

# RIDE & TIE

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# NEWSLETTER

DECEMBER 2015 Issue

GREG BRADNER AND SARA  
BOELT WITH ASTRO

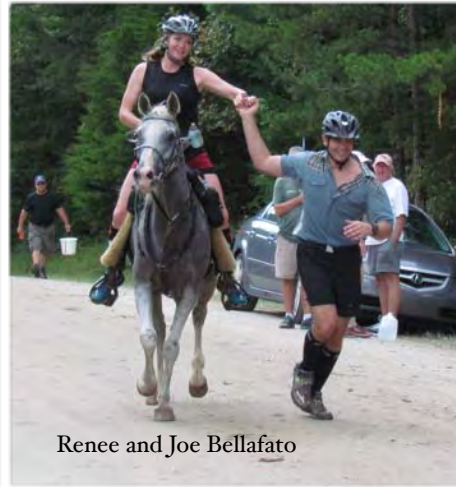
Photo by Kristie Bradner



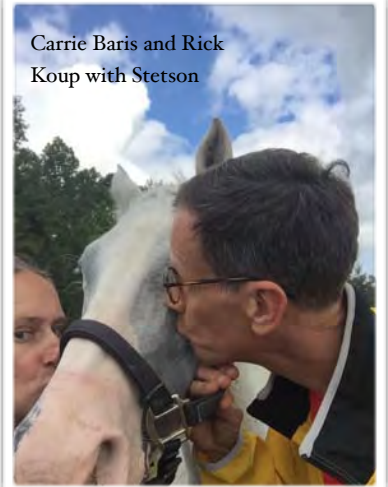
# EAST COAST CHAMPIONSHIP 2015 TENNESSEE



