

RIDE & TIE



NEWSLETTER

NOVEMBER 2011



**It's time to renew
your membership!!**

Newcomers Dilian Glock and her partner Karen Glock (riding Silver) won the One-Heart Short Course 12-Miler at the September race in Iowa. Photo: Kris Lager

P R E S I D E N T ' S M E S S A G E

“If you ain't grateful for today, what day you waitin' on”?

Anonymous

Another year is coming to a close and the holidays will soon be here. It seems to me that this year really flew by!

Don't forget ride & tie when thinking about stocking stuffers or other fun things to wrap up and put under the tree, if you partake in such activities. Featherhorse Designs <http://www.featherhorsesdesigns.com/> has all things ride & tie including Moeben Ride & Tie logo sleeves, championship race shirts, caps, and t-shirts. And if you have a lot of t-shirts that you don't know what to do with, Dorothy can make you a beautiful quilt -- an awesome gift idea, whatever the occasion. If you did not see my ride & tie quilt at the championship this year, see page 16 for a picture.

My message for this last newsletter of 2011 is simple. I want to express my gratitude to all of you who make ride & tie possible, who give so much to keep the sport going, and who have made this ride & tie year a memorable one.

Top of the list are our generous donors who make it possible to do what we do. Without them it would all look very different.

Thanks, too, to all of the race directors who keep ride & tie events growing! We had three new races added to the schedule this year for a total of 28 events, and with the multi-days included we had a total 34 days of ride & tie. Ride & tie would not be very fun if we did not have races to go to, now, would it?

Thank you to all of you mentors and others who introduce newbies to the sport, arrange for practices and act as matchmaker to get new people involved so we can continue to grow our membership. And our membership *is* still growing, even if slowly. It looks like we will end the year with more than **500** active members!

I also appreciate and thank the Association's Board of Directors, who come together throughout the year and work hard to find new ways to make the sport more accessible to all who want to try it. Now that's dedication.

There is also an army of volunteers who support the Association by doing things like entering membership information, paying bills, handling race insurance, laying out the newsletter, reaching out to sponsors, and more. Then there are all the volunteers who support participants and race directors by taking heart rates, vetting rides or acting as vet secretary, hauling water, crewing for teams, holding horses....whew!

It takes a lot of hard work to pull this off and keep this little machine running so well, and each one of you is responsible for a piece of it. For that I am very grateful.

I look forward to seeing you at one of our many events next year. Until then, Happy Holidays and Happy Trails.

Melanie Weir

Our president, Melanie Weir, with her favorite ride & tie horse, Kamanche. He is a 23-year-old Arab who has accumulated over 500 ride & tie miles. His career was interrupted by a nail injury several years ago, but we sure hope he will be back someday!

Photo: Robert Hancock



TrailRunner

One Dirty Magazine

OREGON TOWN NAMED FOR RIDE & TIE

Historical Roots in Noti, Oregon

Thanks to Chris Amaral for reviving this colorful tidbit of Ride and Tie history with his recent facebook post:

"I drive back and forth between Coos Bay and Eugene for lots of reasons not the least of which is to visit my grandkids. The landmark that I am almost to Eugene is the hamlet of Noti. I liked to think of it as "naughty" but I looked it up in book of historical place names and found I was wrong when I read this in the book, Oregon Geographic Names, by Lewis McArthur:

"NOTI, Lane County: Postmaster H. G. Suttle told the writer in February, 1926, of the unusual origin of this name in the following words:

"In the early days an Indian and a white man were traveling together from a point on the coast into the Willamette Valley with one horse between them. In order to make as rapid progress as possible they were doing what was known as 'riding and tying.' One would take the horse and ride ahead a distance, tie the horse and proceed on foot. When his companion reached the point where the horse was tied, he in turn mounted and rode a given distance beyond his partner and tied the horse again. It is said that the white man had agreed to tie the horse at about the point where the Noti Creek joins Long Tom River, where the present town of Noti is now located, but instead double-crossed the Indian and rode on to Eugene and left the Indian to walk. When the Indian discovered that he had been jobbed, he is said to have exclaimed, 'Him no tie,' and there from the place received its name."

Oregon Geographic Names is an authoritative compilation of the origin and meaning of place names in the state of Oregon. As of 2003, the book is in its seventh edition and is compiled and edited by **Lewis L. McArthur**, who took over from his father, Lewis A. McArthur, as of the fourth (1974) edition. The first three editions were published by Binford & Mort; currently, it is published by the Oregon Historical Society Press. (source information is from Wikipedia).



Bud Johns, the Father of the sport of Ride & Tie, visited Noti, Oregon years ago, after learning about the town's unique name from his friend, Bill Wagner.

At left, Bud is shown in front of the Noti School. Bud's photo below illustrates some of the cultural highlights of this quaint Oregon town back in those days. it has not changed much since then, and that is a good thing in today's rapidly changing world.



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VETERINARIAN'S CORNER

Running on Empty

A Deeper Look at How Dehydration Impacts Equine Health and Performance

Susan Garlinghouse, DVM, MSci

Every athlete knows that staying hydrated is critical to maximizing performance, and that dehydration is a potentially dangerous, even life-threatening, condition to be avoided at all costs. However, many competitors are a bit hazy about the exact toll dehydration takes on the body. Here are just a few of the effects that occur when fluid loss outweighs intake.

Heart function

During exercise, up to 65% of the heat produced is dissipated by evaporative pathways---the majority through sweat, a lesser amount via the respiratory system. Horses have a higher ability to sweat than any other species, up to four gallons per hour, and even more fluid is lost through urine and feces. As dehydration progresses, the initial reservoir that is affected is circulating blood volume. Plasma volume (the 'watery' portion of blood) decreases, increasing the viscosity of the remaining blood components. Envision the increased effort required by the heart to pump 'sludge' to lungs, muscles and vital organs at the same volume versus thinner, more watery fluid. As a result, heart rate increases and the volume of blood ejected per contraction decreases---thus, less efficient transport of oxygen and waste products, slower recovery and faster fatigue. It is common for fully-hydrated horses to perform at high levels at home, yet fall short at competitions due to dehydration resulting from the stress of exercise, travel, excitement or just inexperience on the part of either horse or rider.

Thermoregulation

From 70-75% of the energy expended during exercise is released as heat. During a modest 25-mile ride under ambient conditions, a trotting horse will produce enough heat to melt a 75 pound block of ice *and then bring that water to a boil*. If unable to dissipate this thermal load through sweating and other heat loss pathways, core temperature rises over 0.5° F per minute, reaching potentially lethal levels in less than fifteen minutes (and in less than five minutes when exercising at maximal levels). And yet as hydration levels fall, the critically important sweating mechanism is among the first to be adversely affected, thus compromising the body's ability to dissipate heat. Decreases in sweat rate occur in human athletes at less than 1% dehydration, resulting in a 10% decrease in overall performance. Cellular function is adversely affected between 2-3% dehydration (less than can be identified without blood analysis), resulting in decreased force of muscle contraction, more rapid fatiguing, and progressive increase in core temperatures, placing the horse at higher risk of exhausted horse syndrome.

