

# THE JOURNAL OF THE RIDE AND TIE ASSOCIATION



ISSUE NO. 6

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*May the spirit  
of sharing be with you  
this holiday season.*

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Karyne Zontelli  
Boyd Zontelli  
Landi Zontelli

*in memory of  
Larry Jackson*

*Members whose  
names are in  
BOLD face type  
have renewed  
for this second  
year.*

# Maximize Your Physical Endurance Performance

by Lew Hollander

These suggestions, courtesy of Lew Hollander, will help you maximize your running endurance performance in events of two hours or more.

## Before the Event:

1. Drink extra water one or even two days before the event. Dehydration is the major limiting factor in performance. Remember when you are thirsty it is already TOO LATE. Drink before and during the event. Carry a water bottle around with you and you will be surprised how much you drink, a little at a time. You can superhydrate almost 2%; for a person weighing 150 pounds, that means drinking three pounds of liquid or a quart and a half. Your urine should be clear, and you should urinate often. This also cleans your kidneys so they are ready for the big day. Alcohol and coffee will dehydrate you. Sorry!

2. High carbohydrate intake prior and during the event is important. I have found this can be best accomplished by taking one can of Exceed Nutritional Beverage (360 calories/8 ounce can) one to two hours before the race. Exceed is made by Ross Labs, Columbus, Ohio 43216. Ross also makes a product called Ensure Plus; it is a high calorie liquid nutritional aid with a similar composition to Exceed and is available in most supermarkets at a lower price.

## During the Event

3. Drink Exceed High Carbohydrate Source (this is a different product) or the equivalent—something like Maxplus (Sports Energy Food, P.O. Box 48067, Cumberland, NC 28331). It has been shown by Human Performance Lab of University of Texas, Austin, Texas that ingesting carbohydrates during exercise by endurance athletes postpones fatigue.(1&2) You must be careful of stomach problems. If all else fails, drink Pepsi or Coke; what they lack in nutritional perfection they make up with caffeine. Electrolyte replacement during the event is probably unnecessary and can increase dehydration and upset your stomach.(3)

## After the Event: Eat, Drink, and Make Merry

4. The sooner you replace the lost carbohydrates, the sooner you recover and can go again.

These suggestions are based on published literature and personal experience running the Western States 100, the Ironman Triathlon, many ride & ties, and marathons.

1 Coyle E., et al. *Journal of Applied Physiology*, 61, pp. 165-172, 1986. □

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CONTRIBUTIONS in the form of information, results, articles, graphics, pictures, and advice are welcome. Manuscripts should be typed, double-spaced and will be returned if accompanied by a self-

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# RESULTS • RIDE RESULTS • RIDE RESULTS • RIDE RESULTS

Bold type indicates a division win.

## Fort Collins Ride & Tie

September 24, 1988

Lory State Park, Colorado

17 miles

	hrs/min
1 Stan Orme/Thom Resen	2:54
2 J.D.Murphy/Dale Beucler	3:00
3 Larry Langer/Kit Hadoc	3:01
4 Lolly Garrec/Rhonda Nickoley	3:09
5 Maggie Redman/Jean Beucler	3:14
6 Ellen Duysen/Linda Rosen	3:33
Boyd Bailey/Jerry Howell	DNF
Ed & Theresa Van Hove	DNF

Best Condition Horse: Cloud

## Mother Lode Ride & Tie

October 2, 1988

Foresthill, California

17 miles

	hrs/min
1 Chris Turney/Dave Andreotti	1:54
2 Mike Sarkisian/Kevin Blakely	2:02
3 Jim Larimer/Jim Howard	2:06
4 Wayne & Robln Hinrichs	2:09
5 Chris Knoch/Kelly Hatfield	2:13
6 Jim Martin/Tom Lewis	2:15
7 Gayle Snow/Shelle Endicott	2:17
8 Marty Fallis/Jim Sane	2:24
9 Vivian Terwilliger/Rebecca Hahn	2:27
10 Mike Longero/Rick Poppin	2:29
11 Tom Bainbridge/Judy Haulman	2:30
12 Roberta Wong/Paul Alsop	2:35
13 Mike & Valerie Ashker	2:35
14 Mary Hays/Polly Lowry	2:37
15 Jinger Dodd/Anthony Dodd	2:39
16 Joe & Cindy Larkin	2:40
17 Greg Fellers/Bob Morgan	2:44
18 Robert Ribley/Melissa Plaggmier	2:46
19 Claudia & Bob Richardson	2:46
20 Carolyn Sipes/Jon Root	2:57
21 Nancy McCord/Bub Suter	2:59
22 Kathy Pierroz/Heidi Reinholtz	3:02
23 Nancy March/Penny Scribner	3:12
24 Marcee Kelhn/Missy Kopay	3:12
25 Larry Swafford/Don Garner	3:16
26 Larry & Lorna De Veccio	3:20
27 Donna Jones/Patricia Tompkins	3:23
28 Linda Pezanoski/Kevin Montgomery	4:59

10.4 miles

Suzanne Andreotti/Casey O'Brien 2:27  
9 years old/8 years old

## Cuyamaca Ride & Tie

October 29, 1988

Cuyamaca, California

32 miles

	hrs/min
1 Mike Jepsen/Jon Root	3:26
2 Dana & Gary Polhill	3:28
3 Lon Clearwaters/Jim Arquilla	3:35
4 Marge & Vern Biehl	3:59
5 Jeff Herten/Ed Butrovich	4:00
6 Dan Barger/Carly Fayram	4:07
7 Mike Callen/Tom Rotkis	4:10
8 Steve Shaw/Aileen Johnson	4:13
9 Emmett Ross/Christie Patterson	4:24
10 <b>Bill Johnson/Dick Fonseca</b>	4:27
11 Wendy Watson/Mary Ryzner	4:30
12 Jeff Biehl/Glenda Kimmerly	4:37
13 Rusty Mills/Dave Simington	4:40
14 John & Francine Van Dyke	4:43
15 Maureen Bartley/Rick Appleton	4:43
16 Tom Christophe/Kathy Appleby	4:44
17 <b>Audrey Scott/Lisa Fonseca</b>	4:46
18 Lanny Brown/Paul Robinson	4:54
19 Debby Lyon/Jim Hurley	4:58
20 Jane Margulis/John Steinmetz*	5:20
21 Jim Leston/Joan Holterhoff*	5:26
22 Cynthia Jepsen/Aaron Martin	5:34
23 <b>Lisa Albrecht/Vivienne Johnson</b>	5:37
24 Byron Grant/Dennios Fesler	5:40
25 Rodger Ford/Godfrey Sullivan	5:41
26 <b>David &amp; Arlene Foster</b>	5:53
27 <b>John Melville/Harry Hirschman</b>	5:55
28 Nina Bowmar/Rhonda Devereaux	6:25
29 Larry Pustinger/Lynda Busdosh	6:35