Ride manager Joanne Mitchell



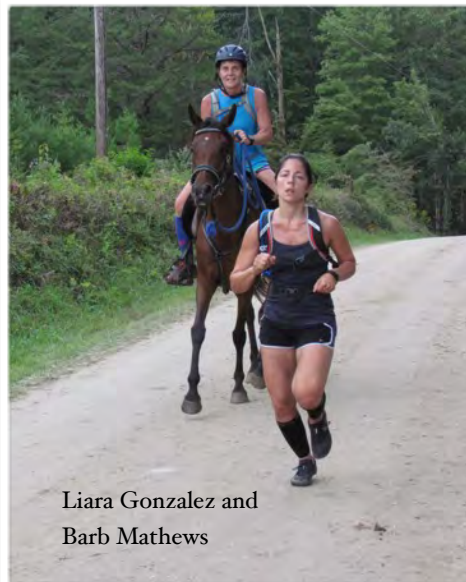
Renee and Joe Bellafato



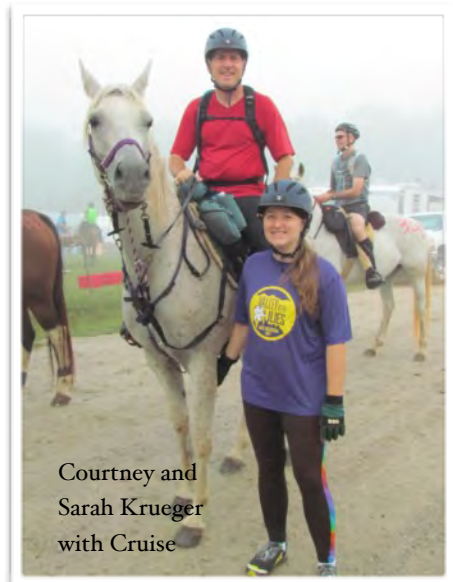
Carrie Baris and Rick Koup with Stetson



We love our volunteers



Liara Gonzalez and Barb Mathews



Courtney and Sarah Krueger with Cruise

Photos by:  
Courtney Krueger  
and Kristie Bradner

## EAST COAST CHAMPIONSHIP RESULTS FOR 2015 Long Course

place		Team	Horse
1	4:39	MW Dave Venable Rhonda Venable	Dakota
2	4:55	WW Carrie Barris Diana Burk	Stetson
3	4:59	MW Jeremy Reynolds Misty McAdams	Kellora
4	5:00	MW Joe Bellafato Renee Bellafato	Dandy
5	5:01	WW Karen Isaacs Nicki Mueton, DVM	Sport
6	5:10	WW Barbara Mathews Liara Gonsales, DVM	FYF Reckless
7	5:18	MW R. Christie Neidich Holly Neidich	Fugley
8	5:46	WW Janice Heltbridle Laney Baris	Pete
9	6:06	MW Mellisa Worden Timothy Warden	Tazz
10	6:33	WW Vicki Monroe, DVM Holly Monroe (13yo)	Apache
11	6:37	MW Courtney Krueger Sara Krueger	Cruise
12	6:43	MM Jarvis Pickens John "Perrie" Summers	Summers Bishop
13	7:02	MW Larry Tumblin Kathy Tumblin	Lester
14	7:13	WW Lily Turaski Samm Bartee	Freedom
15	7:40	MW Sara Boelt Greg Bradner	SHF Baasro
16	7:40	MW Emily Beaver Michael Sullivan	Danzig's Dunit Again
17	7:40	WW Mary Gibbs Megan Wilson	Shawnee
18	8:19	WW Lindsay Lyttle Lori Lyttle	Sheera
19	8:53	WW Tykey Truett Lindsay Barlow	BZ
20	6:43	MW Richard Koup Lindsey <a href="#">DNF-P@VC2</a> Scherer	Miss Kris
21	DNF	MW Ashley B. VanMeter Rocky M Mason	Modest Mouse



Megan Wilson and Mary Gibbs



Team Lyttle



Diana Burk and Carrie Baris

Best Condition for the long course was Sport who came in 5th place.

## EAST COAST CHAMPIONSHIP SHORT COURSE RESULTS

1	2:50	Courtney Krueger	Cruise	MM
tie		Dave Venable		
1	2:50	Richard Koup	Stetson	MW
tie		Carrie Barris		
1	2:50	Lira Gonsales	Angel	MW
tie		Nicolas Restreto		
2	3:01	Janice Heltibridle	Pete	WW
		Laney Baris		

## EQUATHON RESULTS

### TEAMS

1	1:41	Nicki Mueton	Calamity Jane (CJ)	WW
tie		Janice Heltibridle		
1	1:41	Carrie Barris	Cruise	WW
tie		Laney Baris		
2	2:33	Thomas Isaacs	Sport	MW
		Karen Isaacs		

### SOLOS

1	1:48	Stagg Newman	T's Comet	M
2	2:33	Madeline Isaacs	Shameless	W



Larry Tumblin



Perrie Summers and Jarvis Pickens



Janice Heltibridle and Laney Baris

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# TrailRunner

One Dirty Magazine



# A Day to Remember – the East Coast Regional Ride and Tie Championship 2015

Twenty-one teams gathered near the starting line of the East Coast Ride and Tie Regional Championship on September 11 at Big South Fork National River and Recreation Area in northern Tennessee. It was a misty morning that was damp enough to make everyone wonder whether rains from the previous day would reappear. Race participants chatted pleasantly with one another, made last-minute adjustments to gear and clothing, and waited for race organizer Joanne Mitchell to signal the start of the 30-mile race. Within moments of her shouting, "The trail is open!" horses surged down the gravel road with runners alongside, and everyone funneled into the woods and disappeared.

Among the participants that morning were a sister-sister team, two moms participating with their teenage daughters, husbands and wives teaming up, and longtime ride and tie partners together for yet another race. In addition, competing against each other on separate teams were two sisters, a dad and daughter, and a grandmother and granddaughter. In all, they came from twelve states - from Rhode Island to Florida - and Washington, D.C. Joanne had told everyone at the pre-race meeting that it was a "championship course" and people agreed afterward that indeed it was with challenging hill climbs and multiple water crossings. The day became sunnier as the hours passed, and race participants had the good fortune to compete in moderate temperatures - with no rain. All around, the course was ideal - wooded in most parts - and the weather was agreeable for both horses and humans.



