



*CoDee Wesley finishes her first ever Equathon at Yellowhammer in April*



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**RIDE & TIE**  
and **EQUATHON**  
2024 FALL CALENDAR

Go to [www.rideandtie.org/race-schedule](http://www.rideandtie.org/race-schedule) for more information

<u>Date</u>	<u>Race</u>	<u>Place</u>
Sept 6-7	Big South Fork	Oneida, TN
Sept 7-8	Buffalo Track	Marquette, KS
Sept 14	Hector Half Hundred	Hector, NY
Sept 14-15	Chesapeake Fall	Elkton, MD
Sept 20-21	Biltmore	Asheville, NC
Sept 21-22	Lava Cast Memorial	La Pine, OR
Oct 5-6	Flamingle	Andrews, IN
Oct 12	Hunting for Bigfoot	McHenry, MS
<b>Oct. 12</b>	<b>R&amp;T World Championship in Cool, CA</b>	
<b>Oct. 18-19</b>	<b>East Coast Regional Championship in Fort Valley, VA</b>	
Oct 19-20	The Roadrunner Chase	Kennard, TX*
Oct 26	Bar H Boogie	Lake Mathews, CA*
Nov 9-10	Broxton Fall	Ehrhardt, SC*
Nov 29-30	JD's Carolina	Patrick, SC
Dec 14	Winter Ride in the Pines	Cheraw, SC

\* TENTATIVE




**RIDE & TIE**  
52<sup>nd</sup> WORLD CHAMPIONSHIP  
OCTOBER 12, 2024  
at  
Cool  
POP 2,520 ELEV 1,518

# *EVERY SINGLE MOMENT*

## CoDee Wesley's journey to Equathon

CoDee Wesley grew up in a family that bred, raised, and showed Percheron draft horses. Her older brother Traves Neff was her best friend and taught her everything she needed to know about horses. One day they were in a barbershop and saw an article about Ride & Tie in a magazine. They both loved running and loved riding, but realized that draft horses would likely not be the best Ride & Tie horses. They never forgot about that article, however, and kept Ride & Tie as a dream and a goal.

Sadly, Traves was killed in an airplane crash in 2004 while piloting it for a church mission trip. In that crash CoDee lost her best friend, her running buddy, and riding partner. It seemed she lost the Ride & Tie dream as well.



*CoDee driving her Percheron*



*CoDee with Traves*

Years passed and her daughter Paislee was born. Paislee is now seven. She developed an interest in quarter horses, a spark, CoDee was happy to fan into flame! It is a short hop from a seven year old's love of quarter horses to trail riding and the endurance sports that trail riding encompasses. CoDee remembered that article in the magazine in the barber shop and felt her dream for Ride & Tie reignite.

She began reading about endurance in general as well as Ride & Tie. She says that there is so much information out there that it seems endless. She spent a couple of years reading about it before deciding it was time to enter a Ride & Tie. She lives in the panhandle of Florida not close to many Ride & Ties.

One of the closest races early in this season was in April at Yellowhammer in the Talladega National Forest in Alabama. CoDee didn't have a Ride & Tie partner, but her research had taught her all about Equathon. She decided to enter as an Iron Equathon. As the date for the race approached, she learned that she was the only entrant for the Equathon. She also realized that the whole Ride & Tie only had 6 or so teams. She contacted Race Manager Courtney Krueger to ask if it would be worth it for her to come. She says, "He assured me that I was going to have the best time, no matter what."

## Every Single Moment continued

As she pulled into the camping area, she realized for the first time that this was an endurance ride as well as a Ride & Tie. She said she couldn't believe how many people were there and every one of them had a smiling face. *"My heart just lit up and I got so excited."*



*Driving into camp*



*Breakfast of champions*

Unfortunately things got a little more exciting than she might have wanted not long after she and her husband Brandon started setting up their camp. She says that on the trip to the race she mentioned to Brandon that she had heard stories of horses getting loose in ride camp and how horrible that might be. They arrived at camp, found a great spot, unloaded Sugar, her quarter horse and tied her to the trailer. As they were setting up their camp, a couple of horses in a nearby temporary corral got spooked and ran through their corral. They came running past Sugar who also spooked, sat back on her rope until it snapped and took off with the other horses. CoDee began running into the Talladega National Forest in flip flops chasing her fleeing horse.

CoDee says *"I am running in woods I have never been in, praying, and crying with the worst possible things that might happen going through my head."* Chris Wolfersheim, another Ride & Tier, saw what happened, immediately mounted up, and galloped after the fleeing trio. A little while later, CoDee heard something down in the woods. To her amazement she saw Chris with all three loose horses. Somehow Chris managed to catch and wrangle all three!

After that unintended and unwanted adventure CoDee says that the party really started. She and Brandon came to a Ride & Tie potluck dinner and they experienced how much the Ride & Tie community is a welcoming family. They did their part by bringing venison stew that everyone raved over. CoDee gives Brandon credit for the stew saying that he told her he wanted to cook, so she could enjoy herself and fully take in her first Ride & Tie experience.

