

LAURA CHRISTOFK, EDITOR

## RIFFLE

A tribute from Robert Eichstaedt

I once tried to coin a word. Despite the blood, I was pretty sure that Curt Riffle's launch from his horse and subsequent impact, just prior to the start of the 1995 Quicksilver race, was clever tactical stalling. I thought that "to raffle" would be a colorful definition applied to self-inflicted injury in pursuit of delay. Curt never demonstrated the maneuver again and I came to know that Curt's too nice a guy to be a disparaging verb.

The Reign of Riffle ended this year with Curt stepping down from the Ride and Tie Association presidency and handing Mary Tiscornia the keys to the Association equipment storage trailer. One of Curt's strong traits is an ability to provide fertile ground for new ideas, and a willingness to attend to those ideas until their fruition. Reviewing the last three years, one can sense the supportive hand of a caring gardener, one who resorts rarely to manure. So how'd he do? Here are some of the Association's accomplishments while King Riffle ran the operation:

- \* Annual Budget.
- \* Annual Reports to membership.
- \* Board of Directors nomination and election process, providing continuity and responsiveness.
- \* Quarterly Board of Director meetings.
- \* Annual Membership Meeting convened at each annual Championship Race.

- \* Mentor Program to provide information and a leg up for newcomers.
- \* Ratpack Program, courtesy of Jeff Herten and Jon Root, that provides new competitive incentives for in local geographic areas.
- \* Viewed by some as Curt's crowning achievement: the Ride & Tie Association Dance at the AERC convention, courtesy of Steve Shaw.
- \* Ride & Tie checkpoint at Dusty Corners on the Tevis 100 Miler.
- \* Record membership numbers each year.
- \* Creation of a state-of-the-art-computer Membership Database with membership cards and numbers for humans and horses.
- \* An Association World Wide Web site, providing up-to-date race and new communications options.
- \* Successful staging of 3 championship races: Sun Valley, Big Creek, Mendocino.
- \* Acquisition of Corporate Sponsorship (Thanks Easyboot!) for Championship Races. Good work by Steve Shaw, Byron Grant, and others.
- \* New sanctioned events in Colorado, Texas, Oregon and Nevada.
- \* Championship Race Week Activities fun-filled schedule: kids and crew games, workshops, novice seminar, potluck dinner.
- \* Well-edited bi-monthly newsletters, including annual Journal and Championship Race program.
- \* Hiring of professional PR/Press flack. (Hey, Nance)

In  
this  
issue

|                                 |   |
|---------------------------------|---|
| A Tribute to Curt Riffle .....  | 1 |
| New & Renewed Members .....     | 2 |
| 5, 10, 15, 20 Year Awards ..... | 2 |
| RAT's in Endurance Riding ..... | 3 |
| Race Results .....              | 4 |
| Ride & Tie Roots .....          | 4 |
| Updated 1997 Race Schedule ...  | 5 |
| National Point Standings .....  | 5 |
| Voodoo Medicine Part 1 .....    | 6 |

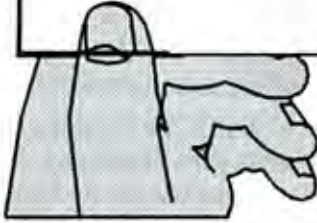
- \* Creation of Ride & Tie Endowment Fund (Thanks, John Osterweis.)
- \* Association maintained in the black, with growth of Association's assets in 1995 and 1996 (1997 results pending.)
- \* Increased visibility and importance of Best Condition Award and Hall of Fame.
- \* Published Race Manager's manual.
- \* National TV coverage of events 1994 and 1997.
- \* Race video to all participants in 1995 Sun Valley event.
- \* Transfer of Association offices to permanent Grass Valley location.
- \* Hiring of Administrative Director (Go! Laura.)
- \* Purchased Association storage trailer, saving us \$1200 a year. Cleaned it, too.
- \* Financial donation to Riding for Handicapped program in Sun Valley and Big Brothers/Big Sisters in Mendocino.
- \* Strong support for use of safety helmets in Ride & Tie.
- \* Timely race results and interesting newsletter articles.

As you can see, with Curt's guidance and energy, much good work has been done. A solid foundation has been laid for the new Board and President to build upon, and we all look forward to further growth of our favorite sport.