Decrease in GI function

The cecum and large intestine act as an additional 8 to 10 gallon reservoir of fluids and electrolytes that can be absorbed back into blood circulation as the hydration status declines. This helps buffer the effects of dehydration elsewhere in the body, but is also a double-edged sword, as bowel contents become dryer and thus more prone to impaction colic. The risk of colic also increases in horses exercising beyond their capabilities; keep in mind that "capability" can change from day to day, based on many factors other than just fitness level. As exertion increases, the body shifts into an emergency mode, shifting a greater proportion of circulating blood away from 'non-essential' visceral organs (including the digestive tract) in preference of muscles, heart and lungs. In extreme instances, blood supply to the skin also decreases, thereby compromising core heat transport to outer cooling surfaces.

Under these 'fight or flight' conditions, the decrease in blood supply to the digestive tract contributes to decreased motility---the gut sounds constantly monitored by veterinary staff during a ride & tie or endurance ride. Ongoing microbial fermentation continues to accumulate gas and can lead to a painful spasms and potentially to bowel displacements or 'twists', which can often only be corrected surgically.

Is your horse dehydrated even before the start?

Cellular function is adversely affected at 2% dehydration, which equates to a loss of only 2 ½ gallons in a 1000-pound horse. Data collected at 50- and 100-mile endurance rides indicates the average horse finishes approximately 5% dehydrated---the equivalent of just over six gallons of unreplaced fluid loss. Horses dehydrated beyond 5% are at significantly higher metabolic risk and often require fluid therapy, but consider how fine the line is between 'optimum hydration', 'tolerable dehydration', and 'requires veterinary intervention'. Especially in warm weather, even a few gallons can be rapidly lost within a few hours of exercise, a few poop piles (manure is approximately 75% water), a skipped water stop or an inexperienced horse's refusal to adequately drink.



Dr. Garlinghouse on her Anglo-Arab, Cheyenne, at the 2010 Manzanita 50. Photo: Annie Libby

The Coolest Ride & Tie, Our First Ride & Tie Race

By Mika & Kiyana Pitre (11 & 8 years old)

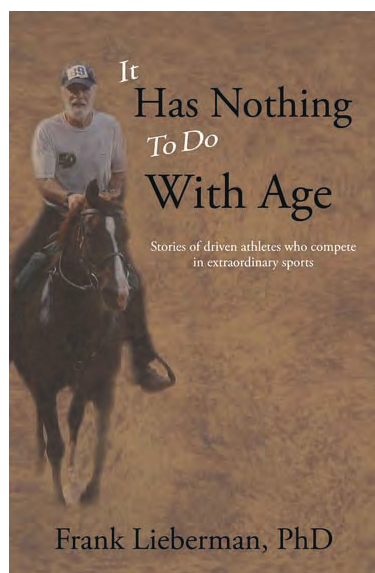
We found that the Ride & Tie was very fun. We both love to run and ride our horses, so when Mom told us about the Ride & Tie here in Cool, we were excited to try it out. Our pony, Tinkerbelle, really liked it too and it was nice exercise. If it was not for Tinkerbelle, we would not have made it. We think that Tinkerbelle deserves the most credit for getting us across the finish line, because she was always running (and she brought us in third place). We just wish there were more of these short five miler races in Northern California. If there were, we think there would be more people trying out Ride & Tie racing. Tinkerbelle really enjoyed Ride & Tie, her favorite part was getting in a good roll at the final vet check. We did learn that we should always check our pony's hooves before the vet check. We did not after the race and Tinkerbelle got a B+ on her soundness, then we found a rock in her hoof. All her other marks were A's. Ride & Tie is now our favorite sport because we get to be with our pony. We will be looking forward to doing this again next year. It was fun and we are hoping to write back soon! Thank you to everyone in Cool who helped with this Ride & Tie!



Up and Coming Ride & Tiers!

Above Left: Mika dons the helmet and prepares to mount, as she switches with her sister, Kiyana, who is ready to run.
Above Right: Kiyana, Tinkerbelle, and Mika pause for a break and a drink at the Coolest 5-Mile Ride & Tie.

Photos: Kalin Finsand



...at the other end of the Ride & Tier age spectrum...

Ride & Tier Publishes Book About Senior Ultra-Athletes

Our own Frank Lieberman (Assistant race director for The Coolest Ride & Tie) has just published a book about senior ultra-athletes. A recent press release about his book *It Has Nothing to Do With Age* states "You will get lost in this testimonial of the 65 and older age group who push their physical, mental, and emotional limits to unfathomable levels. Explore the underlying motivation of these passionate men and women as they undertake such grueling athletic endeavors as The Tevis Cup, The Hawaiian Ironman, The Molokai to Oahu Outrigger canoe race, and the Swanton Pacific 100 mile Ride & Tie. Let inspiration consume you through the powerful drive and determination of these extreme athletes who undeniably prove they are not defined by their age.

It Has Nothing To Do With Age is a 224-page Non-Fiction paperback with a retail price of \$15.99. The ISBN is: 9780983676409. Published through Winter Goose Publishing and available now through Amazon and Barnes & Noble.

Junior Editor's Page

by Darlene Julian



Learning How to Heal

Imagine it's Saturday morning and you are carefully jogging down Training Hill in the American River Canyon. It had rained the other day and the ground is soft and filled with pine needles. You are training for the next Ride & Tie, and you know you have to get some quality miles down in order to be competitive. You are feeling pretty good on the trail and you pick up the pace, but then comes the loose rock that ruins your day. Stumble, ankle-twist, pain. You think to yourself, "Now how long's this one gonna take to heal?"

