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Please email all future material
(articles, photographs, data) to
rideandtienewsletter@yahoo.com
Thanks, Tracie VanWicklin

Letter From the President, Don Betts

Thank you, Curt Riffle for your years of service to the Ride and Tie Association.

Unfortunately for our organization Curt Riffle decided to resign from the Presidency. We will miss him very much. I have always felt confident about the future of Ride and Tie under his direction.

I'm Don Betts, the new President of your Ride and Tie Association. You, the members of the Ride and Tie Organization recently voted me to the Board of Directors. Rufus Schneider was the other winner of a Board seat for three years. It is up to the Board of Directors to determine which offices the board members shall serve.

I took Steve Shaw's place on the Board of Directors. Just in case there might be someone that doesn't know Steve, he is one of the people that created the Ride and Tie Association after we lost Levi as a sponsor. He is also one of our greatest volunteers and supporters. He has been appointed as one of our two

Board Members Emeritus. This means he will always be a voting member on the Board. Jim Steere is our other Board Member with this designation.

For those who don't know me, I did my first Ride and Tie Championship at Bear Valley in 1980. I have now completed 17 Championships, 10 of them with my good friend, George Hall, and 11 with my fine horse, Gavilan. My wonderful wife, Annie, who has done several short Ride and Ties, helps put on our Pacific Northwest Ride and Ties, and cheers me up when only a couple of teams manage to show up for our races.

I have been with Ride and Tie long enough to remember when camping out the whole week prior to the Championship races was almost as much fun as the races themselves. They were great vacations, with trail riding, hiking, local sightseeing, and lots of discussion of trails and strategy. I would like to see the Championship return to being a Ride and Tie experience for everyone and not be just a fantastic race.

Safety and Strategy

By Jim Howard

The goal of any Ride & Tie team should be safety first. Ride & Tie teams that plot strategy around safety will have a better finishing rate and be able to race another day. Safety first is common sense, but in the excitement of competitions, common sense is often ignored.

Safety starts with the right attitude and outlook on the sport. The right attitude affects your team's ability to properly pace themselves over a race course. To accomplish the goal of a perfect race, your team needs to be able to communicate safety concerns, pace, and how long one should go until the next tie or exchange.

Communication between human partners is extremely important because the human partners only see each other for a few seconds during each exchange. Important information needs to be shared about the status of your team. Did your equine partner drink? How much? How did your equine partner do in the vet check? Are there any

concerns? Communication is so crucial that it can mean the difference between finishing and not finishing the Ride & Tie.

Poor communication with the equine athlete is often a team's downfall. Ignoring breathing patterns, amount of water consumed, ease of travel, and other signs can be dangerous to your equine partner. Both human partners need to be able to pace the equine athlete properly by conserving the horse's energy level in the first part of the Ride & Tie.

The ability to safely pace your equine partner is usually related to experience with horses. While we welcome newcomers to our sport, we need to educate them. Ride & Tie mentors are doing this job. If you know someone who would like to do Ride & Tie, make sure they are educated about pacing, communication, and safety. The following are common sense tips that can help put together the perfect Ride & Tie race:

1. Train with your partners and discuss with your human partner how you would ride flat, gradual up, steep up, steep down and gradual downhill.

President's Letter (cont.)

We were fortunate in having a great site and good weather for this year's Championship in Fort Bragg. Lari Shea did a wonderful job as the Race Director. (Thank you, Lari!) Unfortunately Lari has decided not to put the event on again next year. The Board is currently considering two sites for 2005: Libby, Montana and the Graham Hill Show Grounds in Santa Cruz, California. We will finalize our decision at the September 23rd Board Meeting. We are also hoping to move

the race date to some time in July or August.

We have had a Championship at the Graham Hill site in the past, so some of you already know of that location. The camping is close to town. The trails would be through Henry Cowell, University of Santa Cruz, Pogonip, Gray Whale, and Wilder Ranch. One of the more memorable parts is the trail from the river to the observation deck.

