

RIDE & TIE



NEWSLETTER

MAY 2011

Board Elections!
Vote online!



Photo: Barry Thorpe

41ST ANNUAL WORLD RIDE & TIE CHAMPIONSHIP

HUMBOLDT REDWOODS STATE PARK

JUNE 18, 2011

PRESIDENT'S MESSAGE

Being of Service

Our 2011 race season is underway. I was supposed to partner with a newcomer at the Bar H Pro Am Ride & Tie in March but my partner's horse came up lame at the last minute. But there is always a need for help and room for another volunteer so I got to find another way to participate in the event. In this case I was asked to pre-run the course to confirm that it was still marked. It was a cool and breezy gray day that had already seen a couple light showers. So I headed out onto the course with my raincoat, accessorized with bright orange surveyor's ribbon. It was not a look I had planned to have captured for posterity, but Lynne Glazer got a shot of me anyway.

I think most race directors would agree that the best way for anyone to support a ride & tie is to find human and equine partners and enter the race. But if for some reason that is not possible, come on out to the event anyway. There are many jobs that need doing at these events; race directors and competitors alike will appreciate the help.

It is not just race events that need volunteers. For example, if it were not for volunteers, the Ride and Tie Association would not have had a presence at either the Pacific Northwest Endurance Riders Convention in Oregon, the Equine Affaire in Southern California, or the American Endurance Ride Conference convention in Reno. Many thanks to those of you came out and showed such great support. In June the Association will have a booth at the Horse Expo in Sacramento. Contact board member Sue Smyth if you are interested in helping out.

It is time to elect a new board of directors. This year we will be trying on-line voting for the first time. Check it out! See page 8 for more information and exercise your right to vote!

This year's championship is shaping up nicely. Those of you who came to the 2007 or 2009 events already know what a great place Humboldt Redwoods State Park is to hold a ride & tie. The Ride and Tie Association recently contributed to the Humboldt Redwoods Interpretive Association to raise funds to provide new footing in all of the corrals at the Cuneo Creek Group Horse Camp. Unfortunately the new footing may not be installed before our event. Nonetheless it was important to support that endeavor, and help to preserve the availability of horse camping areas.

For those of you who have not been there, the Cuneo Creek Group Horse Camp is a beautiful place. The first 10 teams who enter will have a corral reserved for their horse, so get your entry in early; otherwise it is first come, first served. Space is limited (both by the number of available corrals and by the State Park!) so please don't bring a lot of extra horses that won't be used for the event. Like last year you can enter online at the ride & tie website if you have a PayPal account. Check out pages 6 and 7 for camp and race schedule details.

I look forward to seeing you all at championship! And if you don't think you can compete, well, then please consider coming out to volunteer...we can use the help!

Happy Trails!

-Melanie



Photo: Lynne Glazer

Get your Entry in early

for the 41st Annual World Ride & Tie Championship. The "Champs" will once again be at Cuneo Creek Horse Camp in spectacular Humboldt Redwoods State Park. June 18, 2011. You can enter online if you have a PayPal account! The first 10 entries get a reserved corral!

www.rideandtie.org



Photo: B. Thorpe

VETERINARIAN'S CORNER

TRANSPORT TIPS

By Nancy S. Loving, DVM

Reprinted with permission from Hoof Print, the official publication of the North American Trail Ride Conference, Fall 2010

One sure thing about going to a competitive trail event, you are going to have to put your horse in the trailer and drive him there. The process of travel can be stressful to even the most seasoned competitor yet you can take proactive steps to minimize the impact of transport. Managing the transit environment and a horse's general health are key elements to delivering your horse to his destination in as good a condition as possible so he can perform well through the event.

Transport-Related Health Problems

A primary health issue that arises due to transport is that of respiratory disease. There are three principal predisposing factors to transport-associated respiratory disease:

- Pre-existing respiratory disease
- The "head held high position" that follows from tethering
- Stocking density

If you load your horse on the trailer with a pre-existing respiratory condition, it is a certainty that the disease severity will increase: 'sick horse on sicker horse off.' The head held-high position compromises respiratory tract clearance organisms normally present in the throat penetrate down into the respiratory system, potentially causing pleurisy and pneumonia, or so-called 'shipping fever.'" The longer a horse's head is tied up, the greater the accumulation of bacteria and particulate debris that adversely affect the airways and a horse's immune response. In addition to the dynamics of each individual horse's immune ability, the concentration of horses within a horse trailer also influences horse health more horses means increased heat and humidity in the trailer and increased circulation of micro-organisms from additional feces, as well as increased dust related to hay consumption and stirred bedding.

These three variables are in your control to various extents: You can ensure that your horse is or hasn't been sick prior to transport by monitoring closely and having a health exam done by your veterinarian just before a trip. When hauling yourself, it is best to unload your horse en route and allow him 15 to 20 minutes to lower his head to clear his airways. And, you can determine how many horses are best carried in the trailer at a time, and also ensure that they are pronounced by your vet as healthy to travel. Soaking the hay keeps dust and debris to a minimum remember that any hanging hay bags should be able to break away easily in the event a horse entangles a leg or his face.

Other strategies also help your horse's comfort and health. Opening air vents and windows improves air circulation within the trailer and lessens heat and humidity buildup. Window screens allow manger windows to remain open in transit; if there are only bars and no screens, a fly mask protects your horse's eyes from debris. If you don't plan to unload your horse at rest stops, then at the very least, park in the shade and open all doors and windows to clear the heat and air. In warm weather, it helps to install a thermometer within the trailer to give you an idea of the conditions your horse is experiencing. Then, you can make adjustments accordingly, such as frequency and length of rest stops or time of day to travel. Whenever possible, haul with a trailer that has an insulated roof as this keeps it cooler inside during hot weather.

