

April 2016

RIDE & TIE

APRIL 2016
NEWSLETTER

FIRST R&T IN EQUADOR

With a total of 18 Teams

Story and more pictures on page 5



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In the late 80's John Melville decided to join his wife Wilma riding with me on her second Tevis Trail Training Seminar. He figured if it was so much fun that she wanted to do it again, well heck, he'd do it, too. John was 67 at the time, and had never ridden a horse. But, he'd started running when he was 60, completed his first Ironman Triathlon in Hawaii when he was 62, and had completed nearly every year since. He had 10 months in which to learn to ride, so he did it right. He took weekly riding lessons, bought a fit Arabian endurance mare, and within 5 months had completed his first 50 mile endurance race. I accepted him as a student on the Tevis Seminar, and later agreed to lease him a horse to accompany Wilma on the Tevis race the next year. He was already planning for the Ironman that fall. Then I had a great sneaky idea:

"Hey John, would you like to be the first man to complete the Levi Ride & Tie Championships, the Tevis Race, and the Iron Man, all in the same year?" He certainly would! So, I had myself a new, extremely fit Ride & Tie partner. He may not have been quite as experienced a rider as me, but surely I wouldn't have to do much running (or him much riding) when we were partners. That suited me just fine!

We met in person for the first time at the Swanton Levi R&T Championships in Davenport, CA that June. I had leased out all my endurance qualified R&T horses for the weekend, so we planned to ride John's mare. Now, John was over 6 ft. tall, and I barely hit the 5 ft. marker. Knowing that, I'd welded 2 pair of English stirrups on top of each other. But I'd neglected to ask him just how tall that mare was. Turns out she was just over 16 hands... and a she-devil, to boot. Left foot in the stirrup and she could break the world record for left-hand spins. Torqueing her neck to the right helped some, and we rode and tied for many a mile. That was a true blue 40 mile Championship... And about 2/3 of the way through, I was hand advancing my legs in order to maintain forward motion while "running". But when I heard a rider approaching, I would suck it up, pull my shoulders back, and pretend to jog. About 8 miles from the finish, John snuck up on me and saw me slumped and staggering. "Oh Lari", he said. "I can't ride this horse another step. Would you mind riding the rest of the way and let me run?" Shows you what a good friend I was.... "SURE", I said.

He matched the devil mare and me stride for stride, and we came across the finish line hand in hand.

The next year, he got himself a better Ride & Tie partner than me. The devil mare was pulled from Tevis.

On the Tevis Trail Training Seminar, while camped at Ruckychuck by the American River John's mare cut her leg. We had her trailered out, and I offered to ride & tie with John for the remaining 16 miles. He took off running... and we never caught up to him. He met us at Auburn with bottles of champagne!

John leased a horse from me for the actual Tevis. Wilma's horse was pulled at Foresthill, and John graciously self-pulled to comfort her.

We partnered again at the Eureka Ride & Tie Championships in 1991, riding my daughter's wonderful winning endurance Arabian, Redbird. John finished Tevis. He completed Ironman. All three, at age 70.

I was thrilled that I only had to admit to being 30 years of age for us to be in contention for the Century in the Saddle Award. But of course, even our true ages weren't enough to win. After the awards ceremony, John and Wilma told me they had a special award for me. They had gifted me with a magnificent maple and bronze plaque when I'd been lucky enough to win Tevis two years before, so I have to admit, I was expecting something pretty special. Low and behold, they presented me with a baby kitty named "Levi". And then with another one named "Ride". And, you guessed it, a third kitty named "Tie".

Two years later, my husband Harvey and I joined Wilma and their combined family in Hawaii crewing for John when he was 72 on his 10th Ironman completion. What an honor!

Lari Shea

"What unites us all is a love of the out-of-doors, a spirit of adventure, and a passion for horses!"



Double or Ladder Stirrups by Steve Anderson

Here is a review of making double stirrups from part one in the August R&T Newsletter

The template was made by taking apart an already made double stirrup as seen in the picture below.

Four holes have to be drilled in the four corners of the stirrup for mounting the side bracket and the bottom stirrup. Don't drill into the bottom curve of the stirrup. Make a hole such that the bolt comes straight in. The side brackets are a sturdy polymer plastic. I went with the plastic (from TAP plastic) to save weight and these side brackets are not load bearing, just for stiff ness.



Making a paper template of the bottom stirrup. Taping two sheets of paper together (short sides) to make one long piece laying the bottom stirrup on it's side and traced all around, including the side slot (where adjusting bolts go) . Carefully tilt it upright on the paper and continue to trace. The last is the opposite side and finish the tracing, including the side slot. Now cut the paper to make a template."

