

The Twenty-first
BIG SOUTH FORK RIDE AND TIE
Jamestown/Oneida, TN
Sanctioned by the Ride and Tie Association
September 6, 7 & 8, 2019



*Held in conjunction with the Big South Fork Endurance Ride
Friday, September 6, 2019: 10, 20, 30 and 50 mile courses
Saturday, September 7, 2019: 15, 30, 55, 75 and 100 mile courses (that is not a misprint)
Sunday, September 8, 2019 4 and 10 mile Ride and Tie courses; Equathon-10 mile ride & 4 mile trail run*

What is a Ride and Tie? A Ride and Tie is a race with teams consisting of two runners and one horse. The objective is to complete a cross-country course in the shortest amount of time. At the start of the race, one partner begins riding and the other running. After a distance, the rider will dismount, tie the horse at a self-determined place and continue on foot. Soon the other partner will reach the horse, mount and ride to catch his partner in front of him. By “leap-frogging” in this manner, the race course is covered by all three team members. The final team time is when all three team members have crossed the finish line.

What is an Equathon? An equathon is a race where a rider does a course, comes back to start point. When the horse comes down to veterinarian criteria, the human (can be rider or different human) completes the trail run.

Trails: The event will take place on established horse and hiking trails in the Big South Fork National River and Recreation Area (www.nps.gov/biso/) located about 60 miles northwest of Knoxville. Trails are well maintained with mostly good dirt footing, but there is also some gravel, sand, rocks and numerous creek crossings. When the trail goes in and out of gorges there are 500-foot elevation changes. We have a new trailmaster for 2019, so some courses may change.

From 2018: There was no big secret about the course; however, weather may change the course. On Friday, we plan to use trails on the north and south side of Hwy 297 including the O&W railroad grade. On Saturday, we plan to cross the Big South Fork River at Station Camp Ford (easy to wade at normal summer levels) and proceed to the Station Camp East Trailhead for away vet check before returning to camp. For the away vet check, management can transport items for you and there will be water for all. You may also take items out the day before. If doing the 15-mile course, please arrange with management for your horse transportation back to camp. On Sunday, the 4-mile Ride and Tie consists of a 2 mile out-and-back, designed for beginner level participants. The 10-mile Ride and Tie utilizes Jack Ridge Loop and Bypass Road. For the Equathon, we plan to utilize Jack Ridge Loop and Bypass Road for the horse part and maybe the Oscar Blevins Loop (hiking only) for the running part.

Lonely Hearts: The best place to find a partner is on the Ride and Tie website: www.rideandtie.org. The race manager may know of others. Also check the East Coast Ride and Tie Folk Facebook page.

Gluttons for Punishment: Sure, you can enter all three race days. Try to change up your teammates (horses or humans) to spread out the fun. Just make a copy of the registration form and release.

Rules (not many-only one page) of the Ride and Tie are on the Website at www.rideandtie.org. There is a park rule that horses must be cross-tied between trees off the trail. There are some stout hitch racks along some of the trails. Helmet use is encouraged for everyone while mounted. Competitors under 16 years of age must wear approved safety helmet while mounted during a race (helmet approved by AHSA, PCA, ANSI290.4 or Snell). Your team can stay together the whole time if you feel safer that way.

Entries and Cancellations: Entries will be graciously accepted till 10:00 PM EDST Labor Day Monday night before the event. Event day entries are discouraged but accepted anyway--those awards might be mailed. If the Ride and Tie Manager is notified prior to 10:00 PM EDST Labor Day Monday night before the race, nearly all the registration fee will be refunded. Management needs at LEAST 48 hours for trail marking to happen--no last minute post entries please. You may elevate ONE DISTANCE on Saturday 50-75 or 75-100 miles.

Ride and Tie Manager

Joanne G. Mitchell Phone 423.337.6194 landline at home or 865.250.1645 cell till 10:00 PM EDST
570 Sunnyside Road, Sweetwater, TN 37874 JFGMhorse@gmail.com (answered every couple of days or so)

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Camping Facilities: Primitive camping for human and horse competitors will be provided in a large field at no extra fee. Note camping can get pretty tight. You have other options including Bandy Creek (people) Campground at (423) 286-7275 and Bandy Creek Stables at 423-286-7433 about a half mile away. Horse water is available from hydrants near the Visitor Center. A stock tank for horses may be provided in the base camp field--please bring your own bucket to dip water. Potable water from a faucet is available within a quarter mile. Only low-impact ground fires are permitted in the field. No hay or grain provided. The nearby Big South Fork National River and Recreation Area Campground with flush toilets and hot showers is available to any that wish to make use of them. (They require a \$2 usage for showers for the "field" campers.) Ice is available at the Bandy Creek Stables. Participants may use other accommodations for horses or people if they so desire, just be near headquarters for the start of the race!

Time: The event will run on Eastern Daylight Savings Time. Please note this may affect your cell phone or watch. Sunrise will be about 7:15 on race day. Sunset will be about 8:00 PM EDST.

