



## **FOR IMMEDIATE RELEASE**

### **36<sup>th</sup> Annual Ride & Tie World Championship Announced**

San Diego site selected for 2006 race on July 1st

**March 6, 2006 – Santa Ysabel, California** – The Ride and Tie Association, the organization dedicated to promoting the combined trail running and equine endurance sport of ride and tie announced the 2006 Ride & Tie World Championship will, for the first time, be held where the sport was conceived. Slated for Saturday, July 1<sup>st</sup>, the sport's signature event will take place in San Diego County California.

"This will be a challenging course," assures race director Rufus Schneider. The race course for the combined horse/human running event covers approximately 35 miles of trail up and down the rugged hills of the privately held Santa Ysabel Ranch, just 20 miles from where an 1873 horse-theft led to the creation of the sport.

The Ride & Tie World Championship has not been held in southern California since 1989 when the event was held on a hot, dusty day in Frazier Park, north of Los Angeles. "It's all coming back into ugly focus," recounts Tom Christofk, northern California trail runner and endurance rider, who raced his first of eleven Ride & Tie World Championships at Frazier Park.

In this sport, where rugged courses force teams to use strategy over sheer running and riding talent, heat is likely to be a factor in 2006. "We're recommending heat training be included in athletes' conditioning programs: human and horse." Cautions Ride and Tie Association president Don Betts.

In what may be the only sport that encourages first-timers to line up with World Champions for their shot at a completion belt buckle, the selection of the Santa Ysabel site provides southern California trail runners and equestrians the opportunity to enter at the top of the sport in their own backyard. A shorter course pre-Championship race will be held at the same site on May 13<sup>th</sup>. Local mentors offer advice and practice, and the association website also features free partner matching.

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"A sound horse and a mulish refusal to quit" are the attributes Betts recommends each team bring to the race. The 2005 Ride & Tie World Championship was won in 4 hours and 27 minutes. In their first Ride & Tie attempt, racing for England, the last place team finished in 9 hours and 33 minutes. With no cut-off time, conditioning, injuries, terrain, temperature, trail markings, horse and human attitudes, bees, blisters and equipment failures can all affect the finishing time.

The sport of Ride & Tie is based on an historical event that took place in the winter of 1873, just over the hill from the 2006 World Championship race site. As recounted in Bud John's book "What is this Madness?" back issues of a local paper detailed the theft of a local rancher's horses. When the theft was discovered, the Pine Valley rancher and his son rode their one remaining rideable horse "ride and tie" in hot pursuit of the rustlers. This bit of historic trivia, uncovered in 1960, led Johns to invent the sport of Ride & Tie. Eventually sponsored by Levi Strauss, the first organized race took place in 1971.

### **About the Sport of Ride & Tie**

The sport of Ride & Tie combines trail running, endurance riding, and strategy. The goal is to get all three team members, two humans and one horse, across a 20 to 100 mile cross-country course by alternating riding and running. Everyone starts out together. The rider, being faster, rides ahead and ties the horse to a tree, and then continues down the trail on foot. The team member who started out on foot gets to the horse, unties, mounts up and rides past the runner, ties the horse ... and this leapfrog continues the entire course. When, where, and how a team exchanges riding for running is almost entirely up to each team to develop their own strategy.

### **About The Ride and Tie Association**

The Ride and Tie Association is a 501(c)3 non-profit organization dedicated to the promotion of the sport of Ride & Tie and safe endurance horse management. Over 150 years old, Ride & Tie originated in the old West, where frontiersmen discovered two men could travel great distances at a fast pace without wearing down the horse if they traded off. Ride & Tie was invented as a sport and gained national attention in 1971 when Levi Strauss sponsored the first Levi's Ride & Tie. The Association offers a mentor program, partner matching, training videos, hosts practice Ride & Ties, and sanctions regional and national and international events. For more information about Ride & Tie, visit the web site at [www.rideandtie.org](http://www.rideandtie.org).

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