Best Condition: Mogley

Century in the Saddle /Novice/ \*Costume

## Old Selam Ride & Tie

September 25, 1988

Idaho

25 miles

1 Marlowe Eldridge/Sandy Brown	3:13
--------------------------------	------

15 miles

1 Randy Ware/Bruce Allen	1:53
2 John Anderson/Ed Boese	2:07
3 Harry Buckmaster/Don Thompson	2:08
4 Suzanne Hedgecock/Dawn King	2:17
5 Bill Gale/Bill Gale II	2:55
6 Chris Graf/Sally Graf	2:57
7 RexAnne Bock/Marilyn Lillquist	3:30
8 Yvonne Brandt/Kat Shumway	4:21

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## Lockwood Valley Ride & Tie Rally

November 19, 1988

Frazier Park, California

22 practice miles

1 Dan Barger/Jim Arquilla	2:10
2 Chuck Stalley/Tom Johnson	2:25
3 Chris Turney/Dave Andreotti	2:30
4 Dick Fonseca/Bill Johnson	2:30
5 Marge & Vern Biehl	2:31
6 Lon Clearwaters/Kent McLaren	2:38
7 Chris Knoch/Charley Liskey	2:47
8 Hans Albrecht/Mike Tomlinson	2:53
9 Audrey Scott/Lisa Fonseca	2:54
10 Rick Appleton/Maureen Bartley	2:54
11 Wendy Watson/Phyllis Buffham	2:56
12 David & Arlene Foster	2:59
13 Landi Zontelli/Jim Matsukas	3:24
14 Nina Bowmar/Rhonda Devereaux	3:27

# The Year of the Bridesmaid: Jepsen-Root Win Cuyamaca Ride & Tie

by Jeff Herten

If a race is to stand the test of time, it must survive changes in sponsorship and management. Under the able direction of Ralph Walker and the San Diego Distance Riders, the Cuyamaca Ride & Tie has proven to be alive and well. Last year's race was cancelled because of a fierce freak storm and with the retirement of race originators and long-time directors Jay and Ethyl Rose, some veterans felt the year hiatus would spell its doom.

It was not so. And it's a good thing because there are few more beautiful places for a ride & tie.

The Cuyamaca course is scenic, diverse, and a delight for the strategists among us. The race starts at 4,700 feet elevation in gently rolling grasslands. The first good hill is the climb to Dyer Spring. In a series of steps the trail alternately climbs and flattens, ascending 700 feet through a broad gap between two hills, finally bringing runner and horse out on what seems to be the top of the world. After gently ascending past the primitive camp at Granite Springs, the trail finally roller coasters into Vet Check #1 at the Highway 79 underpass.

After a narrow, rocky, challenging half mile of uphill, the trail flattens for a short way, then begins the long gentle-turning steep uphill which for some runners would seem inexorable. Two and a half miles later, some five miles out of the check, the trail crests the ridge just beneath Cuyamaca Peak at 5,200 feet, the high point of the course, and begins a gentle descent on a winding, shady trail back to the same Highway 79 underpass, site of Vet Check #2.

The trail back to camp retraces the sandy meadow of the first leg, flanking the arroyo of the Sweetwater. At 28 plus miles a left turn indicates the start of the climb up Soapstone Grade. Teams would conquer or be conquered on this 800 foot, three quarter mile finishing climb. Once at the top, however, the 2.5 miles to the finish is gentle and flat.

This year's race was hotly contested from the outset. The start was a "controlled" stampede, complete with rebel yells, Indian warwhoops (a team of costumed Indians ready to scalp any stragglers), and John Steinmetz wearing a carved jack-o-lantern on his head mumbling something about Sleepy Hollow and Ichabod Crane. (There was no doubt that Halloween was just around the corner.) The festive atmosphere belied what the pawing, snorting and prancing of the horses and the tight smiles of the front line riders didn't: this

was to be serious ride & tie. Six horses back at the start, I found myself in a flat out gallop and unable to see below my horse's withers in the thick gray dust.

I tied just over the top of the hill and found myself running behind Wayne Hinrichs. Halfway down the hill, my partner, Ed Butrovich, caught me and we hand tied. My horse, Fire Truck, settled into the race now, quickly trotted through the rocky hazardous sections of the downhill and galloped up the other side. Passing runners Mark Richtman and Jim Arquilla, I realized for the first time that we were very near the front. There were two, maybe three horses ahead. I tied Truck and ran through the meadow. Deep sand at 4000 feet is like running a moderate hill; the sand gives way beneath your feet and it's difficult to develop a rhythm.

The field began to spread out on the hill up to Dyer Springs. I passed Mike Jepsen on the climb, but he was soon on Khyber and galloping past. I had glimpses of Lon and Jim Arquilla as they ran and tied but at the top I would see them no more. Wayne and Mark were nowhere to be seen and I thought they were in the lead.



*Clockwise from left: Mike Jepsen, Khyber, Jon Root, Cody Jepsen*

As I mounted Truck near Granite Springs, Dana Polhill flew by me on her remarkable bay, Mogley, and Truck must have recognized him from Tevis because he nickered and threw his head.

I could still push the small hills running in to the vet check but I could feel bottom. I had suffered three days of dysentery before the race and the impending weakness I felt was a combination of that and hypoglycemia.

When I reached the vet check I saw Jepsen leave, ate, and vetted Truck in. I realized there were six or eight teams in the vet check, all no more than five or ten minutes behind. Good teams. Experienced Teams. Fast teams: the Biehls, Tom Rotkis and Mike Callen, Steve Shaw and Aileen Johnson, Dick Fonseca and Bill Johnson, Emmett Ross and Christie Patterson, Dan Barger and Carey Fayran, Wendy Watson and Mary Ryzner. Truck was the fourth horse out. Ahead were Lon and Jim, Gary and Dana, Mike and Jon.

