

# RIDE & TIE NEWS

PUBLISHED BY THE RIDE AND TIE ASSOCIATION

January 1996

Laura Christofk, Editor

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## Don't forget to RE-MEMBER

Don't wait for a race day to renew your membership. You will miss the next issue coming out in March. This is the "biggie," THE RIDE & TIE JOURNAL filled with lots of photos, and the best articles and stories yet! If you miss this one you'll regret it.

I GAVE YOU AN ENVELOPE!

Where is it? FIND IT.

Don't worry that it has the old R&T Association address. It will still get to us. If you can't find it, get your own envelope. Sheeez, do I gotta do everything? Another RE-MEMBER form is on the back page. If you are not quite sure which membership category fits your needs, read "Membership Categories for the Completely Confused" on page four. Any other excuses?

# 1996 THE YEAR OF THE RAT

AND OUR MOTTO:

just  
**GET  
ONE**

There has been a lot of talk recently. *I mean a lot of talk.* What about? How to get more people into Ride & Tie. Now some think we need to be shopping for endurance riders since they already have horses while others think that really good Ride & Tiers will come from the "ultra runner" crowd because they already like to run. But convincing a "rider" that getting their fanny out of the saddle and their socks dirty is fun is no easy task. Even tougher is teaching a "runner" to ride or even just stay on a fast moving horse. But in spite of these drawbacks each one of us, along with many before us, has overcome a fear of either running or riding or both and have come to enjoy the wild sport of Ride & Tie.

So what did it for you? How did you get into it? Probably the same way I did, from a veteran Ride & Tier. First they took you to see a race, then maybe to crew a few, then before you knew it you were talked into actually trying one for yourself. BINGO, your hooked. In all the efforts made to "grow" the sport lets not overlook the obvious. WE are Ride & Tie's best advertisement. WE are

what makes this sport so much fun. WE are what will attract newcomers into the sport. There is no access to Ride & Tie except through us. Although efforts are being made to increase awareness of our sport by placing ads and articles in various publications, these promotions will be worthless unless WE usher in newcomers by "following up" on those that show interest.

I got to thinking about it. If every current Ride & Tier got one new person in the sport, *just one*, then our sport would **double** every year. It is just too simple! We ride and we run therefore we meet others that ride or run. Eventually the topic of ride & tie enters a conversation. Most are curious to know more. We enthusiastically offer a few great stories, blah, blah, blah closing the subject with "You really oughta try one. They're a lotta fun." That's it, Adios, syanora, chow baby. Well **NO MORE!!!** 1996 is going to be different. I am tagging it "the year of the RAT" and I am giving us a motto: **just GET ONE**. And to make it easier for you to GET ONE turn to page two for a few ideas that will help.

(continued on page 2)



**1** "What is a RIDE & TIE?" flyer. They're new! (Available February 1, 1996. One will also be included in the March issue for you to see.) Keep a few in the glove compartment so you will have one when someone shows interest in learning more.

**2** Join or start a **RAT pack**. Four RAT packs are listed in this newsletter. Invite others to ride or run or just "do cheese" with the group. What better way to get someone's feet wet?

**3** Become a **Mentor** or hook someone up with a Mentor. A "mentor" is kinda like a "big brother" or "big sister." An article explaining The Mentor Program will be in the March issue. Check it out.

**4** Complimentary issues of **Ride & Tie News**. Normally only available to R&T association members, send us a name & address and we will send them the next couple of issues. **FREE**.

**5** **Share a video**. The Ride & Tie video taken at the World Championships in Sun Valley, Idaho 1995 is superb. It does a great job of describing our sport as well as capturing the spirit of ride & tie. Copies are available for purchase through The Ride & Tie Association. \$13.00 includes postage and handling.

**6** **Pro/Am races**. The concept of Pro/Am races is good, but every race except The World Championships should be a Pro/am. Now I will be the first to admit it is fun doing races with the same partner all the time but... it is killing our sport. If every veteran Ride & Tie would team up with a newcomer race entries would double. Just like that. Read the race results in the newsletters and you will see many of the same teams (or slight variation of team members) over and over. It is rare to find a new name mixed among the veterans. Let's make our designated Pro/Am races be PRO/AM races. A Pro/Pro team at a Pro/Am race should be a last resort. I gotta quit thinking so much. WE gotta quit talkin' so much and start doin'. 1996 is going to be a GREAT year if we make it great. Remember... just GET ONE. *Java C.*

# S.L.O. RATS PREPARE CONQUEST OF THE VELVETA CUP

Hockey has it's Stanley Cup, sailing it's America Cup, Tennis it's Davis Cup. Steeped in history, prestige and glory, none can hold a fork to the proposed new award for the Regional Team championship of Ride & Tie, the soon to be famous, and easily edible Velveta Cup. Hordes of hungry equestrian rodents will vie for this coveted award. Ever conscious of the need for fermented lactose products, the SLO RATS propose to donate this Team Champi-

award for the onship of Ride & Tie Gentlemen and Ladies. sharpen your incisors! The SLO RATS will bring their laurels (or below) as the first Ride & Tie Club, has established an exhaustive training schedule for it's members. Twice daily workouts including repeat dismounts, EasyBoot washing, finish strategy visualization, and awards acceptance speech writing have brought the group to the peak of race preparedness. Soon, top secret night training coached by veteran Jim Hurley will begin at a local tavern. New uniforms have been designed by Teri Rose and fabricated in the Cal Poly metallurgy lab. Horses have been fitted with the latest in ultralight shoes: A graphite-spandex alloy. "Old Bob" Edwards has given several seminars on staying on trail, and the Pozo saloon has promised sponsorship if our members promise never return. Remember, whenever you sleep in and don't run, the SLO RATS are training!