At the competitor's level, however, things are bit glum. It's well known that Curt Riffle stepped down from Association administration to concentrate on his personal training for the 1998 races. No one - man, woman, or beast - is getting much sleep these days.

*If you have become a new member or renewed your membership since the last newsletter your 1997 membership card would be attached here.*

*We want to make your 1997 race season as care-free and rewarding as we possibly can.  
Help us help you. Renew!*



**Here's your new membership card!**

## CHAMPIONSHIP CASH SPONSORS

Everyone thought this year's Easyboot Ride & Tie Championship was an incredible event. It would not have been possible without all of our sponsors, but especially our significant cash sponsors. They include **Garrett Ford** (easy care, Inc.) **Warren Hellman** and **Skip Lightfoot**. This was the second year Garret's company contributed to the event and he has already committed to sponsor next year's event. Warren Hellman has been making very generous donations every year to sustain the Association since 1988. As announced at

the awards banquet, Skip Lightfoot has made a generous donation that will cover the loss the Association would have incurred since only 80 teams entered versus 110 teams we had budgeted.

Please take the time to write or personally thank Garrett, Warren and Skip for their support. Their generosity and "let's get it done" attitude really embodies the spirit of our sport. You can send your letters to the Association and they will be forwarded appropriately.

## 5, 10, 15, 20 Year Awards

The Association would like to apologize to those individuals that were inadvertently missed at the 5, 10, 15, 20 year awards presentations at this years championship banquet. The difficulty in keeping these recognition awards accurate is mainly due to the method of identifying who is entitles to what. Specifically- on the championship entry form is a line item labeled "Championships Completed". This not only helps race officials to track novices and pro-ams but also identifies who is entitled to special recognition awards. Often this is left incomplete. Another difficulty in the process is that a person does not receive the award until the subsequent year of completing their 5, 10, 15 or 20th cham-

pionship. If you should have received a 5, 10, 15 or 20 year recognition award and did not please contact The Ride and Tie Association so that we may research and rectify the discrepancy.

Several years ago, in efforts to be economical as well as give consistency to the awards that members would receive year after year, the Association Board of Directors made a bulk purchase of awards they hoped would be appropriate and well received. The Association would like to apologize to any members who were dissatisfied with their award being different from what they were anticipating to receiving from past award presentations.

## THANKS

### NEW & RENEWED MEMBERS

The following is a list of those that have renewed their membership for 1997 or have become a new member since the previous (July/Aug) newsletter. Lists of new & renewed members have been published in the Nov/Dec, Jan/Feb, and March/April, May/June, July/Aug newsletters. If your name does not appear in any of these lists you are not a current member for the 1997 race season.

Katie Bobitch  
Kathy Prisant  
Diana Dye

### FOUNDING MEMBERS

Lon Clearwaters  
Leah Mirsch  
Bradley & Clark Davis  
Warren Hellman  
Wayne & Robin Hinrichs  
Mike & Cynthia Jepsen  
Lud & Barbara McCrary

John Osterweis  
Steve Shaw  
Jim & D'Ann Steere, D.V.M.  
Mary Tiscornia  
Ralph & Peggy Wadsworth  
Bud & Fran Johns

## Western States 100 Mile Run

The few, the proud, the... RAT's

Congratulations to some very tough runners who completed the west's toughest 100 mile ultra run, The Western States 100 Mile Run.

| Place |                 | Time  |
|-------|-----------------|-------|
| 43    | Jon Priest      | 22:07 |
| 82    | Ted Moore       | 23:29 |
| 91    | Gordy Ainsleigh | 23:38 |
| 114   | Roger Dike      | 25:05 |

## Old Dominion 100 Mile Run Brag, Brag, Brag

Held in the rugged mountainous terrain of North Virginia, The Old Dominion 100 is the East Coasts equivalent to the west's Western States 100 Mile run.

This years winner was RAT, **Dan Barger** finishing 40 minutes in front of second place with a finishing time of 17:04. With 86 runners starting, this years OD had the largest starting field for this race since 1991.