Continued on Page 11



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Some first-time ride & tiers may have trouble grasping the concept. Here, new member Charles Conrow trains with his two horses, Streak and Liza. Who wants to tell him it's two HUMANS and ONE horse, not the other way around? Charles plans on competing in the Championship this year. He'll figure it out!

BOARD NOMINEE STATEMENTS



Sherrie Reimers

As a candidate for the Board of Directors, I understand that members might want to know a little about me. I am a Board Certified Traditional Naturopath/Doctor of Naturopathy. What does that have to do with Ride & Tie? Absolutely nothing. It does mean that I can lecture endlessly on natural health if given an audience and opportunity. I do many things: teach classes on Holistic Energy Activation & Realignment Therapy (for horses and humans); edit the newsletter for South Texas Mensa; proctor the Mensa Admission Test; preside over the San Antonio Chapter of the Holistic Chamber of Commerce; shoe horses; and knit. It's up to you to decide if any of those things have anything to do with Ride & Tie. What it means to me is that I consider myself well rounded and logical thinking, which I believe gives me the skills needed to serve on this Board.

I became passionate about this sport a few short years ago, after resisting the "running" part for most of my adult life. Thanks to Beth Brinkley, I saw that it was possible to ride & tie for 35 miles, four times in a week, and not actually die. Thanks to my ride & tie friends and partner, I have reached new heights of fitness and friendship. Now,

The Ride and Tie Association is comprised of nine members serving three-year terms. Each year, three of the Board members come up for re-election. The Board meets five times each year by telephone conference and once in person at the Championship. If you would like to become a member of the Ride and Tie Board of Directors, contact any Board member. Their names are listed on the back inside cover.



Ben Volk

As near as I can tell, I've been on the Ride and Tie Board of Directors for two years now (June 2009-June 2010 and June 2010 to June 2011). Boy time flies when you are having fun! I have thoroughly enjoyed working with President Melanie Weir and the rest of the Board. I think what I have learned most is about the rich and lively history of Ride and Tie. After every Board Meeting, I am usually shaking my head after hearing a report from Steve Shaw, Mary Tiscornia, or Ted Reprecht and saying, "Wow, I didn't know that." I learn about major donors, horses of distinction, and past attempts to recruit more folks to Ride and Tie. And I hear about past races, triumphs, and challenges in the sport.

On the other side of the coin, I am inspired by my fellow board members like Melanie, Steve



Melanie Weir

I have appreciated serving on the Board of Directors since 2008, first as a board member and, for the last year, as President. I am still a relative newcomer to ride & tie, and being a participant in this sport in new ways has been a tremendous learning experience, and also rewarding. I am very appreciative of those who came before me and who worked to ensure that ride & tie was ready when it was my turn to "discover" it!

During this last year I have had the opportunity to travel to attend races in other states, including Iowa, Oregon and Washington. I have thoroughly enjoyed that and will be doing a little more travel this year. I also had the opportunity to put on my own race (with a whole lot of help from an experienced RD), and that provided a whole new perspective on the sport.

The Ride and Tie Association was formed in 1988 in order to assure the longevity of the sport. Thanks to many hard-working ride & tie volunteers, membership has been slowly growing the last few years, and I want to see the trend continue. I cannot make that happen by myself, of course. I will need your help. All ride & tie participants, not just board members, are stewards of ride & tie. I

Board Candidates' Statements continued on page 9

All photos on this page by Dennis Anderson and the Trout Lake Community Service Club

Junior Editor's Page

by Regan Volk

Hey everyone! I don't know about where you are, but at my home the weather is warming up quite nicely and I am getting in a lot of riding. Luckily we don't have quite as much rain as we did at the 2010 Ride & Tie championship at Mt. Adams, Washington. I helped crew for my sister, Libby Volk, and her partner, Roberta Woronowicz who competed in the short course on Libby's beautiful palomino mustang, Blonde Thunder. I also crewed for Libby's friends Letty Moreno and Rebecca Sorenson, who teamed up on our neighbor's gorgeous buckskin quarter horse, Tucker.

Libby is an experienced rider, but she had never done a Ride & Tie before, mainly because of the running that is involved. I asked Libby to tell me about her experience. She did admit to being fairly tired after the race but she assured me it was a lot of fun. "I didn't know how well it would go, but with my friends running and riding with me it went great!" said Libby with a smile. Although her horse had never done one before, she handled being tied to one of the many trees on the course very well. Blonde Thunder also won the "1st BLM Mustang" award in the short course! "I would definitely encourage others to try ride & tie, especially if you have friends to ride and run with," said Libby.

Libby had a fantastic time participating in last year's ride & tie championship and she looks forward to this year's. Hopefully she will have more wonderful things to say about the race.

Until next time...keep running, keep riding!

-Regan Volk



Libby Volk (rider in green shirt) on Blonde Thunder and Rebecca Sorenson, on Tucker ride ahead of their partners, Roberta Woronowicz (runner in green shirt) and Letty Moreno. Photo: Trout Lake Community Service Club.