## RAT Packs Regional Teams & Practice Groups

**VERY COOL RATS**  
Cool, Auburn Grass Valley area  
Jon Roof  
(916) 292-1902

**B.A.G. RATS**  
San Francisco Bay area  
Curt Riffle  
(415) 949-0620

Want group? want a group?  
Call or write RIDE & TIE NEWS and we'll add you to the list

**S.L.O.R.A.T.S.**  
San Louis Obispo area  
Jeff Herten  
(805) 595-2063

**OPERATION DESERT RATS**  
Lake Elsinore, Temecula area  
David & Arlene Foster  
(909) 767-3237

just  
**GET ONE**

- Please send me "What is a Ride & Tie?" flyers
- Please send me a 1995 World Championship Ride & Tie video. A check for \$13.00 is enclosed.

Name \_\_\_\_\_  
Address \_\_\_\_\_

Please send complimentary issue of RIDE & TIE NEWS to:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_

Mail to: The Ride and Tie Association | 1734 Wall Blvd | Grass Valley, CA 95949



# IT'S A RAT RACE

## REGIONAL COMPETITION LEAGUE FORMING

### Howdy Fellow RATS,

THIS IS AN INTRODUCTION ARTICLE ABOUT A REGIONAL COMPETITION LEAGUE THAT WE (RAT PACK LEADERS) ARE STARTING UP. IT IS PURELY FOR FUN AND WILL HOPEFULLY BRING A FEW PEOPLE BACK OR NEW PEOPLE INTO THE SPORT. THE PLAN IS TO DESIGNATE A FEW 1996 RACES AS 'RAT RACES' OR LEAGUE RACES. THE HOSTING RAT PACK WILL TAKE CARE OF THE SCORING AND AWARDS FOR THE WINNING RAT PACK TEAM (WE DO NOT WANT TO ADD MORE BURDEN ONTO THE RACE DIRECTORS.)

A RAT PACK (REGION) CAN ENTER AS MANY TEAMS AS THEY WISH.

#### SCORING

THESE PLACINGS ARE SEPARATE FROM THE 'OFFICIAL' RACE PLACINGS AND INCLUDE ONLY PARTICIPATING 'RAT RACE' TEAMS.

1ST PLACE.....	5 POINTS
2ND.....	4 POINTS
3RD.....	3 POINTS
4TH.....	2 POINTS
COMPLETION.....	1 POINT
AMATEUR BONUS.....	2 POINTS
OLDIE BONUS.....	2 POINTS

\* AN ANATEUR IS ONE WHO HAS COMPETED IN 2 LONG COURSES OR LESS. COMPLETING A WORLD CHAMPIONSHIP FORFEITS AMATEUR STATUS.

\* AN OLDIE BUT GOODIE IS ONE WHO HAS NOT COMPETED IN ANY R&T'S IN THE PAST TWO YEARS. THAT MEANS NONE IN 1995 OR 1994.

\* OUT OF REGION TEAM MEMBERS MAY COMPETE FOR ONE TEAM ONLY IN A SINGLE CALENDAR YEAR.

SORRY, NO POINTS FOR BEST CONDITIONED HORSE, BACK OF THE PACK OR BEST DRESSED.

RAT PACK PRACTICE GROUPS ARE FREE, JUST JOIN ONE IF YOU ARE PLANNING TO START ONE, JUST CALL ANY OF US RAT PACK LEADERS TO BE IN-

CLUDED ON THE LATEST GOINGS ON. DON'T BE DISCOURAGED IF YOUR INITIAL TURNOUT IS SMALL. I WENT TO JEFF HERTEN'S VERY FIRST S.L.O.R.A.T.S. PRACTICE AND WE ENDED UP WITH ONLY 3 PEOPLE AND 1 HORSE. WE ALL GOT A GOOD WORK OUT. THE HORSE DIDN'T STOP FOR VERY LONG. WE RAN FOREVER AND HAD A LOT OF FUN.

TO PARTICIPATE IN THE REGIONAL COMPETITIONS ALL THAT IS REQUIRED OR EXPECTED IS THAT YOUR RAT PACK HOST A 'RAT RACE' AT A FUTURE RIDE & TIE.

ON THE FUN SIDE, WE ARE TRYING TO THINK OF RAT PACK UNIFORMS. US COOL RATS WILL BE STRUTTING IN BLUES BROTHER GLASSES AND HATS. VERY COOL.

DAVE FOSTER HAS SOME IDEAS FOR HIS DESERT RATS. CURT'S B.A.G. RATS. NOW THAT'S AN EASY ONE. WHAT EVER IS FUN.

THE COOL RATS MEET ONCE A MONTH OR SO IN THE WINTER AND HOPEFULLY MORE OFTEN IN THE SUMMER. WE ARE TRYING TO HAVE AS MANY HORSES AVAILABLE FOR BEGINNERS AND OTHER RATS LIKE JEFF HERTEN AND DAVE FOSTER ARE DOING. ALSO, WE PLAN TO HAVE A DIFFERENT PERSON 'HOST' EACH MONTHS PRACTICE. THAT WOULD MEAN MARKING THEIR FAVORITE LOCAL COURSE. AND THEN WE WILL 'DO CHEESE' (POT LUCK) AFTER. I'M BRINGING MY BAR-B-QUE PIT AND COOK UP SOMETHING.