## RIDE & TIER'S DOMINATE TEVIS CUP

Nineteen current and past RAT's successfully completed the legendary Western States 100 Mile Ride better known as The Tevis Cup. This years 47% completion rate on this rugged trail from Lake Tahoe to Auburn, CA was remarkably low, but out of the 109 finishers an impressive 17.5% of those were RAT's.

Even more impressive is that of the top 20 finishers, 7 were RAT's and to remove any shadow of doubt that "RAT's are horsemen too"... both 1st and 2nd place were RAT's!

A controversial decision on the part of ride officials regarding a confusion in trail markings cost several riders including Mark Richtman and Tom Christofk their earned (and well deserved) 5th and 16th placings. Official results show Tom Christofk as finishing in 109 (last) place. Unlike the others who were stripped of their placings and chose not to attend the awards ceremony, Tom showed great sportmanship and "class" by attending and publically receiving his well earned Tevis buckle in spite of his treatment by ride officials proving the adage "Nice guys finish last."

We are proud to list the RAT's that completed:

| Place           |                   | Riding          |
|-----------------|-------------------|-----------------|
| 1               | Marcia Smith      | On A High       |
| 2               | Kathy Thompson    | LS Zane Grey    |
| 5 (unofficial)  | Mark Richtman     | Eli             |
| 8               | Steve Shaw        | Katie's Image   |
| 9               | Bob Spoor         | Brown R Riseyn  |
| 13              | Suzanne Sullivan  | Bit O' Class    |
| 16 (unofficial) | Tom Christofk     | Mark of Fire    |
| 50              | Garrett Ford      | Bajamigo        |
| 51              | Rodger Ford       | Caproz Fivestar |
| 55              | Tom Gey           | Fin de Far      |
| 58              | Maynard Munger    | Rushcreek Daos  |
| 61              | James Oury        | Stahrseyn       |
| 71              | Suzanne Remillard | HCC Lawrus      |
| 76              | Mary Hays         | Count Nikolai   |
| 89              | Mo Lavermore      | Magik Moun      |
| 92              | Jack Enderle      | Fad Silver      |
| 93              | Robert Ribley     | Tobasco         |
| 97              | Al Beaupre        | WMS Hilal Heir  |
| 105             | Trilbey Pederson  | Exclamation     |

*Ride & Tiers are making an  
impact in the sport of endurance  
riding*

## RAT's IN PAN AMERICAN ENDURANCE RIDING CHAMPIONSHIP

The list of RAT's competing at the highest levels of endurance riding is growing. This years Pan American Championship 100 mile race was held in Bend, Oregon on September 13.

Four out of twelve riders competing for the Pacific North Squad were RAT's: **Marcia Smith** riding "Elvis", **Shellie Hatfield** riding "Stoney", **Cynthia Peticolas** riding "Nike" and **Gayle Snow** riding "Boss".

RAT's competing for the Pacific South Squad were **Gary Ceragioli** riding "Czar" and **Jack Enderle** riding "Fad Silver".

New RAT, **Bruce Burnham** was an alternate for the Mountain Squad.

We will update with results of this internationally prestigious race in the next newsletter.

Announcing our  
newest ride & criers

Jacquelynn Sabrina Windeshausen  
March 3, 1997

Sire: Jeff Windeshausen  
Dam: Jenine Windeshausen

Sally Hannah Shilling  
May 14, 1997

Sire: John Shilling  
Dam: Leslie Phillips



### A Brief Nevada Ride & Tie 27 Miles

|   |                 |                  |                  |      |
|---|-----------------|------------------|------------------|------|
| 1 | Jim Howard      | Dennis Rinde     | Anwar Magic      | 3:48 |
| 2 | Gary Ceragioli  | Shasta Ceragioli | Cody             | 3:57 |
| 3 | Gary Laack      | Dave Carlsen     | Kallas           | 4:19 |
| 4 | Jim Brown       | Elaine Ruprecht  | Negask           | 4:54 |
| 5 | Liz Carey       | Ellen McCrary    | Zeb              | 4:7  |
| 6 | Pat Browning    | Roger Dike       | Willie           | 4:7  |
| 7 | Beth Gingold    | Dyke Kaufmann    | Magic's Illusion | 5:27 |
| 8 | Donna Rea Jones | Petty Thompkins  | Pride            | 6:50 |

