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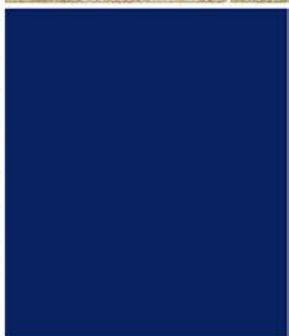


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THE RIDE & TIE ASSOCIATION

MANUAL FOR RACE DIRECTORS

JUNE 2013

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WHAT IS RIDE & TIE?

Ride & tie is a long distance equestrian team sport. A ride & tie team consists of two people and an equine, usually a horse. Teams compete against each other, but also within divisions: Man/Man, Man/Woman and Woman/Woman divisions. They compete over cross-country courses with lengths ranging from eight to one hundred miles.

People have ride and tied for a long time. References to riding and tying as a means of transportation can be traced back to the 1700's. It became a competitive sport in 1971 when it was developed as the signature sport of Levi Strauss and Company, the maker of Levi pants and clothing. It is a fun, challenging and strategic sport. Competitors are a varied lot, male/female, old and young, fast and slow, non-runners and ultra-marathon runners, that come in all body types.

In 1988, leadership of the sport was assumed by the Ride and Tie Association, a 501©(3) nonprofit organization. It serves as the sport's governing body, and as such is responsible for such tasks as promoting the sport, its rides, publishing a quarterly newsletter, recruiting competitors, sanctioning events and holding the annual World Championship race. This Championship is held at different locations around the western part of United States. The sport has become global with events being held overseas and teams representing foreign countries as well as teams coming to the United States from as far away as Germany and Australia to compete in the Championship race.

Ride & tie competitions are held throughout the United States. In 2013, they are being held in ten different states with California hosting the largest number. There are 47 race or event days scheduled in 2013 in 35 sanctioned events (some events are multi-day races). The Association has members living in 29 states and the District of Columbia as well as in foreign countries.

After forty plus years of ride & tie competition, many are, to some degree, familiar with how it works. All teams start simultaneously with one person riding the equine and the other member running. At any subsequent, self-determined time or distance into the race, the horse and rider will initiate an exchange for the horse by dismounting and tying the horse to some stationary fixed object, such as a tree, and begin running. The trailing partner, the initial runner, eventually comes upon the tied horse, unties it, mounts, and sets out in pursuit of the now running initial rider. Upon making contact, they may immediately exchange the horse without tying it (called a "flying tie" or "flying exchange"), or the rider may ride past the partner and ride on before tying. Either way, the horse is once again exchanged and the rider is back into the running phase. This leap-frog pattern continues for the entire race, except for required veterinarian stops where an exchange is required. At the veterinary check point the horse is cared for,

given a chance to recover, and subjected to veterinarian examination. The race is completed when all three members cross the finish line and the horse passes the final veterinarian examination. A more complete presentation of how to do ride & tie race with a discussion of strategy is presented in [Appendix E](#).

ORGANIZING A RIDE & TIE EVENT

Ride & tie events are held as stand-alone events or in conjunction with endurance rides. It is clear that ride & tie events and endurance rides bear numerous similarities in form and spirit. After all, they are both equine competitions over long distances, they travel over cross-country courses, undergo veterinarian checks, etc. Their basic similarity makes it relatively easy to combine ride & tie and endurance in simultaneous, parallel competitions. This combination can take two forms; one is where both races are under single management, the other is where each race is individually or separately managed with courses, personnel, veterinarians shared or used in common. In either case, there are definite advantages from a managerial standpoint.

For the separately managed event, there are significant cost savings from shared duties and resources such as campsite costs, course marking duties, veterinarian services, and other personnel such as timers, pulse and respiration takers, etc. The single manager benefits without a significant addition to their workload because all the main ingredients, mentioned above, are common to both types of events. Adding a ride & tie to an endurance event or vice-versa increases attendance and thus revenue and because so many of the costs are fixed (that is, relatively the same regardless of the number of competitors), any increase in attendance results in increased profit. Experience shows that there is minimal conflict between endurance riders and ride & ties; in fact, they seem in the main, to enjoy and respect each other and their accomplishments.

What is Required?