THERE IS NOTHING IN STONE. I WOULD LIKE TO GET LOTS OF INPUT FROM EVERY ONE SO WE COULD HAVE SOME KIND OF ORGANIZATION ESTABLISHED AND PERHAPS A SCHEDULE AND HOSTING RAT PACK BY SPRING. WITH ENOUGH GOOD MINDS TOGETHER, WE CAN GET MOST OF THE BUGS WORKED OUT AND HIT THE GROUND RUNNING. LET'S KEEP IT SIMPLE AND HAVE SOME FUN. THAT IS THE BOTTOM LINE. HAVING FUN, CHEERING ON YOUR TEAM MATES, AND INTRODUCING NEW PEOPLE TO RIDE AND TIE.

JON ROOT  
BOX 461

GRASS VALLEY CA. 95945  
916 292-1902  
916 273-9507 (FAX)



## FROM THE DESK OF THE COMMANDANT DAVID FOSTER DESERT RATS

Just Wanted to let our fellow rats know we are alive and doing well. We meet every Sunday at 9:00 am.

Our largest turnout was Dec. 10th at Kim and Ed Strongs house in Nuevo. We had a 17 runner/riders. It was a well marked course with tough hills. David Foster and Billy McGovern were the first ones in on the 16 mile course.

We ask fellow rats to host our practices. To be a host you have to find a course approx. 10-15 miles, mark it so we don't get lost and feed us. Boy, Kim and Ed really fed us!! The food was the best part.

We recruited Diane Lee Villescay and her sister Jody Harvey. They came to our practice ride & tie. they rode, they watched, and now they are ready to try it.

We discussed our next ride at Coyote Canyon, a 30 mile endurance ride. We also discussed who was riding with who in Tuscon. The Desert RATS plan to send 5 teams! So watch out. We take no prisoners.



## and the winner is...

Just a little reminder about The Ride and Tie Association annual award banquet to be held in conjunction with the AERC convention March 1&2, 1996 in Reno, NV at the Clarion Hotel. Unfortunately, last year many had to choose between the R&T bash or the AERC awards. This year you can attend both if you wish.

#### SATURDAY

Ride & Tie socialize & cocktails ..... 5:30pm - am  
Ride & Tie banquet & awards presentation ..... 6:30pm - 7:59pm  
AERC dinner .... 7:00pm  
AERC awards ... 8:00pm  
Don't forget FRIDAY! The Ride & Tie Association is sponsoring a dance at the

Clarion Hotel. There will be a D.J., a no host bar, viewing of the 1995 World Championship R&T video and a very special slide show thanks to Steve Shaw. Bring \$2.00 to get in and wear your dancin' shoes!  
For room reservation at The Clarion Hotel call (800) 723-6500.



# HAVE YOU HEARD THE LATEST ?

The Ride and Tie Association has a new address, phone number, letter-head and goffer (formal title: Administrative Director) as of January 1, 1996. Laura Christofk, also editor of the Ride & Tie News, has accepted the challenge of being the R&T hub for a minimum of one year. Previously owning her own business, she plans to reorganize the association from the bottom up. Streamlining, rethinking expenditures, applying practical business techniques to save money and increase revenue.

The new address & phone/fax :

THE RIDE AND TIE ASSOCIATION  
11734 WOLF RD.  
GRASS VALLEY, CA 95949  
(916) 268-8474



## WANTED: ADVERTISERS

Advertising space is now being offered in the RIDE & TIE NEWS and THE RIDE & TIE JOURNAL. If you have products or services that you would like displayed call or write the association for an Advertising Rate Package.

## WANTED: CLASSIFIED ADS

Gotta saddle, a horse, a trailer for sale? Maybe you are a trainer or a breeder. Maybe you

just want to say thanks to someone in a special way. Now you can reach all the RATS at once. Ads with twenty words or less cost \$5.00. Make checks payable to The Ride & Tie Association. Payment must accompany ad.

**PRESS RELEASES** 1996 is going to be an incredible year for Ride & Tie if Jennifer Oltmann has anything to do about it. Jennifer has accepted the position of Public Relations Coordinator for The Ride and Tie Association. She will be sending Ride & Tie race promotion press releases to local publications, radio and TV stations in areas where races are scheduled. She will also be pursuing inclusion of R&T related articles in other sports and equine publications. Jennifer is a graduate of Cal. Poly, with a B.S. in Journalism with concentration in news and editorial. You will get to read the first of many wonderful articles to be written by her in the Match, Ride & Tie Journal. Her talents and enthusiasm will be a much needed shot in the arm for the sport of Ride & Tie. Welcome aboard Jen!



## MEMBERSHIP CATEGORIES FOR THE COMPLETELY **CoNFuSeD**

Why are there so many Ride and Tie Association membership categories? Which one is best for me?

All good questions. The Association has tried to fit the categories to fit the needs of our diverse membership. A membership is good for the calendar year. If a membership payment is received in November or December, the membership will be paid throughout the following year as well. Now let's look at each category from the cheapest to the most expensive. And note some new features added for 1996.

**New Member (\$20):** Pretty obvious. The Association wants to make your first year as painless as possible, especially when you are not used to paying \$110 to \$200 per team entry fees! You can qualify for \$10 discounts from all sanctioned races (non-members must pay a \$10 one-day membership fee). Remember: you can only be a New Member once per lifetime. Get a life!

**New Family Membership (\$35):** Pretty obvious, again. Everyone in your family (you claim 'em on the 1040) gets New Member privileges assuming they have not been members before (nice try). What a deal! C'mon down and sign 'em all up!