**Best Conditioned Horse** - Cody - owned by Gary Ceragioli

### Swanton Pacific 100 Miles

|                 |                |               |                    |            |               |
|-----------------|----------------|---------------|--------------------|------------|---------------|
| 1               | Dan Barger     | Tom Christofk | Huckleberry        | 16:46      |               |
| 2               | Ellen McCrary  | Dennis Rinde  | Scots Bilexio      | 20:50      |               |
| 3               | Kathy Broaddus | Lani Newcomb  | RO Grand Sultan    | 21:14      |               |
| 4               | Butch Huff     | Susan Huff    | Kozar's Tiger Lady | 21:49      |               |
| DNF George Hall |                |               |                    | Steve Shaw | Katie's Image |

**Best Conditioned Horse** - Huckleberry - owned by Tom Christofk

### Pacific Crest 30 Miles

|          |                 |                       |                 |      |
|----------|-----------------|-----------------------|-----------------|------|
| 1        | Lew Hollander   | Doug Madsen           | Miss P          | 4:03 |
| 2        | Ted Ruprecht    | Elaine Ruprecht       | Abay Rapsallion | 4:31 |
| 3        | Jim Clover      | Marilyn Wallandy      | Bones           | 4:52 |
| 4        | Steve Anderson  | Debbie hanson-Bernard | Sunny           | 4:57 |
| 5        | Annette Parsons | Michele Jay           |                 |      |
| Ari Saki |                 |                       |                 | 5:45 |

**Best Conditioned Horse** - Miss P - owned by Lew Hollander

### Champagne 27 Miles

|    |                  |                   |                  |      |
|----|------------------|-------------------|------------------|------|
| 1  | Tom Johnson      | Marcia Smith      | Cowboy           | 3:57 |
| 2  | Dan Barger       | Tom Christofk     | Bob              | 4:04 |
| 3  | Jim Howard       | Dennis Rinde      | Cinnaron         | 4:21 |
| 4  | Jon Priest       | Lauren Jefferson  | Merlin           | 4:40 |
| 5  | Lon Clearwaters  | Jon Root          | Miami Spice      | 4:42 |
| 6  | Dennis Tracy     | Robert Eichstaedt | Sta              | 4:43 |
| 7  | Rufus Schneider  | Diane Dantz       | Justin           | 4:47 |
| 8  | Chris Turney     | Penelope Kane     | Budweiser        | 4:47 |
| 9  | Don Roth         | Jack Enderle      | Julia's Pride    | 4:47 |
| 10 | Steve Webb       | Lorrie Webb       | Gaffy            | 4:49 |
| 11 | Lorrie Barger    | Christie Snow     | Brandi           | 4:51 |
| 12 | George Hall      | Kate Warren       | Cougars Clown    | 4:52 |
| 13 | Mary Tiscornia   | Gabrielle Mann    | Albi             | 4:54 |
| 14 | David Foster Jr. | Cindy Foster      | Psycho           | 4:56 |
| 15 | John Ganahl      | Arleene Foster    | Linda            | 4:56 |
| 16 | Tony Brickel     | Jeff Windeshausen | Super Delight    | 5:01 |
| 17 | Russ Kierman     | Warren Hellman    | Joe              | 5:01 |
| 18 | Mike Rapposelli  | Linda Rapposelli  | Status Sno       | 5:04 |
| 19 | Cory Soltau      | Jim Sours         | Navato Grey      | 5:09 |
| 20 | Paul Robinson    | Linda Morrell     | Macho            | 5:17 |
| 21 | Penny Deary      | Robyn Tustisin    | Jaycee           | 5:53 |
| 22 | Linnea Hearst    | Marilyn Ganahl    | La Farra         | 6:03 |
| 23 | Steve Anderson   | Frank Lieberman   | Prihic Shebur    | 6:07 |
| 24 | Sara Christie    | Jennifer Rubio    | Synergee         | 6:19 |
| 25 | Cathy Kelly      | Torrea Snow       | Mavrick          | 6:28 |
| 26 | Bob Edwards      | Cody Thompson     | Paloma's Rainbow | 6:28 |
| 27 | Ellen McCrary    | Liz Carey         | Bubba            | 6:32 |
| 28 | Don Betts        | Dawn Hartsock     | Montana          | 6:46 |
| 29 | Diane Woodward   | Denise Games      | Dierrot          | 7:15 |
| 30 | Jonathan Jordan  | Tara Jordan       | Quake            | 8:10 |

**Best Conditioned Horse** -- Cowboy - owned By Lon Clearwaters



**ROOTS**  
Every now and then we learn something new. Here is yet another historical depiction of Ride & Tie gleaned from *The Norton Anthology of African American Literature*.