Injuries are a common issue that athletes have to face and avoid during training. Serious injuries can force an athlete to sit the rest of the season out, or longer. As a high school athlete, I know how frustrating it is to sit on the sideline and watch the rest of my team play the game. Throughout my years of wrestling, I have sustained many shoulder and knee injuries. At first, I did not take proper care of my injuries and I would try to push through the pain. No pain no gain, right? But the same injuries kept showing up, sometimes even after months of feeling strong. I finally had to force myself to stop doing my favorite things in order to heal: wrestling and running. Running has been a major part of my life for many years, so forcing myself to stop was not easy. I was not able to run for three months, practically the whole summer. Wrestling was also very hard for me to sit out on the sideline. It is not easy to watch everyone else work hard. But my hard work of R&R has paid off because I am finally able to start running again, just in time for wrestling conditioning. My shoulders have healed, and I am able to start strengthening myself to avoid further injuries in the season. I have learned that proper recovery techniques are critical in order to get back on my feet again as soon as possible. Here are some tips from my experience:

Recovery Techniques:

1. My best friend and worst enemy is ice. At first, I did not really think much about using ice to heal my injuries. It is a therapy that is hard to get used to. But I began to notice that I was less sore the next day if I had iced the night before. The swelling went down, and there was less "clicking" happening when I rotated my arms. Ice baths sound like the worst thing ever, but the results make the experience more appealing. Sore hips, hamstrings, knees, and shins are helped by taking a ten minute ice bath.
2. Massage is a very necessary element in recovery. I have learned that almost any injury can be cured by massaging. An injury will not be cured overnight, but massaging relieves tightness and increases blood flow to sore muscles. Massaging a tight hamstring or shin-splint can be very painful, but it is an effective technique for speedy healing.
3. Rest! We are racehorses at heart, and it is hard to keep a racehorse off the track. But a horse can't run with three legs. Let your body heal, and you will be back on the track in no time.

"Do what you have to do so you can do what you want to do."

-Denzel Washington



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Newcomers Battle Vets at Big South Fork Ride & Tie

By Karen Isaacs

Tropical storm Lee dumped nearly ten inches of rain in the days before the Big South Fork Ride & Tie held near Jamestown, TN in early September, but that did not deter the hardy Tennessee Ride & Tiers. We could not access the trails on the east side of the Big South Fork River because the high water level made fording unsafe, so this meant the 30-mile course on Saturday was a repeat of Friday's trail. The Big South Fork National River and Recreation Area is located on the Cumberland Plateau in Tennessee and consists of rolling terrain with 50- ft deep gorges carved by the river and its major tributaries. This makes for steep climbs and descents and lots of water crossings. The scenery is beautiful and the trails very well maintained. Bear sightings are common since the Park Service re-introduced bears to the area several years ago.

The 30-mile course took us through the gorge twice to an away vet check at 20 miles. We then repeated some of the trail back to camp with two climbs again. Though small in number, we had a nice assortment of R&T types. We had experienced ultra-runners who don't ride much, endurance riders doing their first or second R&T and some veterans. Everyone did a great job and finished with smiles and happy horses.

It was nice to have the Betzelbergers from Illinois come back this year, along with the new recruit they brought. Cody is newish to horses and accustomed to running on flat terrain but still zipped up and down the hills like they weren't even there and rode like a pro. My new partner, Charlesey also did a great job, and easily handled her first try at the 30-mile distance (and second R&T ever).

At the vet check on Friday, Gavin Betzelberger was crewing for Amy and Cody and Farzad was doing the endurance ride, and somehow we got them teamed up for the 30-mile R&T on Saturday. Farzad's fast little mare proved to be a fine choice and I'll bet she was happier doing the Ride & Tie than the 100-mile endurance ride (Farzad's original plan)! Two man teams are a rare occurrence for this event, and these guys showed us girls that we need to get a little faster in case they show up again. Saturday's 2nd place team of Barbara Matthews, Sherill Steen, and Esther Angel were all first-time R&Ters and they got through the course in very good time. Looking great and also performing well on their first attempt at a long course were the Long & Lyttle (fittingly enough) team. Lori, Malyndia, and even Sheera were outfitted in black & lime green. This team also proved resourceful in making some Easyboot repairs on the trail so it was appropriate that they were awarded bungie ties in matching colors (of course).

Sunday's short course event usually has a pretty good turnout for those interested in trying the sport, but this year a few teams fell apart at the last minute. The Black & Brown team (Renee and Rebecca, on Stella) from middle Tennessee worked like a well oiled machine and now are enthusiastic and experienced. Melissa Ming and Dianna Kebeck had done the course way back in 2005 and proved they can still do it. Their horse was pretty wide-eyed about the vet check activity and was really freaked out by vet Otis' Hawaiian shirt. Once Otis removed that, Patches calmed down considerably.

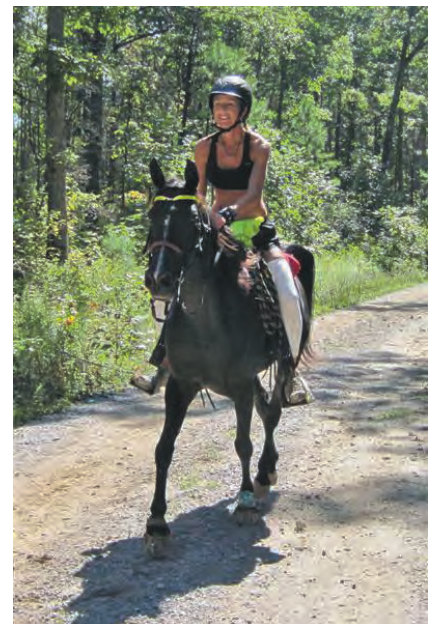
Like many others, this R&T is held in conjunction with an AERC endurance ride in order to make entry fees affordable. The park permit alone would likely make a R&T-only event impractical at this location. We try to help ride management with various tasks and provide some amusement to the riders so it is a symbiotic relationship I think. It was especially cool this year since Dr. Greg Fellers was one of the ride vets! Next year will be another fun and well-managed event, so come enjoy the beautiful trails with us.



Left: Gavin Betzelberger on Vintage Artessa and their partner Farzaad Faryati took 1st place in Friday's 30-miler at Big South Fork.

Right: Malyndia Long on Sheera and their partner, Lori Lyttle placed 3rd in Friday's 30-miler.

Photos: Karen Isaacs



RACE RESULTS

OLD DOMINION RIDE & TIE - 20 Miles July 23, 2011

Lani Newcomb DVM/Kathy Broaddus DVM on Beryl
 Janice Heltibridle/Kate Geier on Shawnee
 Rhonda Venable/Dave Venable on Tanner
 Susan Trader/Theresa Trader on Little Man
 Mark Trader/Jenny Jones on Sammy
 Steve Overgard/Madison Overgard on Jokers Wild

OLD DOMINION Short Course - 6 Miles July 23, 2011

Linnette Coaker/Sheila Jennings on Andy

OLD DOMINION Day 2 RIDE & TIE - 20 Miles July 24, 2011

Rhonda Venable/Dave Venable on Tanner
 Janice Heltibridle/Dr. Joseph Cheff on Bubba
 Lani Newcomb DVM/Kathy Broaddus DVM on TF MacIntosh

SNOW TENT SLIDE RIDE & TIE - 20 Miles July 30, 2011

Rufus Schneider/Beth Love on Temperance
 Gunilla Pratt/Michael Whelan on **Mark (BC)**
 Merry Law/John Hall on Gypsy
 Melissa Ribley DVM/Cathy Scott on LD Monique
 Ron Belknap/Lois Wifall on Sussman
 George Hall/Victoria Ordway on Courage
 Susan Smyth/Hillary Marrs on Joe Peschi
 Richard Noer/Jennifer Monioz on L.P.