**Friend of Ride & Tie (\$20):** So you've decided after your first year you are happy just receiving the Newsletter and Journal and since you will probably not enter more than three sanctioned races per year (\$10 each for a one-day membership) and will not be entering the Championship (all participants must be Competitor Members), you'd rather save some bucks. And guess what? If you decide later in the year to upgrade to Competitor Member (for the Championship, maybe), you only owe \$30. C'mon, everyone should be at least a Friend of Ride & Tie! No excuses!

**Competitor Member (\$50):** This is it. Everyone looks up to a Competitor Member. If you are going to enter at least three

sanctioned races or the Championship, you should be a Competitor Member (this is a must for all Championship competitors). This saves you \$10 per sanctioned race (\$10 one-day membership fee is charged for entrants who are not members or are Friends of Ride & Tie). It also allows you to participate in the prestigious annual points competition. Plus you can use The Association's membership directory to help locate teammates. You grandchildren will be so impressed when they learn you are/were a Competitor Member!

**Competitor Family Membership (\$75):** This is the Costco of membership categories. You can sign up the whole herd for only \$75. Again, if you claim 'em on your 1040, you've got a ride & tie family. All family members get Competitor Membership status. Is that a good deal or what?

**Supporter of Ride & Tie (\$100 to \$499):** For those who want to see this sport prosper but can't contribute their



## WELCOME NEW RIDE & CRIERS

Courtney Knoch  
Nov. 16, 1995  
Proud parents  
Chrs & Cheryl Knoch

Hanna Shilling  
June 17, 1995  
Proud parents  
Leslie Phillips & Jon Shilling

Katelynn Thompson  
July 29, 1996  
Proud parents  
Eric & Kathy Thompson

There are quite a few Ride & Tie chicks that are thinking of getting... you know... having a Ride & Crier... in 1996. I guess that makes them Ride & Tiers. Their hubbies vow full support of their wives decision to have children. That definitely makes them Ride & Liars.

time to volunteer for the cause, here is a cheap way out. You get all the benefits of a Competitor Membership plus special recognition and tokens of appreciation throughout the year including \$10 off the Championship entry fee. You may get a call periodically from The Association Presi-

dent just to make sure everything is OK and solicit your inputs on new ideas and concepts. If you love this sport and wouldn't mind some extra TLC and free stuff, this category is for you!

**Lifetime Member (\$500):** This is the VIP Gold category. Lifetime Members and their families get all the benefits of a Competitor Membership plus special recognition and tokens of appreciation throughout the year like \$20 off the Championship entry fee for the rest of

## Curt's Turn

Was ride & tie part of your New Year's resolution list? I hope so because you will want to be an active member for 1996. Our Annual Awards Banquet will be held Saturday evening, March 2, in Reno in conjunction with the AERC Convention. Attendance has more than doubled since we began this event just a few years ago. Thanks to Steve Shaw, the Association will be sponsoring a dance on March 1 and will also have a booth at the AERC trade fair the afternoon of March 2. Come help recognize our points champions for the 1995 season and hear about our plans for the 1996 season. And have a great time!

Our primary goal this year is new member recruitment. The popular pro-am races will take place again this year. Thanks to dedicated members like Dave & Arlene Foster, Jeff Herten and Jon Root, a new "RATS League" will be added to the regular competitions this year. This league consists of regional RATS teams (see the November newsletter for a description of RATS) competing with each other based on the number and finish order of novice, pro-am and pro teams with each RATS. More details will be coming in the next Newsletter.

Our 1996 Championship will be on July 13 in Davenport, CA. This is one of the top courses ever for the Championship. The McCrary's are already working on the design of a special course which will be "spectator and crew friendly". The concept is to place the start, finish and all (or most) vet checks at the same location. Start making your Championship plans now!

Finally, The Ride and Tie Association is on a roll. We again broke our membership record this year with over 230 members. Let's break 330 this year! If every member would just bring one new person to the sport, we would more than meet our goal! Don't let your guests leave without seeing your video tape of the 1995 Championship. Start a new RATS team or support one in your area. Wear those ride & tie t-shirts everywhere. Renew your membership today so you keep receiving this outstanding Newsletter.

Happy New Year. It's the year of Ride & Tie. See you at the Awards Banquet!

Curt Riddle, president of  
The Ride and Tie Association

## Welcome NEW MEMBERS

Nicole Blair SanDiego, CA  
Jonathan Jordan Janul, CA  
Dutch Widler Sacramento, CA  
Rus Broadus Cameron Park, CA

their life! And the Association President will bug you periodically, too. But he will call before 9 PM (just kidding). C'mon, don't just be a Supporter. Go for it!

Can you "upgrade" during the year? Absolutely. Just pay the difference in price of the category but make sure you include a note with your upgrade payment to The Association explaining what you want

to do. Be sure to include your name, address and telephone number. What other benefits will you get for membership? Stay tuned. We are working on some special discounts and services only available to members. Now that you are no longer confused, it's a no-brainer. Join The Ride and Tie Association today!



# WINTERIZE



**FROZEN GROUND** increases concussion on feet and legs. Even more treacherous, however, is footing that freezes after being churned up by hoofprints or machinery. The unyielding unevenness can wrench joints, causing strains and sprains.

**FLOAT PIECES OF STYRO-FOAM** on top of your water buckets and troughs to prevent freezing.

**ON COLD DAYS** the arrector pili (hair-raising) muscles in horses' skin contract, pulling the hair upright to trap an insulating layer of warm air near the skin. In people, the same action causes goosebumps.

**THE HIGH LOFT OF THICK WINTER COATS** insulates horses from all but the worst winter weather. Moisture, however, will mat down hair robbing them of body heat, and high winds blow straight through the protective loft, chilling to the bone. If your horse has protection from rain, snow and wind you can forgo the blanket, but beware the rath of rain and wind.