A few weeks later, and on the same road, two slaves were seen passing: one was on horseback, the other was walk-

ing before him with his hands tightly bound, and a long rope leading from the man on foot to the one on horseback. "Oh, ho, that's a runaway rascal, I suppose," said a farmer, who met them on the road. "Yes, sir, he bin runaway and I got him fast. Marser will tan his jacket for him nicely when he gets him." "You are a trustworthy fellow I imagine," continued the farmer. "Oh yes, sir, Marser puts a heap of confidence in dis here nigger." And the slaves traveled on. When the one on foot was fatigued they would change positions, the other being tied and driven on foot. This they call "ride and tie." After a journey of more than two hundred miles they reached the Ohio river, turned the horse loose, told him to go home, and proceeded on their way to Canada.

## NATIONAL POINT STANDINGS

(Up to and including Swanton 100)

### INDIVIDUAL

|                  |     |
|------------------|-----|
| Dennis Rinde     | 564 |
| Mark Richtman    | 441 |
| Tom Christofk    | 399 |
| Ellen McCrary    | 397 |
| Dan Barger       | 370 |
| Brian Purcell    | 346 |
| Cindy Foster     | 324 |
| Laurie Riebeling | 322 |
| Chris Turney     | 320 |
| Jim Howard       | 299 |

### Man/Man Division

|                                |     |
|--------------------------------|-----|
| Dan Barger/Tom Christofk       | 232 |
| Brian Purcell/Mark Richtman    | 228 |
| Jim Howard/Dennis Rinde        | 181 |
| Skip Lightfoot/Curt Riffle     | 140 |
| Tony Brickel/Jeff Windeshausen | 127 |

### Man/Woman Division

|                                |     |
|--------------------------------|-----|
| david Foster Jr./Cindy Foster  | 223 |
| Dutch Widler/Becky Widler      | 193 |
| David Tarpinian/gabrielle Mann | 166 |
| Dennis Rinde/Ellen McCrary     | 152 |
| Tim Hinrichs/Shellie Hatfield  | 144 |

### Woman/Woman Division

|                                |     |
|--------------------------------|-----|
| Kathy Broaddus/Lani Newcomb    | 300 |
| Kathy Appleby/Laurie Riebeling | 154 |
| Debby Lyon/Diane Tryde         | 113 |
| Laura Sloan/Mary Tiscornia     | 93  |
| Audrey Bostinian/Rachael Toor  | 86  |

### Milage

|                |     |
|----------------|-----|
| Ellen McCrary  | 266 |
| Dennis Rinde   | 211 |
| Kathy Broaddus | 208 |
| Lani Newcomb   | 208 |
| Tom Christofk  | 178 |
| Cindy Foster   | 158 |
| Dan Barger     | 153 |
| Arleene Foster | 133 |
| David Foster   | 133 |
| Susan Huff     | 130 |

### Horse

|               |          |                                    |     |
|---------------|----------|------------------------------------|-----|
| Eli           | owned by | Mark Richtman                      | 441 |
| Anwar Magic   | owned by | Elaine Ruprecht                    | 260 |
| Joe           | owned by | Warren Hellman                     | 257 |
| Cinder        | owned by | Laurie Riebeling                   | 247 |
| Cimmaron      | owned by | Jim Howard                         | 229 |
| Scots Bilexio | owned by | Ellen McCrary                      | 217 |
| Pogo          | owned by | Tom Christofk                      | 214 |
| Justin        | owned by | Rufus Schneider                    | 210 |
| Bezane        | owned by | Paul Rank                          | 208 |
| Sarourai      | owned by | Warren Hellman<br>& John Osterweis | 201 |