Pre-Ride Vet Inspection for horses, mules or ponies will begin at 3:00 PM EDST on the afternoon before your race. Please send a current (within one year) copy of the horse's Coggins Test along with your registration form. If you will be arriving after 6:00 PM, please mark the Late Arrival box on the entry form.

Ride and Tie Briefing will be approximately 5:30 PM EDST the night before the event at the Registration Tent. This meeting will inform riders of the **START** time for the course and up-to-date trail conditions, markings, available water, locations of vet-checks, maximum times and the logistics of check-points and holds. Questions from participants will be answered at this time. **Please** attend the briefing or at the very least send a representative from your team.

Completion awards might be shirts. Have not made up my mind.

Awards ceremony will be following the evening meal on Friday and Saturday and as soon as possible after the race on Sunday at the Registration Tent. There will be a Best Conditioned Horse Award for 30 and 50 mile distances with 5 or more teams. There will also be the coveted "Turtle" award for all distances.

Food: Riders are to provide and/or carry their own meals and water, either in camp or on the trail. Dinners are available by advance registration only. Restaurants are located some distance from camp.

Volunteers: If you can bring extra people to assist (take digital photos, pass out water, ride drag, pick up trail markings), PLEASE note on entry form.

Memberships: All ride and tie competitors must be *members* of the Ride and Tie Association. *Membership* costs \$25/individual or \$40/family and is good for the calendar year which ends in December. Note that members joining or renewing after September 1, 2019 will have their membership extend through the end of 2020. Make *membership* checks out to Ride and Tie Association. *For Competitors who have NEVER, EVER done a Ride and Tie before:* please join at the event (fill out the membership form)-you will get your first year's membership free! This is thanks to a generous benefactor to encourage new members!

Warning: Under Tennessee Law, an equine professional is not liable for an injury to or the death of a participant in equine activities resulting from the inherent risk of equine activities pursuant to the TN Code Annotated Title 44, Chapter 20, Part 1.

Directions: From I-40 EAST or WEST take Exit 317 near Crossville, TN. Follow US Hwy 127 NORTH for 32 miles to Jamestown. Two miles North of Jamestown, turn RIGHT onto TN 154 toward Picket State Park. After approximately 10 miles, bear RIGHT on TN 297 EAST. Go 11 miles and turn LEFT at the Bandy Creek Visitor Center sign. After two miles, this road becomes gravel and the camping area will be just ahead on either side of the road. R&T registration tent will be on left side. From the NORTH or SOUTH: from I-75 North or South, take Exit 141 [Pilot/Subway truckstop] and continue on TN HWY 63 for 20 miles until it T's at US Hwy 27 [motel]. Turn RIGHT and go 6-1/2 miles to first red light in Onieda. Turn LEFT on TN Hwy 297. Go 1 mile. Turn LEFT at stop sign continuing on TN Hwy 297. Go 4 miles and turn LEFT at old country store building. When you come out of the gorge, turn RIGHT toward the Bandy Creek Visitor Center. When this road becomes gravel, the Ride and Tie Headquarters will be just ahead on your LEFT. Please note that this route takes you through the river gorge, a 13% grade with sharp switchbacks.

Endurance Ride: The two-day (Friday & Saturday) Big South Fork Endurance Ride will also be camped in the same field so don't get bug-eyed from the number of rigs in the field. For more information about the Endurance Ride call Eric or Nelia Rueter at 865-986-5966 before 10 PM EDST. There will be a 100 mile endurance ride this year.

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Registration Form

Return this page (front and back) to the Ride and Tie Manager

You must be a member of the Ride and Tie Association in order to compete. Membership forms are available at the race.

Rider #1 Name: _____
 Address: _____
 City, State, Zip: _____
 Phone #s: _____
 e-mail address _____
 If Junior (16 years or younger), date of birth _____
 Ride and Tie Assn member number and expiration date: _____

Rider #2 Name: _____
 Address: _____
 City, State, Zip: _____
 Phone #s: _____
 e-mail address _____
 If Junior (16 years or younger), date of birth _____
 Ride and Tie Assn member number and expiration date: _____

Horse Info Name _____
 Age: _____ Sex: _____ Height: _____ Color: _____ Breed _____
 Horse Owner's Signature: _____
 I agree to allow my horse to be tested for drugs: _____
 Please include a copy of your horse's current (within the last 12 month's) Coggins Test.

