

MAY 2013

### MY FIRST RIDE & TIE!!

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Beth Brinkley, Shameless & Madeline Isaacs Picture by Thomas Isaacs



# **PRESIDENT'S MESSAGE**

by Ben Volk Ride & Tie Association President

nyone who has been to the World Championship Ride & Tie, or for that matter, any race where former R&T Don Betts was president, has likely heard the R&T song. Sitting around the campfire I can just hear Don, George Hall, Chris Amaral and all the old-timers (sorry Chris) playing along to the beat of the song. I can also hear forever young Annie Betts singing along and a whole chorus of R&Ters joining in on the chorus. I'd like you to read the text of the song below and see how many lines ring true to your R&T experience.

### THE BALLAD OF RIDE & TIE

by Don Betts

I read in a magazine 'bout a race called Ride & Tie Seemed like such a crazy thing I thought I'd give it a try Got hold of my runnin' pal said "I've got one for you." When I got through explaining it, he thought I was crazy too.

We got ourselves some riding lessons. Bought ourselves a horse. Wasn't much longer after that we both got a divorce. Our first attempt we did real good, we were in the race. In spite of all our ignorance we got ourselves third place

#### Chorus:

Riding fast like a derby champ, just walkin' up the hill Finding your horse tied to a tree, it will give you quite a thrill When you finish with your partners, it will fill you up with pride When the skin's gone between your legs, you know you've ride & tied

From that race on the fun began like someone rang a bell My partner ran right past the horse and gee, I wished him well But what the heck I've missed a turn and I've been off the course But every mistake that I have made is 'cause of that damned horse

Someday we'll get it right again and give it all we've got We'll charge across the finish line before the sun gets hot The horse won't untie himself or hide behind some tree And even though we finish low we'll be on a winning spree.

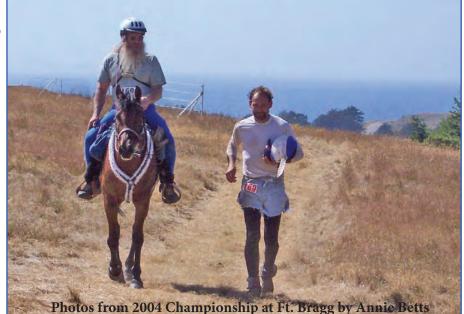
So what did you think? When Don sings this song it causes me to crack a smile and wipe a tear from my eye. Who hasn't thrilled at the rush of endorphins marching through your body as you ran up to the horse, felt the sheepskin cover against your legs, and flew down the trail on your trusty steed? Who among you hasn't run past the horse (remember that Tim Rubin?) or missed a turn (I know Steph Irving will forgive me for that someday)? And who among you doesn't feel thrilled to finish a R&T whether you finished at the front of the pack or the back? Let's all meet at the next R&T campfire and sing *The Ballad of Ride & Tie* together. Bud Johns gave us the wonderful gift of Ride & Tie and Don Betts has memorialized it in a song. Let's keep on growing this great sport so we can share it with our kids, grandkids, and great grandkids! *Ride & Tie baby!* 



# 43rd Annual World Championship Ride & Tie

August 24, 2013 Ft. Bragg, California Entry Fees: \$150 Championship \$100 Short Course





Camp opens August 20, 2013 Contact Race Director: Forrest Tancer 707-484-0012 forresttancer@mac.com or R&T President Ben Volk 509-521-6249 bvolk@rideandtie.org Mail entries to: Ride and Tie Association

2709 Road 64, Pasco, WA 93301 or enter online at www.rideandtie.org All competitors must be members of the Ride and Tie Association (join online at www.rideandtie.org) More info and directions to camp available in upcoming issues of the Ride & Tie Newsletter or online at www.rideandtie.org

### AFTER CARE OF THE RIDE & TIE EQUINE ATHLETE

by Melissa Ribley, DVM

ears ago I was fortunate to get some sage advice from an experienced endurance rider as I was completing a race. This rider told me "your horse's next race starts with the finish of this one". How true I learned that statement to be after competing with several horses for many years for many competitive miles. How well you take care of your horse post race will determine how quickly the horse recovers, and how well he will be prepared and ready for his next competition. The flip side of that is that inadequate post race care will delay recovery and shorten the overall length of your equine partner's competitive career especially if the horse is being asked to compete in a number of events in a season.

