



FOR IMMEDIATE RELEASE

40th Annual Ride & Tie World Championship
Mount Adams, Washington selected for June 19th 2010 race

March 22, 2010 – Premier endurance event of 2010, the 40th Annual Ride & Tie World Championship, is to take place in the Gifford Pinchot National Forest in southern Washington. The race is to stage at the foot of glacier-topped Mount Adams, notably the site of the 2003 Pan-American Endurance ride. Camp and course open to athletes and their crews one week prior to the event which takes place Saturday, June 19th 2010.

“We wanted to do something really special for our fortieth running of the sport’s signature race,” explains Don Betts, president of the Ride and Tie Association, “and there’s nothing our athletes like better than a well-run event at a world-class facility.” The course starts at a base of twenty-five hundred feet and will see runners and horses climb more than a thousand feet multiple times during the three loops of the thirty-five mile race.

Veteran ride and tie competitors will be arriving by truck and horse-trailer from all over the western states, with more distant athletes flying in, some from overseas. “This will be the first time in the history of the sport that our Championship race is held in Washington,” said Betts. “And aside from the great venue, our biggest reason for coming here is to entice local runners and local riders to attempt the sport. We call it our World Championship, but it’s open to anyone who is game to try it. We welcome newcomers with open arms.”

In addition to open arms, in the coming months the Association also welcomes newcomers with local practices, a wealth of assistance including help finding team mates, and shorter pre-Championship races in mid-May so new competitors can work out their “big race” strategy on parts of the Championship race course. The Ride & Tie World Championship race features over five-thousand dollars in cash prizes, belt buckles for all who complete, a Specialized brand saddle for the Best of Condition horse, followed by a catered salmon dinner and live music.

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“If you can ride, and you can run... you will love ride and tie,” asserts race director Steph Irving, who likes to point out this sport’s world championship is unique with weekend-athletes racing alongside elite-class athletes without pre-qualification. While the ability to ride is a necessity, some competitors prefer to hike instead of running when off the shared horse. “The bragging rights that go along with your belt buckle will last a lot longer than any post-race soreness,” Irving advises first-timers.

Teams from Washington and Oregon will enjoy the luxury of competing in the sport’s signature event right in their own backyard. The race passes through open glens and forests of mostly Douglas Fir with glimpses of glacier-capped volcano Mount Adams through the trees. While runners may not notice as they pass near the largest Ponderosa Pine (it takes six people clasping hands to encompass its girth) in the Northwest, they certainly will notice they don’t have to get their feet wet: in a rare treat, there are bridges at all the water crossings.

Bud Johns will act as starter for the race, the fortieth running of the sport he invented and launched in 1971. When Johns drops his famous black hat Saturday morning at eight o’clock, contestants will turn from the beauty of the setting to the challenge of the course. Veterinarian staff, headed by Dr. Greg Fellers DVM, will monitor equestrian health throughout the race.

Each year the course mileage of the Ride & Tie World Championship varies, depending on the difficulty of the terrain. The race director’s challenge is to design a course that will take the top team approximately four hours to complete. Last year’s Ride & Tie World Championship was held in the Redwoods in northern California, and was won, in a first-ever, by a woman/woman team, in a time of three hours and fifty-seven minutes. This year’s course is expected to be faster, with less total altitude gain.

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.

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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.

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