I used a standard skill saw with a metal cutting blade. I drilled two holes into the aluminum to place the cutting blade inside the aluminum. I don't recommend starting the cut from the outside as that would degrade the stiffness of the metal as you cut all the way around. Also, I recommend cutting the adjustment slots first, then cut out the lower stirrup.



Here is the picture of the final product



RIDE AND TIE IN EQUADOR

By Pablo Jarrin

I am originally from Ecuador. I grew up riding horses and doing different sports. I did jumping, dressage, cross country, endurance, and played soccer and basketball. When I started my journey as a vet student at the University of Tennessee College of Veterinary Medicine last fall, I immediately joined the equine club. I received an invitation from Dr. Jose Castro to go to the final competition of the East Coast Ride and Tie at the Big South Fork, TN with the veterinary team from UTCVM. I didn't know about the Ride and Tie until then- it was the first Ride and Tie for me. At the end of my experience I totally fell in love with the sport and its philosophy, where riders, runners and horses work together and support each other as a team.

In Ecuador, I was part of the Equestrian Association in my state Imbabura, which has a lot of experience organizing events. I thought we should bring the Ride and Tie to Ecuador. I made a few phone calls and talked to my friends in Ecuador about the idea of organizing a competition in Ecuador- they were all on board. I contacted Joanne Mitchell from the Ride and Tie organization and told her my idea. She put me in touch with Chris Amaral and he gave us his approval to do the first Ride and Tie in Ecuador.

We developed a plan for the event to make sure we could offer a safe environment for horses and people. The Ride and Tie was on Saturday, December 19th from 8am to 5pm. The camp for the Ride and Tie was at "Rancho del Rey" stables, located in a nice valley 10 minutes northwest from Ibarra, my home town in Ecuador. We decided that we should have a short but nice and inviting track adopted for most people and horses, because this was the first competition in Ecuador. The main idea was to introduce the sport to Ecuador and make sure all the athletes would have fun and enjoy the competition.

The track was about 12km (7.5miles), and the surface was irregular. The altitude was 2000 m (6700 feet), providing an amazing view of mountains and valleys. The weather is always perfect (70F), which makes the competition comfortable for both horses and people.



After analyzing the different perspectives and expectations from the people in Ecuador, we presented the Ride and Tie with three different modalities, the Ride and Tie, the Equathon, and the Bicitlon (Rider, biker, horse). We had the support of the city. They authorized the police department, fire department and an ambulance to make sure everything was under control. Dr. Juan Saltos, as the head of the veterinary team, made sure that all of the horses were in good condition, according to the rules of Ride and Tie.

The judges were experienced with equestrian events and did an amazing job. Everything was ready for the competition- we all were really excited.

Finally the day came and 18 teams signed up. There were 6 teams for the Ride and Tie, 3 teams for the Equathon and 6 teams for the Bicitlon. We provided the competitors with a Ride and Tie T-shirt, a medal for participation, and lunch. We also had diplomas for the winners and other awards from our sponsors (Winavena, Onix, Super Eustachian "Los Olivos").

Participants and spectators commented that they enjoyed the competition a lot, as much as we did organizing it.

We followed all regulations and rules from the Ride and Tie association. Overall, everybody did a great job taking care of their horses and making sure the horses were in excellent shape. Riders, runners and bikers were surprised during the competition, as they realized how important it is to work together as a team, to achieve success. This allowed them to see things from a different perspective.

At the end of a long day we had huge smiles on our faces, because we were able to introduce the Ride and Tie to Ecuador. Thanks to everybody that supported our efforts. To Chris Amaral, Joanne Mitchell, from the Ride and Tie in the US, Dr. Jose Castro from the University of Tennessee. Also, thanks to my friends Daniel Cardenas, Galo Larrea, Miguel Mejia, and Fernando Vaca in Ecuador for all of their help. They took care of many logistics before my arrival to Ecuador and together we put on the event. It was an amazing experience for me and I will do it again. I hope teams from the US can join us at the end of the year for another Ride and Tie in Ecuador!