Dave and Rhonda Venable

First place long course

Three competitors, Sarah Krueger, Diana Burk, and Carrie Baris had interesting starts to their day on the trail. Sarah, who partnered with her dad, Courtney, didn't feel well at all during the early morning hours, but her mother, Lea, pointed out she'd been looking forward to this race for so long, she wasn't about not to do it. Diana pulled into camp at 1 a.m. after Carrie, her partner, picked her up at the Knoxville airport, so both began with minimal hours of sleep. Diana said she had a good warm-up, though, "sprinting between connecting flights" on her way to Knoxville.

On trail one mishap occurred when Rick Koups tied his horse, Miss Kris, too far into the trees for partner Lindsey Scherer to find. She ran past it and was well on her way into the mid-race vet check before Dave Venable, on his way out, informed her that Rick was at the vet check waiting for Miss Kris. Rick had said to Dave, "If you see Lindsey, tell her she has to go back and get the horse." This resulted in Lindsey running quite a few extra miles, but she found Miss Kris waiting patiently and enjoying a nice, long break.

When Dave rode into the mid-race vet check on Dakota, his wife and partner, Rhonda, wasn't far behind. He watched runners and riders stream into the clearing and wondered what their chances were, but he didn't pause too long. He shot out of the check after a short break while Rhonda vetted their horse. Carrie and Diana adjusted their strategy at the vet check, "opting for quicker ties to stay closer together." Soon Rhonda left on Dakota, and Diana departed on Stetson. Meantime, Tim Warden came into the vet check and experienced a brief but significant set-back when he learned his horse had a twisted right hind shoe. Fortunately, Tim is a farrier and had his equipment nearby! He pulled out the anvil, flattened the shoe, and nailed it back on. Ashley VanMeter and Rocky Mason's horse was pulled for lameness and later transported back to camp by members of Joanne's crew. It was an unfortunate end for team Kentucky. Riders, horses, and runners continued to come and go at the vet check. Ample water in huge troughs was at the ready for thirsty horses, and humans dug into their bags and coolers for some quick refreshment. Dr. Castro remained busy checking the horses, and team crew members helped not only their own friends and family but others as well if they needed it. Rick waited patiently for Lindsey and Miss Kris and chatted with others,

cont:

acknowledging that sometimes situations such as his own occur and there's not much you can do about it. Before long, the flurry of activity subsided, and crew members began packing up gear. One by one they hopped back into cars and trucks for the 8-mile drive back to camp.

On the trail, the water crossings provided some challenges. While the water wasn't swift, it was deep enough to make runners good and wet! And the cobbles on the bottom compelled everyone to choose very carefully where they placed their feet. Some runners slipped and got a good bath. At one crossing, Sarah Krueger rode across near Jarvis Pickens on his horse. She was "thinking about the eight miles we still had left to go, including the notoriously hard mile-long hill" when she heard Jarvis singing ahead of her. This proved to be a real boost for her. (The tune was the inspirational "Same Power.")

Rhonda, Dave, and their paint Dakota were first across the finish line with a time of 4:39. Their strategy throughout included quicker ties – just as Carrie and Diana decided to try partway through. They crossed the line with Stetson in second place. Jeremy Reynolds/Misty McAdams and Kellora finished third, and Renee and Joe Bellafato with Dandy were fourth. In fifth place were Karen Isaacs/Nicki Mueton with Sport. Liara Gonzalez ran beside longtime teammate Barb Mathews on Reckless for a sixth place finish, with all three giving their usual 100% right up to the end. The sister-sister team of Christie/Holly Neidich and Fugly came in seventh. Janice Heltibridle/Laney Baris and Pete, who's in his debut ride and tie season, finished eighth. Tim Warden/Mellissa Worden and Taz came in ninth, and finishing up the top 10 was one of the mother-daughter teams, Vicki/Holly Monroe – just 13 years old -- on Apache. Despite not feeling well at the start of the race, Sarah and her dad finished up just fine on Cruise. Jarvis completed his run with a broad grin a few steps behind teammate Perrie Summers on Serenada. Rick and Lindsey picked up several places on their way in but, unfortunately, weren't credited with a completion because Miss Kris came up lame at the final vet check. One group rode and ran together as a trio of teams: Greg Bradner/Sara Bolt on Astro, Megan Wilson/Mary Gibbs on Shawnee, and Michael Sullivan/Emily Beaver on Baby Horse. They came across en masse with hands clasped and big smiles all around. Other finishers included Samm Bartee/Lily Turaski on Freedom; Larry and Kathy Tumblin on Lester; Tykee Truett/Lindsay Barlow on BZ; and the other mother-daughter team of Lori/Lindsay Lyttle on Sheera. It was Lindsay's first ride and tie.