Is this your first sanctioned Ride and Tie? _____ Rider #1: Yes No Rider #2: Yes No

Is this your horse's first Ride and Tie? Yes No Is this horse entered in the Endurance Ride? Yes No (butt numbers)

In case of accident, please notify (names & phone numbers)

Rider #1 _____

Rider #2 _____

Do you have any medical problem(s) which management should be aware of? (will be kept confidential)

Describe rig (so we can find you in camp) _____

Will you be arriving after 6:00 PM? (late arrival) _____

Are the combined ages of the humans over 80 (Masters)? Yes No over 100 (Century)? Yes No

Division: Man/Man Woman/Woman Man/Woman

Entry Fee:	4 Mile Ride and Tie	\$30 per team	_____	Sunday
Circle DAY	10 Mile Ride and Tie	\$40 per team	_____	Friday or Sunday
	20 Mile Ride and Tie	\$50 per team	_____	Friday
	16/13 Mile Ride and Tie	\$50 per team	_____	Friday or Saturday
	32/30 Mile Ride and Tie	\$70 per team	_____	Friday or Saturday
	50 Mile Ride and Tie	\$80 per team	_____	Friday or Saturday Elevate Y/N/?
	75 Mile Ride and Tie	\$100 per team	_____	Saturday Elevate Y/N/?
	100 Mile Ride and Tie	\$150 per team	_____	Saturday
	Equathon	\$40 per team	_____	Sunday
	Friday Dinner	\$7 each	_____	vegetarian Y N
	Saturday Dinner	\$7 each	_____	vegetarian Y N
			_____	Total

Please make check payable to "Joanne Mitchell" and mail to ride manager.

Office use below

Check #(s) _____ Cash for _____

Sign the Release on back of this form.

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Read carefully and sign at the bottom of this form:

Acknowledgement of risk & release of Liability

The Undersigned Participant represents that:

I recognize the element of risk in any activity associated with the outdoors. I am fully aware of the risks and dangers inherent in Ride & Tie such as but not inclusive, of: being thrown from, trampled or kicked by a horse; injuries from falling, wildlife hazards; vehicle hazards, altitude sickness, overuse injuries to mount; fatigue, dehydration and even death to horse and/or rider or runner; getting lost; and difficulty in gaining access to or locating injured participants. The event is in remote areas for extended periods of time, far from communications, transportation, medical or veterinary facilities; and that these areas have many natural and man-made hazards which event management cannot anticipate, identify, modify or eliminate, that accidents can happen to anyone at any time.

I am aware that Ride and Tie is extremely difficult and hazardous for even well conditioned horses and runners under the most favorable of conditions. This event covers difficult mountainous terrain and spans extremes of altitude and temperature. I have been warned that I should not participate in this event unless I and my horse are in excellent physical condition. Knowing the risks and dangers, I understand the possible consequences of participating in such an activity include, but are not limited to the following; physical injury to horse and/or rider-runner from a number of natural factors including, lack of water, hazards of vehicular traffic; narrow, precipitous trails and to those other hazards attendant to riding and running along or across roadways including among other things, the fact that I may become injured or incapacitated in a location where it is difficult or impossible for the event's management to get required medical or veterinary aid to me or my horse in time to avoid additional physical injury or even death. Knowing these facts, I nevertheless in consideration of your acceptance of this entry, hereby for myself, my heirs, executors and administrators, waive, release and discharge **The Big South Fork Ride and Tie**, the Ride and Tie Association and the officers, directors, and/or members, agents, and employees of each, all medical, veterinarian, and other personnel assisting with the event, or any of them and any other person connected with this Ride and Tie, or any public or private land owners where the trail is located, their representative, successors and assigns, from any and all rights, claims or liability damage for any and all injuries to me or my horse or property, or for damage caused by me or by anyone else (including Acts of God), arising out of or in connection with my participation in the event. I further agree that I will defend, indemnify and hold harmless **The Big South Fork Ride and Tie**, The Ride and Tie Association and the officers, directors, members, agents, of each, against all claims, demands and causes of actions, including court costs and attorneys' fees, directly or indirectly arising from any action or other proceeding brought by or prosecuted for my benefit contrary to this Agreement. This release extends to all claims of every kind and nature whatsoever, whether known or unknown, and I expressly waive any benefits I may otherwise have relating to release of unknown claims.

Furthermore, I certify that I have the necessary skills and ability to participate in Ride and Tie and assume full responsibility for myself and my horse for bodily injury, death, and loss of personal property and expenses thereof as a result of my negligence in participating in said activity.

I have read, understood, and accepted the terms and conditions stated herein and acknowledge that this Agreement shall be effective and binding upon me during the entire period of participation as an entrant of the said activity and to any injuries or subsequent complications or conditions arising therefrom.

I acknowledge that I have read all the foregoing paragraphs and know and understand the content thereof:

Rider #1 Signature _____

Rider #2 Signature _____

Minors under 18 must have the following liability waiver signed by their parents or legal guardians.

We the undersigned parent(s) or guardian of _____, Date of birth _____, for and in consideration of our child's participation at the event state that we have read the waiver, release and hold harmless agreement written above and we expressly agree that the terms and conditions of said waiver, release and hold harmless shall apply to and be binding upon us and our minor child in so far as it pertains to his or her participation and to any injury or damage said minor child and his/her horse may sustain or cause as a result of said participation. We further warrant we have health and accident insurance on said minor. I declare under penalty or perjury that the foregoing is true and correct.

Executed this day of _____, 2019 at _____

Mother's Signature _____

Father's Signature _____