Endurance ride managers can judge how well endurance ride situation or set-up meets the needs of holding a simultaneous ride & tie. Is the trail compatible? Will it have adequate start space? Are there sufficient natural or constructed obstacles to which to tie? Are the vets aware of, or willing to learn, the differences between endurance and ride & tie vet check protocol? This point deserves some attention because in ride & tie, there is, on behalf of the outgoing runner, no hold period and ride & tie horses are usually given examination priority ahead of the endurance horses. Secondly, because ride & tie is judged to be easier on horses, due to the more natural stop and go pattern they experience in comparison to endurance where horses work for longer continuous periods, the pulse criteria is set at higher levels.

Ride & tie rules are few and straight forward. There are only 19 rules. They set standards for equine age, pregnancy status and enunciate medication restrictions. The number and character of exchanges are stated. How and by whom horses are to be presented for veterinarian examination is covered. What constitutes a finish is defined and how and when protests can be filed is explained. The rules are available in [Appendix B](#).

Managers of a ride & tie event, regardless of its particular form (stand-alone or combined with endurance), have essentially the same managerial and administrative tasks and responsibilities. The administrative tasks include, the sanctioning process, sanctioning fees, insurance and insurance fees, and data and results reporting.

Sanctioning

There are advantages to have a ride & tie sanctioned. Sanctioning gets the event listed in the annual handbook and included on the Association website and other publications that list sanctioned events. It provides low cost liability insurance, makes available listings of active Association members, and allows participants to receive mileage and points credit toward the Association's year-end awards. Sanctioned events usually consist of two to three races of various distances in order to appeal to teams having different objectives and experience. One race must qualify as a "long-course" race that is a minimum of 20 miles in length. Sanctioning should be requested as early as possible to get a place on the schedule and allow for processing of insurance or waiver, but in general at least 60 days in advance. All sanctioning requests for the year must be made by September 30th, of that year. There is no fee to sanction a race.

Sanctioned events must use the Ride and Tie Association liability insurance. To protect itself, the Association carries insurance for sanctioned events. The Association's insurance requires that all participants are a member of the Association. This means that managers need to check their participants' membership status prior to the start of the race. If a competitor is not a member, they must collect the membership information and fee. Membership categories and fees are given in [Appendix A](#). In addition, the Ride and Tie Association should be included with the parties named in the liability release waiver that must be signed by all competitors prior to any event. Insurance charges are based on the number of teams at the rate of \$10 per team up to a maximum of \$100 per day. A sample sanctioning agreement is provided in [Appendix C](#). For detailed up-to-date information on sanctioning a ride & tie go to the Association website <http://www.rideandtie.org/sanctionform3.php>.

Other things to consider in sanctioning your ride & tie event is whether to hold it as a "Pro/Am" event. A Pro/Am event is one where a seasoned ride & tier (a "Pro") teams up with a novice or an amateur. In these events no team can be made up of two Pro ride & tiers. However, two novices or two amateurs can team up. **Team points are not awarded at Pro/Am events.** Another option is an "Elevator" ride & tie. An elevator ride & tie is one where a team may complete the short course and then decide they want to "elevate" to the long course. If your event is categorized as an elevator event then this is allowed. Otherwise teams may not do this. There are rules specific to putting on an elevator ride. For example, the short and long course races must start at the same time and follow the same course. The race director must decide in advance if his or her event will be considered an elevator ride and sanction it as such.

The managerial tasks and responsibilities for producing a ride & tie are almost identical to those for an endurance ride. Experienced endurance managers have little difficulty in making the transition to a ride and tie manager, as a result of being acquainted with the discussion of the same issues in the American Endurance Ride Conference Ride Managers Handbook, which can be found on the AERC website at AERC.org.

Pre-ride tasks include advertising the nature of the event, the location and distances planned. The Association can be helpful here as they publish a schedule on their web page, in their newsletter and in their member handbook. The Association can also provide “boiler plate” language for managers to use for local newspaper publicity. These actions should take place after selecting a race site, taking access, camping capacity and facilities into account. Endurance ride sites, public lands and large private landowners such as lumber companies and ranches are good site candidates. Once the site is selected, the paper work entailed in sanctioning, obtaining landowner permission, and insurance coverage needs to be completed.