**"IT'S SPEED. IT'S DIRT.
IT'S WESTERN...**

AND IT'S RIDE & TIE"

(from Issue #1 of the
Journal of the
Ride and Tie Association
Fall 1987)

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Championship Week Schedule

Sunday, June 12		Camp opens (limited spaces available on Sunday)
Thursday, June 16	11:00 am	Board of Directors Meeting (all welcome)
	2:00 pm	General Membership meeting and 2010 Point Awards
	6:00 pm	Potluck BBQ (We provide the meat; You bring a dish to share.) After the BBQ we will be playing tunes.
Friday, June 17	10:00 am	Registration continues
	3:00 pm	Vet-in begins
	5:00 pm	Ride & Tie Clinic for novices or the curious
	6:00 pm	Championship Pre-Race Meeting
Saturday, June 18	8:00 am	41st Annual World Ride & Tie Championship race start!
	6:00 pm	Banquet followed by awards
Sunday, June 19		Camp closes

HUMBOLDT REDWOODS SP

Humboldt Redwoods State Park encompasses nearly 53,000 acres. Over 17,000 are untouched old growth coast redwoods. Created in 1921, the park has grown over the years to include diverse ecosystems including the entire Bull Creek watershed and the Rockefeller Forest, and the largest remaining old growth redwood forest in the world. This is the third largest California State Park and protects an environment that is unique on our planet.

A wide variety of activities and facilities are available. Besides the beautiful Cuneo Creek Horse Camp, there are three different family campgrounds, environmental camps, group camps, and trail camps. There are over 100 miles of trails for hikers, bikers, and equestrians. There are fishing, boating, and swimming on the South Fork of the Eel River

Be sure to visit the Founders Grove Nature Trail, the 32-mile Avenue of the Giants Auto Tour, and the Humboldt Redwoods Visitor Center. Auto Tour brochures are available at either end of the Avenue of the Giants and at the Visitor Center.



Photo: Barry Thorpe

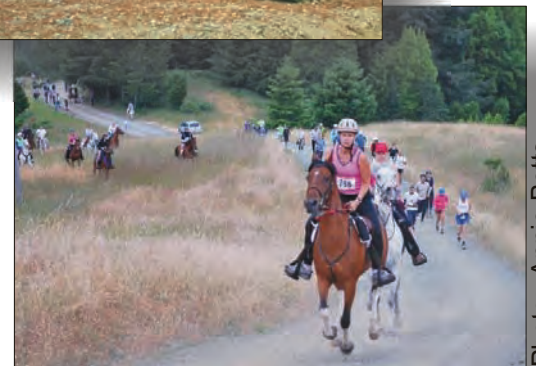


Photo: Annie Betts

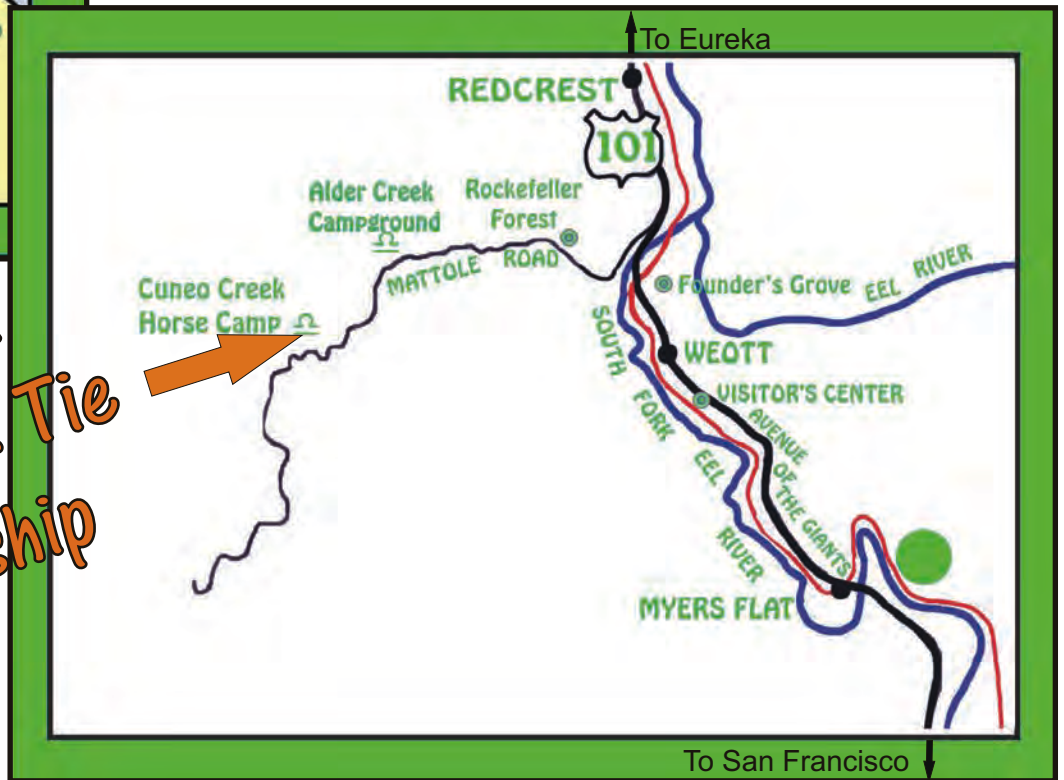
Things to remember about Cuneo Creek

- Dogs are permitted **ONLY** on leash (This is a California State Parks law)
- Limit of 60 horses in camp, so please do not bring extra horses not used in the ride & tie
- Bring a camera. The trees are incredible!
- Weather is variable. Bring both cool and warm weather clothing.
- There are 28 corrals. First come/first served (Exception: The first ten teams who register will have reserved corrals.)
- Watch out for poison oak and bears!
- Amenities, feed stores, gas stations are not close to camp. Bring everything you need.
- There is no RV dump in the park
- Depending on your provider, and where you are standing, you may or may not have cell phone reception.
- Wheelbarrows and a bin for horse poop are provided. Please use them!
- Thursday evening will be a music and singing jam session. Bring your instrument!

GETTING TO THE CHAMPIONSHIP



Pipe corrals!
Hot Showers!
Tallest Trees on Earth!
Great trails, and One Exhilarating Race!