SNOW TENT SLIDE Short Course - 10 Miles July 30, 2011

Mickey Roman/Aaron Ruud on Cisco
 Simone Julian/Emily Gragg on Candy
 Pat Browning/Chris Turney on Willey

SANTIAM CASCADE RIDE & TIE - 30 Miles August 13, 2011

R.G. Root/Tim Rubin on Flaming Will

PACIFIC CREST RIDE & TIE - 30 Miles July 27, 2011

Jim Clover/Pete Ortiz, Jr. on Desert's Golden Rose
 Debbie Hansen-Bernard/Steve Anderson on **Abby (BC)**
 R.G. Root/Tim Rubin on Flaming Will

ONE HEART RIDE & TIE - 20 Miles September 4, 2011

Laura Miller/Kara Telfer on Jazz
 Amy Betzelberger/Gavin Betzelberger on **Starr Quest (BC)**
 Raquel Telfer/Brody Telfer on Cash
 Melanie Weir/Robert Hancock on Red
 Kristine Hartman/Michael Hartman on MaSafaaa

ONE HEART Short Course - 12 Miles September 4, 2011

Karen Glock/Dillian Glock on Silver
 Teresa Harp/Linda Jenny on Red

ONE HEART Short Course - 6 Miles September 4, 2011

Stephanie Caston/Carly Ross on Twister
 Becky Scholtec/Emily Scholtec on Jasper
 Danielle Kalsem/Alyson Kalsem on Bling
 Dennise Behn/Jennifer Behn on Dandy
 Janet Thompson/Dennis Knittel on Snoopy

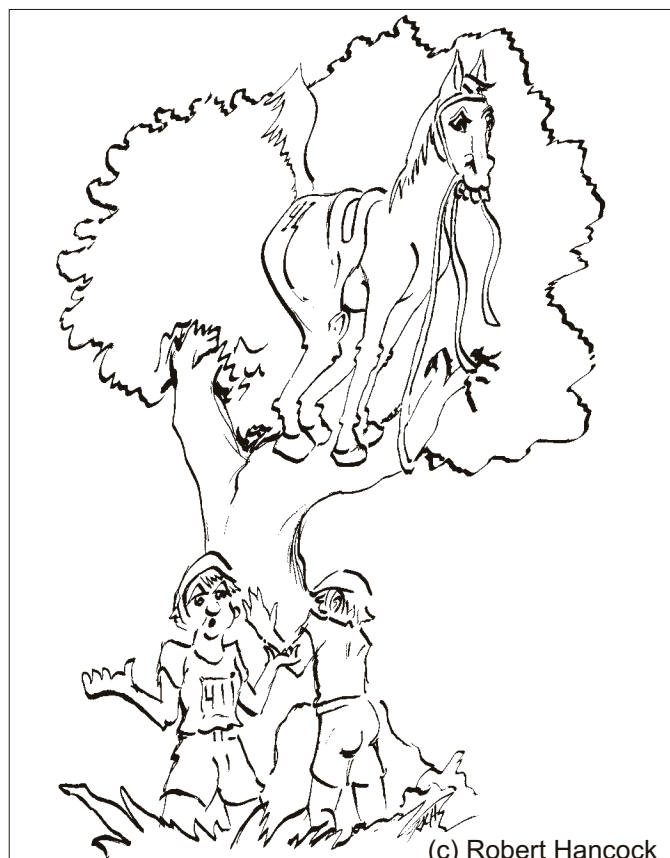
VA **BIG SOUTH FORK RIDE & TIE - 30 Miles September 8, 2011** **TN**
 2:44 Amy Betzelberger/Robert J. Cody Markelz on **Lexus (BC)** 5:13
 2:59 Karen Isaacs/Charlesey Charlton on Jeb 5:54
 2:59 **BIG SOUTH FORK RIDE & TIE - 30 Miles September 9, 2011** **TN**
 3:54 Gavin Betzelberger/Farzad Faryadi on **Vintage Artessa (BC)** 4:50
 3:57 Barbara Matthews/Sherill Steen on Esther Angel 5:38
 4:43 Lori Lyttle/Malyndia Long on Sheera 6:37
VA **BIG SOUTH FORK Short Course - 8 Miles September 10, 2011** **TN**
 2:25 Renae Black/Rebecca Brown on Stella 1:27
 Melissa Ming/Dianna Kebeck on Patches 1:45

VA **BIG BEAR RIDE & TIE - 22 Miles September 11, 2011** **CA**
 2:21 Rufus Schneider/Beth Love on Temperance 2:52
 2:27 Gunilla Pratt/Michael Whelan on Mark 3:02
 2:46 Richard Noer/Melanie Weir on L.P. 3:25
CA Glen Morgan/Betsy Mongrain on Zeus 3:27
BIG BEAR Short Course - 11 Miles September 11, 2011 **CA**
 2:57 Meghan Zehender/Jayne Bednarek on Spirit 1:30
 3:02 Aaron Ruud/Mickey Roman on Cisco 1:31
 3:22 George Hall/Jennifer Monioz on Clowns Courage 1:50
 3:27 Kellian Whidden/Jessica Davy on Rocky Joe Black 2:20
 3:35 Linda Dohm/Julie Maniord on Cincos 2:24
 3:42
 3:44

CA
 1:10
 1:24
 1:32

OR
 4:50
OR
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IA
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(c) Robert Hancock

ROCKIN' ROOKIES !