Libby, Montana is near Glacier National

Park. The camping is in a large meadow. The trails are cool, tree lined, not dusty, and they can be as challenging as we want. Marybeth Alkire, who puts on the Kootenai Classic AERC ride each year, would like to be our race director.

I like to talk Ride and Tie. If you have ideas I would like to hear them.

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Safety and Strategy (cont.)

2. Start the Ride & Tie at an easy pace. Most horses are excited and want to go too fast too soon.
3. Do not tie on the downhill side of the road.
4. Try not to tie on a single-track trail section.
5. Go slow through rocky sections (walking is OK).
6. Get off and lead your equine partner down steep hills.
7. Do not pass up a chance to offer your equine partner water.
8. Count how many gulps of water your equine partner just drank and communicate that to your human partner.
9. It is OK to walk your equine partner up and down the steepest part of a hill.
10. Go slowly when the footing is bad, go faster when the footing is good.

11. Wear a helmet.
12. Check your horse's hooves for rocks.
13. Check your tack to make sure that nothing is rubbing.
14. Know the course, or at least know how to follow the markings.
15. Plan your separation points for the checks. Pace into the checks for the optimum recovery (sometimes this means getting off your horse and jogging easy).
16. Plan your next section or loop. Have an idea where horse and rider will catch your lead runner.
17. Sometimes the lead runner needs to run easy. Otherwise the runner is just wasting good effort and then standing still in the next vet check until the horse and rider come in.
18. Occasionally the runner entering the vet check should run easy (to give the

horse that is already in the check more time to recover).

19. Communication is the key to adjust strategy mid-race.
20. Carry vet-wrap on the saddle.
21. Do not let the competition affect your common sense behavior.
22. Be willing to run more miles on the ground, leading your equine partner if you need to save your horse's energy.
23. Have someone on your crew who knows your equine partner WELL.
24. Tell the truth when the vet staff ask questions concerning the health of the horse.
25. Do short ties and exchanges during the last few miles of the race. This is the section that the should know very well in order to make smart ties and exchanges for the set-up into the finish.

Bar H Boogie Ride & Tie

Three teams gathered at the starting line of the inaugural Bar H Boogie Ride & Tie, with each team boasting a team member new to the sport.

Article by Sydney Vale.
Interviews by Trish Laney.

March 21, 2004 -- Three teams gathered at the starting line of the inaugural Bar H Boogie Ride & Tie. Each boasted a team member new to the sport: David de la Rosa, who had recently learned of the sport, Tim Gudehus who hadn't heard of it and an unnamed equine competitor who had no idea what was going on.

Kirsten Seyferth of Germany and de la Rosa took home first place in the field of three teams.

Endurance ride manager Lynne Glazer planned the Ride & Tie in conjunction with the annual Bar H Boogie endurance ride. Because Glazer was persuaded to add the



David de la Rosa on Slim and Kirsten Seyferth approach the finish line of the Bar H Boogie Ride & Tie.
© Trish Laney, Digital Equine

event at the last minute, only a few teams

were able to get together for the race. The international team of Seyferth, de la Rosa (Mexico) and Slim (USA) was the only entry to have practiced as a team before the race started. Seyferth is entered in the 34th Annual Ride & Tie World Championship slated for June 26, 2004. Barbara Boehnke, who will fly in from Germany for the race, and Seyferth will partner with Slim to represent the country of Germany.

De la Rosa hopes to represent the country of Mexico at the Ride & Tie World Championship if he can find a qualified partner and horse. At the Bar H Boogie Ride & Tie, Seyferth teamed with de la Rosa for his very first Ride & Tie race. Gudehus, who met de la Rosa through their work at the Alamo Pintado Equine Medical Center, arrived at the Bar H Boogie Ride & Tie intending to act as crew for the team.

Under blistering skies, Glazer made a management decision to move the start of the event forward, getting competitors on

Santa Ysabel Ride & Tie

The family atmosphere in the sport of Ride & Tie is legendary. At the Santa Ysabel Ride & Tie nearly everyone started the race with something borrowed from another competitor. Carol Ruprecht, Thomas Gey and their horse Findefar finished first.