Your horse, unless you clip him, does his own winterizing - he grows a thick fur coat that is all but impervious to cold, wind and rain. (My horses' coats, as of New Years 1993, had an average hair length of 1 1/2" and their hair was so thick that their hides were dry during our last winter's storm.)

Your job is to provide the environment, the care, feeding and exercise required to keep your horse winter-healthy.

**SHELTER** You don't need a draft free barn with central heating. Horses don't mind rain, or wind, or cold, but if you combine these three they will head for shelter. If no shelter is available, they turn tail to the wind, lower their heads, shiver to keep their body temperatures normal (100 degrees), and ride out the storm. I do not consider it inhumane to leave horses outside provided they are in an environment that allows them to:

1. exercise to keep warm.
2. Have a natural (or artificial) shelter to help break the combination of rain, cold and wind and,
3. Some place to stand where they are not up to their knees in mud, manure and urine.

Because of our own felt need for comfort, it is easy to feel sorry for our horses when we see them outside in bad weather. So it is well to remember that our modern horse evolved in the severe climate of the present Continental Divide in North America. And, as our horses migrated from their ancient place of beginning, they have become one of the most climate-adapted animals on earth, living in environments from the tundra of the Arctic Circle to the fierce heat of the African Sahara.

**TO CLIP OR NOT TO CLIP** If you are a pleasure rider, not competing in winter athletic events, don't. Your horse is so sensitive to climate and temperature that he will grow the amount of hair needed. Normally he grows hair in the fall and sheds it in the spring. And he will have mini changes in his 'wardrobe' all during the year, with minor hair shedding and regrowth as temperatures change.

**MYTH** You can't compete on an unclipped horse. You can but you'll be treated like you would if you showed up for a formal wedding in levis. If you are competing, you almost have to clip your horse, Fashion demands it. There are many types of 'clip jobs'. Some are quite artistic. There may be a valid reason to clip the race horse, especially the endurance horse who sweats heavily, and who will dissipate his body heat more efficiently when he doesn't have a heavy 'overcoat'. With a strenuous workout in cold weather your horse's sweat will take a long time to dry. This is OK as long as you cool out your horse. The fact that he is still damp is no worse than if he were out in the rain.

Does it help to blanket a horse in pasture? If the horse is clipped and the weather is dry, yes! If it is raining there are few blankets that will stay dry and help contain the horse's body heat. Even the 'New Zealand Rug' allows water to run in by the withers.



# YOUR HORSE

**FEED** With cold weather, exercise diminishes, but your horses, like your home, has to have the thermostat turned up to stay warm. This requires more fuel to keep the internal temperatures of your horse up to normal.

**REMOVE SHOES** Trim feet and allow your horse to go barefoot during the rainy season. Unless your horse has soft or brittle hooves, he will get along fine without shoes in the winter when the ground is soft and your riding diminished. Running barefoot gives his hooves a chance to grow out normally, away from the constrictions of steel shoes. If his hooves are exposed to long periods of mud and manure, he may get lame. Check the bottoms of his feet for any signs of black spots, little bubbles of gas or black pus along the white line - that area of the hoof sole where the hoof wall and sole join. If infection is present, it goes under various names of white line abscesses, gravel, seedy toe, or foot rot. These are little micro abscesses caused by overlong exposure of the hooves to a hostile environment of mud and manure. Call your vet!

**SCRATCHES** In very wet weather, bring your horse in occasionally, hose off his legs and hooves and check for any signs of skin irritation in the pastern area (on the back of the leg above the hoof.) Any redness, irritation or pain is a sign of 'Equine Diaper Rash'. Dry the leg and treat it liberally with corn starch as you would your baby's bottom. It is the same condition, with the same cause, but in a different area of the body.

**RAIN ROT** Appears as a loss of hair along the top of the back, especially in old horses. It is caused by devitalized circulation in the skin from long exposure to the elements of cold and rain.

**PROBLEMS IN THE SPRING** Most of the problems, i.e. white line abscesses, scratches and rain rot seem to come when the weather gets better in the spring. Reason: Accumulation of the long winter's exposure and the problems now become manifest.

**RIDING** There is no reason to alter your riding routine because of weather. Your horse can take it if you can! And your horse does need exercise. Colic is much more prevalent during bad weather.

**DISEASE OF INACTIVITY** Especially for the horse living in the comfort of a box stall. He will tend to get stiff and stocked-up (swollen legs), and even lame with lack of exercise. He will be more prone to colic (belly-ache). He will be susceptible to respiratory disease because of the diminished fresh air flow in the confines of a barn.

**THE OLD HORSE** He doesn't do well no matter what his winter environment. His teeth are bad, his hair coat is extra long, may be skinny and have poor fat insulation. This old fellow, if you are to keep him comfortable, needs special treatment and housing. Work with your vet on this one.

**PASTURE OR STALL** There is no doubt in my mind and from my experience that, in weighing the benefits versus the risks, the winter-pastured horse comes through healthier than the stall confined animal. But it is not always either or, if you have both pasture and a snug shelter

*Written by James H. Steere, D.V.M., S.M. HYG.*

*If you have horse related questions that you would like addressed in a future newsletter please write the RIDE & TIE NEWS.*

**FEED YOUR HORSES FOR WARMTH** For every 10 degrees below thirty degrees Fahrenheit that the temperature falls, increase your horse's per-feeding ration by five pounds of grass hay and one-half pound of alfalfa. At below zero temperatures, increase grain by one-half pound per feeding.