## Every Single Moment continued

The next day, even though she was the only competitor in Equathon, she says that she felt like a part of both the Ride & Tie and Endurance families. People on the trail were encouraging and helpful. She had a blast talking with the ham radio volunteers who were stationed every few miles down the trail. She enjoyed the first loop with Sugar. She was thankful that some of the running loop was on the same trails she and Sugar had already covered.

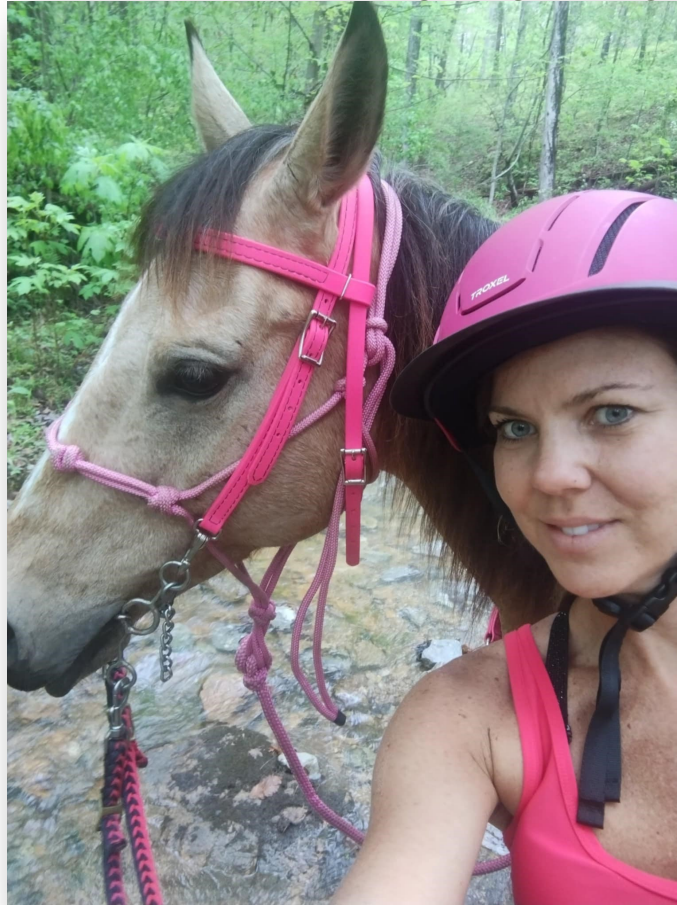
CoDee loved her experience so much that she reached out to Jane Lee who is ride manager of the “Hunting for Bigfoot” Endurance Ride on October 12 in Mississippi. Jane has offered Ride & Tie at Hunting for Bigfoot before, but never Equathon. Jane was not only willing, but enthusiastic about offering Equathon. CoDee plans to compete there and is hoping she can find others who might want to compete with her.

CoDee works at a hospital as a sonographer. She went to the Ride & Tie Online Store ([www.rideandtie.org/store](http://www.rideandtie.org/store)) and bought a Ride & Tie/Equathon pin. She now proudly wears it on her badge at work as a conversation starter to introduce other people to our sport.



CoDee is a great ambassador for our sport because she not only loves it dearly, but is clearly willing to go out of her way to seek opportunities and encourage others to give it a try.

*Welcome to the Ride & Tie family, CoDee. Yours is a story that runs through dreams, nightmares, and adventures. May this be the beginning of a long career in Ride & Tie!*



**NOTE:** To see an interview with CoDee about her Equathon adventure, go to our Ride & Tie YouTube Channel: [www.youtube.com/@therideandtieassociation1531](http://www.youtube.com/@therideandtieassociation1531)



With much of the 2024 Season still ahead of us, there is plenty of time to make a run at an Annual Award.

Check your progress at: [www.rideandtie.org/ride-results/](http://www.rideandtie.org/ride-results/)

The Ride & Tie Association offers annual Awards in 11 potential categories\*:

- 1 Ride and Tie Horse of the Year (high mileage horse)
- 2 Ride and Tie Woman/Woman Team point champions of the Year
- 3 Ride and Tie Man/Man Team point champions of the Year
- 4 Ride and Tie Woman/Man Team point champions of the Year
- 5 Ride and Tie Individual point champion of the Year
- 6 Equathon Horse of the Year (high mileage horse)
- 7 Equathon Woman/Woman Team point champions of the Year
- 8 Equathon Man/Man Team point champions of the Year
- 9 Equathon Woman/Man Team point champions of the Year
- 10 Iron Equathon Individual of the Year
- 11 Top 10 Junior Competitor Mileage

\*To be eligible for annual year end awards for any of the categories offered for either Ride & Tie or Equathon, individuals must be a current or lifetime member of Ride & Tie. The winning equine, individual, or team must also have competed in at least 2 sanctioned races and have accumulated a minimum of 125 points for that particular category (this does not apply to Junior Mileage awards). Awards are based on points accumulated that year. In the event of a tie, the award will be presented to equine, individual or team with the most miles. In years when the individual points champion is also on a points champion team, no individual award will be awarded.

