending for himself. There he was, surrounded by his family, astride his beloved horse, challenging himself and meeting that challenge with his usual élan.

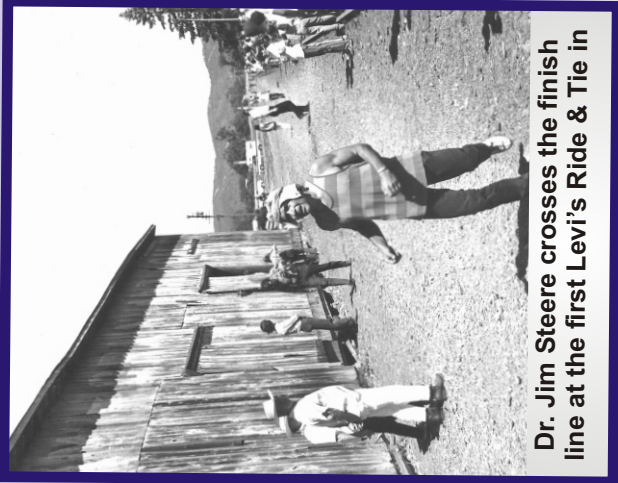
Dad never criticized me for running Bombay into a gopher hole and requiring his time and veterinary skill during the hours he should have been resting for the race. In fact, I recall Dad showing disappointment in me only once my 57 years. I was five or younger. He found me with the neighbor girl, capturing moths and pulling off their wings. He delivered a lecture on suffering and the rights of all living things that made me weep with shame.

That lecture was typical of his approach toward animals. He taught his children that animal owners - or "guardians," as some would call them - must be prepared to assume godlike roles to ensure the welfare of the animals in their care, deciding how to maintain quality of life, when to end suffering with a painless death. In our life, the animals' comfort came before our own. Rain or shine, we Steere children were required to care for our horses before we ate breakfast, before we rested after a trail ride, before we ate dinner.

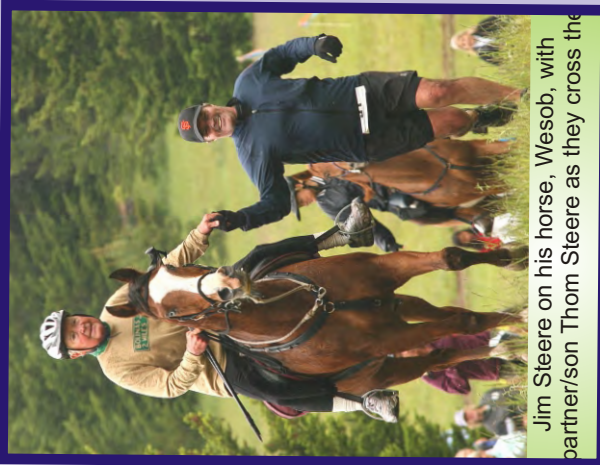
*(Continued on Page 12)*

# Jim Steere,

March 5, 1925 - August 3, 2010



Dr. Jim Steere crosses the finish line at the first Levi's Ride & Tie in



Jim Steere on his horse, Wesob, with partner/son Thom Steere as they cross the



- Dr. Jim Steere has been key to the survival and continuance of Ride & Tie through the years, not to mention his contributions to the well-being of horses and to the sport of endurance. Clockwise from Lower left:
- Dr. Steere vetting a horse at Humboldt Redwoods, 2007, as D'Ann takes note;
- Jim Steere on Wesob with son Thom;
- Dr. Steere explaining vet criteria to

**Jim Steere: A Daughter's Tribute** *(Continued from Page 9)*

My mother may have thought he sometimes took this rule a little too far. There was the time, for example, when Rex stepped in a wasp nest. We were on a family ride in the Santa Barbara mountains. My sister Carrie and I were riding double on our arthritic saddlebred, Rex. As anyone who's ridden with Dad knows, Jim Steere loved nothing better than to explore unlikely trails on horseback. At a particularly steep, sharp turn, Dad had us dismount so he could lead Rex. We followed on foot - right into a swarm of wasps Rex had disturbed.

We screamed, Rex stamped and snorted, and Dad beat the three of us with gloves to kill wasps tangled in our hair, clothes, and tack. Somehow we got mounted and home, and Mom rushed us into a bathtub to float off the insects and soak the stings in baking soda. And Dad? He stayed at the barn, treating the horse. He assumed we were not allergic to wasps, but he wasn't sure about Rex.