If your tack room isn't heated, store your tack in your house during the winter. **COLD BITS** are uncomfortable for your horse, and **COLD LEATHER** may crack.

**FROSTBITE** occurs when fluids in the skins tissue freeze. Danger signs include:

- White or grayish-yellow skin color with a glossy cast.
- Early pain subsiding to numbness.
- Blistering.

Submerge frostbitten areas in warm (not scalding) water. Rubbing causes more tissue damage.





# 1996... RACE SCHEDULE..



**Feb. 24**

**PUEBLO NUEVO R&T**

Garrett Ford  
Old Pueblo Endurance, Inc.  
1670 N. Kolb Rd. Ste 244  
Tucson, AZ 85715  
(520) 790-0177  
30 Miles

**March 16**

**MUSTANG CLASSIC R&T**

Dan Barger  
Calif. Sports Marketing  
P.O.Box 794  
Morgan Hill, CA 95037  
(408) 776-3035  
25 Miles

**March 30**

**CAHUILLA HEIGHTS R&T**

Arleene Foster  
38230 Lorenzo Lane  
Hemet, CA 92544  
(909) 767-1237  
15 & 30 Miles

**April**

**DOGWOOD R&T**

Martha Klopfer  
4801 Friends School Rd.  
Durham, NC 27705  
(919) 383-3237  
12 & 20 Miles

**April 13**

**MOUNTAINSIDE R&T**

Chris & Cheryl Knoch  
KnochSport  
P.O.Box 745  
Alturas, CA 96191  
(916) 233-4552  
12 & 25 Miles

**April 21**

**VIRGINIA R&T**

Jean LichtenBerger  
P.O.Box 1727  
Herndon, VA 22070  
(540) 933-6991  
5, 12 & 20 Miles

**May 4 PRO/AM  
QUICKSILVER R&T**

Wayne Hinrichs  
1865 Indian Valley Rd.  
Navato, CA 94947  
(415) 897-9044  
11 & 23 Miles

**May 12**

**PRINEVILLE R&T**

Lew Hollander  
20389 Strawline Rd.  
Bend, OR 97702  
(541) 382-7846  
8 & 25 Miles

**May 18**

**BIG CREEK R&T**

Barbara McCrary  
330 Swanton Rd.  
Davenport, CA 95017  
(408) 423-4572  
30 Miles

**June 22**

**ROCK & ROLL R&T**

Marcia Bacon  
7284 Bridgetown Rd.  
Cincinnati, OH 45248  
(513) 574-4898  
20 Miles

**July 13**

**WORLD CHAMPIONSHIP  
RIDE & TIE**

Curt Riffle  
469 Casita Way  
Los Altos, CA 94022  
(415) 949-0620

**August 24**

**CHAMPAGNE R&T**

Steve Shaw  
155 Baltusrol Drive  
Aptos, CA 95003  
(408) 685-3436  
30 Miles

**Sept. 14**

**BLOOMFIELD BOOGIE  
R&T**

Jon Roof  
P.O.Box 461  
Grass Valley, CA 95945  
(916) 292-1902  
13 & 26 Miles

**Oct. 26**

**CUYAMACA R&T**

Arleene Foster  
38230 Lorenzo Lane  
Hemet, Ca 92544  
(909) 767-1237  
15 & 30 Miles

**Nov. 3**

**CLIFTON HORSE SOCIETY  
R&T**

Jean LichtenBerger  
P.O.Box 1727  
Herndon, VA 22070  
(540) 933-6991  
5, 12 & 20 Miles

To schedule an event or any other questions regarding scheduling or sanctioning, contact Leah Mirsch at (310) 541-8641



## CAHUILLA HEIGHTS AND BLOOMFIELD BOOGIE

HANDICAPPED RACES - THE FIRST SHALL BE LAST

# RIDE & TIE'S

# WITH A ...

HOWDY RATS

ANOTHER INFORMATION ARTICLE ABOUT 2 RACES - CAHUILLA RIDE-AND-TIE, AND BLOOMFIELD BOOGIE, RIDE AND TIE THAT WILL HAVE A NEW FORMAT IN 1996, LOVINGLY CALLED HANDICAP RACES. NO, THEY ARE NOT FOR THE PHYSICALLY CHALLENGED, ALTHOUGH MOST OF US ARE. IN A HANDICAP RACE, THE SLOWEST TEAMS WILL START FIRST AND THE FASTEST TEAM WILL START LAST. THE ACTUAL "SCRATCH" (START TO FINISH) TIME WILL DETERMINE THE ACTUAL TEAM PLACINGS.

HOW IT WORKS:

THE NIGHT BEFORE THE RACE, THE RACE DIRECTOR WILL STUDY THE RESULTS FROM 1995, ESTIMATE HOW PEOPLE AND HORSES ARE DOING THIS YEAR, BREAK OUT THE OUGI BOARD, READ TEA LEAVES, AND MAKE THEIR BEST GUESS AS TO THE HANDICAP ORDER AND TIME INCREMENTS. IT DOESN'T REALLY MATTER BECAUSE IT IS A LOT OF FUN. VERN AND MARGE BEILES USED THIS FORMAT AT THEIR RIDE AND TIE A FEW YEARS AGO AND IT WAS GREAT.