41st Annual
World Ride & Tie
Championship

Directions to the Race Site

From the South: follow Highway 101 north (4 1/2 hours from San Francisco) past Garberville to the Honeydew exit. Follow the signs towards Honeydew and cross over the Eel River on the Dyerville Bridge. Turn left onto the Mattole Road crossing underneath the freeway and go 7-1/2 miles to the Cuneo Creek Horse Camp just past the cemetery. This is a very twisty road through the tallest trees on earth.

From the North: follow Highway 101 about 40 miles south of Eureka to the Honeydew exit. For those not living on the coast the easiest approaches to US 101 will be Highway 20 from the south and either Highway 199 through southern Oregon or Highway 299 from Redding, CA for those from the North.

Don't drive Highway 36 unless you are looking for a scenic alternate and are driving a sports car. Highway 199, 299, and 20 are all best driven in the daylight when you are fresh. 299 is the windiest of the roads, with 4 passes to cross in the 142 miles of two-lane road between Redding and the coast. Take your time, enjoy the drive.

Special thanks to Annie Betts for the map graphics and directions!

Board of Directors Nominee Statements

(continued from page 3)

Sherrie Reimers (Continued)

I'd like to see what I can do to help increase awareness of this sport, especially in Texas, and show more people how much fun they can have with an equine AND a human partner on a trail!"

Sherrie started her Ride & Tie career in 2008. She has completed one Championship and 433 miles to date.

Ben Volk (Continued)

Anderson, and Sue Smyth to recruit more new members. I think the key to our future success is to align closely with the American Endurance Ride Conference (AERC) to promote R&T to men and women. I can continue to bring in runners to the sport, but in order to do that I need to find some experienced trail riders with sane horses for the novice folks to ride.

I would be honored to serve another term on the R&T Board of Directors for 2011-2012. Here's to 40 more years of Ride and Tie!

Ben has been riding & tying since 2006. He has 4 Championships under his belt and has completed 565 miles so far.

Melanie Weir (Continued)

I will appreciate the opportunity to continue to work in this formal capacity. Thank you.

Melanie did her first ride & tie in 2003. She has completed 7 Championships and has a total of 913 miles to date.

www.rideandtie.org

www.rideandtie.org

VOTE ONLINE!

Vote!

It is time to exercise your right to vote for the Ride and Tie Association Board of Directors. Active members in Competitor and Family membership types, as well as Lifetime and Founding members, are eligible to vote. Family memberships get two votes.

To vote online, simply go to the ride & tie website at www.rideandtie.org and click on 'VOTE HERE' on the home page. This will take you to the Vote Page, where you can identify yourself by name or by membership number. Note that if you use your name, there may be more than one person with the same last name so be sure to select the correct one.

Once the system has "found" you, a ballot will appear. Simply click the "yes" button next to the name of the person you are voting for. You can vote for up to three candidates.

Note: Only active members can vote. If you have not renewed yet for this year you will receive a message stating, "Our records show that you are not a current member. If you believe this is in error, please contact us at ContactUs@rideandtie.org."

If, for some reason you are unable to vote online, you may clip or copy this ballot form and send it to:
Sue Smyth, Secretary, Ride and Tie Association, 211 Gold Crest Ct, Newcastle, CA 95658-9486

Board of Directors Election, 2011
Vote for three:

- Melanie Weir
- Ben Volk
- Sherrie Reimers



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2010 TOP 12 FIRST YEAR ROOKIES

	Name	Miles
1	Karen Camilli	142
2	Alyssa Stalley	87
3	Paula Stenzel	57
4	Megan Keyes	45
5	Carla Eigenauer	44
6	Beth Love	40
7	Dana Lacroix	35
8	Dennis Miller	35
9	George Peck	35
10	Dennis Summers	35
11	Julie Thomas	35
12	Carol Wadey	35

Congratulations!!

RACE RESULTS

BAR H BOOGIE RIDE & TIE - 20 Miles March 19, 2011 CA

Rufus Schneiderl/Cheryl Crotty on Temperance (BC)	2:38
Barrie Grant/Aubyn Gominiak on Ron G	2:52
Carol Ruprecht/Alana Amack on Feint Impact	3:12
Thomas Gey/Cathy Blakesley on Findefar	3:12
Susan Minor/Clayton Patton on Caroline	3:46
Richard Noer/Jennifer Monioz on L.P.	3:55
Beth Love/Aaron Ruud on Koon	DNF

BAR H BOOGIE Short Course - 10 Miles March 19, 2011 CA

Paula Stenzel/David Whiting on Windy	1:30
K.S. Swigart/Steven Thompson on Lady Marla (BC)	1:30
Kirsten Seyferth/Aydra Jenson on Kadin	1:43
Kellian Whidden/Jessica Davy on Rockay Joe Black	1:44
Cherylin VonAldenbruck/James Bottom on Regency's Gold Rush	1:45
Jeanne Sesky/Joanne Huttonhoff on Fehran Tiki	2:01
Lisa Johnson/Leiloni Johnson on Tango	2:40
Gene Johnson/Lauren Johnson on King	2:48
Liz Ruga/Leilani Tenorio on Elvis	2:57
Mindy Beohm/Michelle Gardner on Dallas	3:00
Glen Morgan/Kari Morgan on Zeus	DNF

SUNRISE CANYON RIDE & TIE - 25 Miles March 26, 2011 WA

Ben Volk/Ira Hickman on Dartanion	3:13
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SUNRISE CANYON Short Course - 9 Miles March 26, 2011 WA

Steven Anderson/Hanna Summers on Totonia Cheyenne	1:36
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SHANGHAI TRAILS RIDE & TIE - 25 Miles March 27, 2011 TX

Laura Lund/Sherrie Reimers on Lucky	5:22
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“Mentor: A trusted counselor or guide; a tutor, coach”

(from Merriam-Webster.com)
Ponderings by Sue Smyth

“Mentoring is a brain to pick, an ear to listen, and a push in the right direction” John Crosby.

