GET READY!

THE 48TH ANNUAL WORLD R&T AND EQUATHON CHAMPIONSHIP IS JUST AROUND THE CORNER IN GEORGE TOWN, CALIFORNIA JUNE 30TH 2018
THIS WILL BE THE BEST EVENT EVER!
DON'T MISS OUT

Details on page 2
The 48th Annual
WORLD CHAMPIONSHIP
RIDE & TIE and Equathon
GEORGETOWN, CALIFORNIA
June 30, 2018
IN THE HEART OF THE GOLD COUNTRY

BUCKLES TO ALL LONG COURSE FINISHERS

mini (fun) RIDE & TIE ~ 7 mile
LONG & SHORT COURSE RIDE & TIE ~ 32 mile & 13 mile
LONG & SHORT COURSE Equathon ~ 13 ride/13 run & 7 ride/7 run

Ride Manager: Susan Smyth, 916-316-2096
susansmythjackson@gmail.com
Co-Manager: Gunilla Pratt, gunillapratt@gmail.com

FREE MEMBERSHIP FOR FIRST TIME R&T MEMBERS.
ALL COMPETITORS MUST BE A MEMBER OF THE RIDE AND TIE ASSOCIATION

For more information visit www.rideandtie.org

Now on ultra sign up. Register online!

If you want more fun, join us for the trail run on Sunday. “Run with the ponies” by

Camping at Dru Barner
Equestrian Camp grounds.
Sunday, July 1st ~ 32, 20, 13 and 7 mile trail run with the ponies sponsored by
www.coolmoontrailraces.com

Specialized Eurolight saddle will be auctioned off at the championship.
Retail value $1995.00.
Starting bid, $700.00
We are only 3 months away from the World championships to be held in Georgetown, Ca. There has been a lot of buzz and I believe this will be an epic event! This campground is beautifully wooded setting. There is water, out houses, 17 horse corrals, and picnic tables. Camp ground is open for $8.00 fee with no reservations required. Registration is now open. Registration is on Ultrasign up for your convenience. Ride and tie is blazing new territory with this on line registration tool. Participate 1 signs up, pays and participate 2 gets email to complete. If you have difficulties, contact Sue Smyth at 916-316-2096 so I can work out the glitches. We also accept snail mail. You will find the link to ultrasign up on the web site along with other information. Vets-Rob Lydon head vet. Cory Harms and Maria De Carlo. Kiddie Korral: We are looking for volunteers for the Kiddie Korral play area we are hoping to develop. Facebook: Ride and tie face book and Northern California Ride and tie face book will post updates and you are encouraged to ask questions here.

Thursday June 28th we are having a potluck/BBQ. BBQ provided by Ride and tie. We will also have a talk on “Riding the bare foot horse” and Ride and tie mentor panel.

Do you have a musical instrument or voice? Bring Thursday night.

Friday afternoon: TBA we are planning a parent/child free Ride and tie around camp. Lead, carry, hold! Saturday night: Raffle and auction: We will again have an amazing Raffle and auction of New Ultra light Specialized saddle.

Bill Gore will be taking pictures on race day and available at awards dinner.

Any other ideas for an amazing event. Volunteers, want to donate a raffle contact Susan Smyth or Gunilla Pratt. This is going to be an epic event.

How to prevent muscle aches and pains

Most athletes have experienced extreme muscle aches and pains after various athletic endeavors. Many turn to NSAIDS such as Motrin, Aleve, Advil, and aspirin. However, these “drugs” come with a number of potential side effects, such as gastrointestinal bleeding (approximately 28,000 people die every year from GI bleeds caused by these “meds”), and potential kidney failure when used at a time where excessive fluid loss (e.g. sweating-dehydration associated with so called “extreme” sporting events) occurs. Many of the aches and pains we experience are caused by oxidative stress, a condition where free radicals overwhelm our antioxidant defense mechanisms. Free radicals are like incoming missiles, and antioxidants are the body's missile defense system. The primary antioxidant in our cells is glutathione. Glutathione is manufactured within our cells and one of its primary functions is to protect the cell's energy factory (mitochondria). In my opinion, glutathione supplements have NOT been shown to be beneficial. The best way to increase cellular glutathione is to eat more foods containing cysteine, one of two amino acids that contain sulfur. Sulfur-containing amino acids provide an important component of glutathione, and encourage the cellular production of this important antioxidant. SuperFood sources of cysteine include turkey breast, chicken breast, non-fat organic yogurt, eggs (free-range when possible), soy, sockeye salmon (or albacore tuna, sardines), whey protein, oats, garlic, red bell peppers, onions, broccoli, Brussels sprouts, and wheat-germ. Be sure and consume some of these foods soon after awakening, so your cells will be “ready for action” all day long.