I could end the memory there, to make the point, but there's more: I fell asleep that night, dizzy and hot, with my head on Dad's lap, looking up at the blue spine of a book he was reading aloud to me and Carrie as he smoothed my swollen, bumpy head with his physician's fingers.

Over the years, I've often wondered whether I became a horsewoman because I wanted to connect with my father, or whether I connected with my father because I was a horsewoman. In the end, I guess it doesn't matter. What matters is what we shared: a magnificent, deep, and joyful bond with horses, with the trails we traveled astride and beside them, and with the people who traveled those trails with us.

Dad described his life as a dance with horses. He would tell us to continue the dance.



Team Steere by by campfire at the 40<sup>th</sup> Ride & Tie Championship. Left to right: McKenna Steere, Shaelyn Steere, Jaida Steere-Storms, Maya Stuart, Carrie Salazar, Annie Stuart (kneeling), Jennifer Tiscornia-Steere, Gene Salazar, Leslie Steere, Jim Steere, Robert Steere (kneeling), Robin Steere, Becky Steere, Thom Steere, D'Ann Steere.

# A SPECIAL THANK YOU

## TO ANNIE BETTS



For nearly the past six years, Annie has done a wonderful job on our Ride and Tie Association Newsletter. Annie has set high standards with her fun, engaging, and easy to read format and delightful and professional graphics. After compiling the "40 Years of Madness" book last winter, and this first issue of the newsletter, I have had my nose rubbed in the realization of just how much work it is. Annie, you are truly amazing!

I hope I can continue at least a semblance of the quality that Annie has maintained in the newsletter, but there is definitely a learning curve for me. Please be patient with me, and I welcome suggestions and constructive criticism. You can email me at [newsletter@rideandtie.org](mailto:newsletter@rideandtie.org) with suggestions, ideas, stories, photos, news, etc.

I will be ably assisted by Sue Smyth and Veronica Spadafore, our Ride and Tie Association sponsor and ad coordinators, and by Regan Volk, our new Junior Editor!

**I am seeking one of YOU to serve as the Veterinary Editor to coordinate a veterinary article for each issue...please contact me if you can help out in this way.**

-Annette [newsletter@rideandtie.org](mailto:newsletter@rideandtie.org)



## *Ride & Tie and Social Networking... Ride & Tweet?*

*by Liz Perkin*

As part of on-going efforts to increase the visibility of the Ride and Tie Association, we have added a Facebook page. I am the primary Administrator for the site and I try to add updates and reminders about up-coming races, practices, and any other information that I think might be valuable to the Ride and Tie community. But I didn't create this page for me I created it so all Ride and Tie members could better communicate with each other, and to hopefully attract some attention from outside the sport as well. So, here are some suggestions to help develop the site:

- If you're on Facebook, join the group! This will show up in your friends' news feeds and you just never know what old friend from high school might have taken up running and started riding lessons since you last saw them.
  - Invite any friends you think might be interested in Ride and Tie to join the group. I asked all of my old horse 4-H friends to join, as well as all my former cross country and track teammates from high school. You just never know who might "take" to the sport once they see a few pictures and hear a few stories. Which brings me to...
  - Post photos and stories from your last Ride and Tie on the site. I don't know about you, but I always spend more time on group pages that have lots of interesting photos and stories.
  - If you're a race director, contact me and let me know any details/updates about your race you would like to spread the word about. I'll make you an admin so you can "create an event" for your race. Ideally, you'll include photos from past races, maybe the course map or directions, and any other details you think people might like to know. I will only automatically create an event page for the Championship race, but if you send me all the info and some photos and give me enough time (at least one month), I'll be happy to create an event for you. Same goes for any practices/clinics/other Ride and Tie events; just let me know.
  - If you have some ideas about how to make the page better, don't be afraid to let me know. I'm always looking for ways to improve.

I also started a Twitter feed, but I would like someone who is already a Twitterer (Tweeter?) to take it over for me. I just don't get it and I live in a different time zone, so all my Tweets would come in the middle of the night for most of you!

Please contact me at: [lizperkin@googlemail.com](mailto:lizperkin@googlemail.com) if you have any interest in taking this over.

Lastly, don't forget that Ride and Tie also has a web forum on Yahoo! Check out the Ride and Tie homepage ([rideandtie.org](http://rideandtie.org)) for more details.

## To Tie or Not to Tie: Trailer Safety *(Continued from Page 8)*

maintain a more natural head/neck position. By putting his head down, he can drain debris from his respiratory system, which helps to prevent respiratory issues.

