It's an Invitational  2001 will be a 'championship' and an 'invitational'. Many of us R&Tiers have circles of running friends and/or riding friends. They have heard about R&T and maybe they have even crewed at a R&T. Now they can experience a R&T. We are inviting runners and riders to join in the fun and see the sport from the inside by blending a **35 mile trail run** and **50 & 25 mile endurance rides** right into the main R&T Championship event. Yes it will be chaos, but it will be fun and a great way to share our sport with others.

A short course R&T will be included again this year, but with a bit more recognition than last year. I like this event! What a great way to participate in the fun of the championship when life gets too busy to train or when you just want to 'give it a try' for the first time.

**A Biathlon** event has been added to the mix for 2001. Sunday morning will highlight a 20 mile ride/10K run Biathlon. This is an opportunity to include friends, family, and crews in on some fun and camaraderie as well, so bring your back-up horses. Enter as a team or as an ironman/ironwoman.

**New date.** In previous years the R&T Championship has been 'strategically scheduled between two main events. The Western States 100 Mile Run and The Western States 100 Mile Ride (Tevis). Because many of us are heavily involved in running and/or endurance riding, my hope is to make the R&T Championship the 'fun' event that comes after all the pressure and training is over. When injuries have had time to heal and blisters have grown new skin. For no other reason than to have a great time, see old friends, make new friends, talk about the past race season and make plans for the upcoming one.

**New Venue** 2001 was originally slated for Taylorsville, CA in July. Am I wimpy to say 'Why run in the heat if you don't have to?' I agree that the Championship course should be challenging, but not the weather! I visited Euer Valley Ranch in Truckee, CA in September, 2000. “The Ranch” is beautiful! It sets nestled between large mountains on every side. The fall weather was lovely: warm days (not hot days) with cool breezes, and crisp nights (bring a jacket). Relatively no mosquitos as it is the end of summer and quite dry. The race site has multiple huge meadows edged by a trout creek on one side and forest on the other. Horse camping is amidst pine trees allowing for corrals to be easily sectioned off. Water spigots are everywhere so hauling water should not be an issue. There are several hot water showers at the race site as well. If camping is not your preference, the site is minutes from downtown Truckee were there are many lodging and restaurant options, and only twenty minutes (approx.) from Reno.

The Course will be scouted, chosen and marked by Jim Howard, so you know it will be challenging. A former Tahoe Donner Equestrian Center trail guide, Jordan Horowitz, has offered to show Jim the trails that are available up there, but unfortunately this will not take place until snowmelt (June-ish). The plan is to have 3 loops all returning back to base camp for vet checks. Tentative maps involving existing trails have been submitted to the US Forest Service for use permits. Upon approval these maps will be available on the website for those that want to pre-ride the course during the summer. Steve and Michelle Shaw have ridden some of the trials and were very impressed. "Magnificent views."

**Veterinarian** Greg Fellers, D.V.M. will be heading up our R&T vets along with Robert Steere. Barney Flemming, D.V.M. and Jason Shavers, D.V.M. will focus as our ‘endurance vets’. The remaining two vets needed are not confirmed at this time. Melissa Ribley, D.V.M., Michele Shaw, D.V.M. and Leslie Phillips, D.V.M. have generously offered their services for the Biathlon event on Sunday.
A variety of completion awards will be given to finishers of all events, but division and special category awards have been modified to: 1st - 3rd man/man, man/woman and woman/woman division finishers.
- Top Ten
- 1st place Pro-Am, Masters, Century, Century +10, Century +20, and Junior categories
- R&T Championship 'Best Conditioned'
- 1st 50 Miler
- Top 10 - 50 Miler
- 50 Miler-Best Conditioned
- 1st Biathlon Team
- 1st Biathlon Ironman
- 1st Biathlon Ironwoman

A "Jackpot" award will be organized by Pat Browning. This tempting cash incentive will be awarded to the winning team if one of the (human) partners has never won a R&T Championship prior. Pats' objective is to encourage 'dominating duos' to split up allowing for more competition. $500 is the opening purse and all are invited to add to the pot. If warranted the (ever increasing) JACKPOT will roll over to future years until won. How's that for incentive?

Sponsorship efforts are under way. Sportrack/Easyboot has already generously offered to provide $200(!) gift certificates to each first place finishers of the Man/Man, Man/Woman, Woman/Woman divisions.