## UPDATED 1997 RACE SCHEDULE

9-4-97 EDITION - SANCTIONED RIDE & TIE EVENTS

### September 13

**Grass Valley, CA**  
**Bloomfield Boogie**  
 Jon Root  
 Post Office Box 2883  
 Grass Valley, CA 95945  
 (916)268-2298  
 13/26 miles

### October 18 & 19

**Temecula, CA**  
**Cowboy Country Ride & Tie**  
 Arlene Foster  
 38230 Lorenzo Lane  
 Hemet, CA 92544  
 (909)767-1237  
 25 miles each day and  
 2 day combined 50 miles

### September 27

**Boulder, CO**  
**Colorado**  
 Brad Patterson  
 2740 West Elizabeth  
 Fort Collins, CO 80521  
 (970)484-5560  
 20 miles

### October 25 & 26

**Muffler Bearing**  
 Dan & Lorrie Barger  
 20415 Hunters Hill  
 San Jose, CA 95120  
 (408) 323-0958  
 25 miles each day and  
 2 day combined 50 miles

### October 4

**Auburn, CA (Pro-Am)**  
**Cool**  
 Suzanne Remillard  
 1971 American River Trail  
 Cool, CA 95614  
 (916)823-0973  
 11/22 miles

### November 15

**San Juan Capistrano, CA**  
**Carrillo Cheese Challenge**  
 Steve & Robyn Tustison  
 7522 Slater #101  
 Huntington Beach, CA 92647  
 (714)728-0723  
 22 miles

### Nov. 2

**Hume, VA**  
**Marriott Ranch**  
 Dan Neja  
 5305 Marriott Lane  
 Hume, VA 22639  
 (540)364-2627  
 5/12/20 miles

### November 1

**San Diego, CA**  
**Cuyamaca**  
 Arlene Foster  
 38230 Lorenzo Lane  
 Hemet, CA 92544  
 (909)767-1237  
 24 miles

The Ride & Tie Association 916-268-8474  
 (Race locations are larger towns for area reference only)

## VOODOO MEDICINE Part 1

### Why this article?

*To help the helpless. Our horses are totally at our mercy for their care and maintenance. They are 100% dependent upon us to provide feed, water, shelter, exercise and health maintenance.*

Veterinarians are trained to diagnose a lameness from the knee down. By observing a horse's movement, palpating for reaction to pain and (in really subtle cases) using nerve blocks a vet can pretty much pinpoint a lameness. With the use of ultrasounds, x-rays and scopes they can determine the extent of an injury or degeneration and monitor its healing or further degeneration over a period of time. A veterinarian is trained to diagnose and treat the symptom, not the "cause."

The kids anatomy song "The leg bone's connected to the hip bone and the hip bone's connected to the back bone and the back bone's connected to the neck bone," etc., is never more applicable than when considering the "cause" of many problems. Not just lameness but behavioral problems as well.

"Fixing" the obvious symptom of a lameness, a suspensory tear for example, is easy... time off, limit activity. However if you don't determine and correct the "cause" for it in the first place you are sure to repeat the injury. "Preventing" a behavioral problem, head tossing for example, is easy... use a tie down, but if you don't find the "cause" for it in the first place you will never really "correct" the problem.

### BEYOND VETS

I don't know any true "horse whisperers", but I do know a few people that can "read" a horse better than most. These few people have seemed to hone their gift of intuition with hand-on experience. My observation of these keen horse people is that they do not simply

diagnose an obvious lameness symptom as the problem but rather see that symptom as part of a bigger problem. WHY the suspensory tear? or WHY the head tossing? Uneven shoeing, an imbalanced rider, improper conditioning, conformation limitations, spine out of alignment, pain from a poor fitting saddle, sharp teeth causing pain in the mouth when a bit is in it, ?????, etc. The problem may be a combination of several things. Determining the actual "cause" or causes of a lameness or behavioral problem is difficult because a horse can't simply say to us "It hurts right here." Or can they? It has been my personal experience that horses can and do tell us when we finally stumble upon the sometimes obvious and sometimes subtle underlying cause(s) of their discomfort. Is in this pursuit, the pursuit of a pain-free, sound and happy horse that VOODOO medicine has its place.

What qualifies as VOODOO medicine? In my opinion, any treatment, supplement or diagnostic technique outside of standard veterinarian "approved" practices.