The overall post-race buzz was filled with exclamations and sweaty hugs while competitors shared trail stories: In true sportsmanship at roughly nine miles in, Renee Bellafato shouted to Dave Venable and Rick Koup that they'd just missed a hard right turn. Not long thereafter Liara Gonzalez, Mellissa Worden, and Nicki Mueton missed the same turn. The top teams jockeyed for position throughout a good portion of the race. Tim Warden suffered an annoying bee sting on his backside while running. Sara Boelt, part of the trio of teams, said that every time one segment of their group met the other they'd "Whooo-hoo!" loudly to the other. Jarvis Pickens ran out of water two miles short of the mid-race vet check – and then again before the finish. Diana Burk didn't mind the water crossings because they felt good on her recently-damaged quads. Sarah Krueger beat her best 30-mile time by a full hour-and-a-half. Megan Wilson shamelessly traversed a bridge she found at one water crossing to avoid the waist-deep water she saw her dad, Greg Bradner, charge through. Everyone had a story about the climb up Duncan Hollow Road, with everyone noting it was grueling... and long. Later in the evening, when horses were back and in their enclosures and (most) everyone was cleaned up, Joanne Mitchell awarded belt buckles to the finishers. A feeling of accomplishment and camaraderie permeated that get-together and the lively conversation continued with more anecdotes from the event and talk about future ride and ties. By the time things wrapped up, no doubt everyone could agree that it had been a memorable day.

Many sincere thanks go to Joanne Mitchell and all who helped her plan and execute the East Coast Regional Ride and Tie Championship. They did an outstanding job!



## East Coast Championship by Karen Isaacs

This championship ride was a big thing for me. So many times when an event is greatly anticipated one is left feeling a bit disappointed afterwards, but it is not so in this case. Though it turned out differently than I had planned, it was immensely satisfying. As I reflect back, I think a lot about the other 41 people that participated with me and wonder about all of their stories. We were a diverse bunch, with teams of family (husbands & wives, parents & children, sisters), old friends, new friends, acquaintances and some that met for the first time at the ride. I noticed the same pattern with our crew members – some had family while others had friends and strangers to crew. I would love to hear a lot more stories.

For me it started over a year ago when a championship ride in the east was agreed to, thanks to the persistence of Joanne Mitchell. I have been doing ride and ties for over twenty years and am approaching 1000 miles, but live in Tennessee and never traveled out to the World Championship. My partner since the beginning has been Beth Brinkley. She is also family (my cousin-in-law) and my great friend. We have both partnered with others when she lived for a time in Arizona then Oregon, but now that she is back in the East we are regular partners again. The timing of the ride was not great for the horse member of our team. All of Beth's and my good endurance and ride and tie horses have aged into retirement. I had bought a replacement some years before but was very slow to get him started after my daughter was born. Sport was nine and had done some 30-mile endurance rides and showed promise but was still quite green.

So my two goals for the year were to prepare the horse and to condition myself. Beth is a real runner, doing marathons and more. I was running about 10 miles a week to stay in shape for the occasional ride and tie. I have always been an afternoon runner but was finding it difficult to fit that in often enough, so in the spring I started running early in the morning before my family was awake. I did that 3 or 4 days a week and added some longer runs too. Sport did two ride and ties this spring and proved he could handle the mental aspects of it far better than I would have imagined. So my anticipation was building.