### **How Annual Competition Points are Calculated**

#### **Races 20 miles in length or more:**

25 points for completing the race,  
Plus points equaling 2 times the number of miles completed, plus  
5 points for each team you beat to the finish line

#### **Races between 10 and up to 19 miles in length:**

25 points for each team member,  
plus points equaling 1/2 the number of miles completed,  
plus 3 points for each team you beat to the finish line

#### **Races less than 10 miles:**

25 points for each team member

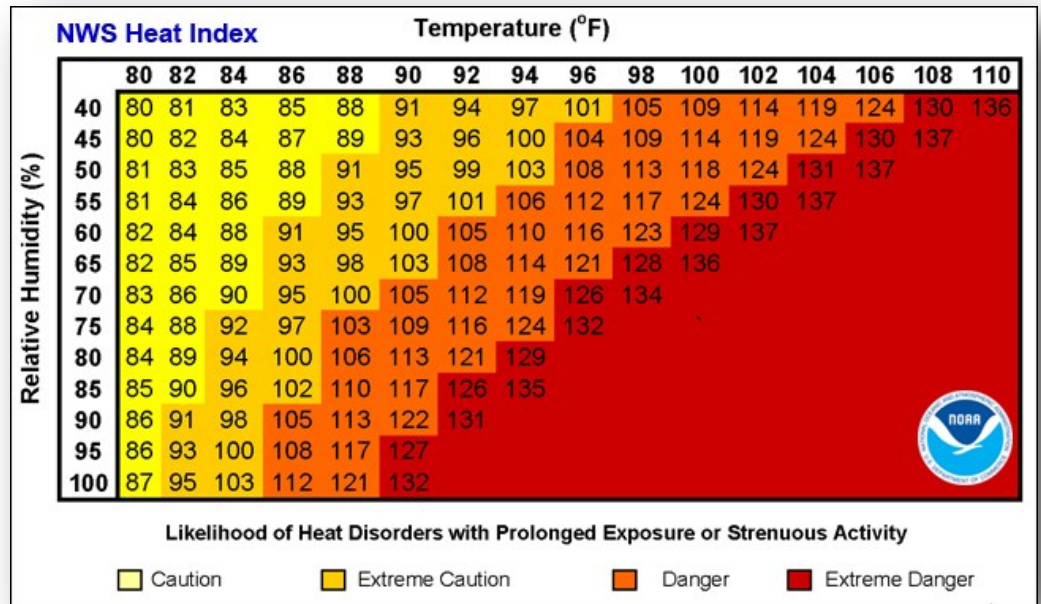
Equathons are scored in the same manner as Ride and Tie, meaning both competitors and horse will receive individual points and miles, and the competitors will receive points and miles as a team to determine the Overall Team winner. Iron person will be scored in a similar manner: competitor and horse will both receive Individual points and miles, but the competitor will receive points equal to 2 (rider/runner) but miles equal to one competitor. To determine the Overall Iron person winner, both Team and Iron will be scored together as “Individual” for an Overall Equathon winner.

# HEAT INDEX WARNINGS: A NEW REALITY

by  
Greg Fellers, DVM

With the thoughtful and wise decision to cancel and re-schedule our 2024 World Championships, we are forced to face the reality of the ever increasing odds of hot weather conditions affecting how we train for and conduct our events.

The National Weather Service provides excellent information on the heat index, a combination of temperature and humidity factors, and the danger, when elevated, of heat exhaustion/heat stroke with prolonged exertion. An index number of greater than 80 suggests caution, greater than 91-92 extreme caution, and greater than 103-105 danger, and greater than 105-110 extreme danger.



These index numbers are, of course, designed with human beings in mind. However, horses and humans operate with the same cooling mechanisms, with evaporative cooling via sweat being, by far, the largest component. So, these same heat index warnings can be very valuable for us on days that we train, and especially on the days we have an event planned.

Let's look at the conditions that were projected for Cool, CA on July 5<sup>th</sup> to 7<sup>th</sup>. The 10-day forecast predicted temps of 105-107. The humidity level at 25%. That made the heat index 109-112! Well in the danger zone. The actual temp on Saturday was a high of 110. It was 90 degrees at 9am. It would have been dangerous for competitors, horse and human alike, and just plain brutal for all volunteers and crew.

With this new reality, we will have to take a more proactive approach to our planning. For ride managers, this means considering where water is available when planning the trail options and being prepared to put out more water troughs or altering the trail to loops with water available. It means considering an earlier start time, lowering the pulse criteria to slow everyone down, shortening the course in order to finish before the hottest weather. It ultimately means the ability and willingness to actually cancel your event when the heat index is forecast for the danger level.