Out of the first vet check it quickly became a three-team

## Ride & Tie: A Fact Sheet to Help the Newcomer Know the Sport

*These answers to ride & tie questions represent the best thinking that hours of careful post race analyses, undertaken by exhausted participants during long drives home after arduous race activity can contribute. (Some people don't do ride & tie for its own sake; rather, they are aware of the phenomenon that occurs when a single ride & tie generates up to six months and more of running conversation. The cyclic nature of this phenomenon has been noted: participants ride & tie to develop running conversation which in turn facilitates running which is necessary in order to complete ride & ties.)*

### **Question 1: What is Ride & Tie?**

Depending on who you ask, it's a means of transportation, a challenge, an exercise in cooperation, a strategist's delight, a test of endurance. In straightforward terms it's a race to the finish line in which teams comprised of two humans and a horse cover up to 40 miles of mountainous terrain.

In order to complete a ride & tie, all three team members must cross the finish line.

To get to the finish line, the team practices a leap-frog technique: at the start one teammate runs; the other rides. The rider, who goes along the trail much faster than the runner, ties the horse to an appealing tree after a mile or two. He then proceeds on foot. The starting runner covers the trail until he reaches the horse tied to the tree whereupon the horse is untied, mounted, and the new rider races along the trail until his partner is reached. At this point a decision must be made: the rider can either hand over the horse (this procedure is known as a flying tie/flying exchange/hand-off) or he can ride ahead and tie after an agreed upon amount of time/distance has been covered.

### **Question 2. How do team compositions vary in ride & tie?**

Teams can consist of two men, two women, or a man and a woman. The horse is usually an Arabian, known for their endurance, but occasionally a pinto, Standardbred mix, or a Quarterhorse participates.

Divisions for Century in the Saddle (combined age of human and horse teammates equals or surpasses 100 years) and All in the Family (a mother or father and daughter or son, or husband/wife team) provide challenges for different types of teams. Previous contestants ranged in age from a 68 year-old man to a 10 year-old boy.

### **Question 3. How long does it take to finish a ride & tie?**

Winning teams average a sub-six-minute mile pace. The first two teams of last year's National Championship broke all records with their per/mile pace. The winning team finished the 43 mile course in four hours nine minutes. Depending on the course, weather, and trail conditions, winners usually finish in around four hours; some teams, determined to finish rather than *race* the course, take as long as eight to nine hours. Ride & tie is a means of transportation: the objective is to keep moving, making forward progress.

### **Question 4. What controls are placed on the race to protect the horse? He can't tell you when he's tired!**

Oh yes, he can!! He may not use words but the horse has a way of letting us know when he shouldn't continue. All ride & ties have required vet checks (the Nationals and longer races have up to four checks). At these strategically spaced spots along the course, veterinarians examine each horse; the horse must meet an established pulse and respiration criteria (usually around 72 beats per minute, once again depending on weather and trail conditions), metabolic parameters for dehydration, gut sounds, and recovery ability, and be deemed sound at a trot and therefore able to continue the race. A horse's ability to recover to the required P&Rs is threatened when he is used too hard or is becoming exhausted. If fatigue or lameness appear to endanger a horse in any way, he is pulled from the race. These checks are our way of giving our horses a voice, and we, as well as the vets, are careful to listen to them.

### **Question 5. Is there strategy involved in ride & tie?**

You better believe it! Ride & tie winners don't win on running or speed alone. The horse's endurance ability and the humans' horsemanship are more than equal to any one team member's running ability. But knowing where you are on the course and maximizing your individual abilities going up and downhill and on difficult trail can make a difference of 10 minutes to half an hour. (For detailed information on ride & tie strategies, see Wadsworth, Ralph, "Strategy in Ride & Tie Racing," *Journal of the Ride and Tie Association*, 2: Winter 1987-88)

Timing strategies for moving through vet checks are critical. A winning team knows their horse; they know how far away from a check the rider should begin his ride in. If he times it well, the horse will have recovered to criteria by the time his teammate runs into the check. If this is the case, the runner does not have to wait while the horse comes down; rather, he can take the horse immediately through the vet check and proceed on the trail to catch the runner.

*(continued on page 13)*

## Cuyamaca: The Year of the Bridesmaid...

(continued from page 6)

race for first. The Arroyo Seco hill was a critical test of the race. Root, in superb shape and having a day runners dream of, ran the entire five miles to the ridge top in front of Lon, Arky, and the Polhills. Jepsen had Khyber at nearly a full gallop up the difficult hill, passing runners and riders of both teams. He caught Root just over the top and after a few exchanges, Root took Khyber in from two miles out. Jim Arquilla, riding, caught Jepsen-Root on their last change and Root-Arquilla rode into Vet Check Two together. As Lon ran down the long hill he was caught by the Polhills.

Out of the check it was still a race. Jon and Jim had run out together ahead of Gary. Back in the check, Mike watched in frustration as Lon and Dana passed the check and rode out, Khyber still hovering at 68-72. But the magnificent Anglo-Arab dropped shortly thereafter and Jepsen left a scant four minutes behind Lon and Dana.

The race for the finish was on; ride & tie reduced to its simplest elements: runner against runner, horse against horse. Jon Root was not to be denied on this day, and running hard on the uneven, sandy trail, he steadily pulled away from Jim Arquilla. Arquilla, unaccustomed to the hard downhill riding, was tiring and Gary Polhill caught and passed him near the Arroyo.

Lon and Dana raced up from behind, each making an exchange a half mile up the Green Valley Road toward the Soapstone grade. But out of sight ahead, Jon Root strode on. Then the sound of flying hooves and Mike Jepsen-Khyber galloped by both teams and clearly into the lead. Neither horse nor runner was visible as Root and Jepsen crossed the finish, champions with a three minute margin.

The race for second was on the agonizing pull up Soapstone. Gary and Dana fought the hill, gradually pulling away from Lon and Jim. At the top they had a slim one minute lead but with smooth sailing to the finish and plenty of horse left, they would not be caught. In third by a large margin, Lon and Jim eased off a bit, finishing four minutes behind the Polhills.