When should VOODOO medicine be used? For the "unbelievers", after all else has failed and you have nothing to lose.

### WHERE TO START

VOODOO diagnostic tools and methods.

First and foremost the "cause(s)" must be identified. But how? A few options are an equine chiropractor, equine acupuncturist, equine massage therapist, a TTEAMS practitioner or a BioScan technician. I have admittedly tried all of the above. I have seen both dramatic and relatively little results from each one depending on the horse or problem so clearly not every technique will solve all your problems in every cir-

cumstance.

*As a side note, in those instances that seemed to do "little" I still learned a great deal of awareness that was valuable in future situations so I cannot count any as totally worthless.*

**BioScan-** If I hadn't seen it with my own eyes and seen the results in my own horse I would not have believed the remarkable outcome I experienced was possible.

### A True story:

After several years of endurance riding on my mare I noticed a few subtle symptoms that began to concern me. My saddle always seemed to be tipping to the right. This was causing her trot to gradually become heavier on the right side. This was eventually uneven enough to call lameness. She carried herself more and more stiffly on a lunge line. I took her to a well renowned equine clinic. Trotting in a circle on hard surface showed the unevenness in the gait. "Yep. She's off on the right side." There was no reaction to palpation of the leg and x-rays showed nothing so the vet decided to work his way up the leg with nerve blocks to isolate the area that was causing the lameness. The ultimate diagnosis was an assumed fetlock joint injury that never quite had time to heal. Prescription- 3 months confined to a 12 x 12 pen. At the end of 4 months (just to be safe) she digressed from very subtly lame to very obviously lame. Now what?

My husband (who believes every smooth talkin' salesman and buys every new snake oil or gadget that becomes available) showed me an ad for this "new thing" called a **BioScan** and suggested I try it. I had nothing to lose (except a few bucks) and being the skeptic that I am I agreed on one condition: we tell the **BioScan** technician *nothing*, no history, none of the symptoms that concerned us, absolutely

nothing.

The technician combed over her body with the **BioFind** (or "little fork thingy" as I like to call it) putting a dot of grease pencil on all the points that made the fork skreech. (She looked like she had chicken pox.) It was very quiet on her right side and especially on her right fetlock, but the left shoulder, left side of her neck, both hips and ham strings were skreeching.

WHY? It was suddenly so obvious! When she was younger she had fallen off a cliff and was impaled by a tree branch in her left shoulder joint. It took a long time for the debris to finally fester out and allow the wound to heal. As the joint degenerated over time she gradually began to shift her weight to the right side and to the hind legs off the increasingly painful and inflamed shoulder joint. I'm sure all the downhill trotting we had done during her endurance career did not help any. I am not a veterinarian, but I had to conclude the joint had deteriorated over the years into bursitis or arthritis. OK, now what?

Then the technician taped the **BioLights** (little red "christmas tree" lights) on each dot leaving it in place for about 10 minutes until all dots were treated. My skepticism was peaked. "What a bunch of hokus-pokus", I thought. This was the most unbelievable and ridiculous thing you could imagine although the mare seemed to be enjoying it. She was relaxed and falling asleep. Instructions from the technician were to put her away in her paddock until the next day, then take her out and see how she felt. The next morning I took her out to the arena on a lunge line and to my utter amazement, rather than the usual 10 minutes to get her loosened up and moving, she took off at a snorty, floating moose-like trot, loose body, totally sound. For the first time in many months she felt GREAT!

I had her treated several more times in the next few weeks and the dots got fewer and fewer with each treatment. She was not "healed", as I don't think bursitis is ever healed, but the source of her pain was being managed. Only periodically after that initial series of treatments did I feel she needed light therapy to keep her comfortable. A Happy Ending.

Straight from the **BioScan System** literature, here is the technical version of what the it does:

The **BioFind** is an instrument that pinpoints stressed muscles, ligaments and tendons, acupuncture points that are out of balance and stretched or pinched nerves due to problems in the skeletal structure. Often the problems the **BioFind** detects have been chronic, the causes of which may have been difficult to diagnose.

The **BioFind** was developed after many years of study of the "bio-electric" emissions which occur naturally in all human and animal species.