By Steven G Pratt M.D., FACS, ABIHM

superhealthyliving.com
When Don and Annie Betts first moved to Washington in 2000 they wanted to get some R&T races established in Washington and Oregon. Gail Williams was the first to let them put on their races with her Pacific Northwest endurance rides. Anna Sampson and Mary Nunn quickly followed and let them include R&T with their endurance races as well. Anna and Mary have both died recently. They were wonderful people and will not be forgotten.

Thanks Don for sharing.
Board Members 2018

President: Janice Heltibridle  janiceheltibridle@gmail.com
Vice President: Gunilla Pratt  gunillapratt@gmail.com  858-735-1373
Secretary: Liz Perkin  lizperkin@gmail.com
Treasurer: Steve Anderson  Steve.Anderson1@juno.com

Board Member: Chris Amaral  trots4long@yahoo.com  707-834-2343
Board Member: Carrie Baris  carriearbaris@hotmail.com
Board Member: Lani Newcomb  give2bute@aol.com
Board Member: Courtney Krueger  ck@firstcumberland.com
Board Member: Susan Smyth  susansmythjackson@gmail.com  916-316-2096
Board Member Emeritus: Steve Shaw  sshaw@pacbell.net
Board Member Emeritus: Mary Tiscornia  MLT580@aol.com

Head Veterinarian: Greg Fellers  gfellers@rideandtie.org

CONTACTS:

Administrative: ContactUs@rideandtie.org
Media Relations: Ben Volk  byolk@rideandtie.org

Seeking or Becoming a Mentor: Susan Smyth  susansmythjackson@gmail.com  916-663-9410
Ride & Tie Newsletter: Gunilla Pratt  gunillapratt@gmail.com
Head Vet: Greg Fellers, DVM  gfellers@rideandtie.org

Elections for the R&T board. Go to: http://www.rideandtie.net/vote/

Steve Anderson  Sara Boelt  Lani Newcomb  Rufus Schneider.
Check out our new R&T store. https://squareup.com/store/ride-and-tie

Race Schedule

Apr 7, 2018, April Daze: Spokane, WA - Contact: hadablondemoment@gmail.com
Apr 7-8, 2018, Giddyup and Run: East Fork Stables near Crossville, TN - Contact: jfgmhorse@gmail.com
Apr 7, 2018, Foxcatcher: Fair Hill, MD - Contact: foxcatcherendurance@gmail.com
Apr 20-21, 2018, Old Dominion No Frills: Star Tannery, VA - Contact: give2bute@aol.com
May 5, 2018, Cache Creek: Williams, CA - Contact: cachecreekridgeride.com
May 19-20, 2018, Rockmont Rendezvous: Black Mountain, NC - Contact: lightermountevents@gmail.com
May 19th, 2018, Redneck Spring: Shingletown CA- Contact Jana Lydon, janalydon@gmail.com
May 19th, Descanso, Descanso CA- contact:Terry Woolley Howe, 619-992-0084, terryhowe@ Hughes.net
Jun 3, 2018, Klickitat Trek R&T: Glenwood, WA - Contact: mmilestone@aol.com
Jun 8, 2018 - Jun 9, 2019, Old Dominion: Orkney Springs, VA - Contact: give2bute@aol.com
Jun 16, 2018, Mt. Adams R&T: Trout Lake, WA - Contact: wildhrse58@gmail.com
Jun 30, 2018, 48TH ANNUAL WORLD CHAMPIONSHIP RIDE & TIE: Georgetown, CA
Contact: Contact: susansmythjackson@gmail.com
Jun 30, 2018, Renegade: Selah, WA - Contact: hadablondemoment@gmail.com
Jul 7-8, 2018, Bandit Springs R&T: Ochoco National Forrest, OR - Contact: jwilde@wildevents.info
Jul 14, 2018, Mt Spokane: Selkirk, WA - Contact: thehondastore@yahoo.com
Jul 21-22, 2018, Old Dominion Ride and Tie Weekend: Orkney Springs, VA - Contact: give2bute@aol.com
Aug 4, 2018, Sand Canyon R&T: Colville, WA Contact: wildhrse58@gmail.com
Aug 24-25, 2018, EAST COAST CHAMPIONSHIP: Ivanhoe, VA Contact: bjmathews@gmail.com
Sep 1-2, 2018, Crazy Daze: Spokane, WA Contact: cwranchusa@hotmail.com
Sep 7-9, 2018, Big South Fork R&T: Onieda, TN Contact: jfgmhorse@gmail.com
Sep 21-23, 2018, Chesapeake Fall Ride and Tie: Fair Hill DNR, MD Contact: give2bute@aol.com, jheltibr@shentel.net
Sep 28, 2018, Ride the Loup: Brewster, WA Contact: kathleenmarie@ charter.net
Oct 6, 2018, Coolest Ride and Tie & Equathon: Cool, CA Contact: susansmythjackson@gmail.com
Oct 19-20, 2018, Fort Valley Contact:
Nov 2-3, 2018, Meadow Creek Mountain Mingle: Parrottsville, TN Contact: lightermountevents@gmail.com
This is the person who started R&T in the 70’s
Bud Johns