I was so looking forward to having everybody together at Big South Fork and it was also exciting to think we might get some from the west and some new blood. There are so few of us ride and tiers that we can't help but be a close bunch. In the east the sport has historically been most frequently a tag-along with endurance rides, but in the last few years we have started having more stand-alone events. I think that has helped us get to know each other even better.

Then came June and a routine doctor visit that found something wrong. Surgery followed, along with a diagnosis of ovarian cancer and a grueling chemotherapy schedule. Even so, we hoped that would not stop us from coming. We thought Beth would have just enough time to recover from the surgery and would not have lost too much condition. After all, she had a strong finish in a mountainous marathon just a few days before her surgery. But by late August it was clear that it would not be possible for her to do it.

I thought briefly about not doing the ride, but realized my desire to participate was still strong. I emailed Joanne to let her know I needed a partner and was pleased to quickly find Nicki Meuten. Nicki is a vet and endurance rider from North Carolina who I have known for years. I did not know she had started doing ride and tie, though I had tried to recruit her in the past. But the really neat connection is that we had bought Sport from Don and Nicki when he was a two year old, so she would be getting to ride one of the babies she had bred.

In addition to our love of the people and the horses, one of the reasons we do this kooky sport is the places it takes us. Big South Fork is quite a special place and is the reason I started having an endurance ride there (the ride has been under new and improved management for many years now). Set apart and administered by the National Park Service, the facilities are top notch. The land is wooded plateau broken by deep gorges carved through sandstone by creeks and the river. The erosion leaves behind bluffs, boulders and rock formations that are beautiful, and sand and steep elevation changes that are challenging. The course took us across the river. Recent rains had the water level up a bit at the ford, but swimming was not necessary.

For me it was a really good day. Nicki and Sport did a few extra miles due to missing an unmarked turn, but they were both steady and cheerful all the way and looked amazingly fresh at the end. I was even more pleased and happy with my horse when he won best condition.

My thanks go to Joanne and Bobby Mitchell for working so hard, and to the board for allowing this event to happen. Congratulations and thanks to all the competitors and crew who made it so much fun. Think about what it would be like to have even twice as many as we did. I know there were several that wanted to come but were prevented by circumstances. For them and for us, let's do it again!

# Bar H Ride & Tie and Equathon November 7th



Walking to the start of the race



Start of the race

Jennifer Munios and Heather Huggins having some fun with their kids



Race vet, Alina Vale with Phylcia Mann



Richard Smith and Rufus Snyder were the first place finishers for the R&T



Pro-Am team:  
Rick Noer and Robert Eszekeresh

Equathon team from Challenge Ranch



The kids hanging out in the trailer



# Old Dominion Ride & Tie July 26-27, 2015

By Kristie Bradner

Riders and horses enjoyed two days of good weather at the 2015 Old Dominion Ride and Tie in Orkney Springs, VA - quite a contrast to the year before when the skies opened up not only on the Saturday night ride but also the next morning. It was a mite more reasonable this year. AND the grass was mowed in the field where everyone set up camp. Whoo-hoo!

The activities got under way on Saturday afternoon when Lani Newcomb, event veterinarian and seasoned ride and tier, spoke to the assembled participants. Janice Heltibridle added additional suggestions, reminders, and advice, all of which undoubtedly helped the many newcomers who were there. First-time participants included Aaron Venable; Allana and Barry Bryant and Blaze; Alison Zeytoonian and Milly; and Bethany Bryant.

The night ride began at 6:30 with some teams opting for the six- and twelve-mile distances; three did the 25. All 2-legged and 4-legged participants made out well in the low (or no) light except Megan Wilson who managed to let some rocks scrape off a piece of her shin and calf during a stumble. Janice's horse, Pete, did great on his first ride and tie!