The race for fourth was as intense and numerically more interesting. Marge and Vern Biehl battled stride for stride with Ed and me on the second loop, and Fire Truck had a slight edge into the vet. But the Biehl's remarkable Scirroca recovers so quickly that Marge left two minutes ahead. Ed was tiring but we hammered the Soapstone Grade, nearly catching the Biehls near the top, but they had enough horse to hold their two minute edge at the finish.

In sixth place were Dan Barger and Carey Fayran who had been running near the front all day until Dan ran by Renegade (what color is it Dan?). Seventh, Tom Rotkis and Mike Callen recovered from an early lost horse to come



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from behind with a strong finish. Steve Shaw and Aileen Johnson, capitalizing on Steve's hard running, Aileen's endurance, and Bugs' great recoveries, left many good teams in their tracks to come in eighth. In ninth were Emmett Ross and Christie Patterson on Bernice Callen's wonder horse Ami. Emmett and Christie ran well all day but Emmett cramped badly in the deep sand along the Sweetwater and remembers with frustration watching Aileen Johnson's red t-shirt move out of sight as she and partner Steve pulled even farther away. Rounding out the top ten, winning the Century-In-The-Saddle Division, were wizened and clever veterans Dick Fonseca and Bill Johnson riding Tucson. The Hinrichs/Richtman team pulled when stomach flu overcame Mark in the middle of the race.

Women's winners Wendy Watson and Mary Ryzner (Mary's first ride & tie) were an impressive eleventh. Lisa Fonseca (no *admitted* relation to Dick) and Audrey Scott won the novice division. Both are veteran endurance riders who showed they can run with some keen competition.

The consensus of all involved is that the Cuyamaca Ride & Tie deserves a five star rating for a beautiful setting, great facilities, a challenging course, spectacular weather, and good people. The new and energetic race management did an outstanding job. State Park Supervising Ranger Jack Shu, Assistant Ranger Homer Townsend, and Coordinator of Mounted Assistants Henry Mendibles made the race possible by allowing us to share their special place.

Considering all this, what could you possibly do differently?

According to Lon Clearwaters: "Train more."

According to Mike Jepsen: "Not a thing."



# This Year's Top Ten

by Steve Shaw

The top ten in the Levi has always been a coveted finishing place. I know that as long as I have been in ride & tie and endurance riding, the competition for tenth place has always been just about as fierce as for first, second, or third. The sport always has its mini races at all parts of the pack, and to most, finishing the challenge is just as important as winning. That is what makes our event so great! Strategies, battles, and chases are played out throughout the stream of competitors and everyone has fun.

But the top ten is a fraternity that many seek, and surprisingly a great variety of people attain. Here are some of the personalities who made it in 1988 at Alturas.

Lucky seventh place at the Nationals this year was veteran Tom Laris and newcomer Glyn Reynolds. They rode Kabu (owned by Ken Williams) to a finish 31 minutes behind the leaders. Tom Laris (48 years old) has been around this sport for many years, starting at the third annual Levi at Angels Camp. He won the Big One in 1977 (teamed with Ken Williams and Hall of Fame nominee "Grey") and has been in the top ten another eight times! Tom has been in ride & tie for over 15 years. He works in San Francisco as a financial consultant but still approaches our sport with the same intensity as he did when he finished second at the Boston Marathon and competed in the '68 Olympics in the 10,000 meters. His PR at that distance was 28:12!

Glyn Reynolds came to the United States from Sheffield, England in 1981 following his Oxford PhD with post doctorate studies at Stanford. Glyn (33) is a well rounded sports enthusiast but his favorite (prior to the ride & tie bug) has been running the one mile distance in track (PR of 4:08; no wonder this team was top ten!) Of course Glyn quickly found out that this event is no track meet. He works as a scientist in the Bay area and has no commitments for next season.

Mike Jepsen and Jon Root, flying on Khyber, were sixth place, 27.5 minutes behind first place. Khyber has been notorious for his long stays in the vet checks in the past but his performance on the trails at the Nationals put this team in a very competitive position. (Recently at the Cuyamaca event in San Diego, Khyber breezed through both checks and along with Jon's running, gave this team their first win. Look out 1989!)

Mike Jepsen (45), AKA "Chance Wane" (22) is an emergency department physician in Paso Robles, California. Mike has been chipping away at the top ten for the last few years (14th in 1987) and the recent Cuyamaca win may foretell this team's new abilities. Mike, Cynthia, and Cody (4) are a familiar sight at almost all ride & ties and many endurance rides.

Jon Root has been at the Levi's since 1978. Of the nine times he's been in the top ten, eight of these have been in the man/woman division. Jon (34) has won that division seven times, but its no wonder. Most of us would like to have any one of his many claims to fame: marathon PR of 2 hours 32 minutes; Mt. Diablo marathon win; 10K time of 31:30. Jon and Robyn Root have the highest finish of any man/woman team yet with their second place overall in 1986. Rumor has it that they are going to try to improve that by one place in 1990. Jon works as a land surveyor in Davis, California.

Lon Clearwaters and Jim Arquilla, riding the solid top ten horse Taylor, finished in fifth place with an average pace of 6:27 per mile. This was 25 minutes behind the leaders who averaged a 5:51 pace for the 43 mile course. Taylor, known for his recoveries, has top ten'd many endurance rides in between the four Levis he's been in.

Lon Clearwaters is a Rolling Hills attorney who can be found at nearly every ride & tie. He and Leah Mirsch are at many of the Southern California endurance horse events where Lon has accumulated a significant number of top ten showings. Lon (47) has been in over 45 marathons in the years that he has been running, and this finish at Alturas is his second time in the top ten. In his novice years at ride & tie he competed in the triple crown series finishing second one year and first another. Lon can add two Tevis buckles to his accomplishments.

Jim Arquilla (38), from Orange County, is a competitor with a drive for the different. Jim has a marathon best of 2 hours 21 minutes in his 20-plus years as a runner. He enjoys trying many types of endurance events. He won the Burro Races in Big Bear in 1987 where he has competed since 1972, and he finished 54th overall at the Ironman Triathlon event in the same year. His impressive 10K PR of 31:03 has also helped this school teacher and coach place a total of three times in the top ten at the five Levis he's attended. With all this running around, you'd be surprised how much time this family man spends with his three little girls. □

Carolyn Day

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WINTER 1988-1989

Scattered like fallen leaves about me in the room are all sizes of bright orange t-shirts...Mother Lode Arabian Horse Association Ride & Tie t-shirts on their way now to all who completed the 1988 Race in Foresthill. Thanks are in order for the expert trail work of Jim Howard, the backing of the Mother Lode Arabian Horse Association, and the wonderful bar-b-que presented by the Foresthill Trails Association. Congratulations to all finishers...29 horses and 58 persons, as young as seven and eight years old, and coming from as far away as Virginia City, Nevada, ...who accepted the challenge of 17 miles of deep red dust.