Rachel Toor with Bud Johns

2018 Old Dominion Ride & Tie
FRI, JUNE 8, 2018 – 50 and 25 Miles
SATURDAY, JUNE 9, 2018 – 100, 25, and 15 Miles

The Old Dominion Equestrian Education Organization, Inc., in association with the Virginia Department of Agriculture and Consumer Services, is proud to present the 2018 Old Dominion Ride & Tie. The event features 50, 25, 100, 25, and 15 Mile rides, with veterinary examination and touch-up rides available. All riders will enjoy a beautiful course through the Virginia countryside, with the opportunity to compete in various disciplines, including dressage, show jumping, and endurance riding.

Awards: Prizes for the top three finishers in each division, as well as cash awards for certain categories.

Entries: Entries must be received by Monday, June 4, 2018. Entry forms are available online at www.ODEEO.org or from the event organizers. Entry fees are due by May 25, 2018.

Dress Code: Riders must wear appropriate riding attire, including boots, riding jackets, and helmets. Horses must be well-groomed and in good health.

Ride Announcement: All riders will be notified of any changes to the course or ride conditions via email or phone.

Ride Cancelation: In case of inclement weather or other unforeseen circumstances, the ride will be canceled, and riders will be notified accordingly.

Contact: For more information, please contact the event organizers at info@ODEEO.org or call (703) 555-1234.

2018 Old Dominion Ride & Tie

Wanna try something new and exciting? Grab a Buddy and a Horse and Join Us at
The GIDDYUP AND RUN Ride and Tie
And Equathon!

OPEN TO ALL EQUINES
Pony, Horse or Mule
Horse has degree, size
Girth, Age, Arabian, TWH, Mules and Drafts

YOUNGEST COMPETITOR
Age 4 (did it with Mares)

OLDEST COMPETITOR
Age 70 something (did it with granddaughter)

Saturday & Sunday April 7 & 8, 2018
4, 7, 10, 15, 25, and 35 miles (as long as we can)
East Fork Stables near Altavista, VA

Entries: $15.00 per team
Complete entry and late fees
Responsibility for the ride and tie is your responsibility for insurance purposes. Drivers online at www.ODEEO.org or for NEWS ONLY: 2018 only you can get a FREE membership. Contact Zone.

Trails and Ride Times: You will be riding a designated route and must follow all the rules.

Food: Food available at an outdoor area.

Contact: For more information, please contact the event organizers at info@ODEEO.org or call (703) 555-1234.