The purpose of this article is to outline techniques to provide appropriate care for the equine athlete post race. Certainly the more physically taxed the horse is during the race, the more important after care becomes. A faster pace, longer race distance, extreme weather conditions, and an inadequate conditioning/training program for the horse prior to the event all add more physical stress to the horse and post ride care becomes increasingly vital. But keep in mind, good care after the ride will only help your horse, and is essential for any horse that has competed that day.

Upon finishing your Ride and Tie, it is natural to get wrapped up in the excitement of all three of your team members reaching the finish line. This is when it's key to remember, however, that it's not over until it's over and the equine team member has passed his completion exam. It's important here to remain focused on the horse and bring him over to your trailer or crew area for tack removal and access to drinking water. Scan the horse for any obvious lesions/wounds that need attention, take a heart rate (learn to use a stethoscope prior to competition - this is an invaluable tool), and have a crew member jog the horse a few steps to make sure all looks reasonably well before presenting to the ride veterinarian for your post ride exam. If a problem is noted, now is the time to try and resolve it. If the horse's heart rate remains high, cool the horse by standing him in the shade and applying cool water to the neck, legs, and large vessels along the flank area. Do not let the horse eat if the heart rate is remaining high as eating will keep the heart rate up. Once the heart rate has met the post ride criteria, and you will know the criteria because you paid attention at the pre-race meeting, and you note no other obvious lesions that need your attention, it's a good idea to vet your horse through as soon as possible. This helps to avoid the possibility of the horse becoming stiff or otherwise injured prior to vetting through and receiving your completion.

So you have now successfully vetted through and you and your partner can take a few moments to relish in the success and swap trail stories and experiences. Shortly, however, is the time to get your attention back to your equine partner. Once back at the trailer/camp area, you should offer your horse feed. If there is green grass to graze on, this is ideal post ride feed. If this is not available, next best is hay, and moisten the hay if the horse will eat it as this helps prevent choke. Some horses will not eat wet/moist hay. Do not offer grain until the horse quits eating hay. Hay/forage stimulates gut motility far better than grain and is the preferred feed during and immediately post exercise. Whatever type of hay the horse will eat is fine – either grass hay, alfalfa or a grain hay. Depending on the ambient temperature, you may need to continue cooling the horse with water and keep the horse in the shade. Signs that the horse is not properly cooled out are either a respiration or heart rate that is remaining high. If the ambient temperature is cool/cold the horse may need a light cooler or sheet in order to not cool out to quickly. If you are blanketing the horse, be sure and use material that is breathable as vou do not want to cause continued sweat loss in the horse. If it is late in the day, and the temperature is expected to drop soon, minimize the amount of water you are putting on the horse so as to avoid the horse from becoming chilled. Your horse will be more comfortable if you brush or wash off the dried sweat on the body, legs and face. Standing wraps are helpful in supporting the horse's tired legs. There are a number of poultices on the market that act as cooling/drawing agents and can be useful to apply under the wraps. Whatever the poultice you use, it's a good idea to put a layer of paper towels over the poultice prior to applying your leg bandages in order to prevent getting poultice all over your leg bandages. After applying poultice and paper towel, next apply a padded bandage that goes on underneath the leg wrap. An old fashioned cloth baby diaper works fine, or there are commercial bandages available.