Be flexible with your training schedule. Go earlier in the morning or later in the evening. Plan for and take water stops more often than usual. Again, when faced with dangerous heat index levels, there's always another day, both for you and your horse.

If you are participating in an event anticipating a high heat index use EVERY opportunity to slow down, allow time for unrushed and adequate water intake, and use vet check time as efficiently as possible for cooling your horse. Immediately remove the tack. That evaporative cooling system needs every square inch of skin surface as possible available. Applying copious amounts of water, then scraping it all off in a few minutes, then repeating results in rapid heat transfer away from the skin. Repeated sponging dilutes the warm water on the skin surface but scraping off the hot water first, then applying cool water will result in greater heat transfer more rapidly.



## HEAT INDEX WARNINGS: A NEW REALITY continued

The whole cooling process for our horse is, of course, based on water consumption and the production of sweat. Horses in very low humidity may evaporate so efficiently that we are unaware of just how much fluid and electrolytes are being lost from the body. Conversely, horses in higher humidity will be challenged to cool by evaporation to a satisfactory level. So, the additional cooling techniques described above will have to come into play. We need to pay attention to forecasts for an upcoming event and be prepared appropriately.

What are the signs of early heat exhaustion in your horse? A lingering higher than normal respiratory rate and a slower heart rate recovery are criteria that should be closely monitored. A subtle change in attitude including less interest in eating and drinking are also a warning sign. A core body temp taken rectally should not be above 101+/- . A temp of 103+/- is reason for concern and adjustments will have to be made in your competitive strategy. A temp of 105+/- indicates impending heat stroke and is reason for crisis intervention and treatment.

We're still going to go out there on the trail and have fun in the heat! But let's be as educated and prepared as possible to take good care of our equine partners, and of ourselves.

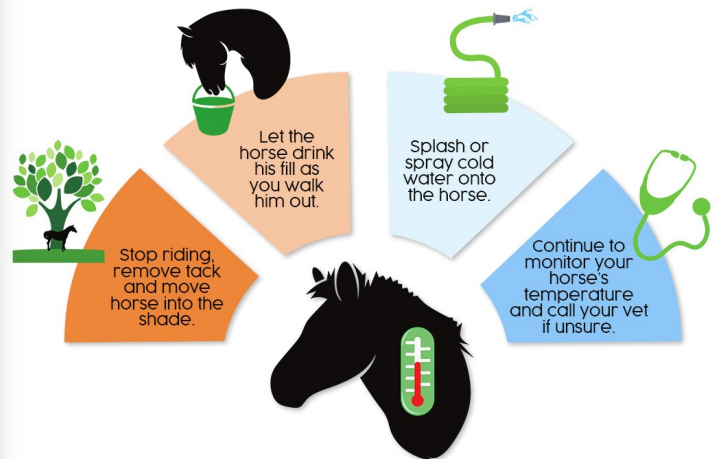


### REDUCING HEAT STRESS RISKS

- Provide free access to clean water
- Offer a salt block or free minerals
- Provide shade and ensure adequate air flow
- Clip horses with long coats
- Watch for signs of sunburn on white or light-colored areas (muzzle, ears, around the eyes)
- Allow time for the horse to acclimate to the heat by gradually increasing exercise



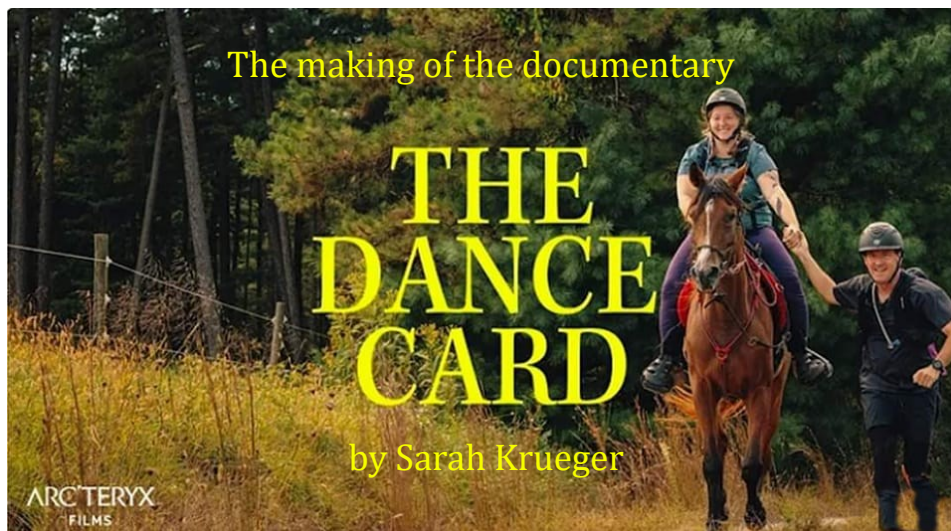
### HOW TO COOL OFF AN OVERHEATED HORSE



### "COOL" FACTS

There is **no scientific evidence** to support the myth that letting a horse drink cold water will lead to colic, or that putting cold water on a hot horse will lead to cramping.