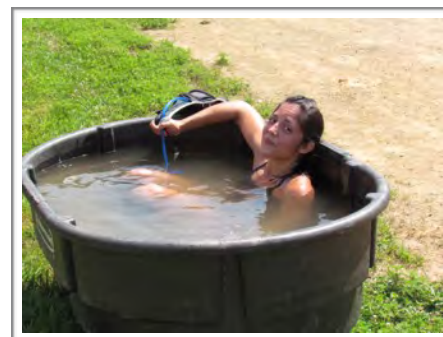
Sunday morning came around good and early, and everyone was on trail by 6:30. The temperature got up there on Sunday and everyone in camp attempt to stay in whatever shade they could find; the riders and horses didn't have a choice and just dealt with the heat as best they could. Family and friends were treated to a close finish in the 25-mile race when Barb Mathews on Reckless and Liara Gonzalez sprinted across the finish line roughly one minute ahead of Rick Koup, Renee Brachfeld, and Miss Kris.



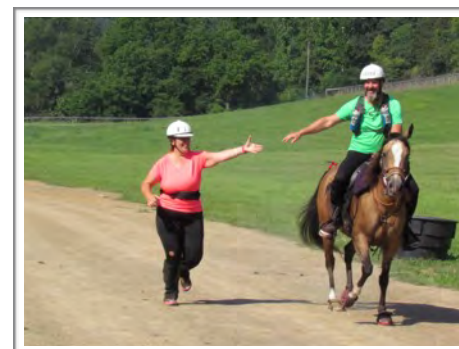
Janice Heltibridle on Pete



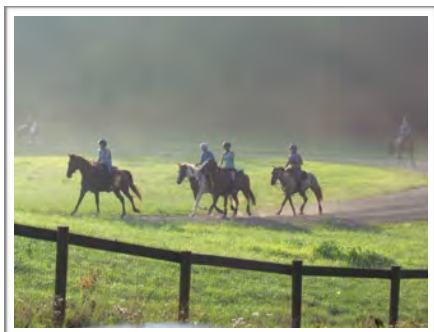
Aaron Venable and Mary Gibbs



Liara Gonzalez cools off after the race



Kathy and Larry Tumblin



*Photos by Kristie Bradner*

## LIFESTYLE AND FOOD CHOICES TO PREVENT AND OR HELP CONTROL ARTHRITIS PAIN.

by Steven G. Pratt M.D., FACS, ABIHM

At least 50 million American's have arthritis, so this is an important topic for many of us as we "mature". I will not differentiate between osteoarthritis and rheumatoid, as prevention of pain and discomfort from these two forms of arthritis is closely related. It is all about controlling and or decreasing inflammation.

1. Get 7-8 ½ hours of sleep most nights
2. Keep your serum vitamin D3 level at 50-75 nanograms/ml
3. Enjoy a SuperFoods/Mediterranean diet which is loaded with fruits and vegetables-unlimited amounts, whole grains, turkey/chicken breast, non-fat or low fat organic dairy, healthy fat from nuts & seeds-avocado-first cold pressed extra-virgin olive oil, cold water fish(e.g. wild Alaskan salmon, sardines, Arctic Char, Herring, Albacore tuna, trout. 4-5 servings/week of fish is "ideal" in my opinion.
4. Fish oil supplements. My favorites are: Metagenics OmegaGenics EPA-DHA 750 and Nordic Naturals Ultimate Omega. Men should take 3 caps with breakfast and 2 caps with dinner and Women should take 2 caps with breakfast and 2 caps with dinner (both men and women should include one bilberry cap with breakfast and one with dinner)
5. Be a carotenoid King or Queen and consume carotenoid rich foods such as kale, spinach, Swiss Chard, pumpkin, sweet potatoes, tomato paste/sauce, papaya, apricots, mango, tangerines(it's the beta cryptozanthin in this case, which has been associated with a lower risk for some forms of arthritis), carrots and carrot juice, and tomato juice(lots of beta carotene and lycopene in this instance). Among the many benefits of carotenoids, are their anti-inflammatory properties. Carotenoids have also been associated with preserving muscle mass and function, and all joints respond in a positive way when "surrounded" by healthy, strong muscles.
6. When possible, avoid processed foods. Whole foods are always "best"
7. Aim for a BMI(body mass index) between 18.5-24.9. Watch your weight!!
8. Make it your goal to get 45-60 minutes of physical activity 5-6 days a week adding weight training 2 times per week.
9. Eat protein daily. The RDA suggests 1.2 grams. If you are a vegetarian the best protein is Soy and Quinoa. Try not to eat too much red meat.