Do not put on a leg wrap without putting on a padded bandage first or you can cause a tendon to bow. Once you have wrapped the leg with the padded bandage, next apply the leg wrap. Start at the fetlock, and figure 8 the wrap over and under the fetlock before making your way up the leg. You can and should apply tight tension to the leg wrap as you wrap because with the padded bandage you will not damage the tendons. The leg wrap is meant to provide support, so apply the leg wrap tightly. At this point, your horse has been fed grass or hay, has been groomed, has been cooled out and his legs are wrapped. Now is a good time to leave your horse alone and not disturb him. Horses are often at their happiest when we are not bothering them and your horse will rest more easily and comfortably if you do not keep fussing with him. It is best to position yourself where you can still see the horse so you can observe him for any problems. One of the most common problems horses encounter post race is colic, so be observant of your horse for any of the following signs that may be indicating colic: pawing, looking at his side, laying down, excessive sweating, disinterest in food. If the horse lies down, rolls and does not shake off the dust/dirt after standing back up, this is a colic roll, not an "I itch and this feels good" roll. If you observe any of these signs, bring your horse over to the Ride and Tie vet for evaluation and possible treatment.

You've now left your horse rest peacefully for a couple of hours post race and he has finished eating hay. You can now offer your horse a wet grain mash. It is a good idea to add soaked beet pulp to the grain mix as this is a great way to replenish the fluid losses your horse has experienced. Adding



Melissa and Murr the Blur

chopped carrots to the wet grain/beet pulp mix is another good way to get fluid back into your horse as carrots are comprised mainly of water. When your horse has finished his grain or has lost interest in the feed, is a good time to take your horse for a walk. This will help keep him loose and prevent him from stiffening up. Your horse is likely tired after his race, so it is best to let the horse rest overnight rather than trailer home that evening. Trailering is physically stressful to a horse as they have to constantly rebalance themselves in a moving trailer. It is easy to underestimate how physically demanding traveling is on a horse when we are sitting in a comfortable, climate controlled truck, but studies have shown that trailering long distances can be as physically demanding on a horse as an actual endurance ride competition. So if at all possible, plan on staying in camp to allow your horse to rest and recover prior to his trailer ride home. Prior to retiring for the evening, you will need to decide whether or not to blanket your horse for the night. Keep in mind that a horse with depleted energy stores will have a more difficult time keeping themselves warm, so if in question it is best to put on at least a light blanket overnight.

Post race care is very much worth the extra effort and time you will spend on your horse. Though you are tired yourself after a racing down the trail, it is important to muster up the energy to make sure your horse receives the best attention and treatment possible. With good post race care, your horse will recover more efficiently from his competition and be all the more ready for yet more fun and adventures on the next Ride and Tie trail.

## HOW MUCH WEIGHT CAN A HORSE CARRY?

by Liz Osborn © HorseScienceNews.com

hile most healthy horses can easily carry a rider and saddle, they do have their limits. Now researchers have identified a threshold for when a rider is too heavy for a horse to comfortably carry.

The scientists base their findings on detailed measurements taken of eight horses that were ridden while packing anywhere from 15 to 30% of their body weight. The horses ranged in size from 400 to 625 kilograms (885 to 1375 pounds).

When carrying 15 and 20% of their body weight, the horses showed relatively little indication of stress. It's when they were packing weights of 25% that physical signs changed markedly, and these became accentuated under 30% loads.

The horses had noticeably faster breathing and higher heart rates when carrying tack and rider amounting to 25% or more of their body weight. A day after trotting and cantering with the heftier weights,



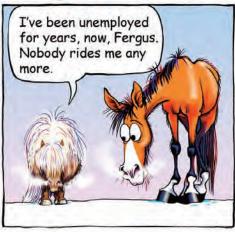
the horses' muscles showed substantially greater soreness and tightness. Those horses that were least sore from the exercise had wider loins, the part of a horse's back located between their last rib and croup.

Based on these results, the study's authors recommend that horses not be loaded with greater than 20% of their body weight. A 545-kilogram (1200 pound) horse, then would be best off carrying no more than 109 kg (240 lbs) of tack and rider.