Race Personnel

Race personnel need to be recruited. Of chief importance are veterinarians. Veterinarians in a ratio of one vet per 20 or so horses, who are experienced in endurance, or better, in ride & tie, should be sought. Differences in vet criteria (higher pulse/respiration criteria, and absence of holds in a ride & tie) need to be explained to endurance veterinarians. It is advantageous if the head veterinarian can be made acquainted with the course in terms of layout, difficulty, and length so that appropriate criteria can be set. The veterinarians are in complete control during the race of all decisions concerning horse safety and health. They will be involved in examining horses in a pre-ride exam to verify their soundness to compete, checks during the race at locations generally 10 to 15 miles apart to assess their fitness to continue, at a post-ride examination to assure that the equine’s health is uncompromised. Finally, if a Best Conditioned horse award will be offered, veterinarians will be responsible for carrying out examinations of the candidates, and selection of the horse to be honored.

A discussion of veterinarian issues is presented in a separate publication titled [Manual for Veterinarians – Control Judging Ride and Tie Competitions and Guidelines for Treating Metabolic Complications](#).

Other needed personnel include a race secretary (who can be the manager, prepare entry lists, register competitors), assemble race packets of vet cards, course maps, etc.). A vet secretary records veterinarian examination findings. Other tasks requiring volunteers are pulse and respiration takers, finish judges and timers. If there are complex trail configurations and/or possible shortcuts, trail marshals may be necessary to direct traffic, prevent cheating and provide information to competitors as they proceed past.

Equipment needs to be supplied to support the volunteers. These include watches or timers for the timers, are watches and stethoscopes for those checking pulse and respiration, vet cards, clip boards and pens for the vet secretaries and finish line judges, grease pens for numbering horses. Other equipment like water troughs will be needed at various locations.

The Course

After the site is chosen, the trail or course is designed. Its length and difficulty are determined. Identification of enlightened property owners open to equestrian events is part of the design process. In the design, the availability of water, of tie opportunities and the avoidance of paved roads and vehicle traffic are all considerations. The course needs to be marked for team guidance. This can be done by positioning strips of surveyors tape on trees, bushes, and/ or posts at frequent intervals (roughly every ¼ to 1/3 mile). People often tie strips of flagging to clothes pins. The marking or flagging is best done in the direction of the ride, and consistently on the same side of the trail, conventionally on the right so that the competitors always know where they are going in the correct direction. Turns are individually marked with ribbon, usually with 3 ribbons alerting participants to an upcoming turn. Lime or flour can also be used to mark turns and cross off alternative trails. It is important to check with the landowner prior to using these. Upcoming vet checks are usually indicated with signage that provides including the distance to the vet check (around 1 mile out is typical). Different colored ribbons are used to mark different segments or loops of the course as a means of minimizing competitor confusion. Consider using patterned flagging (e.g. stripes and checkerboard) because sometimes it is easier to see. The course maps that are included in the race packets not only show the various trails with their ribbon colors but also give mileage, vet check locations and access for crews and emergency vehicles. Prior to the race, frequently the evening before, an orientation meeting is held. This is a time to provide information to the contestants. Customarily, the course is reviewed with hazards or tricky spots pointed out. At this time, the veterinarian will discuss the criteria that will be used and makes whatever points deemed necessary such as the vet check procedures.

Arrangements for food should include food for race day volunteers and veterinarians as well as food for the post-race lunch or dinner served to workers and contestants. Traditionally, an award ceremony is conducted immediately after the post-race meal. After the race dinner and awards, only clean-up tasks remain at the site and the final step of reporting the results and submitting fees completes the event.

The Association can be of great assistance in providing information and reducing any insecurity ride managers may have as they consider holding a ride & tie. The Association maintains a list of mentors who can provide assurance, help, information and council. A current mentor list will be found in the newsletter and on the Association

website. In addition, members of the board of directors of the Association are available for on-site assistance for new managers in areas of the country unaccustomed to ride & tie. In the past, they have been available to give clinics, lead practices and provide guidance and information and even become competitors if needed.

Recruiting Participants

For success, a manager needs participants. Efforts to recruit competitors may be needed. A manager can expect some veteran competitors and some new to the sport. This latter category may dominate in under-served regions. One way to recruit contestants is through publicity, perhaps most effectively through articles or notices in the sports section or community activities section of the newspapers or through flyers available to running clubs and horseback groups. The Association has race videos available. Even when interest is aroused, potential participants will have questions and concerns. A clinic is an excellent way to convert interests into participation.