Reduced Entry Fees in efforts to make the 2001 R&T Championship event as affordable as possible and allow people the option to spend more. The Championship team entry fee has been reduced to $140! Fees for the other events are: R&T Short Course $90, 50 Mile Ride-$70, 25 Mile Ride-$60, 35 Mile Trail Run-$40, Biathlon $65 (But... the banquet will not be included in the entry fees.) 'Current' membership of The Ride and Tie Association is required to participate in all 2001 Ride & Tie Championship and Invitational events. A $10 "1 Day" association membership will be offered to accommodate our 'invites.'

Bring your pooh and (I don't mean your belly) Our host, Euer Valley Ranch, will allow us to bring out our smaller four legged furry friends (dogs) as long as they are not getting into trouble while they are at camp. But, please have them confined during the race(s) and keep them away from the vetting areas.

The banquet and awards ceremony will both be held at the Tahoe Donner Equestrian Center (TDEC). (It is located 1/2 mile up the hill from camp. You will pass it on your way to camp.) The ambiance at TDEC is very 'cowboy rustic.' Wood chips, picnic tables, fire pits, horseshoe tossing pits, the smell of horses and alfalfa... it's great! A banquet ticket includes a pre-buffet 'margarita party' from 4:30-5:30pm where beer, wine and wine margaritas will be for sale and includes chips, fresh salsa, guacanome, and taquitos. The professionally catered all-you-can-eat Tex-Mex Buffet will begin serving at 5:30 and includes:
- fresh jalapeno cornbread & honey butter
- mixed greens tossed in a mild chili vinaigrette with cheddar cheese and green onions
- mexican rice
- authentic refried pinto beans
- flour tortillas
- chicken fajitas with peppers and onions
- beef fajitas with peppers and onions
- lettuce, salsa, cheddar cheese, olives, jalapenos, and sour cream as condiments

hot dogs (as an option for the kids)
homemade chocolate chip cookies
tropical fruit salsa dessert
soft drinks
s'mores made over the campfire.

Adults $16
Kids $8
Children under 5 FREE

The caterer comes highly recommended so I expect rave reviews on the food.

Awards ceremony will begin at 7:30pm at the TDEC. There is obviously no cost to attend, but note that only those with banquet tickets will be allowed in prior to 7:30pm.

Bring some cash... a raffle bursting with horse, riding and running related loot will be up for grabs. Ticket sales will be ongoing. The raffle will begin after the awards ceremony, but before the dancing begins.

Dancing?... For those with energy left there will be dancing and drinking till they kick us out. (This could go on all night!)

A silent auction will be held simultaneous to the banquet and awards ceremony. Items will be on display and available for bidding at the TDEC. (bring your checkbooks for this one.) I hope to include equestrian artworks, jewelry, saddles, tack, horse trailer, and other higher value items.

Invitations (entry forms) will be sent within the next month or so and will also be available on the Ride & Tie website. www.rideandtie.org

Volunteer help is greatly appreciated and moderately rewarded. Race day volunteer opportunities will be posted on the website.

Join us for a great weekend of competition and fun, if not as a competitor, as a friend, and remember... invite a friend!
Ride & Tie Association
2000 Annual Awards Banquet

Date: March 24, 2001

Time: Doors Open 5:30 pm
      Dinner 6:30 pm (Mexican Cuisine by Jerry)
      Awards Ceremony Following Dinner

Location: Santa Clara County Horsemen's Association
          20350 Mckean Road
          San Jose, California

Cost: $15.00 per person. Children under 12 free.

      Mail to: Ride & Tie Annual Awards Banquet, 15350 Stratford Drive, San Jose, CA 95124

This year's annual awards banquet is sure to be a fun time. We'll have the hall to ourselves to party and tell stories, maybe play a little Ride & Tie trivia while we're at it, and Jerry's Mexican Cuisine will be a treat.

As long as you are coming into town, plan on participating in the March 24, 2001 SASO Ride & Tie on the morning of the Banquet. For more information on the Banquet or SASO Ride & Tie, including Race Entry Forms, contact:

Cheryl Domnitch
408-879-0749
cdefpe@aol.com

Camping: Lighfoot Stables: 23100 Mckean Road, San Jose

Nearby Hotels: Holiday Inn, 389 Silicon Valley Blvd., San Jose
               408-972-7300

          Residence Inn, 6111 San Ignacio Ave, San Jose
               408-228-7676

          Executive Inn Sts., 3930 Monterey Rd., San Jose
               408-281-8700

          Days Inn, 4170 Monterey Hwy, San Jose
               408-224-4122

Directions to Santa Clara County Horsemen's Association:

From the South: 101 North to Cochrane Road (west)
                 Right on Monterey (approx. 5.5 miles on Monterey)
                 Left on Bailey (approx. 2.9 miles on Bailey)
                 Right on Mckean (approx. 3.4 miles on Mckean)
                 Horsemen's on Right side

From the North 101: 101 South to Bernal Road (west)
                     Right at 3rd light, then left on Monterey
                     (approx. 3 miles on Monterey Hwy.)
                     Right on Bailey (approx. 2.9 miles on Bailey)
                     Right on Mckean (approx. 3.4 miles on Mckean)
                     Horsemen's on Right side

From the North 280: 280 South to 85 south
                     Take Almaden Expwy South (approx. 4.9 miles)
                     Right on Harry (0.1 miles)
                     Left on Mckean (0.7 miles)
                     Horsemen's on Left side
RIDE & TIE RACE SCHEDULE 2001

March 10, 2001
Ride & Tie Clinic
San Jose, CA
Curt Riffle
650-949-0620
curt_riffle@hp.com

March 24, 2001
SASO
Almaden Quicksilver Park
San Jose, CA
11, 22 miles
Cheryl Dornnitch
408-679-0749

April 14, 2001
No Frills
Herndon, VA
10, 25, 50 miles
Jean Heishman
540-933-6991

April 21, 2001
Ride & Tie Clinic
San Jose, CA
Curt Riffle
650-949-0620
curt_riffle@hp.com

May 5, 2001
Quicksilver Pro-Am
Almaden Quicksilver Park
San Jose, CA
11, 23 miles
Curt Riffle
650-949-0620

June 5-July 31, 2001
2001 Mile XP
St Joseph, MO-Sacramento, CA
50 miles per day – 40 days
Individual days available
Steve Shaw
530-292-1902

July 7, 2001
Swanton 100
Santa Cruz, CA
(Davenport)
75, 100 miles
Ellan Rinde
408-423-6089

July 28, 2001
Fireworks
Santa Cruz, CA
25 miles
Liz Maitoa
831-763-7885
Cheryl Dornnitch
408-879-0749

August 26, 2001
Yes...Sunday
Headwaters of the Rogue
10, 50 miles
Hamaker Meadows
(near Crater Lake, OR)
Annette Parsons
541-846-6656

September 2, 2001
Rockbridge
Rockbridge, VA
12, 25, 50 miles
Jean Heishman
540-933-6991

September 9, 2001
Big South Fork
Onieda, TN
10, 25, 50 miles
Joanne Grimes
865-693-4308

September 15, 2001
Championship &
Invitational
Truckee, CA
15, 35 miles
25, 50 AERC Endurance
35 mile Trail Run

September 16, 2001
Biathlon
20 mile ride/10k run
Team/Ironman/Ironwoman
Laura Christofk
laura@two-west.com
530-268-8647

October 7, 2001
Cuyamaca
San Diego, CA
25 miles
Terry Woolley Howe
619-445-5443

October 26, 2001
Ft Valley
Ft Valley, VA
12, 25, 50 miles
Jean Heishman
540-933-6991

PLEASE BE A COURTEOUS CONTESTANT, ENTER EARLY OR CALL
WITHIN A REASONABLE TIME PRIOR TO RACE DATE

DUES ARE DUE, REMIT NOW FOR A FULL YEAR OF RIDE & TIE
Results: The last races of 2000

Horse Thief Canyon 23 Miles 8/19/00

1. Laurie Riebling/Kathy Appleby Dakota 2:51
2. Dave Van Wicklin/Megan Hartop Jazz 3:40

13 Miles

1. Robyn Tustison/Steve Tustison Jaycee 1:53
2. Mike Bustillo/Gary Vargas Mickey 1:55
3. Tara Jordan/Bill Fincher Quake 2:51
4. Cc Schneider/Alina Vale Justin 3:15
5. Dave Foster/Arleene Foster Linda 3:25
6. David Howe/Leah Woolsey Alex/DNF

Knots from Knoxville
Big South Fork Ride & Tie
September 9, 10, 2000
Joanne Grimes, Race Director

I was more than a little overwhelmed this year. I actually had three teams in the 50! It didn’t cost any more to sanction the additional distance event but I never really thought anybody would enter! And come they did! Teams representing NINE states came! (AZ, GA, IN, KY, OH, TN, VA, WA, WV, were represented).

That’s nearly 20% of the US! One man, Howard Barton, 69 years young came from Gig Harbor in Washington state. Some of the old guys showed that growing old is not for sissies. Two husband/wife teams. One uncle/nephew team. One set of identical twin sisters. Ride & Tie is definitely a family sport!