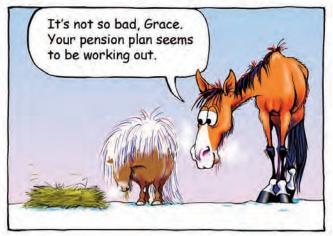
Interestingly, this research from the Ohio State University Agricultural Technical Institute has concluded with the same weight guideline that the US Calvary Manuals of Horse Management published in 1920.

Reference: Debra M. Powell, Karen Bennett-Wimbush, Amy Peeples and Maria Duthie. 2008. Evaluation of Indicators of Weight-Carrying Ability of Light Riding Horses. Journal of Equine Veterinary Science. 28(1): 28-33.









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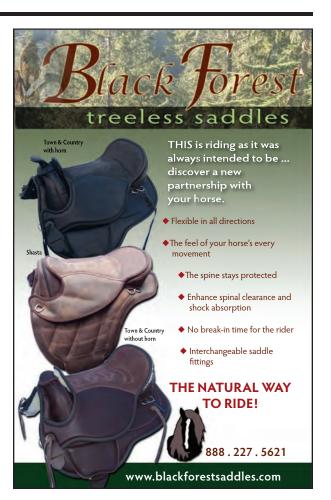
by Madeline Isaacs (as told to Karen Isaacs)



Shameless, Karen & Madeline Isaacs Picture by Thomas Isaacs

y name is Madeline. I am four years old and I really, really like horses. My first Ride & Tie was the Giddy Up & Run 4-miler held this April at Catoosa Ridge Stables near Crossville TN. I did it with my mommy, and Beth (Brinkley) went too to run with me and help me on the horse. We used my new saddle but my horse (Shameless - 16h) is too big for me to get on by myself. My favorite lead rope has purple in it so we used that. We like to trot even thought my feet can't quite reach the stirrups yet. The trail was kind of muddy and there were some pokey stickers. I could follow it because it was marked with candy-cane striped red and white ribbons. There were lots of pine trees and the fallen pine needles made a kind of carpet on the trail. By the time we got to the finish line, which was a yellow line painted across the road, I was a little bit tired. I think Ride & Ties are fun and I like both riding and running. I would like to thank our pit crew – my daddy and Adeline Brinkley. 💎