New recruits will want to know such things as how often should I tie? Where should I tie? Do I have to be a really good runner? Can my horse do it? How can I do a ride & tie if I don't own a horse? How do we work the vet check? Do I need a crew and what is a "crew"? How fast should I run/ride the horse? What should I wear? These are common and important questions. Answers to some questions are provided in Appendix D.

As a race director you might consider holding a clinic prior to your race, especially if you have a lot of first timers. Contact the Association to see if an experienced ride & tier can be made available to help. The person leading the clinic can address questions or concerns, discuss strategy (see [Appendix E](#) for some basics on strategy), and review important "Do's and Don'ts" (see [Appendix F](#)). [Appendix G](#) provides a sample clinic agenda.

APPENDIX A

RIDE AND TIE ASSOCIATION MEMBERSHIP CATEGORIES

Competitor Member: (\$25) Will receive Ride & Tie Newsletter and Handbook, information and entry form for the Ride & Tie Championship, one vote on Association general membership issues, eligibility for all sanctioned Ride & Ties held during membership year and inclusion and eligibility for the national point system.

Family Membership: (\$40) Immediate Family living at same address. List all names to be included. Same benefits as Competitor Member, two votes per family.

Lifetime Member: (\$500) Same benefits as Competitor member with no more annual membership fees.

Supporting Member: (\$100 or more) Same benefits as Member with special thanks from the Ride and Tie Association.

Friend of Ride & Tie: (\$20 or more) Non-competitive member showing support for Ride & Tie. No voting privileges. Will receive Newsletter.

APPENDIX B

RULES OF RIDE & TIE

1. Each team will consist of two persons who are current members of the Ride and Tie Association and one horse. Throughout these Rules “horse” means “horse, pony or mule.”
2. The horse must be at least five years old.
3. No pregnant or lactating mares will be allowed to compete.
4. No foreign substance or medication may be given or administered to any horse within 72 hours before starting the event or one hour after finishing the event. This includes ointments or solutions for topical use that contain local anesthetics. All medications administered during the two weeks prior to the race must be declared in writing to the veterinarian conducting the pre-race examination.
5. All horses must be submitted for a pre-race examination.
6. There will be a predetermined number of vet checks where the horses will be observed and examined. There will be no mandatory time holds. Cut-off time limits for each check point may be established. Pulse, respiration, mucous membrane color and capillary refill, surface factors, attitude and soundness will be considered as part of the criteria for passing through to the next check. Vet check criteria will be announced prior to the races start and will be determined by the Head Veterinarian after consideration of weather, terrain, and other factors.
7. All horses must be presented to the veterinarians for a post-race veterinary examination within one hour of finishing. Horses must pass this examination for any member of that team to be eligible for completion awards. No abuse of a horse will be tolerated.

8. All decisions of the Veterinarian staff regarding the health and safety of the horse are final.
9. Artificial ties are illegal. Hand ties may be allowed at the Race Director's discretion. Any decision to allow hand ties will be announced at the pre-race briefing.
10. Each team must tie its horse and switch from rider to runner and runner to rider at least six (6) times during an event. Teams may tie as many times as they desire anywhere along the trail as long as the ties do not obstruct the trail or are not made in designated "No Tie Areas." A required tie will occur at each vet check. A team must exchange at least twice between vet checks. Where vet checks are so close that two exchanges may be impractical, the Race Director may allow one exchange between two specific vet checks. If a runner on a team has not been overtaken by his partner before the next vet check, then the runner must wait at the vet check for his/her partner to arrive in order to meet the required vet check tie.
11. With the exception of securing a loose horse, no person other than the team members and designated race officials may handle a team's horse on the trail during the race. Designated team crew may work with the horse at any vet check specified by race officials to be open to crews. Race officials may require crew to obtain a pass. Only contestants may take a horse through the vet checks during the race.
12. It is not permissible for both members of a team to use their horse at the same time for forward movement. "Tailing" (meaning the rider dismounts, grips the horse's tail and allows the horse to pull him/her) is allowed but it is not permissible for one team member to ride while another tails.
13. No pacing by an un-entered horse or runner is allowed for any contestant.
14. Riders shall be responsible for their horse's behavior prior to and during the event. If, at the discretion of the race management, any horse becomes unruly or jeopardizes the safety of other competitors, the team may be disqualified from the event.