Judy Haulman, Race Director

## THE MOTHER LODGE RIDE & TIE

by Wayne Hinrichs

The weather was great, the course was excellent, and everyone had a good time at the Mother Lode Ride & Tie held at Foresthill, California on October 2. The race was organized by Judy Haulman who was ably assisted by Jim Howard, Trail Boss and Blazer, and many others.

We arrived the evening before the ride and had a nice visit with other competitors in the balmy weather and enjoyed the night sky. Early the next morning the racers started rolling in and before long over 30 teams were entered. It was quickly apparent that this race was not going to be "cherry picked" as Tierney/Andreotti, Howard/Larimer, and Sarkisian/Blakely and other good man/man teams showed up to vie for the win. In the man/woman category several veteran ride & tiers showed up with novice partners, and several good woman/woman teams also entered, making it an interesting field.

The race started down the same pipeline road as the 1985 Levi's Ride & Tie, bringing back memories of that grueling, hot day. Our weather was fairly cool although the humidity would come into play causing slow respiration recoveries for the horses at the vet check. With a cloud of dust and a "hi ho Silver," we were off. A nice controlled start with the usual shake out occurred early in the race: Andreotti/Tierney went right to the front with Howard/

Larimer, leaving the rest of us to take the next positions.

As I raced down the trail the red dust reminded me of the 1985 Ride & Tie. It was difficult to see in the early going but it soon cleared up. I was having fun coaching my novice ride & tie partner: my wife, Robin, and we were having fun. It was made easy as her experience as an endurance rider paid off. I didn't have to worry about her ability to handle our horse or rate him, so I was able to settle into running and the timing sequence for the ties. It was nice going over good trails with lots of tie spots and a courteous and friendly crowd. Jon Root, teamed with a pick-up partner, experienced a "new one" when he caught his horse from behind while running!! His horse would have recovery problems later and Jon was waiting for him at the finish.

We soon pulled into the vet check at mile ten, and as I left, running, Tierney was leaving on his horse. He was the first horse out and with only seven miles to go they looked like a cinch for first place. It was interesting as usual to be on the trail and wait for the first horses (with the exception of Tierney's) to come by. I ran with Tom Lewis from Nevada for awhile and after a couple of miles the next horse came by with Jim Howard aboard. They were using a new five year old so he was pacing him conservatively. Next was Mike Sarkisian, and then came the moment that every ride & tier who has been running since the last vet check waits for, MY HORSE ARRIVED.

And so mine did in the form of a four legged running machine, a gray who goes by the alias, Pee Wee Herman, carrying my lovely wife. Some quick ties and we were across the finish line in fourth place overall and the first man/woman team. Breathing down our necks for fifth place overall and second man/woman was Knoch/Hatfield. I was quickly informed that Tierney/Andreotti had won the race, followed by Sarkisian/Blakely, then Howard/Larimer. The experienced woman/woman team of Snow/Endicott was not far behind, placing seventh overall as well as first in their division.

After a great post-race barbecue, Judy presented the awards in the Foresthill City park. It was a well-managed, fun course and a great time was had by all. If you are looking for a fall ride & tie, don't miss this one next year! □



Peanuts turned 24 on March 27, 1988. Since retiring from ride & tie in 1975 she hasn't been completely resting (as those of us with offspring know) since she has had eight foals. But back to the good ole' days...

I bought Peanuts with scholarship money I earned upon high school graduation—little did we know that she was at that time carrying a foal. Peanuts was a very accomplished gymkhana horse—with the wired up disposition to go with it! For her sanity and ours, we put her to work on the distance trail. She seemed to take to the hill work. With summer's end came winter rest, and in the spring a foal named "Bubba" was born. Six months later we entered her in the Second Annual Levi Ride & Tie in Alturas. We've had good luck in Alturas, and it started with this race in 1972. Even with a young son at home, Peanuts, with Chuck and Butch Alexander, outran the field for a first and Best Condition finish.

In 1973 the race was in Angels Camp, and Peanuts was back for a defense of her win. It was really hot that year and recoveries were everyone's nightmare. To compound problems the race started on a runway and it had been freshly oiled for an extension the night before the race! At the start, the field of horses ran parallel to the runway and had to turn across it to pick up the trail. Peanuts took a nasty fall on the oil, landing Chuck onto the runway and perilously close to clamoring hooves. When Chuck got up, he grabbed her rein, looked her over and mounted up, went around the fence and tied to a tree. She was quite buzzed and ripped loose. Chuck saw her and turned to pursue her—all the way back to the trailer!! He threw a halter on her and back into the race they went. They were the last horse to clear vet check one but watching the leader boards through the six vet checks, it was clear to see that she was moving up with every check. This was the race of her life! At the US Modern Pentathlon Training Center in San Antonio the athletes had hung a sign in their locker room saying, "Remember! The Russians are Training"; next to it someone had placed another sign: "Remember: Peanuts is training." Some of the Pentathletes were also ride & tiers! Peanuts had been training, and that day she was tough! Word started circulating to the top two teams that Peanuts was coming, and by vet check six she was the first horse out and the first one across the finish line.



## PEANUTS

### Ride & Tie Hall of Fame Horse

Chuck and Pam Stalley, owners

Inducted: June 19, 1988

The Fourth Annual Levi was scheduled for Klamath Falls, and we were teasing Bud Johns about what the first three-time winning horse should receive as a special award. Peanuts was ready to go. We had some bad luck at vet check one—a case of colic—and we stayed there for 45 minutes. When it resolved itself, her pulse dropped right away and she was back on the trail. A win was not to be this year, and they completed the race in eighth place. To this day we don't know what happened—she never had colic before or after.