### RACE RESULTS!!

Long Course:	25 miles	rch 2, 2013, Chandler, OK Partner 1	Partner 2	Horse	Time	Place
	25 miles	Alexis Jones	Srinivas Reddy Bhumpalli	The Big Kalu	4:30:00	1
untico Convon	March 22	2013, Kennewick, WA	Shinvas Ready Bhampain		4.50.00	-
hort Course:	11 miles	Partner 1	Partner 2	Horse	Time	Plac
Short Course:	11 miles	Ira Hickman	Olivia Hankel	Aladdin	1:14:53	
						1
		Ben Volk	Tony Sako	Superman	1:19:03	2
		Dawn Wagner	Diana Cooper-Knutz	Sparkle	1:27:02	3
		Annie Hobson	Hannah Gamble	Peppy Lil MJ	1:34:50	4
		Josh Guice	Melinda Guice	Dazzle	1:43:42	5
hesapeake, N	larch 30. 201	3. Elkton. MD				
ong Course:	25 miles	Partner 1	Partner 2	Horse	Time	Plac
ong courser	20 111100	Rhonda Venable	Dave Venable	Dakota	4:25:00	1
		Kathy Broaddus, DVM	Lani Newcomb, DVM	Beryl	4:52:00	2
			,	,		
		Jacqueline Pelcman	Janice Heltibridle	Bubba	5:06:00	3
		Diana Burk	Laney Baris	Shawnee Sail Away	5:06:00	3
iiddyup and Rເ	un, April 6th	, 2013, Crossville, TN				
ong Course:	25 miles	Partner 1	Partner 2	Horse	Time	Plac
		Rhonda Venable	Dave Venable	Dakota	3:37:00	1
		Karen Isaacs	Beth Brinkley	Shameless	3:45:00	2
		Joe Bellafato	Renee Bellafato	Justfinendandy	4:10:00	3
		Diane Wilson	Morgan Kenelly	Lure	4:31:00	4
		Barbara Mathews	Liara Gonzalez	Esther	4:50:00	4 5
Character C	15					
Short Course:	15 miles	Partner 1	Partner 2	Horse	Time	Plac
		Charlesey Charlton	Amy Betzelberger	Dan	2:51:00	1
		Courtney Krueger	Sarah H Krueger	Davanna Tomcat	2:52:00	2
hort Course:	7 miles	Partner 1	Partner 2	Horse	Time	Plac
		Sara Boelt	Emily Beaver	Teaoko Bop	1:39:00	1
hort Course:	4 miles	Partner 1	Partner 2	Horse	Time	Plac
		Joanne Mitchell	Lucas Beck	Legend	0:44:00	1
		Sara Boelt	Emily Beaver	SHF Baasro	0:53:00	2
		Karen Isaacs	Madeline Isaacs	Shameless	1:02:00	3
		Eden Carnes	Lorena F Truett	BZ	1:06:00	4
		DeeDee Turaski	Lily Turaski	Freedom	1:32:00	5
		, 2013, Crossville, TN				
ong Course:	25 miles	Partner 1	Partner 2	Horse	Time	Plac
		Rhonda Venable	Dave Venable	Dakota	3:44:00	1
		Karen Isaacs	Beth Brinkley	Jeb	3:53:00	2
		Barbara Mathews	Liara Gonzalez	Esther	5:03:00	3
			Michael Sullivan	BZ	5:17:00	4
		Lorena F Truett				
hort Course	15 miles	Lorena F Truett		Horse		
hort Course:	15 miles	Partner 1	Partner 2	Horse	Time	Plac
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		Partner 1 Diane Wilson Charlesey Charlton	Partner 2 Holly Scarlett Amy Betzelberger	Lure Dan	Time 2:32:00 2:47:00	Plac 1 2
	15 miles 10 miles	Partner 1 Diane Wilson Charlesey Charlton Partner 1	Partner 2 Holly Scarlett Amy Betzelberger Partner 2	Lure Dan Horse	Time 2:32:00 2:47:00 Time	Plac 1 2 Plac
		Partner 1 Diane Wilson Charlesey Charlton Partner 1 Lily Turaski	Partner 2 Holly Scarlett Amy Betzelberger Partner 2 Kathleen Di Rosato	Lure Dan Horse Freedom	Time 2:32:00 2:47:00 Time 1:33:00	Plac 1 2 Plac 1
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### **UPCOMING 2013 RACE SCHEDULE**