**Avoid bungee cords.** If you decide to tie your horse in the trailer, do not use a bungee-type stretch cord. These products are dangerous to horses and humans. I knew of one horse that was able to get out of the trailer while still attached to the cord then it broke! I know of numerous horses and humans who have lost eyes and had faces cut open by these.

- **Use a breakaway tie rope.** To avoid a trailer-tying tragedy, use a small rope or string that will break under pressure, such as leather, a hay string, or a high-tech option. (Two options are Davis Turtle Snap Cross Ties, available from Equestrian Collections, and the safety-release trailer-tie products from Jemal Escape Mechanisms.) Attach the breakaway part directly to the trailer's attachment or ring.
- **Leave some slack.** One trailer-tying myth is that the tie rope helps a horse balance, and will even keep him from falling down if he loses his balance. This is false. To see how a horse balances in the trailer, get a trailer cam. You'll then see how he balances during turns, stops, and acceleration. Horses need room (a little slack in the rope) to use their heads and necks for balance. Standing up inside the trailer while it is in motion requires constant minor adjustments of the horse's musculature, even on the interstate at a constant speed. Short ties in particular make it almost impossible for a horse to balance with his own weight and normal methods. They also make it impossible for a horse to get up.
- **Watch the rope ends.** If you choose to tie your horse in the trailer, make sure that the loose end of the tie rope cannot get outside of the trailer, where it could become wrapped around the axle or another object. This scenario will likely lead to a tragic death.
- **Train your horse.** The scenario you described could have been avoided if the horse had been taught to yield to pressure and to exit the trailer only when given a specific cue. Train your horse to safely load and unload with the help of a reputable trainer. Practice loading your horse as an essential evacuation skill, so he will load regardless of inclement weather and other adverse conditions.

*Rebecca Gimenez, PhD (animal physiology), is a primary instructor for Technical Large Animal Emergency Rescue. A Major in the United States Army Reserve, she is a decorated Iraqi war veteran and past Logistics Officer for VMAT-2. She is an invited lecturer on animal-rescue topics around the world, and an equine journalist. Dr. Rebecca Gimenez's TLAER business partner, also a primary instructor, is Tomas Gimenez, MVZ, Dr. Med. Vet., professor emeritus, Clemson University, National Veterinary Response Team, National Disaster Medical System.*

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*If you use a traditional lead rope to tie your horse, you will likely need to cut your horse free if he panics, notes Dr. Rebecca Gimenez. Even this safety knot will pull tight. Carry a sharp knife, and know how to use it. HEIDI NYLAND PHOTO*



*In the trailer, provide feed to keep your horse's digestive system running smoothly but do so carefully, says Dr. Gimenez. If your horse is tied, provide hay in a bag that he cannot get his feet into, nor wrap around his head as he's pushing and pulling to get the hay. HEIDI NYLAND PHOTO*

# From Disappointment to Accomplishment

By Susan Smyth

I was really looking forward to the Gold Country Ride & Tie event I was co-directing with Cheryl Domitch, in conjunction with the Gold Country Endurance Ride. I wasn't just racing, but helping another Ride & Tie event to take place. Unfortunately, just weeks before the race, the El Dorado National Forest imposed an additional processing fee of \$4,320.38 to the already paid permit fees. As anyone who has put on one of these events knows, this amount is prohibitive...we simply do not make money on these things, and are lucky if we break even. The unreasonably high fee necessitated cancellation of the ride and the ride & tie. Cheryl scrambled to find a new site and we really thought we were going to pull off a last minute change to Malokoff Diggins near Nevada City, CA. The Tahoe National Forest refused a last minute permit. This was an eye-opener that we all need to protect our ability to use National Forest land use. With great disappointment, we cancelled the event and vowed to reschedule for next year. We are looking forward to the new location at Malokoff Diggins.

Gosh darn, I didn't ride and run all winter to do so few rides. I wanted to Ride & Tie! So, I decided to travel to Oregon to the Pacific Crest Ride & Tie near Ashland. What a great choice this was.

The Pacific Crest Ride & Tie was held at the Lily Glen Horse camp at an elevation of 4500 feet. The trail was mostly single track and dirt roads of BLM land and the Pacific Crest Trail. The ride was held in conjunction with an endurance ride, and we were able to show off our athleticism and teamwork between two people and horse. As most of you know, I am a short course girl with what I thought was a short course horse, but with either 10 or 30 miles to choose from, I choose the 30 miles. My partner was new member Simone Julian, who is a ride & tie natural. Back in 1996, she did a ride & tie with Elaine Ruprecht and was excited to return to our sport. Our equine team mate was "Fly Away Joe", who did amazingly well. Fly away is a rescue horse I bought at an auction eight years ago and he has been participating in ride & tie for the last few years, offering his back to many new ride & tie teams. He was awesome and completed the mileage in excellent condition.