It's not just about two humans, a horse, and an exhilarating race, but about the amazing people who do it.

Over the past few years, I have learned that mentoring for ride and tie is not just about encouraging new participants, but it's also about sharing my passion for the sport. Ride and tie is about riding, running, training, planning, traveling and camping with my horse and friends. It is the personal challenge and the camaraderie with my team and others. When I became a mentor for ride and tie, I tried to define exactly what that meant. What is the role of the ride and tie mentor? How do you successfully implement the best strategies to encourage growth of the sport? What I realized is that the ride and tiers all share the same passion I do. We are unique athletes who participate in one of the first extreme sports. We are of all ages, genders and running abilities. All ride and tiers are ambassadors for the sport, therefore, we are all mentors of this exciting athletic event. In order for ride and tie to continue and grow we need to share our excitement for the sport and help other riders/runners to discover why we “just do it.”

How does one mentor others?

I asked some of the other mentors for tips. The biggest tip was to express your passion when you share the excitement of ride and tie. Steve Anderson sets up a day and time to go for a practice session. He brings his double stirrups and some tie ropes to show. He talks for a while about the strategy of racing and about constant communication on the trail between team mates and then goes out for a “practice session”. Steve emphasizes the importance of staying in contact with the newbie until the first race comes up and even team up with them for their first successful race. Cheryl Domnitch tries to set up practice sessions either individually or as a group. Victoria Ordway's explosive passion for ride and tie is contagious and she just demands that they come and have fun. Annette Parsons and Jim Clover hold clinics and practice ride & ties and discuss gear, training, and strategy. I like to bring extra ride and tie ropes and water bottle holders for the new people to make sure they feel welcome and are safe on the course.

Here are some tips:


- Share your passion for ride and tie with others.
- Stay in contact, invite them to a race.
- Invite them to practice with you.
- Put on a practice session. Invite new and experienced ride and tie members.
- Send them upcoming race flyers.
- Help them find a partner or partner with them.
- Help them understand what equipment is needed for both human and horse. (Encourage use of our sponsors).
- Lend them a ride and tie rope.
- Talk to them about race strategies.
- Give them tips on horse care and crews.
- Introduce them to others at the camp, make them feel welcome.
- Give encouragement and help them on the trail.
- Wear ride and tie attire. It's a good conversation ice breaker.

Other things you can do to encourage the growth of ride and tie:

- Talk about ride and tie to local horse and running groups in your area.
- Contact local media. Get them to publish stories and photos about ride and tie.
- Volunteer with the ride and tie booth at Horse Expos, conventions, etc.
- Consider managing a race in your area.
- Participate and bring new members.

If each of us pitches in and helps pitch our sport to others, whether we are ‘officially’ a mentor or not, we will help grow our sport for the benefit of ourselves and future ride and tiers yet unknown!

www.rideandtie.org



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!

Offer water every 3 to 4 hours during a journey. The vehicle doesn't need to be stationary for watering. Hang a bucket that holds enough water for your horse to sip from without the water sloshing all over the floor. At rest stops, offer a fresh bucket of water and give your horse several opportunities to drink before assuming he won't. Horses need to drink during the period they are in transit and failure to do so may be a valuable indicator of impending shipping fever. Anything that can impact a horse's willingness to drink while traveling should be avoided. Some horses are bothered by electrolytes syringed into their mouths, while others may willingly drink from an electrolyte-laced bucket of water or eat salt added to a mash. Moderate to short duration journeys or reasonable heat and humidity conditions do not necessitate electrolyte supplementation, particularly if a horse is eating hay along the way. Access to hay is of little consequence on short journeys (4-8 hours) for most horses; however, eating can help calm those with temperament issues. On journeys upwards of 8 hours, horses will lose body weight so they need to eat.

Stopping the vehicle for 1530 minutes every 46 hours when fueling the truck or making necessary human rest stops allows your horse's muscles to relax and gives him a respite from the constant balancing act in the trailer. Even with regular 30-minute rest breaks, a horse does not receive sufficient recovery time if asked to travel more than 8-12 hours without a lengthy rest period of 6-8 hours. This rest can be in the form of an overnight stay or an extended stop during the hottest daytime hours in summer.

It takes 8 to 12 hours of untied rest for a horse's respiratory system to clear inhaled debris and micro-organisms this requires a horse to assume a head-down position as he would when eating off the ground or just relaxing.

An important tip: Once your horse has arrived at your destination, close observation of his demeanor, behavior, and vital signs is critical in the first several days. Careful monitoring helps identify problems early on; this is especially true for horses hauled for 12 hours or more. Objective data you should document include twice daily rectal temperature recordings, assessment of appetite, water consumption, urine and manure output, and attitude.

To ensure a proactive approach in the prevention of shipping fever, keep your horse up-to-date on appropriate respiratory viral immunizations and make certain that he is in healthy condition before loading onto a transport vehicle. Have your horse's vaccines boosted (when due) at least two weeks in advance of travel to maximize immunity. A veterinary exam just prior to shipping can be instrumental in identifying subtle concerns that have the potential to develop into something more serious. If your horse is on a course of anti-ulcer treatment, then this could be continued during a journey but not so as to interfere with the NATRC no-drug rule check on withdrawal times for anti-ulcer medications for competition.