To Clip Or Not To Clip

By Gunilla Pratt

As an endurance rider and R&T competitor I have always wondered if it was a good idea to clip my horse in the winter. Does it really make a difference in performance and how fast they cool down?

Well, I decided to do some research and this is what I found out.

Clipping your horse does help bring the heart rate down after strenuous exercise because they cool off faster. Horses with longer coats tend to sweat more during exercise which will result in losing more electrolytes. They also tend to get tired faster.

Naturally horses are better at warming up then cooling off. Their bodies are designed to generate and store heat.

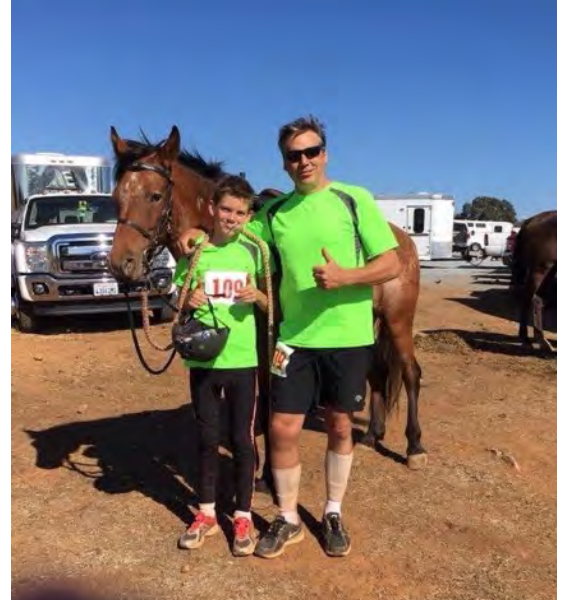
Horses start to grow their winter coats when the days get shorter not when it gets colder. This is a problem in warmer climates when it really never cools off like where I live in southern California.

When you clip your horse you have to make sure that you blanket him or her according to the weather. Where I live I have to use a light blanket at night and take it off during the day. In colder climates you may want to use a light blanket during the day and a heavy one at night.

## Cool R&T and Equathon

There is nothing more “cool” except the Coolest Ride and tie. Twenty teams of both Ride & Tiers and Equathon participates assembled in Cool Ca October 3<sup>rd</sup>. After a crisp fall morning the weather was a perfect 82 degree’s. Gunilla Pratt and Irish Mike riding Frosty came in first in the long course. Melissa Montgomery, Jec Ballou riding Duncan took the Best condition award. Rachel Shackelforth and Marcie Buckner brought out their new team mate “Braveheart” who proved to be very brave in this crazy sport.

Sue Smyth and John Hall riding Joe Peshi placed first on the 14 mile short course. New to ride and tie, Kegasi Turbovsky , Whitney Buswell riding Miracle won the shorter 9 mile course. Mike Cortez and ROL Dancin Fire won the Long course Equathon as an Ironman team. Christine Gray and Diane Lundy won the short course equathon . Roger Ward, should have received a specially award for “most helpful” as I later learned of how he helped another team on the trail. This is true sportsmanship that is true to our ride and tie family. Everyone had a great time. The event raised donations for the Western States Trail foundation for trail maintenance and Horse’s Honor, a retirement home for elderly horses run by Nina and Erik Thompson in Lincoln, CA. Coolest ride and tie thanks all participates and volunteers for your commitment to this amazing sport. The event was a success.



Scott and Kyle Bakewell riding Rudy  
in the 9 mile R&T

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*MERRY CHRISTMAS AND  
HAPPY NEW YEAR  
FROM THE R&T ASSOCIATION*