By Carol Ruprecht

Santa Ysabel, Calif., May 15, 2004 -- The Cauzza Family Ranch threw open their gates for the 4th annual Santa Ysabel Ride & Tie. Spared from the southern California wildfires of late 2003, the racecourse is only a few miles from the surrounding devastation. Competitors gathered from all over Southern California for the last tune-up race before the World Championship in late June.

Jim Calkins arrived for his very first Ride & Tie not knowing whom his partner would be. He thought he knew whose horse he would be borrowing, but that too had changed by race time. When the loaned horse ran off to try the course riderless and the planned partner didn't arrive, Calkins was quickly partnered with local athlete Gary Vargas on local rider Alison Farrin's horse. Both riders competed in borrowed helmets as they had arrived without head protection. Farrin, also a competitor,

Bar H Boogie Ride & Tie (cont)

the trail an hour earlier than scheduled. An excellent decision for the health of the athletes, the last minute change threw a spanner in plans of competitor Barbara Robertson of High Silver Lakes. Robertson's partner was to arrive the morning of the race. With no cell phone reception, it was impossible to warn her partner of the last minute change. Rather than miss the race, Robertson looked around for a replacement and found Gudehus. His legs seemed a similar length, which is a big advantage when sharing stirrups. A team was born.

Thinking he was going to observe his first Ride & Tie race, Gudehus got to study it up close and personal. "It is pretty cool, very fun and a nice idea for a sport," the veterinarian from Munich, Germany said afterward.

His partner Robertson explained how she first learned of Ride & Tie. "I saw a guy running on a trail and asked him what he was doing," she said. He told her about Ride & Tie. At the time she thought it was completely insane -- upon later reflection she thought it would be challenging.

Point Award System

Points are awarded in all sanctioned events (20+ Miles) using the following formula:

Individual Points

25 points for entering an event

0.5 points for each completed mile

3 points for the number of teams you finish ahead of (i.e. if ten teams finished the event and you finished first, you and your team would receive $9 \times 3 = 27$ place points).

Team Points

First calculate your "Place" standing within your division (Man/Man, Man/Woman, Woman/Woman). Then add your "entry points" $25 + 0.5$ points/mile + your "placing points" which is the 3 points for each team in your division you finished before.

*In the case of DNF (Did Not Finish) each Person and Horse get 25 points, for just entering. However, no miles are awarded, and the "team" gets 0 points for that race.

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borrowed a Ride & Tie rope from Thomas Gey, who loaned his double stirrups to the Rainville/Conyers team riding a horse borrowed from Kirsten Seyferth. Farrin's third horse was loaned to the Whelan/Cassimatas team who also borrowed a Ride & Tie rope from Gey.

Seyferth sacrificed her water hose to Michael Fraysse, a small animal veterinarian by day, who thought he might have to perform an emergency procedure on his choking horse the night before the race. Much to his relief, the procedure was

deemed unnecessary, emergency calls to the local equine veterinarian were cancelled, and the hose was returned in pieces.

It's not surprising that Ride & Tie competitors loan and borrow so frequently: borrowing is, when you get right down to it, what this sport is about. Two riders sharing one horse, each member of the team contributing what they have to the most efficient cross country transport of the entire team.

Jonathon Jordan, a veteran Ride & Tie competitor, had arrived at race site planning on riding in the endurance event. He wasn't aware that his favorite sport of Ride & Tie was making a showing. Once he realized it, he also realized he had neither a partner nor a horse ready to compete. He found a partner in Sydney Vale and a horse from Alison Farrin. Vale, of Rancho Santa Fe, is always looking for a new partner to Ride and Tie. Her husband runs, but will not ride. "All you have to do is like horses and the outdoors, that's all!" said Vale.