Physical Comforts

Travel in hot weather can be problematic if a horse is armed with boots, blankets or sheets, as any kind of skin covering has the potential to amplify heat stress in a trailer. The best tip is to know your individual horse, know how he might react in shipping boots, and weigh his behavioral tendencies and travel stability to the duration of the trip, the presence of adjacent horses and the risk of leaving his legs unshathed. Then you can decide if it is appropriate for him to wear shipping boots, or not. When possible, place compatible horses next to each other in any travel situation this is calming for each horse while also avoiding injuries related to bickering.

Periodically check on the comfort, heat, and vibration within your trailer while observing the legal statutes in your state as human travel in a trailer is not always permitted. Some horses opt for rear facing if space allows not all chose to do so. It may take less muscular effort for a horse to travel in one direction or the other, and this option to select a preferred direction could lessen overall fatigue and travel stress.

Horses on short duration trips of 3-4 hours may not require any special precautions provided the driving and road conditions are reasonable, the trailer is well equipped to minimize heat and vibration, and the horse has no obvious temperament problems.

When you are hauling your horse yourself, it pays to do your homework in advance have your truck, trailer, and hitch in tip-top mechanical shape, map out your route and rest stops, identify veterinary clinics en route in case of trouble, bring as much familiar hay and water from home as possible, know your horse's quirks and anxieties, and his compatibility with other horses. Have all travel paperwork (Coggins test, health certificate, equine passport, insurance papers, and medical alerts) up-to-date and available with the horse.

As with all matters pertaining to horses, remember that each is an individual and should be respected and treated as such. Intelligent judgment calls are as important in transport as they are in every other situation with horses. Safe travels!

*For those interested in reading more in depth about horse health and distance horses, you can order books authored by Nancy S. Loving, DVM directly from Trafalgar Square Publishing at www.horseandriderbooks.com. Both **All Horse Systems Go: The Horse Owner's FullColor Veterinary Care and Conditioning Resource for Modern Performance, Sport, and Pleasure Horses** and **Go the Distance: The Complete Resource for Endurance Horses (just recently back in print!)** are available through Trafalgar.*

2011 RACE SCHEDULE

Mar 19, 2011, BAR H BOOGIE Ride & Tie Lake Matthews, CA

10 and 20 mile courses. Contact Kat Swigart 714-747-3563 katswig@earthlink.net

Mar 26, 2011, SUNRISE CANYON Ride & Tie, Kennewick WA

11 and 22 mile courses. Contact Ira Hickman 509-430-6288 or Ben Volk (509)521-6249 bvolk@jub.com;

Apr 2, 2011, HIGHLAND FARM Ride & Tie, Batesburg, SC NEW RACE!!

To benefit St. Jude's Children's Hospital. Contact Lauri Livingston 803-920-7638 highlandfarmllc@yahoo.com

Apr 3, 2011, CHESAPEAKE Spring Ride & Tie, Fair Hill, MD

13 and 25 miles. Contact Cate Peloquin cpenguin57@aol.com 410-652-3454

Apr 9, 2011, NO FRILLS Ride & Tie, Star Tannery VA

12, 30 and 55 mile courses. Contact Mary Howell at 804-932-9328 or John Marsh at 703-556-0223 countshiloh@gmail.com or jjmarshiii@earthlink.net

Apr 16, 2011, FOXCATCHER Ride & Tie, Fair Hill, MD

25,10 mile courses. Contact Louisa Emerick at 410-398-7234 or Barbara Bateman at 302-598-3110 Louisaem@comcast.net

May 7, 2011, CACHE CREEK Ride & Tie, Williams, CA

10 and 25 mile courses. Contact Jennifer Stalley 530-755-6777 jdstalley@yahoo.com www.cachecreekridgeride.com

May 14-15, 2011, BILTMORE Ride & Tie, Asheville, NC

30, 15, 8 mile courses. Contact Sara Boelt lighteramount1986@gmail.com

May 21, 2011, MT ADAMS Ride & Tie, Mt. Adams, WA

25 Miles. Contact Steph Irving, PO Box 200, Troutlake, WA 98650 509-395-2065 or Darlene Anderson or Veronica Glenn endrncrider@gmail.com or dichamps05@gmail.com

May 29, 2011, WILD WEST RIDE & TIE, Nevada City, CA

12 & 25 mile courses. Contact Melissa Ribley 530-268-1378 mribley@wildblue.net

May 29, 2011, RIDE THE DIVIDE Ride & Tie, Quemada, NM NEW RACE!!!

35 miles. Contact Lif Strand rtd@discovercatron.com

Jun 11, 2011, DESCANSO Ride & Tie, Descanso CA

15 and 23 mile courses. Contact Terry Howe 619-445-5443 terryhowe@hughes.net

Jun 18, 2011, 41ST ANNUAL RIDE & TIE CHAMPIONSHIP

Long course championship and short course. Humboldt Redwoods State Park, CA

(Cuneo Creek Horse Camp) Contact Sequoya Ward (707) 845-6039 duncme2@gmail.com

Jul 9-10, 2011, BANDIT SPRINGS Ride & Tie, Ochoco Natl Forest, OR, 10 and 25 miles.

July 10th is tentative. Contact: Janelle Wilde, 541-846-2460 jwilde@wildevents.info

Jul 10-16, 2011, FORT STANTON Ride & Tie, Capitan NM

Ride & Ties are on 7/10, 7/12, 7/14 and 7/16. 7/10 and 7/14 races are 35 miles. 7/12 and 7/16 races are 25 miles. Contact: roger_sue@prodigy.net

Jul 23-24, 2011, OLD DOMINION Ride and Tie Weekend, VA

Night time races, 12, 20 miles. Sunday: 6, 12, 20 miles. Lani Newcomb, 540-554-2004 give2bute@aol.com

Jul 30, 2011, LOST MOUNTAIN Ride & Tie, Sequim, WA

25 & 15 mile courses. Contact Don Betts at 360-681-5218 RideandTieDon@aol.com

Jul 30, 2011, SNOW TENT SLIDE Ride & Tie, Nevada City, CA NEW RACE!!