We had a total of 98 newcomers to ride & Tie this year, with 42 of those logging at least 20 ride & tie miles!

| Ranking | First name | Last Name | Miles |
|---------|------------|-------------|-------|
| 1 | Jennifer | Monioz | 76 |
| 2 | Emily | Gragg | 72 |
| 3 | Charles | Conrow | 65 |
| 4 | Steve | Overgard | 60 |
| 5 | Dick | Root D.V.M. | 60 |
| 6 | Ray | Sansom | 40 |
| 7 | Charlesey | Charlton | 38 |
| 8 | Mickey | Roman | 36 |
| 9 | Aaron | Ruud | 36 |
| 10 | Madison | Overgard | 35 |
| 11 | Rae-Anne | Wadey | 35 |
| 12 | Iris | Ward | 35 |
| 13 | Hillary | Marrs | 32 |
| 14 | Robert J. | Markelz | 30 |
| 15 | Barbara | Mathews | 30 |
| 16 | Pete | Ortiz, Jr. | 30 |
| 17 | Jessica | Pangle | 30 |
| 18 | Sherill | Steen | 30 |
| 19 | April | Cyrek | 25 |
| 20 | Rebecca | Fox | 25 |
| 21 | Liz | Moran | 25 |
| 22 | Keith | Nowlin | 25 |
| 23 | Sean | Pont | 25 |
| 24 | Michelle | Rice | 25 |
| 25 | Jessica | Davy | 21 |
| 26 | Kellian | Whidden | 21 |
| 27 | Alana | Amack | 20 |
| 28 | Ron | Belknap | 20 |
| 29 | Cathy | Blakesley | 20 |
| 30 | Joseph | Cheff | 20 |
| 31 | Cheryl | Crotty | 20 |
| 32 | Kate | Geier | 20 |
| 33 | Kristine | Hartman | 20 |
| 34 | Michael | Hartman | 20 |
| 35 | Rachel | McGee | 20 |
| 36 | Clayton | Patton | 20 |
| 37 | Hope | Reece | 20 |
| 38 | Teslin | Ruge | 20 |
| 39 | Brody | Telfer | 20 |
| 40 | Kara | Telfer | 20 |
| 41 | Raquel | Telfer | 20 |
| 42 | Lois | Wifall | 20 |

Team Points and Standings

Top 5

For a complete listing of current point standings for individuals, teams, and horses visit www.rideandtie.org

INDIVIDUALS

| | First Name | Last Name | Total Points | Total Miles |
|---|------------|-----------|--------------|-------------|
| 1 | Rufus | Schneider | 599 | 122 |
| 2 | Melanie | Weir | 599 | 172 |
| 3 | Beth | Love | 504 | 102 |
| 4 | Gunilla | Pratt | 469 | 102 |
| 5 | Mike | Whelan | 469 | 102 |

TEAMS

| | Man/Man Teams | Points |
|---|------------------------|--------|
| 1 | D. Root/T. Rubin | 170 |
| 2 | J. Brown/R. Kiernan | 158 |
| 3 | I. Hickman/B. Volk | 150 |
| 4 | C. Riffle/D. Riffle | 130 |
| 5 | L. Hollander/D. Madsen | 120 |

| | Woman/Man Teams | Points |
|---|-----------------------|--------|
| 1 | G. Pratt/M. Whelan | 374 |
| 2 | R. Venable/D. Venable | 230 |
| 3 | A. Parsons/C. Conrow | 195 |
| 4 | M. Weir/R. Noer | 179 |
| 5 | S. Howard/J. Howard | 145 |

| | Woman/Woman Teams | Points |
|---|------------------------|--------|
| 1 | B. Love/R. Schneider | 359 |
| 2 | K. Broaddus/L. Newcomb | 225 |
| 3 | K. Camilli/A. Stalley | 190 |
| 4 | S. Reimers/M. Weir | 190 |
| 5 | E. Gragg/S. Smyth | 178 |

HORSES

| | Horse | Owner | Total Points | Total Miles |
|---|------------|----------------|--------------|-------------|
| 1 | Temperence | R. Schneider | 599 | 122 |
| 2 | Findefar | Gey | 405 | 80 |
| 3 | L.P. | Pratt | 379 | 97 |
| 4 | Rosie | Clover/Parsons | 360 | 95 |
| 5 | Bubba | Heltibridle | 330 | 100 |

WE NEED IDEAS TO HELP US GROW OUR SPORT!

Do you want to help grow the sport of Ride & Tie that you have grown to love? Do you have a great idea that will help us attract more new members, competitors, and race directors? Contact Sue Smyth at susansmythjackson@gmail.com and let her know. She is eager to hear from you and work with you to help develop good ideas into working ride & tie promotions.

One Heart Modified Ride & Tie Challenges and Delights Special Competitors

By Kris Lager, Co-Founder and Executive Director, One Heart Equestrian Therapy

On the eve of the One Heart Ride & Tie, a benefit for One Heart Equestrian Therapy, riders from the One Heart Equestrian Therapy program and their instructors, horses and volunteers teamed up for a modified Ride & Tie of their own.

This year two teams completed a 0.3 mile course through the park in Maxwell, Iowa. Tyler Jordan and Kia Jordan teamed up with Bri, a Norwegian Fjord horse; Lucy Lager and Melanie Weir teamed up with their mount, Rosie.

Participants in the Benefit Ride & Tie helped as sidewalkers for the riders. One modification for our participants is having designated exchange locations, since each requires a mounting block and several assistants to mount. Otherwise, our modified ride & tie is true to the components of all ride & tie competitions. Each team's strategy is designed around the strength and weaknesses of each member, and everyone has a great time! One of the strategies not faced by able-bodied ride & tiers is making sure the wheelchair has the most firm part of the course while that team member is not mounted and that the wheelchair can keep up or make it to the exchange point.

Following the Modified Ride & Tie, the One Heart program riders met entrants who were gathered for the Ride & Tie pre-race meeting. We had a wonderful turnout again this year. Many thanks to our race director, Eileen Witt, and her team. Our success is due to the support of the Ride and Tie Association and enthusiasts who have contributed suggestions, donations for prizes, entrant gifts, and entries. Can't wait till next year!



Participants in the One Heart Modified Ride & Tie had a great time implementing Ride & Tie strategy that maximized the abilities of each team member.

Left: Heading out onto their 0.3 mile course are the teams: (L to R): Tyler Jordan mounted on Bri, Lisa Jordan (Tyler and Kia's mom), Kia (in chair), with team leader Dr. Kelly Lager (race vet).

The team on the right is (L to R): Sidewalker Laura Miller, Lucy Lager mounted on Rosie, team leader Jennifer Lamoreux (a One Heart instructor), and Lucy and Rosie's team-mate, Melanie Weir. In the background are Dani Koski, a One Heart instructor, Diana Erickson, and Janet Thompson.

At right, both teams race to the first exchange station.

Lisa Jordan waits with ride & tier Kia Jordan (far left) for their team-mates Tyler, on Bri (Fjord) with leader Dr. Kelly Lager; Melanie jogs to the station just ahead of her partners Lucy Lager and Rosie, who are accompanied by sidewalker Laura Miller and leader, Jennifer Lamoreux.

Photos: Kris Lager



When the Going Gets Tough, the Tough Ride & Tie... A Newcomer's Perspective

Kristine Hartman

Nine months ago, due to my husband's job, we had to relocate from Applegate California, heart of Endurance Country and the most beautiful trails in the world - to Des Moines, Iowa. We have been doing endurance rides since 1996, lived very close to the Western States Trail, both of us are runners, I have run a few ultras, I have completed The Tevis Cup six times and I have accumulated over 4,200 AERC miles. Iowa was not our idea of heaven.