Farrin had informed ride management she was bringing an extra horse to the Bar H Boogie endurance ride because the horse, a green 10-year-old, needed camping experience. Farrin thought her new horse could be good at Ride & Tie because he stands still when she gets on him. With team members switching off and on throughout a Ride & Tie race, this is a real advantage. She offered him to Vale and Jordan.

At the start of the race the horse was balky and unmanageable. The pair looked at

each other and decided to go for it. "Why not? What else have we got to do?" asked Vale. They all set off at a trot. Vale, Jordan, and the confused no-name green horse trotting at their side.

Vale was the first to get on while Jordan still had the lead rope in hand. Jordan released the lead rope, and Vale was on her own with the horse. He seemed to be behaving himself and was a good boy. Actually, they really hadn't checked to see if he was a boy. They didn't even know his name.

The name was not important just then. The important thing was: would he tie to a tree and be good while Jordan got on? "Yes!" announced Vale, "we've got a ride and tie horse!" The horse got some valuable training down the trail, which is what his owner had wanted. With a bit of conditioning he'll be ready for a longer course. And next time he certainly will not be the most clueless athlete to toe the starting line.

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Santa Ysabel Ride & Tie (cont)

Georgann Nicol, in her first Ride & Tie this weekend, was entranced by the give and take nature of the sport. "What could be better than running on beautiful trails knowing your horse is tied up ahead? The partnership is wonderful, and it's so nice when you see your horse tied, waiting for you," she said. While Nicol and her partner did not complete the race, she plans on racing again. Early favorites, Nicol partnered with Michael Fraysse on his horse Anna Mia. At this race last year it was Fraysse who was competing in the sport for the first time on a borrowed horse. Last year, luck, speed and strategy were with him, and he won the race. This year, they were not. At about mile four Fraysse tied his horse in a nice, shady spot under a tree. The tree was down a hillside, not in direct line of site of oncoming runners.

Nicol, enjoying the beautiful weather and the fine trail, ran past the horse. From that point Fraysse and Nicol each ran a rugged solitary eight-mile trail, wondering what had become of each other. Since Fraysse was in front, running faster, they had no chance to confer. When the twelve-mile point marked a mandatory veterinarian check for the horse, and neither partner had a horse, they quit the course and

turned their attention to recovering Anna Mia. Impatient, but well mannered, Anna stood in the shade calling out to each horse passing by.

The two front running teams of de la Rosa/Seyferth and Gey/Ruprecht battled it out on the third of four loops. Coming from behind, de la Rosa and Seyferth caught the lead team on the second loop. David de la Rosa and Carol Ruprecht rode into the mid-point vet check, dropped their horses and ran out. A stronger runner, de la Rosa sped by Ruprecht and led into the third loop. A fit horse meant a fast recovery at the vet check allowing Gey to quickly catch partner Ruprecht and give her, the weaker runner, their horse.

With frequent exchanges, the Gey/Ruprecht team slowly pulled ahead. "One of the most exciting aspects of this sport is that you really don't know when a team might pop up behind you and give you a run for your money" explains Gey, a long time competitor. "We had to keep going as if the race was hotly contended, because for all we knew, it was."

Finishing the 24-mile course in first place in 3 hours and 38 minutes the team of

Gey/Ruprecht and their horse Findefar was closely followed by de la Rosa, still running strong. Seyferth rode into the finish 15 minutes after the winning team asking, "Has anyone seen David?" Taking second place, she had ridden the last quarter of the race without catching de la Rosa. "That's a very technical section, and its degree of difficulty slows the horses down," explains Gey. "Psychologically, it's difficult to go really hard when you think your partner might have taken a wrong turn. You begin to doubt the trail, and to wonder if you should turn back."

As borrowers were returning horses to their rightful trailers, competitors were exchanging helmets and lenders were gathering their tie ropes, Gey explained the efficiency of Ride & Tie. "The horse is key," he said. Competitors gathered around as he drew lines in the dirt and explained how the theoretically "infinitely fast horse" allows two 8-minute-per-mile runners to complete a mile in four minutes. I didn't quite understand how that works, but I sure do want to ride that infinitely fast horse.