Her fourth race was in Paso Robles in 1975. She finished sixth that year. Don Roth and Ken Williams won that race, but Kenny said he almost blew it three miles from the finish. He heard a horse coming from behind and thought it was Peanuts for sure—he was so used to her coming from behind, but he turned to see his own horse this time. Peanuts had popped a splint that year, and we had conditioned her with a lot of swimming and light trail work. She just didn't have the conditioning to win.

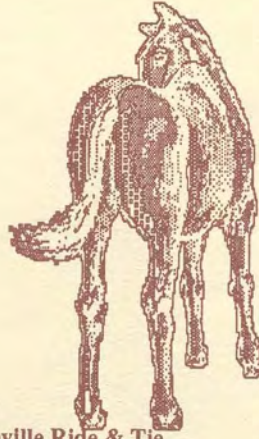
Peanuts went on to earn her Endurance Horse Registry. She did 13 fifty mile races and was never pulled. She has a smooth rein and a buggy trot that is effortless. She could really take care of a ride & tier; all you had to do is get on. Butch compared all our future horses to Peanuts, which made it really hard on them and Butch since the Arabs tend to have a bouncier trot and are more difficult to rate and pace.

We retired her after Paso Robles and bred her to Bezatal. She foaled a pinto filly in 1976. Bred to Bez, she had three foals; my favorite was Spock—he was a lot like his mom and tremendously strong. He finished the Big Horn 100 in 1984 during the daylight hours just two hours out of first place.

It is especially rewarding to have her selected for the Hall of Fame because this is a sport where Arabs excel and dominate. Peanuts is a registered Paint and registered Pinto. She is one half quarter horse. Riding a pinto in ride & tie gives you no excuse for running by your horse! We were privileged to have such a great athlete for our first endurance horse; she will be remembered for her prowess on the trail and her gentleness in the vet checks.

Good job, Peanuts! □

# 1988-89 RIDE & TIE SCHEDULE



- April**     **Central Oklahoma Ride & Tie**  
Central Oklahoma  
10 miles
- Rachel Bailey  
(405) 360-1644  
1706 N.E. 77nd  
Norman, Oklahoma 73071
- April 15**     **Mountain Side Ride & Tie**  
Redding, California  
10/25 miles
- Gayle Snow  
(916) 357-4500  
2193 N. Street  
Anderson, California 96007
- April 15**     **North Florida Ride & Tie**  
Bryceville, Florida  
12 miles
- Kathy Paul  
(904) 743-2332  
4315 Packard Dr.  
Jacksonville, Florida 32216
- April 29**     **Steed & Speed Almaden Ride & Tie**  
San Jose, California  
11/22 miles
- Lanny Brown/Rick Appleton  
(408) 633-5666  
982 Dolan Road  
Castroville, California 95012
- May 13**     **Corner Canyon Ride & Tie**  
Draper, Utah  
7/15 miles
- Dean Jackson  
(801) 254-4347  
14381 S. 1700 W.  
Bluffdale, Utah 84065
- May 13**     **Prineville Ride & Tie**  
Redman, Oregon  
8/25 miles
- Lew Hollander  
(503) 382-7846  
P.O. Box 100  
Redman, Oregon 97756
- May 14**     **Cuneo Creek Ride & Tie**  
Humboldt Redwoods St. Park  
17/32 miles
- Mike Harding  
(707) 839-4807  
1513 Railroad Drive  
McKinleyville, CA 95521
- May 20**     **Big Creek Ride & Tie**  
Santa Cruz, California  
30 miles
- Barbara & Lud McCrary  
(408) 423-4572  
330 Swanton Road  
Davenport, California 95017
- May 27**     **Edgemont Ride & Tie**  
Edgemont, North Carolina  
14/28 miles
- Finn Hassing  
(704) 294-3845  
Route 1, Box 109  
Hickory, N.C. 28602
- May 27**     **Rocky Mountain Ride & Tie**  
Perry Park, Colorado  
20 miles
- Bobbi & John Di Pietra  
(303) 681-3226  
4950 West Shar Trail  
Sedalia, Colorado 80135
- May/June**     **Middleton Ride & Tie**  
Middleton, Idaho  
(call for dates and mileage)
- Sally Graf  
Route 11 Box 101  
Middleton, Idaho 83644  
(208) 585-6622
- June**     **OCTRA Ride & Tie**  
Ontario, Canada  
11/22 miles
- Diane Liebrechts  
(416) 342-5520  
RR# 6  
Cobourg, Ontario K9A 4T9
- July 8**     **Jeremy Ranch Ride & Tie**  
Park City, Utah  
10/20 miles
- Dean Jackson  
(801) 254-4347  
14381 S. 1700 W.  
Bluffdale, Utah 84065
- July 9**     **THE NINETEENTH ANNUAL RIDE&TIE CHAMPIONSHIP**  
Frazier Park, Southern CA.  
~38 miles
- THE RIDE & TIE ASSOC.**  
(213) 546-3781  
P.O. Box 1193  
Manhattan Beach, CA 90266
- August 12**     **Park City Ride & Tie**  
Park City, Utah  
12/26 miles
- Dean Jackson  
(801) 254-4347  
14381 S. 1700 W.  
Bluffdale, Utah 84065
- August 15**     **Swiss Ride & Tie**  
Ebikon/Lucerne, Switzerland
- Dr. Georges F. Riedler  
Sonnenterrasse 25  
CH-6030 Ebikon, Switz.  
041 33 20 87

August 19 **Swanton Pacific Ride & Tie**  
Santa Cruz, California  
100 miles

Barbara & Lud McCrary  
(408) 423-4572  
330 Swanton Road  
Davenport, CA 95017

Mid Aug. **Bracebridge Ride & Tie**  
Ontario, Canada  
25+ miles

Dr. Ray Fife  
(705) 645-9236  
Box 1510  
Bracebridge, Ontario  
POB 1C0

Sept. 23 **Fort Collins Ride & Tie**  
Fort Collins, Colorado  
18 miles

J.D. Murphy  
(303) 223-2412  
2725 Grenada Hill Dr.  
Fort Collins, CO 80525

Sept. 24 **Old Selam Ride & Tie  
and Endurance**  
Idaho

Carl Gilbert  
(208) 375-1170  
7721 Settlers Road  
Boise, Idaho 87304

October 1 **Mother Lode Arabian Horse  
Association Ride & Tie**  
Foresthill, California  
17 miles