In early 2023, as I was busy working through my Masters degree at the University of North Carolina in Wilmington, I got a call from my father, Courtney Krueger, asking me for a favor. The Arc'teryx company was considering making a documentary about Ride and Tie and had hired the company Stept Studios to create it. Stept wanted to interview teams to get stories behind the sport. I agreed to let them interview us and we set up a zoom call. From my apartment bedroom, I met Sarah Stewart and Lex Hinson, two of the producers, and was able to offer some of our stories and memories of Ride and Tie.

I started participating in Ride and Tie events at fourteen years old. It was somewhat of a scheme between my mother Lea Krueger and my riding instructor Faith Connelly to convince my father to get into the horse scene. I had been riding since around age eight, but my dad didn't have any interest because "you just sit there – there isn't any exercising." Despite many discussions about how incorrect his assumptions were – he didn't take the bait and enter into the horse world for a long time. He held out on us with mountain bikes and running – but then I helped to spring a carefully laid trap. I told him if he would learn to ride, I would start running and we could be a team. Manipulated by his fourteen-year-old, Courtney started riding, eventually got his heart horse Coda, and the rest is history.

Arc'teryx and Stept decided they did want to move forward with the project, and that they wanted to feature my father and me and our story. Representing Ride and Tie was a big commitment – especially since I had been out of the game for a few years. When I started college competition got moved to the back burner. Now that I was working through a masters degree it felt like I had even less time to train, and my horses were nearly nine hours away at my parents' house. I put in the time I could to prepare, running on the flat paved trails around Wilmington wishing I had mountains to train on as the filming was to take place at the Biltmore estate. But I worked with what I had nonetheless. We did several additional zoom meetings and email conversations with the production team regarding plans for the film, and before we knew it the weekend was upon us. It was time to go to Biltmore and compete in my first Ride and Tie in a long time while being filmed doing it!



Film crew at work on day 1

## The Dance Card Documentary, continued

The first day of filming wasn't our race day. My uncle Mark Landers and my dad were competing that day. I was helping to crew for them as well as another Ride and Tie family member, Barb Matthews. The production team filmed an interview with me in-between vet checks. The director, Brandon Lavoie asked open ended questions – and I responded the best I could, but I couldn't fully figure out what angle they were trying to take. I think this was intentional as they wanted to see what I would say without prompting in order to get a more honest reaction. After finishing my interview, I returned to the crew area where my aunt Aleta Landers was waiting on my dad and uncle to come in. The audio mixer, Jerry Sebastian had to adjust a microphone which required him to put his hand inside my shirt. My aunt didn't know who he was and walked up pretending to want to introduce herself. She actually was making sure I was okay! I explained that this was not a random man, and he did have permission to have his hands there!

Later that day they interviewed my dad who had no idea what I'd said – so the final product was a total surprise to us! The title of the documentary emerged for Brandon during my father's interview. Jared Levy, the photography director, and Brandon did have to stop us periodically in our interviews because of planes taking off or horses screaming for their friends who had left them to hit the trail!

After we finished our interviews, we discussed the game plan for the next day with the production team. Brandon and Jared explained some of the shots they wanted to get and roughly where they planned to get those shots on the course. After making sure we had everything together and ready for the next day – we did our best to go to sleep – excited about what the next day would bring.

Being filmed can make you feel unnatural and awkward. Knowing that a living history of your success or failures will be publicly available can be intimidating. Nevertheless, we persisted and found that the final product is an moving testament to the power of an incredibly talented production team. They made two Ride and Tiers look and feel like movie stars. Brandon and Jared had to deal with people who weren't necessarily the most photogenic or athletic and coached us through what we needed to do. Running for the camera required a steady even pace that wasn't too fast – because Jared had to run with us while he carried the camera! Riding for the camera was also challenging – as they wanted good action shots, but often the best filming locations weren't the easiest riding locations for speed. We did several retakes of each scene to make sure the team had what they needed, and then we continued our race until the next point.