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Reynolds Twins Dominate SASO

By Biz Eischen

San Jose, Calif., April 17, 2004 -- The second of the 2004 Shine and Shine Only (SASO) Ride & Tie race series was held at Santa Clara County's Grant Park just below Mount Hamilton (elev. 4,213 feet) in the east hills of San Jose. This 9,553-acre former ranch boasts 52 miles of hiking and equestrian trails traversing diverse terrain between 1,200- and 3,000-foot elevations. For Ride & Tie aficionados, the Grant Park SASO provided a perfect tune-up for the upcoming 34th Annual Championships in late June.

The 25-mile race included all the extreme bipolar attributes curiously present in many Ride & Tie races: extremes of weather, temperature, terrain, travel distance, vegetation, contestant age, experience, skill and, of course, inseams. None of which -- especially stirrup length -- fazed first-timer Tim Reynolds and identical twin brother Jeremy Reynolds.

Right from the start, the twins took the lead and continued to out-run, out-tie and out-pace the rest of the pack. They were



Identical twin brothers, Tim, running, and Jeremy Reynolds on Zar Za Fire.
© Biz Eischen

the first to arrive at the 10-mile vet check and had already vetted through when the others started to arrive. Having only one Ride & Tie race between them, the Reynolds brothers on Zar Za Fire finished first in the 25-mile course in 3 hours 10 minutes -- 11 minutes ahead of super-veteran team Warren Hellman and Jeff Townsend.

The 20-something Reynolds twins are

perfectly suited for Ride & Tie. They are accomplished hunter-jumper competitors, gymnasts, cyclists and runners. Jeremy is a notable endurance rider and horse trainer and is currently training for the Western States 100-mile ultra-marathon.

The Reynolds' attribute their win to efficient exchanges. "Rather than wasting time stopping the horse and fumbling around getting on, we shaved minutes off every mile by vaulting off and on the horse at a trot," said Jeremy.

While the other SASO finishers may not have vaulting in their Ride & Tie skill set, they all had team spirit, sheer determination and a little luck.

In second place, pros Hellman and Townsend on Sam finished in 3 hours 21 minutes. In third place, pros Sara Kelly and Brandi Page on Majik finished in 3 hours 29 minutes. Coming in fourth was first-timer Terri Milkovich and pro Curt Riffle on Corky in 3 hours 45 minutes.

The coveted Best Conditioned Award -- based on vet check results, time, and

Reynolds Twins (cont)

placement points -- went to Zar Za Fire, who received a new tie rope and a basket of carrots.

Ride & Tie Association president and mentor Curt Riffle took great pleasure in the Reynolds' win.

"In Ride & Tie, the multitude of team-horse-course variables in a race tends to level the playing field and that's what makes it fun for all participants - young, old, experienced or not," he said. "I'm always glad to see amateurs win but I'm really going to have to watch out for those guys at the Championships. They are hot!"

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Gold Country 22 Mile Ride & Tie - July 10, 2004

Place	Name	Name	Horse	Category	Time
1	Dave Van Wicklin	Dan Moores	Jazz	M/M	2:44
2	Frank Lieberman	Doyle Eggers	Pizzaz	M/M	3:13
3	Don Strong	Kurt Miller	Zheke	M/M	3:27
4	Alina Vale	Kayla Ramsdell	Gem*	W/W	3:38
5	Liz Carey	Steve Anderson	Basia	W/M	3:55

Gold Country 10 Mile Ride & Tie - July 10, 2004

Place	Name	Name	Horse	Category	Time
1	Bob Trocha	Caylin Trocha	KB	M/W	2:01

Bandit Springs 20 Mile Ride & Tie - July 17, 2004

Place	Name	Name	Horse	Category	Time
1	Josh Steffen	Erika Steffen	Cinder	M/W	3:32
DNF	Don Betts	Martina Keil	Gavilan	M/W	DNF

Quicksilver Ride & Tie

Defending champions Mary Tiscornia and horse Albi partnered with ultra-marathoner Russ Kiernan to claim victory at this year's Quicksilver Ride & Tie race. Albi received the Best Conditioned Award.