#### Jun 2, 2013, KLICKITAT TREK Ride & Tie Glenwood, WA 15 and 25 mile courses. Manager: Kirsten Seyferth. 310-463-2744. Contact: scatris@hotmail.com Jun 6-9, 2013, PokieOkie Elevator Stillwater OK NEW RACE!! 5, 8, 10, 16, 20, 25, 30, and 50 MILES Pot Luck Dinner each night before awards. Race Fees: 50 miles: \$85. 20, 25 & 30 miles: \$60. 5, 8, 10 & 16 miles: \$35 Race Director: Susan Young, (918) 685-0072, glenn218@yahoo.com. Contact: glenn218@yahoo.com Jun 8, 2013, DESCANSO Ride & Tie, Descanso CA 15 and 23 miles. Manager: Terry Howe, (619) 445-5443. Contact: terryhowe@hughes.net Jun 8-9, 2013, DOUBLE EAGLE DANCE Ride & Tie Elsberry, MO Elevator Race. 8, 16, 24 miles. Manager: Lisa Guiffrida (573) 898-2222. Contact: lkg7110@gmail.com Jun 9. 2013. LLANO ESTACADO Ride & Tie Amarillo. TX 15 and 30 miles. THIS IS AN ELEVATOR RACE. SEE ATTACHED RULES FOR ELEVATORS. Plum Creek, Lake Meredith National Rec Area, North of Amarillo, TX Manager: Lorie Van Ongevalle 806-676-1339. Contact: CoTAHC@aol.com Jun 21-23, 2013, STRAWBERRY FIELDS Ride & Tie Park City, UT 25 miles. \$90. Manager: Howard Kent 801-580-7036. Contact: HK@SLIcom.net Jun 23. 2013. WILD WEST RIDE & TIE. Nevada City. CA 12 & 25 miles. Tahoe National Forest, Skillman Campground. Manager: Melissa Ribley (530) 268-1378. Contact: mmribley@gmail.com Jul 6, 2013, SNOW TENT SLIDE GOLD COUNTRY Ride & Tie, Georgetown, CA Director: Susan Smyth 916-663-9410. Contact: susansmythjackson@gmail.com Jul 13, 2013, BANDIT SPRINGS Ride & Tie, Ochoco Natl Forest, OR 10, 15 and 30 miles. Director: Janelle Wilde 541-846-2460. Contact: jwilde@wildevents.info Jul 14-20, 2013, FORT STANTON Ride & Tie, Capitan NM Ride & Ties are on 7/14, 7/16, 7/18 and 7/20. Manager: Roger Taylor 505-897-4985. Contact: roger\_sue@prodigy.net Jul 27-28, 2013, OLD DOMINION Ride & Tie Weekend Saturday Clinic from 1-3, then nighttime Ride & Ties at 7pm 6, 12,25 miles. Sunday 6, 12, 25 miles. Director: Lani Newcomb, 540-554-2004 Contact: give2bute@aol.com Jul 27, 2013, SENECA STAMPEDE Ride & Tie Seneca, OR 25 miles. Manager: Les & Holly Rouska 541-419-0504, 541-280-5853. Contact: rouskova@bendbroadband.com Aug 10, 2013, SANTIAM CASCADE, Sisters OR Sisters Rodeo Grounds, Sisters, OR. 10, 30, 50, 80 mile courses. Manager: Anna Sampson 503-829-6002. Contact: sampson@molalla.net Aug 24, 2013, 43rd ANNUAL RIDE & TIE CHAMPIONSHIP Fort Bragg, CA Race Director: Forrest Tancer, 707-484-0012. Contact: forresttancer@mac.com or Ben Volk at bvolk@jub.com Sep 1, 2013, OLD SELAM RIDE & TIE Old Selam, ID 30 miles. Manager: Beth Bivens 208 989-1069. Contact: bbbivens@icehouse.net Sep 6-8, 2013, BIG SOUTH FORK Ride & Tie, Jamestown/Oneida, TN Friday: 10, 20, 30 and 50 miles Saturday: 30 and 55 miles Sunday: 4 and 8 miles. Manager: Joanne Mitchell 423-337-6194 (h) or 865-250-1645 (c) Contact: jfgmhorse@gmail.com Sep 7, 2013, ONE HEART BENEFIT Ride & Tie Maxwell, IA 4.5, 12 and 20.5 miles in at Heart of Iowa Nature Trail. This is a benefit Ride and Tie for One Heart Equestrian Therapy Center. Manager: Eileen Witt (515) 290-2306. Contact: oneheartrideandtie@gmail.com Sep 15, 2013, BIG BEAR Ride & Tie Big Bear, CA 17 and 23 mile courses. Manager: Kat Swigart 714-747-3563. Contact: katswig@earthlink.net Sep 20-22, 2013, CHESAPEAKE Ride & Tie Elkton, Md Fair Hill DNR 10,15,25,30,50,80,100 mile courses. Manager: Catherine Peloquin (410) 652-3454. Contact: cpenguin57@aol.com Sep 21-22, 2013, RIDE BEAR I & II Ride & Tie Gilroy, CA 10 and 25 mile courses. San Martin Road, 2 miles east of Highway 101. Manager: Sandy Holder 408-218-5028. Contact: slholder002@gmail.com Sep 25, 2013, Owyhee Canyonlands Ride & Tie Oreana, ID CANCELLED Sep 28, 2013, Owyhee Canyonlands Ride & Tie Oreana, ID CANCELLED