ARC'TERYX



*Sarah and Coda behind the camera truck*



*Photo by Brandon Lavoie of Courtney running*

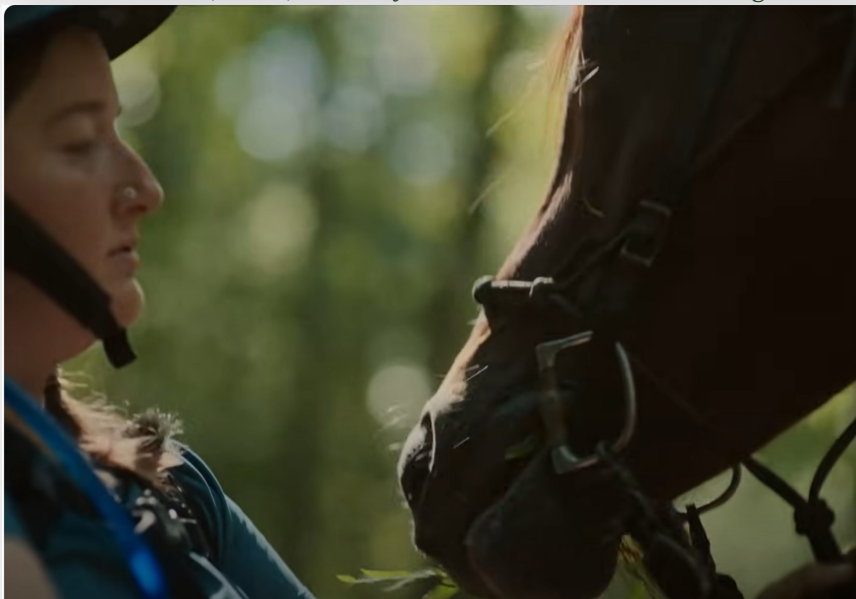
**STEEP.**

## *The Dance Card Documentary, continued*

The part of the race that my Dad enjoyed filming most was when he got to canter Coda alongside a moving truck with Jared filming him from the back. Coda started out confused, but soon decided this was a new and exciting form of racing where he could get to race a truck! I most enjoyed filming the water crossing with Coda. The team wanted to get a shot of Coda getting a sip of water, but as the saying goes “*you can lead a horse to water but you can’t make it drink.*” My dad had to do that crossing on foot – and when he questioned this, I reminded him that his Arc’teryx shoes (we did get some nice gear) were neon orange, while mine were a sandy color which wouldn’t show up as well on camera!



*Sarah, Coda, and the film crew at the water crossing*



*Still shot from the documentary*



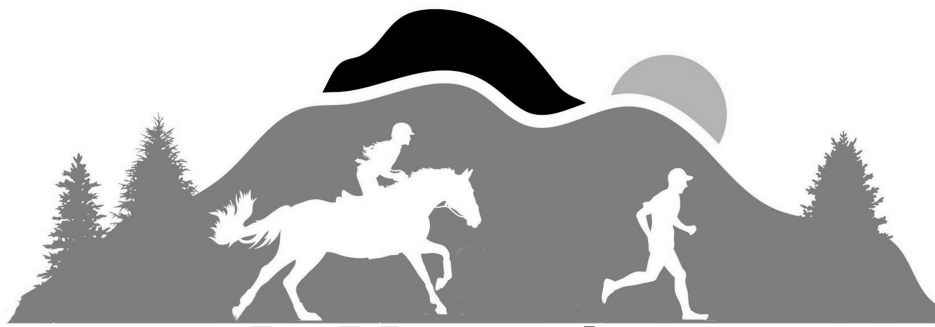
*Photo by Brandon Lavoie*



*Photo by Becky Pearman of Coda, Courtney and Lex Hinson on Lex’s first Ride & Tie the day after filming*

As soon as we crossed the finish line, the filming portion of the day was done, but the production team waited and cheered for us when we made it through the final vet check. We then sat around and told stories, as we do at the end of most rides, reminiscing on the day with friends and congratulating each other on a race well run. This is part of the Ride and Tie magic. Strangers become family, and everyone is welcome to take a seat at the table, or join in on the action. The day after filming, most of the production crew took an early flight back to their homes to begin the process of editing. Lex Hinson, however, stayed behind and completed her own Ride and Tie with my dad and Coda. Since then, we’ve invited all of the production crew to come visit us anytime in Tennessee, or to come see us at another ride! Although they’re busy sharing more incredible stories, if they ever get a chance, we would love to have them join our dance card for another ride.

**NOTE:** As of the publication of this article, “The Dance Card” has been viewed over 234,000 times on YouTube. You can see it on the Arc’teryx YouTube Channel at [www.youtube.com/@arcteryx](https://www.youtube.com/@arcteryx)



## In Memoriam



August 2 of 2023 the entire endurance sports world lost a legend, **Ken “Cowman” Shirk**. He was famous for wearing horns (of various sizes) when he competed. He was a member of a rare club, *The Tripple Cripple*, also called *The Grand Three*. These are people who have completed a Ride & Tie World Championship, The Western States 100 Trail Run, and Tevis (The Western States Trail Ride). He is also famous (and a bit infamous) in the Triathlon world. He is rumored to hold the record for most DNFs in Ultraman competition but is also credited with having the most fun anyway. He famously once bandited the Ironman at Kona, Hawaii and received a suspension from the Triathlon Federation. He was known for both his eccentricity and his kindness. Our world needs more like him and his absence will be sorely felt.

**Danny Grant** died on March 9, 2024.

He and his brother, Barrie, grew up on a farm in British Columbia raising cattle and showing and riding horses.

Barrie, an accomplished runner, got involved in Ride and Tie and won the Levi World Championship in 1980. Danny joined in and the whole family got involved in a big way in our sport. They were fixtures at the Championships over many years.