Ride & Tie Rules, continued

15. Teams must pass and report to any trail marshals who are positioned along the course. Competitors inadvertently off course must return to the point at which they left the marked trail and complete the course correctly. Teams must stay on the marked trail.

16. Any protest must be filed in writing with the Race Director within two hours of the completion of the race. Prior to the start of the awards ceremony, the Race Director shall decide on the protest. An appeal of his decisions must be filed in writing within seven days to the President of the Ride and Tie Association, whose final decision cannot be appealed.

17. A team has not completed the race until both human teammates and their horse have reached the finish line.

18. These rules apply to a sanctioned race. A race may be of any distance, but to be sanctioned there must be a Ride & Tie race of at least 20 miles in length included within the same event.

19. Competitors under 16 years of age must wear approved safety helmets while mounted during a race (helmet approval by AHSA, PCA, ANSIZ90.4, or Snell)

APPENDIX C SAMPLE SANCTIONING AGREEMENT

SANCTIONED RIDE AND TIE EVENT AGREEMENT

THE FOLLOWING IS AN AGREEMENT BETWEEN THE EVENT MANAGEMENT OF THE

Name of Event

Race Director Name

AND

The Ride and Tie Association

EVENT TO TAKE PLACE ON _____, 2013
Date

Distances

Is this race:

Elevator: Yes **No** **ProAm: Yes** **No**

See special rules on elevator rides

Street Address of the Event *(Insurance company requires this information. Do the best you can)*

TERMS

1. The event must be run according to the Association's Rules of Ride & Tie.
2. A licensed veterinarian must check each horse before, during and after the event.
3. All veterinary checks must be of the "stop & go" variety (i.e., the horse must meet predetermined recovery criteria before continuing). No mandatory holds are allowed, with one exception: A horse having metabolic problems may be held at the discretion of the veterinarian.
4. Request for sanctioning should be sixty (60) days in advance of the event.
5. All races scheduled in 2013 must request sanctioning by September 30, 2013 in order to count for end of the year awards.
6. The event management must require membership in the Ride and Tie Association for all sanctioned events. Competitor's names must be on the current Official Membership List obtained from the Ride and Tie Association in order to participate. If the competitor's name is not on the Membership list a Membership form must be filled out and the appropriate fee must be collected. If, due to faulty or slow reporting of memberships the competitor joined but was not yet listed, the Ride and Tie Association will refund the second payment in full by mail following the race.
7. All sanctioned events must use the Ride and Tie Association's liability insurance.
8. Requests to add additional insureds must be received no later than 15 days prior to the event
9. All membership fees, membership forms, and race results must be sent to the Association within two weeks following completion of the event.

List all entities that require certificates of "Also Insured", their complete mailing address, and any additional information or necessary wording. If more space is required, please attach additional pages.

Additional Insured 1

| | |
|---------------|--|
| Name: | |
| Relationship: | |
| Address: | |
| Address: | |
| Phone: | |
| Fax: | |

Additional Insured 2

| | |
|---------------|--|
| Name: | |
| Relationship: | |
| Address: | |
| Address: | |
| | |

| | |
|--------|--|
| Phone: | |
| Fax: | |

Return Agreement to:

Lani Newcomb

33715 Snickersville Turnpike

Bluemont, VA 20135

(540) 554-2004

(540) 544-2285 FAX

give2bute@aol.com

APPENDIX D – FREQUENTLY ASKED QUESTIONS

How far is it between ties? That is entirely up to you and your partner. Some teams feel they make better time by running longer intervals between ties, say a couple of miles or more. Most teams these days seem to prefer shorter intervals ranging from 1/2 to a mile or so, depending on the terrain (shorter on uphill, longer on downhill, for example). The strategy you decide on will depend on the relative running abilities of the humans, and the speed and condition of the horse.

Do I have to be a good runner? No, you don't ! Of course, the faster you are, the more competitive you can be. But there are many teams who just get out and Ride & Tie for the sheer fun of it...some even walk during their time on the ground. "To finish is to win" applies not only to endurance riding, but to Ride & Tie as well! Ride & Tie is really more about teamwork, endurance, commitment, and determination than about speed.

Do I have to be a good rider? This is probably the most important factor, besides having a horse that is in good shape. You don't have to be a great rider, but you do have to know how to handle an excited horse, especially at the start. You need to have confidence and not be afraid of your horse, and you need to know how to be a safe rider. Remember, there are runners and other riders sharing the trail with you, so an out of control horse and rider can be a serious safety hazard.