Dru Barner is where 2018 championship will be held.
Here are pictures from Dru Barner 2014. Beautiful trails and great camping. Don’t miss it. Sign up now.
FUN FACTS ABOUT THE HORSE.
Horses have the largest eye of any land mammal.
A horse can see 360 degrees at one time
Horses can see better at night than a human.
Horses hooves are made up of the same protein as human nails and hair.
Horses use their nostrils, eyes and ears to express their mood.
The first cloned horse was a Haflinger mare in Italy in 2003.
Horses produce about 10 gallons of saliva a day.
Horses drink about 25 gallons of water a day.
Horses will mourn the loss of a buddy horse.
Horses can rotate their ears 180 degrees.
The average horse heart weighs about 10 pounds.
The brain of a horse weighs about 22 ounces. Half the weight of a human brain.
Horses can sleep standing up and lying down.

Don’t forget, a red ribbon in a horses tail means it kicks.
2018 East Coast Championship
Ride & Tie And Equathon
August 24-25, 2018  Ivanhoe, Va

Endurance Ride and
East Coast Championship Ride & Tie

The East Coast Championship Ride & Tie will be held in conjunction with the Iron Mountain Jubilee Endurance Ride on August 24 & 25, 2018.

RIDE CAMP: Ride camp will be located at Ivanhoe Horse Show Grounds, 527 Trestle Rd., Ivanhoe VA 25350. There will be horse water, porta-potties, and showers available. Camp officially opens on Thursday, but early arrivals are welcome. Please leave a donation to the Fire Department in the box at the entrance for extra nights of camping.

DATE: Friday - 30 Mile Long Course Championship, 15 Mile R&T, and Equathon (15 mile ride/15 mile run). Saturday—15 Mile Short Course Championship, 30 Mile R&T, and Equathon

ENTRIES: $125.00 for each event, includes camping and one evening meal. Entries due August 10th.

DINNERS: Entry fees for all Ride & Tie entries include one evening meal. Thursday is Pot Luck—Bring a dish to share. Extra Friday and Saturday dinner tickets may be purchased for $15.00 each. Dinner will be served anytime between 6:00—7:15 pm on Friday and Saturday, followed by the Ride Briefing and Awards.

Vet-in: Vet-in will start at 2:00 PM or when vets are available the day prior to your ride.

ELIGIBILITY: Open to all equines 5 years (60 months) of age or older. Negative Coggins required—may accompany entry or be provided at check-in.

RIDE CAMP RULES:
- DOGS MUST REMAIN ON LEASH AND/OR CONFINED TO YOUR CAMP SITE AREA!
- Generators off at 10PM
- Pile your manure during the ride and scatter after the ride.
- If it rains and gets muddy DO NOT SPIN. We will have a tractor to pull you out!

Ride is sanctioned by the Ride and Tie Association. All participants MUST be members of the Ride & Tie Association for insurance purposes.

RIDE AND TIE MANAGER: Barb Mathews 919-545-0034, bdmathews@gmail.com. Mail entries to: 22 Crosswinds Est. Dr., Pittsboro, NC 27312. Additional information and Ride and Tie rules are available on the rideandtie.org website and/or upon request.

DIRECTIONS:
From I-81 or I-77 from the North- Take Exit 60 off of I-81 (Ft. Chiswell/ Max Meadows). LAST FUEL. Take 52 South 1.2 miles, Turn RIGHT at light onto 94 South towards Fries & Ivanhoe. Go 9.7 miles and Turn LEFT onto Trestle Road (658). Go 0.5 miles and Bear RIGHT and go under trestle then LEFT to Camp.

From I-77 from the South- Best route for trailers- Take Exit 24 (Poplar Camp Road 69) (Last Fuel to left.) To Ride take RIGHT off exit on 69. At stop sign Take LEFT onto 52 North. Go 4.0 miles and take LEFT onto 619 and 2.5 miles to Austinville (Do not take 619 to the right which comes before your correct left turn). Go through Austinville and 4.0 miles to Stop Sign. Take LEFT onto 94 South (Ivanhoe Road). Go 4.1 miles and take LEFT onto Trestle Road (658) Go 0.5 miles and Bear RIGHT and go under trestle then LEFT to Camp.
NEW RIDE!