Danny and Barrie, a renowned equine surgeon, teacher and practitioner, were both generous supporters of our sport. Danny was also a fixture at Tevis for many years, earning a 1000 mile buckle.

It was always such a pleasure to meet up with them every year and catch up. They were both examples of that easy Canadian charm and friendliness.

The memories bring a smile to my face.

See you down the trail, Danny.

*Danny Grant tribute written by Greg Fellers*



# From the Archives: Ride and Tie in a 1971 article in "The Western Horseman"

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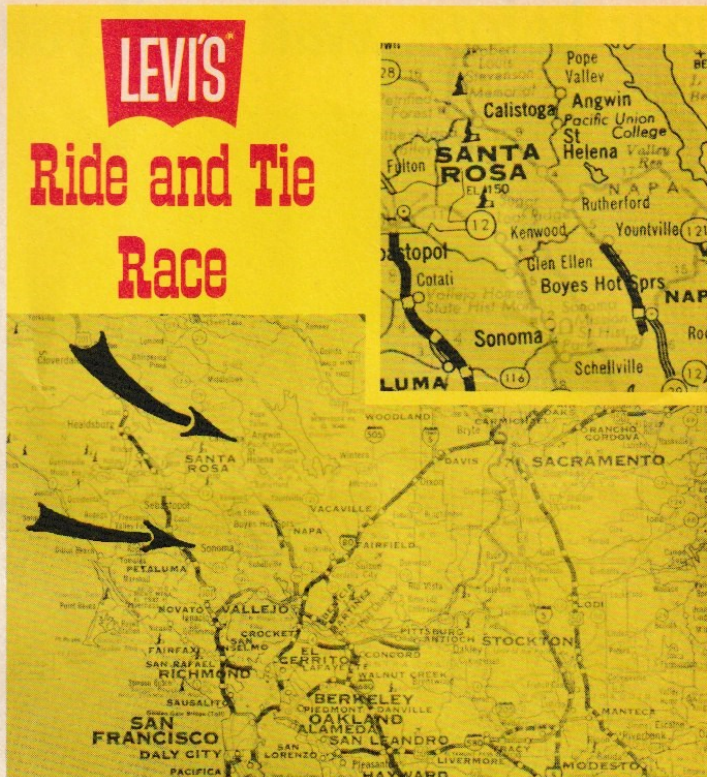
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A HISTORIC teaming of horses and men will be revived June 5 when Levi Strauss & Co. sponsors the first Levi's Ride and Tie Race. It is hoped that the race will become an annual event. Ride and Tie dates back to the latter half of the 19th century in the west when it was used as a means for two men sharing a single horse to travel as rapidly as possible. In this method, one man starts riding while his partner begins on foot. The rider goes ahead to a point where he dismounts, ties the horse, and goes on foot. The horse can graze and rest until the first walker arrives, mounts, rides on passing his partner, and then repeats the process. The men are always moving forward, either on foot or riding, but the horse gets ample resting and grazing time.

Levi's first Ride and Tie will be from St. Helena to Sonoma, two communities in the heart of northern California's wine country. The area is also the home of the noted Sonoma Trail Riders.

The trail for the race had not been completely set at press time, but will be about 25 miles, over the Mayacamus Mountain Range between the two towns, covering diversified terrain that includes mountains, hills, meadows, and open flatland. A Levi's

spokesman promises that the course will be a challenge to the contestants' physical condition and horsemanship.

Levi's is posting \$4,000 prize money plus other awards for the race. All entry fees of \$50 per team will be added to the prize money. First-place money will be \$1,000 and it will be doubled if members of the winning team are wearing Levi's products. Second place will be \$500; third, \$250; fourth, \$125; fifth, \$75; and sixth, \$50; and those amounts will also be doubled for Levi's wearers.

Based on 50 teams being entered—a minimum according to observers who expect entries from throughout the country—first place would be worth \$3,250 to the winning team. A larger entry list would, of course, boost the prize money.

The race will have its finish line at the historic Sonoma Plaza, where the first Bear Flag was raised proclaiming the California Republic in 1846. The finish will be between the Mission San Francisco Solano, founded July 4, 1823, as the last of the California missions, and a 19th century barracks whose adobe wall still bears the Levi's sign painted there about 1900 when the building was used as a general store.

Sonoma's annual Ox Feed will be  
(Continued on page 194)

## Ride and Tie

(Continued from page 114)

taking place on the plaza the same afternoon and evening, helping guarantee a large crowd for the nationally-publicized race.

St. Helena, starting point for the race, was named by Russian colonists to early California in honor of Helena, empress of Russia. Nearby is Mt. St. Helena, at 4,343 feet the highest peak of the Mayacamus Range, and the Petrified Forest. All of which, coupled with the proximity to San Francisco, assures contestants and spectators alike that the revival of Ride and Tie will provide excitement in colorful country.