Judy Haulman  
(916) 367-2820  
P.O. Box 697  
Foresthill, California 95631

October **Leatherwood Handicap  
Benefit Ride & Tie**  
Leatherwood, North Carolina  
7/25 miles

Ann Davis  
(919) 563-6676  
Route 4, Box 220  
Mebane, North Carolina  
27302

October 7 **Lockwood Valley  
Ride & Tie Rally**  
Frazier Park, California  
20+ practice miles

The Ride and Tie Association  
(213) 546-3781  
P.O. Box 1193  
Manhattan Beach, CA 90266

October 8 **Perry Creek Ride & Tie**  
British Columbia, Canada  
12/30 miles

Fred Clark  
(604) 526-7925  
SS1 Site 13-24  
Cranbrook, B.C. V1C 4H4

October 29 **Cuyamaca Ride & Tie**  
San Diego, California  
30+ miles

Ralph Walker  
(619) 445-0428  
23479 Japatul Valley Rd.  
Alpine, California 92001

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## ***Ride & Tie Fact Sheet***

*(continued from page 7)*

Of course, the entire vet check procedure is facilitated by a knowledgeable, coordinated, and well equipped crew to care for the horse and runners. Although the rules state that crews cannot take the horse through the vet check (one team member must), they can cool the horse and give him water and food, and check the tack. The efficiency of a crew often makes the critical difference in race results. (For detailed information on crewing, see Hollander, Lewis E. "Crewing for Ride & Tie," Journal of the Ride and Tie Association, 3: Spring 1988.)

**Question 6:** *It was mentioned that knowing the trail aids the team. How do you accomplish that?*

Most people have a few favorite ride & ties which they do each year. After completing a race most people have a pretty good memory of the basic lay of the trail. (Sometimes you learn it better than you'd like; anyone who has run by their horse has an acute, if not painful, memory of that section of trail.)

It's impossible to know the course of the National event from one year to the next because it changes each year (with the exception of the two years in a row course at Big Creek). Many people travel to the National site a week or more ahead of race day. Over the course of the week they ride and run the trail, planning strategies. For some people, that week is a vacation comprised of camping, socializing with other teams (some of whom haven't been seen since the previous year's race), exchanging ride & tie stories around a campfire, and making new friends.

**Question 7:** *It sounds like ride & tie is an awful lot of hard work. One last question: Is it worth it?*

Ask anyone...they'll give you a resounding YES. (But don't expect them to leave it at that. Next thing you know you'll be running along...listening.)

## MIDWEST REGIONAL UPDATE

*Don Mars of Jackson, Michigan has taken responsibility for Midwest regional organization of the sport of ride & tie. This region arbitrarily includes Illinois, Wisconsin, Indiana, Michigan, and Ontario. His enthusiasm and conviction to our sport is necessary and appreciated.*

My personal goal for the next year is to have ride & tie events, both practices (ralleys) and real races, in which all kinds of people can participate. To do this I feel the following must be done:

1. Contact all interested people and inform them of what is occurring.
2. Assist any individuals who want to put on any type of ride & tie event.
3. Coordinate regional events so they support and encourage each other.
4. Provide a regional newsletter. We plan to distribute ride & tie brochures and possibly show a video at several horse fairs this winter.

I have attempted to contact every individual in this area who has expressed an interest in ride & tie. The response has been amazing. All have

offered to help organize events.

The Ride and Tie Association's goal of obtaining AERC support should help in promoting the sport. Our regional events will be made stronger by adhering to the proposed AERC guidelines and this has been a strong selling point with the ride managers with whom I have spoken. Conducting events as part of existing rides (such as 50 mile endurance rides) should help keep the costs down and make the sport better known.

### Midwest Regional Ride & Tie Schedule

(For more information about any of these races, contact me, **Don Mars, at 763 Crescent Rd., Jackson, Michigan 49203 (517) 789-8743.**)

April 8 **POTATO CREEK RALLY**  
North Liberty, Indiana  
Leslie White sponsors this clinic and ride & tie practice.

May 6 **YANKEE SPRINGS RALLY**  
Yankee Springs Recreation Area  
Hastings, Michigan  
10 to 20 practice miles and informal instruction

June 3 **GLACIAL TRAILS RIDE & TIE**  
Wisconsin  
25 miles  
Wendy Maas, Ride Manager

June 27 (date tentative) **COBURG RIDE & TIE**  
Coburg, Ontario  
10 and 20 miles  
Diane Liebrecht, Ride Manager

Aug. 27 **BRACEBRIDGE RIDE & TIE**  
Bracebridge, Ontario  
11 and 22 miles  
Rae and Tina Fyfe, Ride Managers

Sept. (date tentative)  
**KETTLE MORAINÉ COLORAMA**  
Wisconsin  
25 and 50 mile ride & tie  
Wayne McVeigh, Ride Manager

Oct. 14, 15 **WHITE RIVER RALL RIDE & TIE**  
White Cloud, Michigan  
10 and 25 miles  
Wayne Gastfield, Race Manager

Special thanks to the regional directors for their dedication in planning these events. This is an exciting time and I look forward to the fun that developing this event together will create. If you are going to be in the Midwest this year, give me a call at the above number. We would like to have you participate in one of our events.

## Director's Update

*A message from Wayne Hinrichs, Association Director*

As we enter the holiday season The Ride and Tie Association volunteers are hard at work. Progress continues on the race course site at Frazier Park in Southern California. We are pleased to announce the appointment of Emmett Ross as Race Director for the 1989 National RIDE&TIE Championship. Emmett is an experienced race director, having been the director of the 1986 Levi's held at the McCrary ranch. He did a superlative job there and we can expect his fine organizational skills to make the 1989 National Championship one of the best events ever.

Some exciting news for all competitors! A National Point System is almost in place and will be in effect for

the 1989 racing season which will run from January 1 to December 31. Points will be awarded in several categories including individual points, points for horse mileage, and of course team points for all three ride & tie divisions: open, mixed, and women. The more races a competitor attends the more points the horse, individual, and team will accrue. This system recognizes dedicated ride & tiers who participate throughout the year. Awards will be presented in all categories. The National RIDE&TIE Championship will continue to be the Premiere Event of the year. Details are forthcoming.