Oct 5, 2013, MANZANITA Ride & Tie Boulevard, CA

15 and 25 mile courses. Manager: Terry Woolley Howe. Contact: terryhowe@hughes.net

#### Oct 5-6, 2013, INDIAN TERRITORY Elevator Ride & Tie, Lake Oologah, OK

5, 8, 10, 16, 20, 25, 30, and 50 miles. Pot Luck Dinner Saturday night before awards. Manager: Susan Young. (918) 685-0072.

Contact: glenn218@yahoo.com

#### Oct 12, 2013, LESLIE YATES MEMORIAL COOLEST Ride & Tie Cool, CA

23, 14, 9 and 4 mile ride tie courses 18 mile Biathalon Course (9 mi run, 9 mi ride, 2 people) Manager: Susan Smyth, Carrie Barrett.

Contact: susansmythjackson@gmail.com, carriebarrett2@gmail.com

#### Oct 19, 2013, FOOTHILLS OF THE CASCADES, Mollala, OR

25 miles. Manager:: Anna Sampson, Mary Nunn, 16501 S. Butte Creek Rd, Molalla, OR 97038, (503) 829-5321. Contact: flyingn@molalla.net Oct 25-26, 2013, FORT VALLEY Ride & Tie, Fort Valley, VA

#### HELMETS REQUIRED. Seven Fountains Road, Fort Valley, VA 22652 18, 30 and 50 mile courses. Contact: susntrader@aol.com, (703)556-0223.

#### Oct 26-27, 2013, CUYAMACA Ride & Tie Julian, CA

Distances: 28,20,13,11,5 miles Manager: Gunilla Pratt 858-735-1373. Contact: gunillapratt@gmail.com

Oct 26, 2013, THE HAUNTING Ride & Tie Bend OR NEW RACE!!

50, 30 and 15 miles. Linda Tribby 541-576-2442 or Anna Sampson 503-829-6002. Contact: lltribby@gmail.com, sampson@molalla.net





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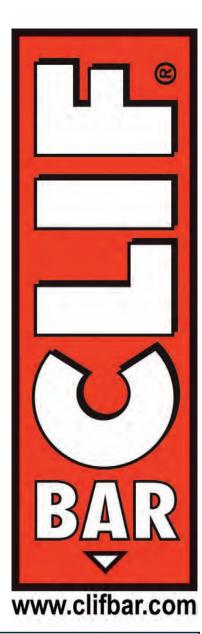


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bvolk@rideandtie.org

Steve.anderson1@juno.com

susansmythjackson@gmail.com

gandjhall@sbcglobal.net

jruprecht@suddenlink.net

melanie.weir11@gmail.com

give2bute@aol.com

schneider@sdcc.edu

skreimers@aol.com

sshaw@pacbell.net

MLT580@aol.com

### RIDE & TIE ASSOCIATION: CONTACTS

- Head Veterinarian: Endowment Chair: Media Relations: Statistics: Newsletter Editor: Sponsorship/Advertising: Ride and tie Office:
- **Greg Fellers** John Osterweis Carol Ruprecht Steve Anderson Dal Burns Susan Smyth Ben Volk

gregnkathy220@gmail.com johno@osterweis.com cruprecht@rideandtie.org Steve.anderson1@juno.com newsletter@rideandtie.org susansmythjackson@gmail.com bvolk@rideandtie.org

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# MAY MYSTERY PHOTO!!





### MARCH MYSTERY PHOTO:

1982 at New Almaden. Con and Tod Wadsworth, from Utah. They won the Levi's that year.



Marge and Vern Biehl guessed it right!

**Con and Tod Wadsworth, 1982** *Photo from Bud John's Collection*