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Future race schedule 2016

Apr 1-3, 2016, Giddyup and Run Ride&Tie

Location: Catoosa Ridge Stables, Crossville, TN -
Distances: 4, 7, 10, 15, 25 miles -
Race manager: Joanne Mitchell
Contacts: jfgmhorse@gmail.com

Apr 22-23, 2016, Old Dominion NO FRILLS R&T

Location: Star Tannery, VA - 55, 30 and 17 miles -
race manager: Lani Newcomb 540-554-2004
Contacts: give2bute@aol.com

Apr 23, 2016, April Daze at Riverside Park

Location: Spokane, WA - 12 and 25 mile R&T -
Race manager: Gail Williams
Contacts: hadablondemoment@gmail.com

May 7, 2016, Cache Creek R&T

location: Williams, CA - 25 miles -
contact: Pam Stalley 530-473-5882

May 13-15, 2016, Owyhee River Challenge

Location: South of Adrian, OR off Succor Crk Rd/Hwy
201 -
10 & 20 mile R&T - Race manager: Karen Bumgarner
Contacts: zap6000@gmail.com

May 21, 2016, Mt Adams R&T

location: Troutlake, WA -- 12 and 25 miles --
contact: Ben Volk 509-521-6249
Contacts: bvolk@JUB.com

Jun 5, 2016, Klickitat Trek R&T

location: Glenwood, WA - 12 and 25 miles -
contact: Ben Volk 509-521-6249
Contacts: bvolk@JUB.com

Jun 11, 2016, Old Dominion R&T

Orkney Springs, VA -- 25 miles --
race manager: Lani Newcomb or Norma Bailey,
540-554-2004
Contacts: give2bute@aol.com

Jul 2, 2016, Renegade Rendezvous

Location: Nile Sawmill Site west of Naches, Wa -
10 and 25 mile R&T - Race manager: Gail
Williams
Contacts: hadablondemoment@gmail.com

Jul 2, 2016, 46th RIDE & TIE WORLD CHAMPIONSHIP

location: Cuyamaca Sate Park, SoCal - 18 and 35
miles - contact: Gunilla Pratt 858-735-1373
Contacts: gunillapratt@gmail.com

Jul 9-10, 2016, Bandit Springs R&T

location: Ochoco National Forest, 28 miles east of
Prineville, OR - 10 and 25 miles - contact:
Jannelle Wilde 541-849-2460
Contacts: jwilde@wildevents.info

Jul 23-24, 2016, Old Dominion Ride&Tie Weekend

Location: Orkney Springs, Virginia -- 6,12 and
20 miles -- Race managers: Lani Newcomb or
Norma Bailey, 540-554-2004
Contacts: give2bute@aol.com

Jul 23-24, 2016, Seneca Stampede R&T

location: Seneca, OR - 12 and 25 miles - contact:
Holly & Les Rouska (541) 280-5853 or (541)
419-0504
Contacts: hrouska@bendbulletin.com

Jul 30, 2016, Bonecrusher Ride&Tie

Location: South Kettle Moraine state forest near
Palmyra, WI - 25 miles - Race manager: Amber
Erickson, DC 262-623-4714
Contacts: endurochiro3@gmail.com

Aug 26-27, 2016, Iron Mountain Jubilee

location: Ivanhoe, VA - 30 and 15 miles - race
manager: Barbara Mathews 919-545-0034
Contacts: bmathews@wwpeds.com

Sep 3-4, 2016, Mount Spokane

Mt Spokane Ski Area, WA, camping at the Nordic Ski
Park - 15 & 25 mile R&T - Race manager: Gail
Williams
Contacts: hadablondemoment@gmail.com

Sep 8-11, 2016, Big South Fork Ride&Tie

Location: Big South Fork, near Jamestown, TN -
Distances: 4, 8, 10, 20, 30 and 50 miles - Race
manager: Joanne Mitchell
Contacts: jfgmhorse@gmail.com

Oct 1-2, 2016, EAST COAST RIDE&TIE CHAMPIONSHIP

Location: Biltmore Estate, Asheville, NC - 30 and 15
miles - contact: Sara Boelt (828)273-1627
Contacts: lightermountevents@gmail.com

Oct 8, 2016, Foothills of the Cascades

Location: Molalla, OR - 10 and 25 miles - race
managers: Mary Nunn (503-829-5321) Anna Sampson
(503-829-6002)
Contacts: sampson@molalla.net

Oct 28-29, 2016, Fort Valley R&T

Location: Fort Valley, VA -- 18, 30 and 50 miles --
Race manager: Claire Godwin 301-948-0158
Contacts: crgdvm@aol.com

46th ANNUAL WORLD RIDE AND TIE CHAMPIONSHIP 2016 AND EQUATHON WILL BE HELD AT THE LOS VAQUEROS HORSE CAMP IN CUYAMACA STATE PARK, SOUTHERN CALIFORNIA

SATURDAY JULY 2ND, 2016

Base camp opens Wednesday June 29th at 3pm

Spreading over 24,677 acres of land, Cuyamaca Rancho State Park features meadows, mountains, and oak woodlands. More than half of the park is classified as "wilderness," meaning all vehicles, even bicycles, are prohibited. There are more than 100 miles of riding and hiking trails, including the Cuyamaca Peak Trail which climbs to the 6,512- foot summit with a spectacular view of the Pacific coastline, Colorado Desert, Mexico, and the Salton Sea. The park contains exhibits about Native Americans, gold mining, and natural history. Base Camp elevation is 4,700 ft



The camp provides restrooms, hot showers, fire pits, covered area for meetings, horse corrals, drinking water for people and horses, and plenty of parking.
(Corrals are assigned in order of the first people who register.)