On another front I am excited about our affiliation with the AERC which is

being well received and is awaiting AERC Board approval. After some details are worked out, AERC will recognize our races. (To receive AERC sanctioning, ride & tie races must be approved by The Association). In addition, the AERC administrative office will record our race results and keep track of the various categories in the National Point System.

The Sport is alive and well and the Association continues to evolve on many fronts. I want to thank everyone who is contributing their time and energy.

**HAPPY HOLIDAYS TO THE ENTIRE RIDE & TIE FAMILY!!!**

*Wayne Hinrichs, Association Director*

# RIDE & TIE HALL OF FAME

## HORSE NOMINATION FORM

This year's nomination form is slightly different from last year's. Please read it carefully and fill it out accurately. All horses nominated last year and not inducted must be renominated this year. The deadline for nominating a horse into the Hall of Fame is **February 28, 1989**. No exceptions will be made. A nominating fee of \$10 must accompany all forms; this fee will be waived for those horses nominated last year. Send the completed application to:

Hall of Fame Nominations c/o Russ Kiernan  
9 Carolyn Court  
Mill Valley, California 94941 (415) 388-791

### QUALIFICATIONS:

The following qualifications were determined by a consensus of the National RIDE&TIE Horse Hall of Fame Committee.

1. All nominated horses must have FINISHED a minimum of five "Levi Ride & Ties" or "National RIDE&TIEs," as they are now recognized.
2. List only ride & ties of distances of 20 miles or longer and only those events that the nominated horse completed.

HORSE'S NAME \_\_\_\_\_ AERC # \_\_\_\_\_  
OWNER'S NAME \_\_\_\_\_ PHONE \_\_\_\_\_  
CITY/STATE/ZIP \_\_\_\_\_  
HORSE'S BREED \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

**PERFORMANCE:** Attach additional information as necessary.

- LEVIS AND NATIONAL RIDE&TIES COMPLETED: (include race/place/year/team division/best condition?)
- OTHER RIDE & TIES COMPLETED: (provide same information as above)
- SIGNIFICANT ENDURANCE RACES: (list ride/place/year/best condition?)

## ETC.

A scary trend is developing among some of our ride & tie competitors and I believe that its control may necessitate a new rule. Here's the problem: Gary Polhill and Jon Root have become good horsemen. This, coupled with their unbelievable running abilities, has made them a threat in any race. Can you imagine what would happen if they ever teamed up? One of the problems this presents is related to their age; they are both young in ride & tie career terms. Sherode Powers, Jack Garnett, Russ Kiernan and other competitors are always a threat for first place despite their half century categorization; Gary and Jon could dominate first place for 20 years!! We must stop this. I propose a rule that these two and others like them must always compete with their wives. Heh, we're still in trouble! Have you ever seen Dana or Robyn run?

Are you looking for a teammate or a horse for ride & tie? Simply send us a letter or postcard and we will network

your needs to other ride & tiers. We need partners for people who want to be introduced to this sport. We all know how hard it is to get started.

Jeff Herten and Marge Biehl completed the San Juan Trails 50 mile run recently. This run is ranked with some of the toughest ultras around. Jeff continues to amaze us with his 11th place finish. Look out top ten for the Frazier Park Nationals! Marge finished in a respectable 11 hours.

Look for more information soon about the GOLD RUSH Endurance Events. This recreation of the 1849 Gold Rush will be a two day staged 100 mile competition which will include, concurrently, a Ride & Tie, an Ultra Run, and Endurance Horse Race. 1990 will herald this event, but an invitation-only prospecting of the course will occur in late June of 1989.

Thanks go to Don Mars in Michigan for the great job he's doing in developing that region for more ride & tie races.

## Keep the Sport of Ride & Tie Alive: Become a Member or Renew Now

Founding Member	P/T
Lifetime Member	\$500
Supporter	\$100-400
Competitive Member	\$35/year
Competitor Family Mbrshp	\$45/year
Member	\$10/year
or Family Membership	\$20/year

**Founding Members:** These were limited-time openings for membership. This lifetime membership will receive continual acknowledgment and recognition for assistance in initiation and founding of **The Association**. Look for Founding Members and their family by their identifiable numbering in any of the national Ride & Ties in which they compete.

**Lifetime Members:** They will receive lifetime membership in **The Association** for themselves and family as well as annual recognition for their lifetime contribution to the sport. Lifetime members will receive special numbers in the national Ride & Tie.

**Supporters:** They will receive a one year membership in **The As-**

sociation and special recognition for their donation to further the growth of the sport and **The Association**.

**Competitor Membership:** This voluntary membership category recognizes a true commitment to the sport and is the membership for anyone who plans on participating in events. This membership also provides access to the membership data base which can link up teammates with horses, riders, and runners. This honors category is intended for past and present participants in Ride & Tie. With this membership you can receive a Competitor's statistics number.

**Members:** These, along with all other categories of membership, will receive *The Journal of the Ride and Tie Association*, information on the growth of the sport, information and applications for the National RIDE&TIE, advocacy for growth and competition in all aspects of the sport, representation on the Board of **The Association**, and assurance of the continuance of Ride & Tie.

As a 501(c) (3) non-profit organization, these contributions are tax deductible.

### THE RIDE AND TIE ASSOCIATION MEMBERSHIP FORM

NAME(S) \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

**TYPE OF MEMBERSHIP:** (Please check your choice of membership.)

Lifetime Member (\$500)   
  **Competitor Member (\$35/year)**   
  Member (\$10/year)  
 Supporter (\$100-\$400)   
  **Competitor Family Membership (\$45/year)**   
  Family Membership (\$20/yr)

**PREVIOUS ENDURANCE AND RIDE & TIE ACCOMPLISHMENTS:** (List events, finishing place, interesting facts.)


I am a  **RIDER**  **RUNNER**. My present teammate's name: \_\_\_\_\_

I  need a teammate;  need a teammate and horse;  have a horse to loan.

**IN WHAT WAYS COULD YOU VOLUNTEER TO ASSIST THE ASSOCIATION AND/OR THE RIDE&TIE RACE?** \_\_\_\_\_

**WHERE DID YOU HEAR ABOUT THE ASSOCIATION?** \_\_\_\_\_ **SUGGESTIONS:** (please attach)

**THE RIDE AND TIE ASSOCIATION**  
 P.O. BOX 1193  
 MANHATTAN BEACH, CA 90266  
 (213) 546-3781