The **BioFind** uses relative conductance to detect the very small current potentials that occur in the tissues of any living person or animal. Discontinuity in the levels of these electric potentials is detected and translated into audible signals which indicate the area and extent of aberrant energy caused by neurological irritation.

The **BioFind** is used by running the comblike sensor over parts of the body in a systematic way to determine, by audio signals, the precise areas along the back, neck, legs, hips and torso where there is electrical activity. It is important to note that these areas may not only represent areas of discomfort for the animal, but may cause "compensating behavior" not immediately recognizable as being related to the problem area detected by the **BioFind**. For horses whose physical demands are great, prevention is the essential focus. The **BioFind** allows early detection before a problem results in lameness, impairment, a change in attitude or unwillingness to perform. This capacity for early detection and treatment makes the **BioFind** an invaluable tool.

The second component of the **BioScan System** are the **BioLights**. Straight from the **BioScan System** literature, here is the technical version of what they do:

**BioLights** are drug free, pain free, non-invasive therapeutic products which employ light energy to enhance healing by using invisible infrared light at 940 and 88- nanometers and visible red light at 660 nanometers to provide bio-stimulation of prob-

lem areas pinpointed by the **BioFind**. The therapeutic light is generated by a light emitting diode (LED), an outgrowth of the laser industry. The LED was chosen for its effective, gentle but powerful delivery of the specific healing wavelengths of light. Years of published studies show that certain light energies have a positive effect on living tissue. Some of the effects include:

1. Enhancement of tissue vascular activity, increase in circulation and reduction of swelling.
2. Stimulation of the production of collagen, the most important wound healing component.
3. Stimulation of endorphins and enkephalins from the brain as well as chemicals from other areas of the body like the adrenals which facilitate long term pain relief.
4. Reduction of excitability of nerve tissue.
5. Increase in RNA/DNA synthesis.
6. Stimulation of cellular replication
7. Release of adenosine triphosphate, ATP, an immediate energy source for muscle contraction and essential in the metabolism of all organisms.
8. Stimulation of fibroblastic activity.
9. Changes in immune response.
10. Acceleration of wound healing and reduction in scar tissue.
11. Relaxation of muscles.
12. Stimulation of acupuncture points.

The point of this series is to familiarize you with alternatives that may be helpful to you now or in the future. There is very little if anything at risk (except money) by trying any of them, so why the heck not?

In the next issue we will discuss equine chiropractic therapy.

ADDRESS CORRECTION REQUESTED

58 ECHO VALLEY ROAD  
DON BETTS  
PRUNEDALE, CA 93907

CURRENT 97



(916) 268-8474

95949  
GRASS VALLEY, CA  
11734 WOLF RD.

NONPROFIT  
BULK RATE  
POSTAGE PAID  
PERMIT # 32  
AUBURN, CA



### MEMBERSHIP FORM

Please mail to:  
11734 Wolf Rd. Grass Valley, CA 95949

### TYPE OF MEMBERSHIP

(check your choice of membership)

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

Address \_\_\_\_\_

Phone \_\_\_\_\_

E Mail address \_\_\_\_\_

- 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

- Lifetime member** (\$500) Pay no more annual membership fees and receive a \$25 discount on Championship race entry fee
- Competitor Member** (\$50) Provides access to the membership database which can link up teammates with horse, riders and runners.
- Competitor Family Membership** (\$75) Immediate family residing at one address. Please list all names to be included.
- New Member-1st Year** (\$20) Offered at a reduced rate for those checking the sport out. Equivalent to a competitor membership
- New Family Membership** (\$35) Immediate family residing at one address. Please list all names to be included.
- Supporter** (\$100 or more) Same benefits as a competitor member plus a \$10 discount on Championship race entry fee.
- Friend of the Ride & Tie** (\$20) Not an actual competitor but would like to show their support for ride & tie. Included in all Association mailings.

All categories of membership will receive Ride & Tie News bimonthly, The Ride & Tie Journal annually, 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.

### HORSE REGISTRATION FORM (ONE HORSE PER FORM)

OWNER (IF DIFFERENT FROM ABOVE)

REGISTERED NAME OF HORSE \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

NAME (NICK NAME) As you wish it to appear in future race results \_\_\_\_\_

GELDING  MARE  STALLION BREED \_\_\_\_\_

Phone \_\_\_\_\_