ROBYN DUBACH AND I WERE THE FAVORED SO WE STARTED DEAD LAST AND DID NOT SEE ANYONE UNTIL THE FIRST VET CHECK, AS WE GOT CLOSER TO THE FINISH LINE, IT GOT MORE AND MORE CROWDED. EVENTUALLY WE WON OVER ALL BUT DID NOT TAKE THE LEAD UNTIL 1/4 MILE FROM THE FINISH. THE HORSES CAME THROUGH THE RACE IN MUCH BETTER SHAPE THAN A TYPICAL RIDE & TIE. THEY WERE LESS NERVOUS AND TOOK MUCH BETTER CARE OF THEMSELVES. PLUS THESE ARE VERY GOOD RACES FOR BEGINNERS WHO ARE INTIMIDATED BY THE MASS CRAZY STARTS ON REGULAR RIDE-AND-TIES. IT SHOULD BE A LOT OF FUN. YOU WILL BE RACING A LOT OF PEOPLE NEAR THE END OF THE RACE INSTEAD OF THE BEGINNING. THE SLOWER TEAMS WILL NOT BE OUT IN THE HEAT OF THE DAY AND WILL HAVE A MUCH BETTER IDEA WHEN THE BAR-B-QUE STARTS. TRY IT - YOU'LL LIKE IT.

QUESTIONS OR COMMENTS CALL: BON ROOT (916) 292-1902

(916) 268-2298

## PRACTICE MAKES PERFECT

### Starting Your Own RAT PACK

The newly forming RAT packs are a great way to start a beginner, person or horse in the sport of ride & tie as well as have a great time in the process. They are meant for social purposes as well as sport.

It is one thing to ride, stop, get off a horse and tie him to a tree with no other horses around. "Oh yeah, stands like a rock, and soooo light on the bit. Why I hardly have to touch the reins to stop him." Now gallop twenty or thirty horses past him. AAAAAAAAAAHHHHHHH!!!! I must admit, "cold turkey" ride & tie teams are fun to watch. Heck, they are the ones who give our sport the "thrills and spills" reputation that we have all come to endear, but now we can deal with the initial hysteria of both new horse and rider and actually train them in a controlled, hopefully safe, gradual process called "practice groups." Practice groups. What did we do before them? The absence of such institutions explains the intense bonding between fellow ride & tiers at races. Exclusively this was

*(Continued on page 10)*

## GOAL SETTING

A new year can symbolize a clean slate and endless opportunities to succeed or another twelve months of unmet goals and disappointments. To make 1996 a fruitful and satisfying year, decide on your objectives now and take steps to make them happen.

### SET A DATE

Deadlines make goals more tangible, which gives you a better chance of reaching them. If, for example, you are interested in competition, take out a new calendar and mark the dates of races you would like to participate in this year and begin working towards them.

### BREAK DOWN THE TASK

Plot out what you need to accomplish along the way and pursue these smaller goals one at a time. If being fit enough to finish in the top ten at the world championships is your long term objective, set a short term goal to shoot for top ten and remain healthy and sound at an earlier, less competitive race.

### INVOLVE A FRIEND

If you are not lucky enough to have your championship partner live nearby so you can train together, find a surrogate partner. You are more likely to meet your goals if you have a buddy to help keep you motivated and focused.



# PRACTICE MAKES PERFECT .....

(Continued from page 9)

the only place to "talk shop," exchange ideas, relive the tales, show the battle scars and place our bets. Not anymore.

## HOW TO START ONE MAKE YOURSELF AVAILABLE

"Someone has to be the organizer. It is impossible to get a group of people together for anything unless there is someone deciding who, what, when and where then letting other in on the info" says Jeff Herten. Jeff (the Bud Johns, founding father, of the RAT Packs) was the first to formally organize a group of local ride and tiers. S.L.O.R.A.T.S. (San Louis Obispo Ride And Tie Society) sprung out of Jeff's love of the sport and desire to get more people involved in ride and tie. He wrote a little article in the ride & tie newsletter asking others to join in on some practice R&T's, and asked everyone he knew (riders and runners) if they would like to join in. The first turnout was small but all had a good time. Since then the S.L.O.R.A.T.S. have grown to a formidable group. They are in the process of mapping out a 200+ mile point to point trail from east Questa to Frazier Park. They have already mapped 175 miles.

## DEDICATE YOURSELF

David and Arlene Foster, head cheeses of the DESERT RATS say, "People need to be 'bugged'. They even ask me to 'bug' them if they can't make it to a practice. 'Please call me when your'e having your next one.' I don't like to call someone more than a few times, but sometimes ya gotta."

No matter the size of the initial turnout, keep on scheduling practices, preferably with some consistency as far as the day and time (last Saturday of the month, 10 am, at the park) Eventually word will get out and participation will increase. Be dedicated to consistently making it to every practice yourself.

## RECRUITING

Although the main objective of the RAT Packs is to bring newcomers to the sport, don't overlook including those that are perfectly content with being just a "runner" or a "rider." The more the merrier. They will make great crew and cheering

section for the Pack at future R&T's and RAT Races. And don't underestimate those that neither run nor ride. Sometimes people need a "reason" to run. The concept of ride & tie is intriguing to most. You will probably be surprised at the response from those that do *not* currently run or ride and are just waiting for a fun thing like R&T to come along.

The cover story in this issue "The year of the RAT" addresses the topic of recruiting new people to the sport. Please read it for ideas. Put up flyers at tack shops or running stores and always have extras available when you meet new people on the trails. Use the flyer shown here (make photocopies) or design your own.

## WHERE TO MEET

The ideal practice course would be one that is close, easy to find and easy to get to with a horse trailer, plenty of trees to tie to, not a lot of steep climbs, as few hikers and bikers as possible, away from paved roads, a safe (well marked if necessary) trail and water for horses at the end. Warn everyone of any park rules or potential hazards (barbed wire, deep mud holes, livestock, unfriendly neighbors.) Nibbling on food afterwards is at the option of the "head cheese."