But there was always one sport we wanted to try. We know Cheryl, Melissa, Robert, Chris, Jim, Elaine, Sarah and others. We talked to Elaine so many times about how we should try this ride & tie thing. Through the years we even rode a few 50-mile AERC rides alongside ride & tie events. It was something we would say, "Let's try a Ride & Tie someday"...and then the years would pass. We never thought it would take a move to Iowa to finally get to compete in our first ride & tie!

I found the One Heart Ride & Tie Benefit race by chance as I was passing time indoors during yet another winter blizzard. The date was September 3, in Maxwell, Iowa - Mapquest said an easy one hour drive. We were so excited to know we would get to fill a weekend with something other than watching corn grow (this is Iowa remember). I sent our entry in for the 20-mile distance. "Heck", I thought, "if we can ride a horse 100 miles and run 40 miles, how tough could a little 20-mile ride & tie be?"

We had planned to practice before the race, but in our first (record-breaking) summer of extreme Mid-Western heat and humidity, we would always find an excuse not to. Also, along the way I ended up with a stress fracture of my fibula and was in a walking cast just 10 days before the race date. It sucks to be us!

We had our hopes up, just something to look forward to in our new-found boring lives. My cast, the lack of practice and the fact that we really did not know what in the heck we were doing did not dampen our enthusiasm. We counted the days to the big race! I thought all we had to do was tape up my leg really well, get me in the saddle on the calmest, smoothest horse we had and let Mike leisurely do most of the running, while making sure we got in our requisite 6 exchanges. Mike could help me in and out of the saddle. I reminded myself this is for FUN! I have an extremely high-tolerance for pain and an even more extreme competitive streak, so no way was I going to miss out on this FUN!

Then the weather forecast came out a few days before the race. It said cooler (yippee we thought, less humidity) on race day and a slight chance of thundershowers. We are not used to this "slight chance of thundershowers" yet, but the booms, cracks, bang and light shows that seem to happen every night during the summer are desensitizing us just a bit.

We headed to the town of Maxwell late on Friday afternoon to camp at the race site. It was being held on the Heart of Iowa Nature Trail. The heat was stifling, over 100 heat index -- the kind of humidity that seriously feels like you are in a steam bath. "Oh, here we go again," we thought, "it sucks to be us, this is not going to be fun".

We were greeted by race director, Eileen Witt. She was AWESOME and so welcoming!

Continued on page 16



Above, left: Old Rivalry at the start, Laura Miller (left) and Gavin Bezelberger race to get ahead of each other, as other teams' riders push them from behind (Kara Telfer on Jazz, left rear; and Kara Telfer on Cash, right rear.)

Above, center: Kristine Hartman on MaSafaa and Mike Hartman are ecstatic as they finish the 20-miler after battling injuries, heat, humidity, pouring rain, and T-storms.

Above right: (From the cover) Newcomers Dilian Glock and Karen Glock on Silver won the 12-miler.

Photos: David and Carla Young and Kris Lager

Running on Empty (continued from page 4)

Also consider the losses inherent just during travel itself---even under ideal temperatures and conditions, horses lose 0.8 gallons of fluid per hour of travel, equivalent to 1% dehydration per 90 minutes of travel. As such, this means that horses that refuse water during rest stops during an eight-hour road trip can arrive at base camp already as dehydrated *before* competition as the average horse is after *completing* fifty miles. Given the often extended travel required to reach base camp, it's easy to understand why many horses start less than adequately hydrated and thus already metabolically at risk.

You can lead a horse to water....

What can you do to help optimize hydration? Other than never skipping an opportunity to offer water, consider syringing half doses of electrolytes before loading into the trailer, after arrival and just before the start. The extra dose of salt raises plasma sodium levels (albeit temporarily) and encourages many horses to drink earlier than they might otherwise. Offering free-choice forage for several days before an event also encourages drinking. Carrying your own water from home removes some of the unfamiliarity of strange tastes (unavoidable out on the trail), or you can routinely add a flavoring agent like cider vinegar, molasses or Horse Quencher®. Perhaps the most important key point is to closely monitor your horse's water intake prior to the start and give him plenty of opportunity to gain experience and confidence trailering, camping and competing in a crowd long before being asked for a strenuous effort. Never assume that the athlete you have at home is the same horse metabolically available to you at a competition until he has demonstrated his savvy time and again where it counts. If you have the least doubt, better to slow down and err on the side of caution rather than find out the hard way the high cost of a seriously dehydrated horse.

A photograph of a woman in a pink tank top, blue shorts, and a blue visor leading a brown horse on a dirt path. The horse is wearing a blue and orange halter. The background shows green trees and a blue trailer.

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Amie Belts

The book cover features the title "40 Years of Madness: A History of Ride & Tie Championships" in bold black text. Below the title, it says "A collection of race results, posters, photos, and anecdotes from 1971 to 2010". The cover includes two circular inset photos: one showing a rider on a horse and another showing a person leading a horse. At the bottom, it states "Compiled by Annette Parsons" and "With a special foreword by Bud Johns, the Father of Ride & Tie".

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!

COOLEST RIDE & TIE NETS MORE NEW RIDE & TIERS!

By Simone Julian

Editor's Note: Official race results for the Coolest Ride & Tie are not yet in. Some teams mentioned in this article may or may not have received an official completion.

I hope you all had a fun and adventurous season. As it all winds down for the winter break, it's nice to reflect on some of the highlights. I'm excited, because a big highlight came two weeks ago at The Coolest Ride & Tie. This year, it was "double" special because I got to race with my good friend, Amrita O'Leary, with whom I struggled through Nursing school, and we had Candy, the Wonder Pony, as our mount. It was a perfect day to race, with beautiful weather. I usually race with my daughter, Darlene, but a nagging knee injury has her sidelined for now. This presented an opportunity for Amrita, who had been looking for some new inspiration and fun in her life. Well she's come to the right place! She's a natural.

In years past, Amrita rode and trained the big jumpers, so her experience made training for this race a lot easier. We only had a little over a month to get ready. She had stepped up her running, and Darlene kept Candy very fit with plenty of miles.

Camping at the race site was fun. I've got to say, the food was incredible! We didn't sleep much, though, due to Candy's whinnying and pacing. Morning came quickly and before we knew it, it was time to go.