20 mile and 10 mile courses. Contact Cheryl Domnitch 530-748-4305; Susan Smyth 916-663-9410 cdefpe@aol.com or susansmythjackson@gmail.com or donnairенера@aol.com

Aug 13, 2011, SANTIAM CASCADE, Sisters OR

10, 30, 50, 80 mile courses. Contact Anna Sampson 503-829-6002 sampson@molalla.net

Aug 27, 2011, PACIFIC CREST Ride & Tie, Ashland, OR

10 and 30 mile courses. Contact Annette Parsons 541-846-6656 aparsons@apbb.net

Sep 3, 2011, ONE HEART BENEFIT Ride & Tie Maxwell, IA

4.5, 12 and 20.5 mile courses. Benefit for One Heart Equestrian Therapy Center.

Contact Eileen Witt 515-290-2306 oneheartrideandtie@gmail.com

Sep 9-11, 2011, BIG SOUTH FORK Ride & Tie, Jamestown/Oneida, TN

Friday and Saturday: 30 and 50 or 55 mile courses, Sunday: 8 and 10 mile courses.

Contact Karen Isaacs 423-474-3024 thomaskaren@embarqmail.com

Sep 11, 2011, BIG BEAR Ride & Tie Big Bear, CA NEW RACE!!

11 and 22 mile courses. Contact Kat Swigart 714-747-3563 katswig@earthlink.net

Sep 16-17-18, 2011, CHESAPEAKE Fall Ride & Tie, Fair Hill, MD

30, 50, 80, 100 miles. Contact Cate Peloquin cpenguin57@aol.com 410-652-3454

Sep 18, 2011, THE COOLEST Ride & Tie, Cool, CA

8, 15, 25 miles. Contact: Linda Shaw Coolgalinda@sbcglobal.net

Oct 15, 2011, FOOTHILLS OF THE CASCADES, Mollala, OR

25 miles. Contact Anna Sampson or Mary Nunn 503-829-5321 flyingn@molalla.net

Oct 21-22, 2011, FORT VALLEY Ride & Tie, Fort Valley, VA

15, 30 and 50 mile courses. Contact Susan Trader 703-556-0223 susntrader@aol.com

Oct 29-30, 2011, CUYAMACA Ride & Tie Weekend, Julian, CA

Friday Ride & Tie Clinic! Oct 29th 30 miles, 15 miles and 5 miles; October 30th 20 miles and 10 miles. Bring your costumes! Contact Melanie Weir 714-321-3695 melaniew@socal.rr.com

Deca Teams - A New Category?

By Lisa Preston

Back in 1980, the sport of Ride & Tie was only 10 years old. That's when the idea of recognizing -- let's call them *seasoned* competitors -- in Ride & Tie events first emerged. The concept of a Century team was the combined ages of the human team members equaled or exceeded 100. Century teams were much less common then than now. With over forty years of Ride & Tie under our collective belts, our sport's top ten rankings are regularly dominated by teams of runners whose ages total more than one hundred years. In fact, they are often into the Century + (110), Century ++ (120), or more! They're often the same competitors who conceived the sport and they can knock the socks off many younger teams.

While Ride & Tie wasn't always well-stocked with so many talented runners over the age of fifty, it was never replete with juniors. The recent increase in under-eighteen competitors represents the hope of our sport's survival.

At the Lost Mountain Ride & Tie last fall in Sequim, WA, a stunning new team category completed the short course - a Deca team. The runners' combined ages added up to less than ten. (Deca is from the ancient Greek word, meaning 10).

Sierra Steffen, age five, did the bulk of the running alongside her father, Josh. Three year old Marissa rode with her mother, Erika's supervision. Lost Mountain Ride & Tie's race directors, Don and Annie Betts, offered the very short course as a free event to encourage participation.

The Steffen sisters loved their race. They still have another year and a half to compete as a Deca team, and a lifetime to ride and tie. Let's hope they are setting a new trend in Ride & Tie! Go Deca teams!

SPECIAL THANKS TO CONVENTION VOLUNTEERS!!

A special note of thanks to all the volunteers who helped setup and staff the Ride & Tie booths at the Northwest PNER and National AERC conventions and the Southern California Equine Affaire. These dedicated individuals are helping to promote our sport and recruit new participants by getting the word out, being there to answer questions, and in general being great ambassadors for the sport of Ride & Tie!

Equine Affaire, Southern California

Mindy Boehm, Tom Gey, Barrie Grant, Aubyn Gominiak, Liz Ruga, Yvette Odgers, Rick Noer, Tori and Steve Thompson, Greg Fellars, DVM, Sarah Fitzpatrick, David de La Rosa, Jeanne Sesky, Kat Swigart.

PNER Convention, Portland, OR

Ben Volk, Steve Anderson, Tim Rubin, Jim Clover, Annette Parsons, Becky Fiedler, Melissa Fiedler, Steph Irving. (Note: Annette met a newbie at the booth, Charles Conrow, who will be her partner in the 2011 Championship at Cuneo Creek!)

AERC Convention, Reno, NV

Dennis and Dorothy Miller, Diane and Bill Logan, Steve Shaw, Sue Smyth, Simone Julian, Victoria Mosser, Debbie Cabrera.

Volunteers are still needed for the Sacramento Horse Expo, June 10-12. Contact Susan Smyth if you can help out. susansmythjackson@gmail.com



Sierra Steffan runs beside her dad, Josh, while her partner/sister, Marissa, rides Tennessee with help from Mom, Erika at the Lost Mountain short course, near Sequim, WA, September 2010. Photo: Annie Betts.