## STARTING BEGINNERS

Buddy up. A horse that has never done R&T will stand much more quietly with another horse close by. Four people and two horses make for a perfect size practice group.

The two riders start together, then tie. The two runners arrive, mount and go catch the first two. Gradually the horses are tied further and further apart and eventually completely out of sight from the other. By this time the horses have already figured out "the game" and are looking down the trail for the next runner. Exchange galloping past

the tied horse a few times when they seem to have the hang of it. This buddy system allows the veteran RAT to 'explain as you go'. What is and is not a good tie, when to tie, when not to tie, ya know...basics, as well as coach a new rider. It also gives you someone to run (or walk) with.

## HORSES

Let's face it, we are asking a horse to do the opposite of what nature intended.



To stay standing alone and vulnerable, while everyone else goes. Our instinct to swim when thrown in water, to do *whatever* it takes to keep our head above the water is no greater than a horse's instinct to stay with the herd. Most horses overcome this desperate "need" once they understand it is all a game. Some do not. Find one (and preferably some) that will. Do not put a novice rider on an unknown, inexperienced or unreliable horse. EVER! The hardest part of a R&T is not the running, it is getting on the horse! No joke. You can pick up a beautiful purebred Arabian horse for less than \$50 at any R&T. I have even been offered a horse for free by a fellow competitor after the first few ties (or broke ties I should say.)

"Take him, you can have him, just take him. Please." No joke again. The horse is such a vital part of the equation as "head RAT" you must always be searching for available and suitable horses for newcomers to start on and hopefully compete on. Horses are a huge expense. Keeping extras around for beginners to use is not in most of our budgets. Perhaps in the future the RAT Packs will collectively sponsor a string of "beginner" horses for just that purpose.

## MOTIVATION

Enthusiasm is contagious and nothing is more motivational than a positive experience (or a lot of money.) One of the most limiting deterrents to R&T is the fear that people have of it being too hard. Galvanizing? Grueling? What part of that





sounds like fun? But ones confidence level rises sharply after a few good practice sessions. A real "shocker" for most first time ride & tier's is how many competitors actually walk a good portion of a race course. Most are not there to "win" the race. At best they are there to beat the team that is just in front of them, whoever that might be, or perhaps simply beat the course itself, just finishing, the goal.

#### GET A NAME.

A good name with a good theme does wonders for camaraderie. It gives people identity, an opportunity to be included and get involved, and to participate in something great. Great, that is, if you make it great. Nothing too serious, this is supposed to be fun.

#### NEED MORE?

Page two has a list of RAT Pack leaders.

All are available to help you get started, answer questions and cheer you on. They are anxiously awaiting the addition of *your* RAT Pack in the regional RAT Races.

#### KEEP US POSTED

Write the Ride & Tie News with your progress, any tips you learn along the way and any good stories to share. Have fun & good luck.

## TRY RIDE & TIE

NEW PRACTICE GROUP FORMING  
NEWCOMER'S WELCOME



For information on when and where practices are being held call:

### What is a Ride & Tie?

Two runners, a horse *and* a tough race. It combines running, riding, endurance and strategy

At the start of these 20-40 mile cross country races one partner begins riding and the other runs. A mile or so up the trail the rider will dismount, tie the horse to a tree and continue on foot. Soon the other runner will reach the horse, untie it from the tree, mount and ride to catch his partner in front of him. When the entire team meets up again down the trail they can either stop and exchange places or the rider may continue on and tie further down the trail. This leapfrog or relay continues for the entire length of the course until all three have crossed the finish line.

**You don't have to be a great runner to do Ride & Tie.**

Yes, we have some very impressive athletes that participate in our sport but most are just average runners that enjoy the excitement, challenge, camaraderie, and good times.

**You don't have to own a horse.**

Although you will probably want one soon after trying a Ride & Tie, there are many veteran ride & tier's that are graciously willing to team up with you using their own experienced horse.



Don Betts  
58 Echo Valley Road  
Prunedale, CA 93907

NONPROFIT  
BULK RATE  
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AUBURN, CA

PUBLISHED BY THE RIDE  
& TIE  
NEWS AND THE ASSOCIATION

11734 Wolf Rd.  
Grass Valley, CA 95949  
(916) 268-8474

There here!



## THE RIDE & TIE ASSOCIATION MEMBERSHIP FORM

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

- I am a Rider  
 I am a Runner  
 I need a teammate and a horse  
 I have a horse, but need a teammate  
 I have a horse to loan or lease

All categories of membership will receive The Journal of the Ride & Tie Association, information and applications for the annual World Championship Ride & Tie, advocacy for growth and competition in all aspects of the sport, inclusion and eligibility for the national point system and assurance of the continuance of the sport of Ride & Tie.

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

### TYPE OF MEMBERSHIP

(check your choice of membership)

- Lifetime member** (\$500)  
Receive lifetime memberships for themselves and family as well as annual recognition for their contribution.
- Competitor Member** (\$50)  
Provides access to the membership database which can link up teammates with horse, riders and runners.
- Competitor Family Membership** (\$75)
- New Member-1st Year** (\$20)  
Offered at a reduced rate for those checking the sport out.
- Non-competitive Membership** (\$20)  
Receives newsletters to keep you current on the latest.
- Supporter** (\$100-\$400)  
Receives a one year membership and special recognition for their donation to further the sport of ride & tie.
- Friend of the Ride & Tie** (\$20)  
Not an actual competitor but would like to show their support for ride & tie.