This ride was challenging in the aspect of "where is the trail," and I quickly nicknamed this ride the "Lost Pacific Crest Trail," since several of us saw more of the trail than we planned to. You know it's not a good sign when you dead end to a lake, lucky for me I was on the horse... sorry Simone. :(

Simone and I ran alongside Melanie Weir and Rick Noer for many miles. At one point I spotted a pile of Bud Lights crushed on the trail and thought Melanie had been pushed to the edge of frustration. Despite all, I had a great time. We finished the 30 mile course in 5:11 and were even top ten! At one point the view was so awesome I had to stop and take it in and was reminded how lucky we are that each event takes us to amazing places. Overall, this race offered great camping, scenery, prizes and the usual ride & tie social fun.

The next event is the Coolest Ride & Tie September 18<sup>th</sup> in Cool, Ca. Remember this is a new location and new mileage. I look forward to seeing all of you again soon.



Sue Smyth on Flyaway Joe cross the finish line with as Simone Julian kicks it in. (Photo: A.Parsons)

# To New-Be or Not To New-Be?

By Andrea Bowden

To a brand spankin' new-be like me, the Pacific Crest Ride & Tie together with the AERC Endurance event worked like a well-oiled machine. As a wannabe Ride & Tier, this was my first ever trip to any horse event. I came only to observe, ask questions and learn.

I wanted to know things like: How many miles before the first tie? The second? The third? What kind of gear should I have? What does a veterinarian check for? How manic do the horses get before a race? What are the trails like? How the heck do I know where to tie my horse? How long does the race take? And, most importantly, who in the world does such an event?

So, you can imagine my joy when I approached the registration booth to find event organizer and veteran Ride & Tier Annette Parsons, who was very willing to help to turn me into a proper Ride & Tier. Not only did she take plenty of time to answer my questions, she was eager to introduce me to others to get their perspective as well. So, after we chatted for a while, she introduced me to Irish Mike Whelan, a competitive Ride & Tier. I say "competitive" because I learned there are folks who tend to "participate" in Ride & Tie more than they tend to "race" Ride & Tie, if you know what I mean. I hope to "participate."

Nevertheless, Irish Mike was very helpful as he answered my very green questions. As we chatted, I learned he was a retired jockey and a marathoner. "Yikes!" I thought "Out of my league! Does anyone do this for fun?" Annette gave me permission to loiter during the vet check. So, of course I did. Everyone, horse and human like, stood patiently while they waited for Dr. Mitch Benson to palpate, take heart rate, look at gums to check capillary refill rate, and watch a trot. His assistants, vet students from OSU, were competent and helpful.

Although I was incredibly impressed by how calm, cool and organized everything seemed to go, I found most pleasure in seeing how happy everyone was. And normal! These aren't freaky horse-people who speak over my head with some foreign horse-eeze language. They're just nice people who love to ride their horses. What's more, I saw at least as many horses who enjoyed being with their human.

As I moseyed down the vet check line talking to strangers with horses, I found Jim Clover, Steve Anderson and Rosie. Despite the fact that they are a "competitive" team, they became my greatest allies in my quest to learn how to do a Ride & Tie. First of all, they told me about 85 percent are "participants" and the rest are in it to win. Music to my ears!

All three took me on the trails and with utmost willingness (I never felt like a fifth wheel), they told me about gear, hand off technique, suggested distance before a tie, horse/rider etiquette, competitor communication, horse/rider communication and much more. They even let me handle Rosie for the first "tie" on race day. I got to be the proverbial "horse fly on the wall" as all of the runners and riders dashed past. I observed horse behavior, rider behavior and even event volunteer behavior.

Which brings me back to my original statement. What a pleasure it was to witness and learn from this particular event run by such dedicated and hard-working volunteers who truly made it look like a well-oiled machine.



Jim Clover on Rosie and Steve Anderson head out with Andrea Bowden to check out the first mile of the course.  
(Photo: A.Parsons)

## Horse of Distinction *(Continued from Page 2)*

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  
8215 E. White Oak Ridge #41  
Orange, CA 92869
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.

Who will you nominate?