Long Course R&T, 35 miles, \$150

Short Course R&T, 20 miles, \$100

Equathon, 10 mile ride/10 mile run, Sunday July 3rd \$100

Fun R&T: 6 miles, Friday July 1st. \$35.00

Ride & Tie: 2 people one horse. Runner and rider must switch at least 6 times during the course of the race.
Equathon: 2 people one horse. Runner and rider never switch. Rider goes out first. Runner goes out when horse pulses down. **Or** an individual may do both the run and ride as a solo participant.

DOGS MUST BE ON A LEASH AT ALL TIMES. Dogs and bikes are not allowed on the trails.

Everyone must clean up their own manure. There will be a place to put it. You must take your trash with you when you leave.

If you are in need of leasing a horse please contact Gunilla 858-735-1373

Driving Directions: Base camp is located at Los Vaqueros Group Horse camp located on Los Caballos road, about 2 miles east of Highway 79, inside Cuyamaca Rancho State Park. From I-8 take Exit 40 for CA-79 N/Japatal Valley Road. Go north on 79 toward Julian (note that after about 2 1/2 miles Hwy 79 veers left!) for about 13 miles (you pass Green Valley Campground & Paso Picacho Campground). Approximately 1.5 miles north of Paso Picacho Campground turn right onto Stonewall Mine Rd. Drive about 1 mile and you reach Los Vaqueros Horse Camp Rd. There is a gate that will be unlocked unless you arrive early! There is no place to park outside the gate so please don't arrive early.

For those of you who would like to stay Sunday night there is Equestrian Family Camping down the road at Green Valley Campground. The Green Valley Horse Camp has 15 developed sites for horse camping.

You must make reservations through Reserve America. The cost is \$35.00 per night. They do have corrals. 1-800-444-7275. Or www.reserveamerica.com

If you are traveling without a horse there are plenty of places to stay in Julian CA.

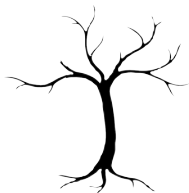
Julian Gold Rush Hotel. <http://www.julianhotel.com>
Orchard Hill Country Inn. <http://www.orchardhill.com>

Don't forget to try the World Famous Julian Pie Shop.

Race director Gunilla Pratt 858-735-1373 or gunillapratt@gmail.com

For information and race entries go to www.rideandtie.org

Southern California is experiencing a severe drought so we ask you to conserve water at camp and no hosing off horses.



RHABDOMYOLYSIS ALSO COMMONLY KNOWN AS “TYING UP”

By Gunilla Pratt

I have heard people talking about their horses tying up but I never understood what it was until I experienced my own horse tying up.

It was a few days after my horse and I completed a 50 mile endurance ride (this was his first 50) I was riding him on the trails and he began to walk strangely. We were only about 2 miles from my house. He was walking like he was walking on nails. I got off of him and started walking back home. He could hardly walk by the time we got back. I called my vet and he told me my horse was tying up and to give him a shot of banamine. The next day my horse was fine and we did a short ride with no problems at all.

Since that incident my horse has had several incidences of tying up only on short trail rides. He never tied up during a R&T, endurance ride or a long training ride.

What is tying up? Signs of tying up can be short stiff stride from the muscles becoming tight. The muscles in the hind quarters are usually the ones that are severely affected. The heart rate is usually elevated and won't come down. In severe cases their urine will be a dark brown color.

The causes for tying up can be different in every horse. Most horses tie up due to an electrolyte imbalance. It can also be caused by a vitamin E or Selenium deficiency. It can also be seen in horses with viral infections. Horses that tie up are usually prone to repeated episodes.

I was baffled and could not figure it out. I once again called my vet and he suggested maybe it was an electrolyte imbalance. Now this made a lot of sense because before every race or long distance ride I would give him electrolytes.

Now I'm even more curious about Tying up so I did some research and these are my findings.

Researchers from the Animal Health Trust in New Market England took 144 horses that suffered constantly from Tying up and they found that 100 of them had an electrolyte imbalance.