The course was wild and wooly. We threw a shoe at mile five and therefore knew to be mindful from that point forward. We all agreed before the start that our goals were to be safe, race well, and most of all, have fun. Anything else is frosting. Candy races like a big horse, Amrita has been wanting to do a Ride & Tie race since the age of twelve, Darlene knows how to condition, and I'm just delighted with the whole thing. We (wisely) entered the 13-mile race for Candy's sake, and we won it! Our prize: a nice big bucket of Platinum horse feed, which I promise to share with Candy; it's really quite tasty! Amrita also has a friend who runs marathons, has a three year-old Arab, and just found out about our sport through Facebook. Look for them in upcoming races!

PINK was the color of the day at the 2011 Coolest Ride & Tie!

Right: Newcomer Amrita O'Leary leads Candy, the Wonder Pony, as their team-mate Simone Julian crosses the finish line with them in 1st place in the 12-miler.

Below Right: Newcomers Iris Lutenegger and Melissa Montgomery competed in the 12-mile race (check out those COOLEST Moeben Sleeves!)



DON'T FORGET TO RENEW YOUR MEMBERSHIP IN THE RIDE and TIE ASSOCIATION!

Only members current as of January 2012 will receive a member handbook and race flyer directory. Renew online at www.rideandtie.org (click on "Joining Ride and Tie") or print and mail the membership form.

ATTENTION RACE DIRECTORS!

Be sure to submit your race dates and email your 2012 race flyers to Annie Betts at Annie12345@aol.com by December 1st if you want your race info and flyer to be included in the 2012 members handbook.

And NEW this year for RACE DIRECTORS of NEW, FIRST-TIME RACES

Ever wanted to put on a ride & tie race but were afraid to try it? Now there is some help available.

The Association has a new program where for new (first-time) ride & tie races that are stand alone (meaning, not held in conjunction with an endurance ride) the Association can provide some financial assistance to cover insurance costs and a portion of veterinary costs, if needed.

What is not new is that we have a lot of experienced race directors that can assist you with all aspects of putting on a race. So don't be afraid to try something new....we're here to help! Try it, you'll like it!

For more information please contact Sanctioning Director Lani Newcomb at Give2bute@aol.com or e-mail the Association at contact@rideandtie.org.



Race start at Snow Tent Slide, a new race in California in 2011. Photo: Brenda Blinn

Ride & Tie Logo Items Make Great Gifts!

Don't forget your ride & tie buddies when doing your holiday shopping this year! And don't forget that Featherhorse Designs has a large selection of Ride & Tie logo items, so you're sure to find something for everyone on your list! And if you have been trying to figure out what to do with all those race t-shirts, check out the beautiful quilt (at right) made by Dorothy Miller of Featherhorse Designs for Association President Melanie Weir. Talk to Dorothy about getting your own custom quilt! featherhorsesdesigns.com

Photo: Robert Hancock



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Do you know a horse that distinguishes itself in the sport of ride & tie? Tell us about it!

The Horse of Distinction award honors horses that have made a significant contribution to the sport of ride & tie, but might not be the front-runners who make it into the Hall of Fame. Accomplishments to consider include:

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

To nominate a horse go to our website at www.rideandtie.org, click on Horse Hall of Fame at the center bottom of the home page, then click on the link to the Horse of Distinction page.



It was either a really good joke or a really boring story that caused these reactions from Abby, the mustang and Steve Anderson at the Pacific Crest Ride & Tie near Ashland, OR. Abby is a BLM mustang adopted from the wild by Debbie Hansen-Bernard and this was Abby's first long-course ride & tie! We hope to see Debbie, Steve, and Abby at the 2012 championship where they will be competing for the coveted 1st BLM Mustang award!



Google "BLM Wild Horse and Burro" to learn more about adopting a mustang

How I Spent My Summer Vacation

Spotlight on Diverse and Talented Ride & Tiers

Ride & Tiers are nothing if not talented in many diverse ways. Besides hailing from a myriad of interesting and varied professional, personal, and career backgrounds, ride & tiers often excel in other endeavors, including various sports, but also in community service involvement, humanitarian and special programs needs, environmental conservation, and many others. This column focuses on some of these varied interests and talents of ride & tiers. For this issue, we have focused on some of the other athletic challenges ride & tiers tackle.

For future issues, we want to hear from you about other areas of interest that you or a ride & tier you know is involved in. Send them to newsletter@rideandtie.org with the subject "Summer Vacation". (Hint: They do NOT have to be confined to summer activities!) Deadline is the 10th of the month prior to issue. Maximum length, about 750 words. Let us hear from you! Photos must include name of photographer and permission to use.

Ride and Tie Association Board member **Rufus Schneider (CA)** competed in August in the grueling 6-day 120-mile Gore-Tex TransRockies Trail Run with her partner Jayme Baldwin. The TransRockies run takes runners from Buena Vista, CO to Beaver Creek, CO over a 6-day race period. Rufus and Jayme were 3rd overall in the 80+ Women's division (combined ages = 80 or more), finishing each day in 3rd place. Rufus wore her R&T shirts, and packed her things in her R&T award bag. They triggered many comments and questions, and she recruited one New Yorker for the Cuyamaca ride in October! Way to go, Rufus!

Another Board member, **Ben Volk (WA)**, is an accomplished triathlete. In August Ben competed in the Ironman Canada, hoping to qualify for the Hawaii Ironman. He didn't qualify this year, but with a finish time of 11:01 he placed an impressive 298th overall of the total 2800 starters, and was 33rd in his division of 327 men age 45-49. You are an animal, Ben!

Ben said the 2.4 mile swim went pretty well for him, but he developed leg cramps part way through the 112 mile bike ride, and overheated on the 26.2 mile run in an effort to break 11 hours total time. He recovered after some IV fluid replacement, and is planning to try another Ironman in a few years, but he says the training required does not leave time for much else in his life, so doing them every year is not feasible for him (he does have a family and job, after all). He still hopes to one day again compete in the granddaddy of them all, the Hawaii Ironman. We think you'll do it, Ben! And we will be happy to see you back on the Ride & Tie circuit in 2012!

A number of ride & tiers completed the 2011 Tevis Cup 100-miles in one-day endurance ride on October 8. Plagued by record late spring snows in the high Sierra, the Tevis date was moved from its usual July date to October to allow for the trails to be clear of snow. An early fall snowstorm, however, kiboshed that plan by snowing in the access to Robie Park, the starting point for the Tevis Cup ride. Undaunted, race director (and one of the very first ride & tiers), **Chuck Stalley** and his team did a last minute course re-route and the race went on! Ride & tier **Jeremy Reynolds** and his horse, Riverwatch claimed 1st place. **Dennis Summers**, sporting his ride & tie t-shirt placed 3rd on Tsunami! Other present and past ride & tiers who completed this year were **Garrett Ford**, **Alyssa Stalley**, **Hal Hall**, **Paul Rink**, **Jennifer Stalley**, **Jennifer Tiscornia-Steere**, **Robert Ribley**, **Melissa Ribley DVM**. Congratulations to you all!