The Ride & Tie booth at the AERC National Convention in Reno, NV. Photo by Dorothy Miller.



PNER Northwest Endurance Convention, Portland, OR. Staffing these booths is a great way to meet a future partner for Ride & Tie! Photo: Annette Parsons.

A Magnificent Obsession

By Sequoya Ward

What's in a name? Well recently I've learned there's a lot to a name, no matter how long and dramatic it may be.

I am new to R&T as is my horse, Magnificent Obsession. I have one short and two long course championships along with a handful of other R&T's throughout the past year notched into my belt. Mags, my steed, got into R&T in 2010 and so far he has carried his teams to finish four races; Cache Creek, Mt. Adams long course, Pacific Crest, and Foothills of Cascades. We did not finish Cool due to a puncture wound that just missed his fetlock joint. Phew that was a scary, close call!

When I got Mags he was a three-year old spooked out and insecure Arab squirt from a show breeder's barn. When I told my farrier he would one day be my endurance horse, Thom raised his eyebrows in a concerned sort of way. Well, Mags did a year of 25-milers when he was six and then a slow year of 50-milers when he was seven. This past year he stepped it up with some mid- pack 50s and ride & ties. Thom still wonders where that little chestnut gelding, for whom I used to have such big dreams, ended up!

My good buddy, Chris Amaral, got me into R&T when he was ride manager for the 2007 Cuneo Creek Championship. He recruited local endurance riders to take the challenge and experience all the thrills of the sport. I had run some before that but R&T sure did spark the runner in me I didn't know was there! I started with the short course in 2007 and moved to the long course in 2009, both times using someone else's horse. Chris's horse, Bakila, went crazy in the 2007 championship and didn't finish. So in 2009 we figured a way for Bakila to redeem himself. As a team of six, Chris and Marlene again on Bakila, and Berit and I on Tazona, we worked together, tying the horses near each other so no one (Bakila) lost his or her mind. We ran, rode, and finished together. It was so much fun and a great success. I said to Chris I wanted more R&T and told him we could use Mags next year. He gave me that same kinda look Thom did but said "okay" and he was in.

I started training Mags for R&T with help from friends, and continued running. Cache Creek was to be our pre-2010 championship practice. I recruited Karen Camalli, a friend I had grown into horses with, to be my partner. Little did I know it would turn into an addiction for her too. This was Karen's first R&T and a stepping stone for Mags, not a race. We focused on showing him the game and this was a great course at which to do it. It was a busy trail full of endurance riders sharing the course, which was a great way for Mags to learn to tie under chaos. Our team did great! I couldn't wait for Mt. Adams.

We arrived at Mt. Adams four days before the race, it was a long haul and we wanted plenty of time to settle in and pre-ride the trail. Chris and I were excited to take Mags out and scout the first loop, but Mags was in a mellow mood, lacking that forward drive. I could tell Chris was concerned about my steed's speed. I asked him what he predicted our finishing time would be. With a worried sigh he said, "I don't want to be out for more than six hours". Dang it! Chris was worried Mags wasn't the stud that I knew he was.

Race morning! Rushing around in the rain all 40 teams were eager for the start - horse and human power, what a feeling! Mags was a little beside himself after we took off, but for the most part let us ride him in a controlled sort of manner throughout the first loop. And by the end of the second loop Chris looked up at me, and said with a huge smile, "We've got plenty of horse left"! And we did, alright, it wasn't *his* legs that were tired as we all finished the last mile together. Fighting back the tears was out of the question as we approached the finish line. The clock read 5:20, and then to find out that we were 8th! He not only did it, but Mags crushed all doubts. I will always hold that moment close to my heart, we were all so proud, even Mags!

Mags, Chris, and I wanted more so we went to Pacific Crest Ride & Tie near Ashland, OR. There were seven teams entered. Chris now knew Mags had a game face, so he put his on too, and together we were one determined team. It was a great RACE! Neck and neck with two other teams all the way to the vet check. And then we saw our chance! Chris ran out of the vet check, and we cantered after him. Four quick miles later we caught him and kept the lead with pressure on our heels and hooves all the way to the finish. We still had plenty of horse left, so Chris and I dug our toes in and won! Crazy, I have never won anything horsey. Mags looked awesome with lots of spark in his eyes and pep in his step at the BC showing. "Wouldn't it be so great for him if he got BC as well", I thought.

We received 1st place chairs which go to every horse event with Chris and I, it's a sweet seat to have I must say. Annette finished handing out completions and now it was BC time. The crowd was hushed... "and the best condition winner is, Magnificent Obsession"! And yet again there was no chance of fighting back the tears. I was so proud of my li'l Magnificent, my team. I couldn't ask for two better buddies!

This sport in which we get to adventure is truly my new *Magnificent Obsession!*

(You can see a photo of Sequoya, Mags, and Chris winning the Pacific Crest Ride & Tie last August on the cover of the November 2010 issue of the Ride & Tie Newsletter!)

"I TOLD you we were gonna win, Mom!"

Mags and Sequoya after finishing Pacific Crest Ride & Tie.
Photo: Annette Parsons



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May Mystery

Do you know WHO?
WHERE?
WHEN?
WHAT?

Email Annette at
newsletter@rideandtie.org

March Mystery

No one guessed who or where this photo was taken. The photo came from Jim Remillard's collection. It was from a magazine article titled "The Rigors of Ride & Tie Racing". The photo was from the 1981 Levi's at Dog Valley, CA (near Verdi, NV). That's Remillard on the middle horse. No one else has been identified.



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Contact: Annette Parsons newsletter@rideandtie.org
or Sue Smyth susansmythjackson@gmail.com