Full details on the race, entries, and rules may be obtained from Levi's Ride and Tie, 98 Battery St., San Francisco, Calif. 94106. Race director will be Bud Johns, Levi's director of public relations and an advisor to the Rodeo Information Foundation. Entries for the race must be postmarked by May 28.





**RIDE & TIE**  
and **EQUATHON**  
Legacy Circle

## Leave a **LASTING** legacy!

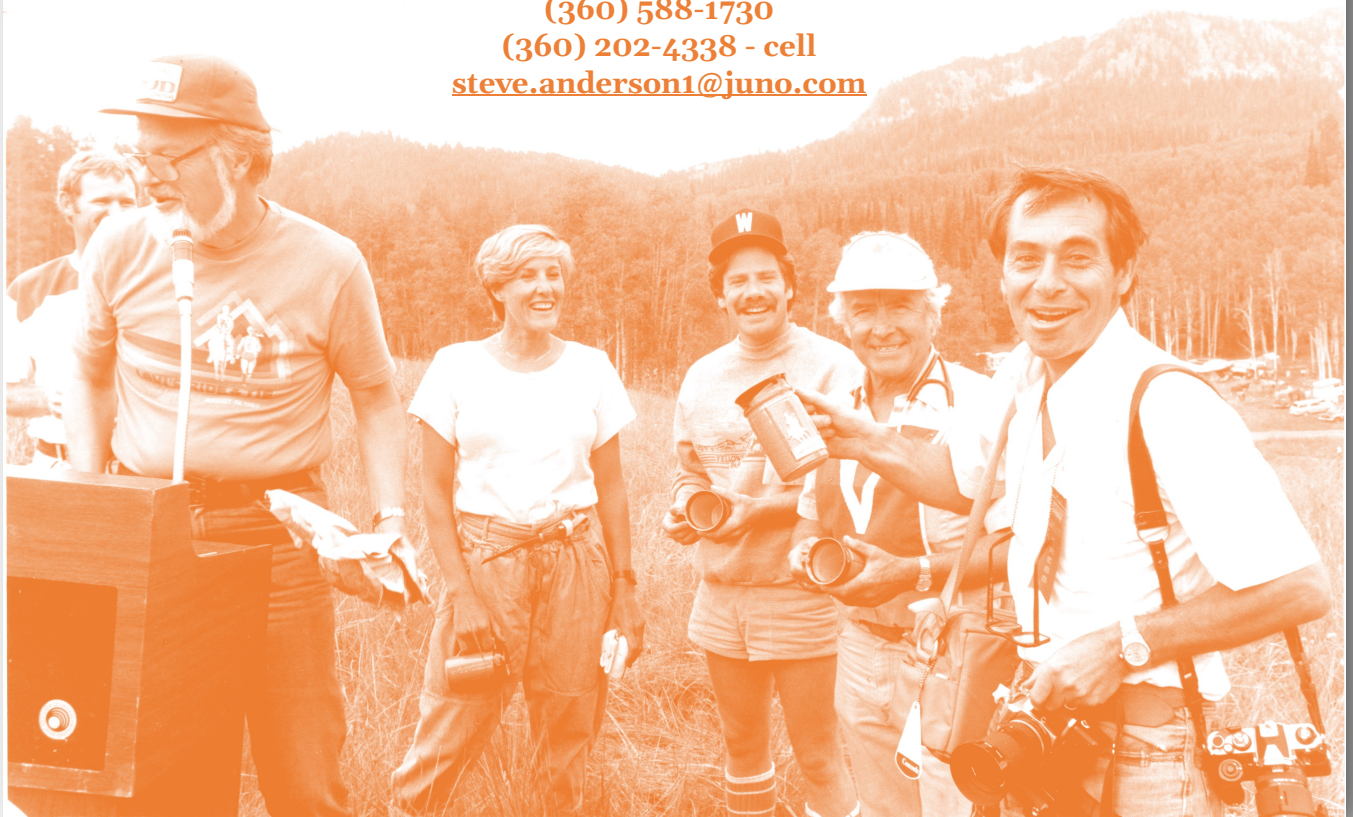
You can join the Ride and Tie Legacy Circle by making a tax-deductible contribution of any size and/or by including the Association in your estate plans.

Bud Johns, the founder of Ride & Tie, knew how instrumental endowments and legacy programs are for the financial stability of non-profit organizations. He made sure that Ride & Tie was in his estate plan soon after the Association was founded.

Join the circle! Make a donation now and/or include the Association in your Estate Plan

If you have questions or wish to join, please contact our treasurer

Steve Anderson  
4710 Kingsway  
Anacortes, WA 98221  
(360) 588-1730  
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## The “Back” Cover

Competitors at Coolest Fall in 2022—site of this year’s  
World Championship to be held on October 12.

Go to [www.rideandtie.org/race-schedule](http://www.rideandtie.org/race-schedule)  
for more information on this and other races



Ride and Tie



The Ride and Tie  
Association



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