By Biz Eischen

San Jose, Calif., May 15, 2004 -- It was no surprise when super equestrian Mary Tiscornia, ultra-marathoner Russ Kiernan and equine partner Albi handily won this year's 21-mile Quicksilver Pro-Am Ride & Tie race.

Veterans of the sport, Tiscornia of Larkspur, Calif., and Kiernan of Mill Valley, Calif., held the lead throughout the race and finished in 2 hours 25 minutes -- 13 minutes ahead of the second place team. Last year, Tiscornia won this same Ride & Tie event with partner Tom Johnson, also on Albi. Albi was presented the Best Conditioned Award in both 2003 and 2004.

In second place, pros (and bros) Curt Riffle and Dave Riffle on Majik finished in 2 hours 38 minutes, just five minutes ahead of the father-son team of John and Max Osterweis on Budweiser. Keeping with the family theme, Jennifer Tiscornia and Alina Vale on Rocket finished fourth with a time of 2 hours 45 minutes, just 20 minutes behind Jennifer's champion mom Mary.

"I knew it was going to be tough right from the start," said Curt Riffle, second-place finisher and the Ride & Tie Association president. "Mary was back to defend her title, she had top-notch partners, they knew the course, and they were hungry." Asked if the brothers Riffle could have won it: "Not today," Curt said. "I was pushing my horse to stay ahead of the Osterweises, and he just got tired. Hopefully, the World

Championships in June will be another story."

Tiscornia, an amazing athlete and tenacious competitor, is the only person to have started in every single Ride & Tie World Championship since the sport started in 1971. Partner Sid Sullivan, Albi and she were the 2002 World Champion man/woman team. Tiscornia is also a winning endurance rider and an accomplished jumper. Russ Kiernan, 66, is a well-



Caylin Trocha, age 7, rides KB while her father Bob Trocha runs next to her in the 2004 Quicksilver Pro-Am.

© Biz Eischen

known Ride & Tie veteran and a distinguished ultra-marathoner. He has been competing in Ride & Tie races for 21 years and placed 6th in the 2003 Ride & Tie World Championships. With all that combined athletic ability, fierce competitive drive and race experience it's easy to understand how veteran teams like Tiscornia and Kiernan do so well. But the occasional weekend warrior with a backyard horse can also find satisfaction in

the sport of Ride & Tie.

Horseman Bob Trocha of Campfire West Lake, near Sacramento, Calif., breeds, trains and shoes horses. He started doing Ride & Tie races in 1981 and has nearly 400 career miles. Trocha returned to Ride & Tie two years ago with his daughter Caylin and their horse KB. This was Caylin's fourth Ride & Tie race. The trio completed the 6-mile short course, taking second place with a time of 1 hour and 22 minutes. Between work and raising two daughters, Trocha has no time to train. He's a self-proclaimed weekend warrior. Caylin has been riding since she was three. For her running training, Caylin said she sometimes runs around the school track during recess. During recess? Caylin Trocha is seven years old.

Caylin has no trouble getting off KB and tying him during a Ride & Tie race, but she can't get back on by herself. When Dad catches up to her he boosts her into the saddle and off she goes down the trail. Bob spends most of the race on foot because their saddle is tiny and a bit snug for a warrior's physique. Like her Dad, Caylin has racing in her blood. "Next month we're doing the Championships (in Mendocino, Calif.) and then in August we're doing the Fireworks race (in Santa Cruz, Calif.)," said Caylin. She has been riding 5-year-old KB since he was two. KB is half Andalusian and half Quarter Horse; a large gray gelding with a shaggy mane and big feet. He is a far cry from the sleek Arabians typically found in Ride & Tie. "That horse (KB) is smart, super calm, can go forever, is bombproof and never gets lame," said Trocha. "Totally home-grown without a bad bone in his body."

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