REDNECK Ride and Tie
May 19, 2018 Shingletown, California
Contact: Jana Lydon, 530-474-4753, (janalydon@gmail.com) fax: 530-474-4756

Equation: Long course 14-mile ride/8 run or Short course 8-mile ride/8 run. Be A Team or Go For Ironman

Fun Ride

WHERE: Olomaude Staging area, 7200 S Florin Rd, Cool, CA 95614. Behind the fire station. This is a $10.00 daily fee parking. Overnight parking $25.00 Friday only. Holiday Market (full services), restaurants, and feed store within walking distance. If you are camping you may make reservations through the park or call the front desk at the Holiday Market.

Pre-registration 8:00 am Friday and 6:45 pm Saturday are required for Ride & Tie and Equation participants participating in 22 or 14 mile courses.

All participants must be a member of Ride and Tie, and an active member of the Equestrian riding Association. This event is offering a free membership through 2019 for anyone new to ride and tie with pre-registration only. Discount entries to any current member of ride and tie. Go to www.rideandtie.org to register or renew, or send membership form with entry.

All Ride & Tie participants must be members. A private donor is donating NEW memberships. Must pre-register for offer. No membership required for FUN RIDE or Bantam.

All juniors must wear helmets.

All dogs must be leashed.

This ride is open to the public. You may see bikers, bikers, skateboarders, skaters, etc. Please be courteous to one another.

ENTRY: Includes Vet check, lunch, and awards and all that goes into putting on an event. Long Course Ride and Tie and Long Distance eligible for best condition award. No Vet check required for mileage less than 10.

Equation: Horse rides 14 or 8 miles. Runner (8 miles) starts when horse pulse meets criteria and can be vetted by crew. Ironman participants. Each entry will be provided with award, raffle ticket and lunch.

For information: Susan Smyth 916-316-2096 / Facebook: Coolest ride & Tie / No. California Ride & Tie Website to download entry www.rideandtie.org or susansmythnca@gmail.com.

Kurt Miller Atkins, with Susan Smyth, reminiscing about the 1971 Ride and Tie, St. Helena.

Cache Creek Ridge Ride
25 MILE RIDE AND TIE
Saturday, May 5, 2018

WHERE: Cache Creek Camp 18 miles west of Williams. Take Highway 20 west from 15 at Williams. Camp is on the right side of the road 1 mile north of the junction of Highway 20 and Highway 50. This camp is on the beautiful BLM Cache Creek property. The trail varies from single-track to two-track, mostly rolling with a few short moderate climbs. From easy to moderate.

WHEN: Ride Meeting 7:30 pm Friday night (May 4th)
Start Time: 7:30 am Ride and Tie Saturday (May 5th)

Prospective: 4-7 PM FRIDAY NIGHT OR 6-10 AM SATURDAY MORNING required for participants.

CAMPS: Overnight camping available.

- All campers must wear helmets.
- All dogs must be leashed.
- This ride is property that is open to the public. You may see bikers, bikers, skaters, etc.
- Please be courteous to other riders - if the BLM receives complaints, we will be allowed back.
- Please be courteous to riders and event staff. Our staff is volunteering their time.

ENTRY: Includes Vet check, lunch, dinner and completion awards. First to finish award will be awarded to the first team. There will be a Best Condition award from top ten finishers. All horses must pass the post ride check to qualify for completion.

For more information call Alfonso Rodrigues at 530-755-5480 or visit cachecreekridge.com.

The trailhead is near the bridge of the Cache Creek Bridge. Check www.ridetie.org or call for more information.

What is it?

RIDE & TIE: The sport of Ride & Tie combines trail-running, endurance riding, and more of all, strategy. The objective is to get as far as possible as a team on two horses. One member runs on the horse and the other member runs on foot. The rider continues at an even pace while the runner stays at a steady pace. The team member who starts on foot gets to the horse, pulls in, and rides back to the trailhead with the runner.

For more information call Alfonso Rodrigues at 530-755-5480 or visit cachecreekridge.com.

Ride & Tie Booth at the AERC Convention.
Jennifer Sanders, Liz Begovich, Susan Smyth, Victoria Ordway and Hillary Bates
All participants who complete the 48th annual World Championship R&T and Equathon long course will receive a buckle. First time ever that Equathon will receive a buckle. Don’t wait any longer. Sign up now!

For long course R&T, you have the opportunity to choose a buckle from the past in place of the current buckle.
Your life is the fruit of your own doing.
You have no one to blame but yourself.
Joseph Campbell