They found this out by using urinary fractional electrolyte excretion tests. After giving these horses electrolytes 72 out of the 100 never tied up again.

Researches at the University of Tennessee and Georgia measured weight loss in performance and endurance horses. 48 horses were measured for weight loss after a 3 day event. Even though the weather was not real warm the horses lost a significant amount of fluid and electrolytes.

People don't realize how much fluids a horse can loose when exerting himself. This is why it is important to give your horse electrolytes before and during a day of hard work.

Research conducted by the College of Veterinary Medicine at the University of Minnesota (Stephanie Valberg, D.V.M., Ph.D.), and Kentucky Equine Research have also suggested eliminating a high grain diet because high starch may also add to a horse tying up. They suggest that an electrolyte should have Sodium, potassium, magnesium and calcium since they play a key role in muscle fiber contractility. Horses that don't graze in a pasture should also be supplemented with Selenium and Vitamin E. It is also important not over exert horses that are not in shape. A horse should always be offered a salt block as well.

Since I have researched everything on Tying up, my horse has not tied up. During training season I give my horse soaked beet pulp every day for hydration and fiber, some low starch grain, electrolytes and a vitamin supplement containing vitamin E, Magnesium and selenium. This has worked for us.



Gunilla
and
Frosty

LOW BACK PAIN

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

Low back pain (LBP) is a common “experience” for us humans, and approximately 80% of us reportedly will have at least one episode of LBP in our lifetime. Recurrence is common, with 24-80% of humans experiencing a 2nd episode in the first year after the first “experience”. In my experience, both professionally as a physician and as a person who values physical activity, healthy lifestyle choices and SuperFoods , pretty much everyone on planet earth has or will have some “issues” with LBP. I have noticed, at least for me, the best way to alleviate LBP is to play tennis, work in the yard, or just “get off my butt” and start moving. I also plan into my busy schedule time for stretching and working on my core for 45-60 minutes twice weekly.

Now we have an excellent study in the February issue of JAMA Internal Medicine addressing LBP. The authors conclude: “The results of this systematic review and meta-analysis indicate that exercise in combination with education is likely to reduce the risk of LBP. Exercise alone may reduce the risk of an episode of LBP and sick leave; however, it is uncertain whether the effects persist beyond 1 year. Education alone, back belts, shoe insoles, and ergonomic adjustments probably do not prevent an episode of LBP or sick leave due to LBP. It is uncertain whether education, training, or ergonomic adjustments prevent LBP owing to the very low quality of evidence”. Remember, every joint in our body (and the back is in effect a large, long series of joints) is only as GOOD as the strength of the muscles supporting that joint. Once again, physical activity and muscle strength to the rescue! Steffens D et al. Prevention of Low Back Pain: A Systematic Review and Meta-analysis. JAMA Intern Med. 2016; 176 (2): 199-208.

ABOUT THE AUTHOR

Steven G. Pratt, M.D., is a world-renowned authority on the role of nutrition and lifestyle in the prevention of disease and optimization of health. As author of several books including SuperFoods Rx: Fourteen Foods that Will Change Your Life, SuperFoods HealthStyle: Simple changes to get the most out of life for the rest of your life, SuperFoods Rx Diet: Lose Weight with the Power of SuperNutrients, and SuperHealth: 6 Simple Steps, 6 Easy Weeks, 1 Longer, Healthier Life. Dr. Pratt teaches that if your “tank” is filled with the right foods, you will increase your chances of living a longer, healthier life.

Dr. Pratt has been on the Oprah Show where Oprah Winfrey nick named him “The Food Dude.” He has also been on the View, The Today Show, CNN and many other TV and radio shows. Dr. Pratt also stresses that while diet and physical activity are essential, super health is achieved by adopting a network of efforts, including sleep and stress management. With health being his passion, Dr. Pratt has worked with public school districts to incorporate a super foods breakfast and lunch program. It is .With Dr. Pratt’s enthusiasm and carefully picked Super Foods, he makes a healthy lifestyle a fun, enjoyable, and lifelong endeavor.

Dr. Pratt and his wife Gunilla are also R&T sponsors.

Visit us at www.healthyliving.com



THE RIDE & TIE ASSOCIATION

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Picture by
Rick Noer

Jennifer Munios and Gunilla Pratt on retired
R&T horses.

Mike Whelan training Mika for Ride and Tie.

All these horses where rescued.

**Story on rescued horses
next newsletter.**



**"Horses change lives. They give our young
people confidence and self-esteem. They
provide peace and tranquility to troubled
souls. They give us hope!"**

~ Toni Robinson