# BILTMORE RIDE & TIE

## A TASTE OF SOUTHERN HOSPITALITY

by Sara Boelt

It all started back in June of 2009. My friend, Dr. Karen Reynolds, said, "I want to do a Ride & Tie." I said, "Really, I have always wanted to do one and there is one in September at Big South Fork." So we did the 8 mile course with my older gelding, MBA Moonlight Bay, aka Lighter. Karen's husband, James was our crew. We had a blast.

After completing Big South Fork, we were pumped, but there are basically no Ride & Ties in the Southeast. Neither one of us had time last fall to go to the ones in the Northeast, so we made plans to host our own. We had a few location ideas and finally settled on the Biltmore Estate in Asheville, NC. The Biltmore Ride and Tie 2010 was on!!!!

We hemmed and hawed, trying to decide on distances, dates, food, prizes, and all the things that go into hosting an event. We decided on 8/15/23 mile distances. We searched the AERC calendar and Biltmore calendar to find a non-conflicting date and settled on May 20. Everything began to come together. Karen was my ride manager partner, but was also the ride veterinarian. We enlisted volunteers. The Biltmore folks were great at marking the trails where we rerouted people to get in and out of camp. We emailed veteran Ride & Tiers for answers to our questions. The entry forms slowly began to trickle in and then it happened, a new endurance ride was scheduled for the same date. We debated as to whether or not we should try to move our ride & tie, but decided not to. And so, we pressed on with the organizing. The Biltmore Ride & Tie had come together. We were so excited.

We began the morning of the ride with a short meeting to go over all the details and answer questions. We had several newbies. Everyone was great and ready to go. Diane Wilson, from Asheville, and Lorena Truett, from Tennessee, were troopers to do the 23 miler and we started them first. Their horse was Lorena's older gelding, SamMazon. We then started our two 15-miler teams; Nancy Schneiter, from Asheville, and Gil Furr, from Tennessee competed on Nancy's half-Arabian, Shaman, while Brenda Sears and Whitney Wright, both from Asheville, competed on Brenda's Thoroughbred, Comes A Time. The longer distances were off and running!



We had four teams in the 8-miler and they started next. I had planned on being co-ride manager and not doing the ride. However, Karen Coffee from Chapel Hill really wanted to do the ride, but did not have a horse or a partner. So, I volunteered to do the ride & tie with her. Again, I used my older gelding. Another team, Richard and Leslie Alderson, from South Carolina, brought their horse, Chief, a Bashkir Curly for the race. They were excited to find a ride & tie in the Southeast. We had two more teams from South Carolina, Steve Bardos and Angela Cairnes on their young Thoroughbred, Gingersnap, and Kaitlin Bardos and Darby Barr competed on Global Express, another Thoroughbred.

All was well on the trail. The teams began coming in to the midway vet check. Everyone seemed happy and ready to go back out. There were a few mishaps along the way, a wrong turn here and there, thus horses or runners got too far ahead of their partners. These are all common mishaps that can happen at any ride and are part of the game. The teams then headed to the finish, all with smiling faces. All the horses were well taken care of and in good sound shape at the end. The runners seemed ok too!!

The Biltmore Ride and Tie was a success. We had a great turnout for a first ride. We met new folks and saw old friends. We hope to do another one either this fall or definitely next spring.



Top: Lorene Truett on San Mazon with Diane Wilson in the 23-miler.  
Bottom: Whitney Wright on Comes a Time and Nancy Schneiter on Shaman head out on the 15-miler.  
(Photos: Bob Heltibridle)



# 40 Years of Madness: A History of Ride & Tie Championships

A collection  
of race results, posters,  
photos, and anecdotes  
from  
1971 to 2010



Compiled by  
Annette Parsons

With a special  
foreword by  
**Bud Johns,**  
the  
Father of Ride & Tie



Did you miss out on getting your free copy of “40 Years of Madness: A History of Ride & Tie Championships” at the 2010 Championship? You can still purchase them at online booksellers including amazon.com or barnesandnoble.com. Proceeds benefit the Ride and Tie Association! Great for gifts!



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## September Mystery

Do you know WHO?

WHERE?

WHEN?

WHAT?

Email Annette at

[newsletter@rideandtie.org](mailto:newsletter@rideandtie.org)

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](mailto:newsletter@rideandtie.org)



## July Mystery

Jim Clover says this July Mystery Photo is Taylorsville '94. Dave and Suzanne Andreotti are over on the left, Pat Browning is near the front, Chris Knoch is right up front, and that might be Dennis Rinde to the right of Chris. The "40 years of madness" book confirms that they all completed that year. Get your book today from [Amazon.com](http://Amazon.com) or [Barnesandnoble.com](http://Barnesandnoble.com)!