Do I need to have a horse? No! There are ride & tiers who have a conditioned horses (or mules) but do not know anyone who runs and rides with whom they can partner for a race. The Ride and Tie Association maintains a list of runners looking for partners with horses, and folks with horses looking for partners on the ***Find a Teammate*** page.

What kind of horse does Ride & Tie? Any breed, including mules, can do Ride & Tie. Since it is a long distance event, however, the lean-bodied, sleek-muscled types such as Arabs and Thoroughbreds tend to excel. Appaloosas, Morgans, Walking Horses and Quarter Horses, among others, have also done well. The key to a successful Ride & Tie horse is not so much breed as conditioning. It is imperative, for longer distance events (25 miles or more) to have a healthy well-conditioned horse. If you want to try a shorter novice race (say 10 miles), just to get your feet wet, you still need to have a healthy horse in decent shape.

How much time do you have to finish? Generally, there are no time limits. However, the race director may apply limitations to ensure the safety of competitors.

How does a Ride & Tie race start out? Generally, Ride & Ties start with a "shotgun" start. That is, all horses and runners congregate in a large open area, such as a grassy

opening or large dirt road intersection. At the sound of a shout or a signal of a flag, all racers start at once. Horses, of course, are positioned ahead of the runners, so as not to stampede over them! Ideally, the first mile or so is a wide dirt road or trail that allows the faster horses to get out ahead, while others of varying speed get lined out easily without running into a bottle neck when the trail narrows down. After that, it's relatively low-key, with each team setting its own pace. Teams establish friendly rivalries with other teams running at a similar pace, as they repeatedly pass and are passed by the same competitors throughout the day.

Do you all have to finish together? Team members do not have to physically cross the finish line together, although most teams find it is more fun (and affords better finish-photo opportunities!) if they do. It is, after all, a sport of camaraderie and teamwork. Besides, a team's finish is not logged until all three team members have crossed the finish line, so it does not buy you anything to finish ahead of your partner.

What are the courses like? Generally, a Ride & Tie courses are on running trails and logging roads usually in hilly terrain in forests but also in flat grasslands. Of course, a setting with plenty of trees affords more opportunities for places to tie the horse. National forests, state and county parks, BLM lands, and private lands are common locations.

How or where do you tie the horse? This is one of the most frequently asked questions and cause for the most concern for new people. Part of the challenge and strategy of Ride & Tie is finding suitable places to tie your horse. Early in the race when your equine teammate is full of energy, you'll probably want to tie to a fairly substantial object like a tree or fence post. Some races even allow for members of your crew to be along the trail to serve as your first tie (called a hand tie). During the race you may be have to at times go several miles to find something suitable.

Can the runner keep running while the rider and horse are at the vet check? Yes, in fact, teams MUST make an exchange at the vet check. The rider who brings the horse into the vet check must leave the horse with the crew and must run (or walk) out of the vet check; ie, a runner can't run in and then out of the vet check.

What is an artificial tie and a hand tie? An artificial tie is anything that is not existing along the trail for all participants to tie to. For example, a contestant cannot carry a metal stake and hammer with them and create an "artificial tie" as they go. Trees, fences, roots, bushes etc. are all allowable ties since all contestants can use them. A "hand tie" is when a crew person holds the horse for the team. Some races allow hand ties along the trail near the start due to excited horses or unsafe tie conditions. Usually the crews are not allowed to go beyond a certain point on the course.

APPENDIX E – STRATEGY

Strategies during a ride & tie are as varied as the teams. In general a team will try to keep the horse moving as much as possible since the horse is generally the fastest member of the team. Teams will vary their lengths between ties based on the running abilities of the team members and the terrain. A good starting distance to tie may be one mile. This distance is often shortened when the terrain becomes very steep so that the person running does not become overly fatigued. Often teams will skip every other tie. This means that as the rider on the horse catches the lead runner he jumps off and gives the runner the horse. In this manner the horse is only tied every other time by the lead runner.

Many good runners will dismount and run down a hill with the horse trailing behind on a lead rope. On steep down-hills this strategy puts less stress on the horse and allows the runner and horse to move efficiently down the hill. Runners are allowed to “tail” the horse up a steep hill; however, only one person can use the horse for forward motion at a time. As a result, one team member “tailing” and one team member riding at the same time would be against the rules.