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Ride & Tiers do lots of other things when they are not doing Ride & Tie! Clockwise from top left: Jayme and Rufus (in her Ride & Tie shirt) with two of their Trans-Rockies run buddies (Photo: Baldwin collection); Ben Volk finishes the 2009 Florida Ironman (Photo: Volk collection); Jeremy Reynolds and Riverwatch placed first in the 2011 Tevis Cup (Photo: Tevis collection); Anthony Rink and his ride & tie dad, Paul Rink completed the 2012 Tevis (Photo: Rod Dickson); (Below) Dennis Summers wore his ride & tie shirt to his 3rd place Tevis completion on Tsunami (Photo: Victoria Ordway).



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The One Heart Equestrian Therapy group held a fun demonstration. The group and the kids were so sweet and wonderful to be around. This is a great organization and it was nice to be able to help them raise some money as this entire event was a benefit for them.

We also met Melanie and Robert, who had flown from Southern California to participate. They took us out on the first mile of the course to give us some tips and to show us how to tie. "How do you tie to corn stalks?" we asked? Just kidding, there ARE a few trees in the state of Iowa. But remember, this is an endurance horse and the only thing Sofie has been tied to before is the horse trailer and there is usually a bran mash and/or hay bag in front of her...we knew the excitement was just beginning and could only imagine her getting away from the "tie" and starting her trek west to California.

By evening the weather started turning cooler. Then the sky turned black. We settled in for the night and awoke to that "slight chance of thundershowers". Please insert here, it SO SUCKS TO BE US! We were in our camper with our dogs but our mare Sofie was outside in what had to be a record lightning and thunder storm. It really did pour down sheets of rain. Needless to say, we did not get any sleep.

Even without sleep, we were up bright and early to a non-rainy sky and anxious to get on with our adventure. The sky was cloudy, it was cooler (yippee) as we tromped through the mud puddles and made our way to the vet-in. All was good as we all gathered around for the ride meeting. The teams, both human and equine were ready to have some fun. Ten minutes to showtime.....and then it happened. The skies opened up AGAIN! Do I have to say, it SUCKS to be us! Eileen yells out to all of us to plan on a 15-minute postponement and off everyone RAN! I grabbed the first thing I could think of and that was a rubber floor mat from our camper and threw it over Sofie's saddle to try to keep it a little bit dry. The 15 minutes dragged on to about 30 minutes when Eileen and troops came sloshing around to each trailer and said it was out of their hands, Mother Nature had postponed the race for 24 hours. This lightning storm was just too dangerous to have anyone out there. Many disappointed people, but we all understood.

As we were about to leave, I noticed that a young couple could not get their horse loaded into its trailer. We jumped out of the pickup and went to help. It took us about 30 minutes to get this horse loaded due to the extreme rains and a very freaked out horse. We ran back to the pickup where I see that in my rush to get out to help, I had left the door to our pickup open with my purse/belongings sitting on the seat. Did I mention it was still pouring down rain! Oh, it sucks to be me at this moment. Everything in my purse and half of the pickup interior were soaked! Breathe, it is just water.....

Fast forward 24 hours to Sunday morning, and the Ride & Tie Event Gods were with us. The sun was shining and the temperature was perfect!! Yippee, for once it's GOOD to be us, at least for this Sunday morning. The 20-mile race consisted of 5 teams, three teams of "young uns", Melanie & Robert (who at 46 & 53 we also consider "young"), and us, the self-titled "Old Fart Ride & Tie Virgins" with a combined age of 125 years. We really did adopt the AERC motto of "To Finish is to Win". We just wanted to finish, and hoped that Sofie would be sound and happy.

The vet came around to check on all the horses that he had passed the day before and gave us the go ahead. Mike taped up my leg, Eileen announced that the 20-mile teams were all there and ready, so let's get on with this race. As we all started, I rode and Mike ran. Our plan was to go about 2 miles and tie. Remember, in Iowa you go to where there is a tree. Then rider needs to remember to leave the riding helmet with the horse as agreed. How hard can this be? I think I had the tie figured out. Poor Sofie was so confused as I ran away from her. I would turn back and yell "STAY" at the top of my lungs as if she were a dog. Off I limped for my run with helmet on, of course...oops!. Soon I heard Mike and Sofie. We felt so awesome as we did a real "flying tie" and thought. "we are so good now!". And since runner (me) had the helmet on, I was now back on track as a helmeted rider!

Off I rode again to find another perfect tree but there was nothing but corn. Yep, Mike ran a bit more in that section. We had it all down now, the ties, the leaving of the helmet for rider, the flying ties when it worked, and I was still limping along at a pretty good pace. Sofie stayed tied and was learning to whinny for us when she saw us. Those "young 'uns" were well ahead and we got to watch the actual race from a bit further back as they doubled back toward the finish.

On the last stretch, Melanie and Robert caught us. Mike and Melanie were side by side on the horses as Robert and I were running. Robert was very encouraging as he came up beside side me. My pain was getting pretty intense now, my limp was more of a shuffle at this point, my smile more of a grimace. We came around the last corner and there were our horses! Now we were side by side and up ahead was Melanie in an all-out sprint with Mike doing his best to catch her and looking pretty silly running and wearing a riding helmet! Oops! Robert passed us, I reached down and held Mike's hand as we crossed the finish line SMILING, just 13 seconds behind Melanie and Robert. We finished our first Ride & Tie....finally!! It still sucks to be us, but a lot less now!

MaSafaaa stands patiently enduring the downpour under the rubber floor mat from the Hartman's camper as all teams waited out the storm before the start.

Photo: Kristine Hartman



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Race Directors! Be sure to designate a photographer at your races and send us the pix! And competitors, send us stories and photos of your Ride & Tie adventures to newsletter@rideandtie.org

Deadline is the 10th of the month prior to issue. Issues come out in March, May, July, September, November.

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September Mystery

There were a number of you old-timers who knew exactly who the September photo subjects were. Bud Johns (of course!), Barbara McCrary, Ellen Rinde, Martha and Peter Klopfer and Steve Shaw all correctly identified Bud Johns (left) and Lud McCrary (with microphone). Barbara and Steve recognized Don Jacobs talking to Bud, even with half of Don's face hidden! The year was 1978 and the location was Big Creek. That was the first year the Levi's was held there. Ellen says that Lud McCrary started out leasing horses for people to use in R&T, and then competed in and hosted dozens of ride & tie races. Three generations of the McCrary family have participated in the sport!