Team members will generally enter a vet check fairly close to each other. This allows the person riding the horse into camp to dismount and hand the horse to their crew. While the crew is caring for the horse, the lead runner takes care of any hydration needs and run out of the vet check. Ideally the lag runner comes into camp and the horse has reached pulse criteria and is ready to proceed to vet check. The runner takes care of his hydration needs, leads the horse to the veterinarian, and when authorized to proceed, rides out of vet check after checking in with the “out” timer. The rider may then take 2-3 miles to catch their partner who ran out of the vet check.

For more ideas about ride & tie strategy please contact a member or one of the R&T mentors listed on the website.

APPENDIX F – DO’S AND DON’TS

Ride & Tie is a fun and challenging sport. As with anything having to do with horses and trails, there are significant risks, but you can minimize the hazards by adhering to some safety and courtesy Do’s and Don’ts of Ride & Tie.

DO:

- Be safe!
- Be courteous.
- Slow down on steep downhill or rocky or uneven terrain, or hard packed or paved surfaces. This will help preserve the horse’s feet and legs.
- When on foot, try to run to the right side of the trail to let horses go by (Rule of thumb...”RUNNERS ON THE RIGHT”).
- When on the horse and approaching a runner or slower horse, holler out your intentions ahead of time to let the others know where to go to get out of your way...ie: “Passing on your left, Runner!”
- Learn how to tie your horse safely. ie: not too long, not too short, quick release knot, etc.
- Always stop to help someone in trouble on the trail. R&T is a friendly competition and a risky one...let’s all help each other out.
- Remember to pay attention and watch for course markings (usually bright-colored ribbons), and watch for your horse, too!
- Listen to your horse. Be alert for signs of lameness, exhaustion, dehydration, etc.
- Offer your horse water at every opportunity, even if it means another team passes you by.
- When watering your horse with other horses present, always wait till they are finished drinking before racing off. Many horses will drink if the other horse stands there, but will want to catch up if the other guy takes off. You will appreciate reciprocal behavior when it comes your turn to let your thirsty horse drink and others are there before you.
- If you are on a single-track trail and become aware of someone behind you wanting to pass, pull over at the first safe opportunity and let them by.
- Have fun!

DON'T:

- Don't ever tie to a wire fence, metal sign, or any other potential hazard the horse can get cut on or tangled in.
- Don't tie your horse where he blocks the trail.
- Don't tie your horse in poison oak!
- Don't tie your horse to a weak or broken tree or limb.
- Don't tie your horse on the edge of a drop-off (such as at the edge of a road in steep terrain).
- Don't tie your horse to a tree with sharp stubs at face level or lots of slash and debris around his feet and legs.
- Don't try to pass on single track trail in steep terrain. Wait for a safe place.

APPENDIX G – SAMPLE CLINIC AGENDA

This document provides an outline of how ride & tie works and certain safety considerations. It does not contain every aspect of the sport, or everything you need to know. It is intended to simply provide an overview of how it works.

1. Brief history of Ride & Tie
 - a. Started in 1971 as the Levi Ride & Tie.
 - b. Levi Strauss executive Bud Johns developed ride & tie as a sport
 - i. Check out Bud's book called, *"What Is This Madness?"*
 - c. 1983 Eureka-biggest field with 225 teams
 - d. Levi backed as a sponsor out in 1988
 - e. "The Levi" is now referred to as the World Championship. Held annually at a different place each year, usually in a western state.
2. How Ride & Ties Work
 - a. The Start
 - b. The Race
 - c. Ties
 - i. Flying ties
 - ii. Leap frog
 - d. How far does each person run between exchanges?
 - e. How many exchanges must we make? See Rule #10
3. Vet checks
 - a. Pulse and respiration: Hydration:
 - b. Gut sounds:
 - c. Muscles:
 - d. Lameness:
 - e. Relationship to race strategy
4. Safety

- a. Riding ability
 - b. What makes a good or bad tie spot?
 - c. Helmets
 - i. Required for any participant under 16. All participants under 18 must have parent or legal guardian sign liability release
5. Gear
- a. Clothing
 - b. Tie Rope
 - c. Hydration
6. Trail manners