This year the 25 and 10 mile courses were much easier than last year. The weather cooperated beautifully with the light sprinkle of rain on Saturday helping to settle the dust. And this year......no rattlesnakes!

The comments overheard this year were: “I’d like to do the 50, but those WOMEN sure are tough.” “This year was so much easier than last year.” “What time do you need to know tomorrow morning if we decide to enter?” “I really like my poster.” “I think the Best Condition awards (the set of chains) should have to be worn by the winners at next year’s Ride & Tie.” “Hey, even though we had to pull, keep my address – I want to do it again next year.”

Next year: Since I think I have crawled out of the red ink from last year, I hope to make next year better than this year.

Big South Fork 50 miles 9/9/00

1. Karen Clark/Beth Brinkley Job 8:32
3. Lani Newcomb/Kathy Broaddus, DMV Norm Van Meter 9:17

25 Miles

1. Kevin Baird/Jason Fortney Shabazzy Flagstaff 4:23
2. Anna Grissel, DMV/Paula Ayers Abbashba 5:03
4. Don Alexander/Howard Barton (69) Jazz 6:35
5. Alan Hatt/Ken Brown Jody 7:01
6. David Shenkel/Marie Threadgill Sreaker Completion

10 Miles 9/10/00

1. Anna Grissel, DMV/Paula Ayers Rosic 1:29
2. Kevin Baird/Brenda Baird Shabazzy Flagstaff 1:39
3. Kara Dishrow/Betsy Felt Disney 1:42
4. Patty Young/Phil Young Dusty 1:45
5. Robert Doll/Brian Potts Krynatia 1:47
6. Cindy Zurhellen/Kathy Kalsiek Cadence 1:59
7. Wynne Brown/Kim Swicegood Blue Flame (Salazar) 1:59.02
8. Sonny Lykes/Kent A. Warren Safiren DNF
9. Tykey Trustt/Rich Curnes Sam Mezon No Start
Conditioning your horse for Ride & Tie

by Jim Steere, DVM

PHYSIOLOGICAL: Ride & tie horses must be well conditioned for endurance. In addition, they must have speed. The winning edge for two good runners is a fast horse with spectacular pulse and respiration recoveries. And speed takes anaerobic training in addition to the aerobic conditioning received by the majority of endurance horses. Aerobic exercise means oxygen uptake and use are in balance. In the conditioned horse the respiration will be synchronous with the gait. This type of exercise utilizes primarily fat as the energy source. Steady, aerobic exercise is what you do on the long distance ride.

Anaerobic exercise, meaning without oxygen, is speed work. The body uses oxygen faster than it can take it in. Your horse goes into an oxygen debt. Pulse and respiration get very high – up to 250/minute. After a speed workout, your horse breathes very fast and heavy until he deposits enough oxygen into his tissues to repay the debt. The primary source of energy here is blood glucose (glycogen).

Both kinds of conditioning are important for horses regardless of their use. Together, they increase his endurance and prevent fatigue – the fatigue that near the end of the race, is the largest contributor to bowed tendons, fractures and breakdowns.

The endurance horse who gets mostly aerobic work needs anaerobic conditioning as well, to increase his strength and speed, to develop his muscles for hill climbing, to give him that extra surge when needed. Since anaerobic energy burn requires glucose, the horse that is out of sugar is out of gas; if he’s out of sugar and fat, he’s in trouble.

If you have a well-conditioned endurance horse, begin anaerobic workouts. If you are fortunate to have a track to work out on, excellent. Otherwise, select a piece of fairly soft ground with reliable footing for about 200 yards. A good uphill run of 100-200 yards is even better, for the impact stress on your horse’s mechanical system is less going uphill and the muscles work harder. Run your horse over this measured distance at just under maximum speed (whatever speed he can do without whipping, whooping and hollering). At the end of the run, walk or jog back to the start and, before his pulse goes below 100, repeat the run. This is called interval training. Repeat these intervals two to four times, or until your horse is not recovering normally or he is showing obvious signs of fatigue such as muscle tremors and slower movements. The idea is to repeat the intervals before he has a chance to completely recover and to get him tired and stressed, but NOT fatigued to the danger point. As he improves, increase the number of intervals, the distance, the speed, or all three. Always quit when he shows increased recovery time and “honest” fatigue. I suggest interval training two to three times weekly.

DISTANCE TO RIDE: Since your horse is now conditioned aerobically, you can taper off to about 10 miles a week and he will stay in shape. Use this remaining time to concentrate on speed work. The last two weeks before the Ride & Tie just pleasure ride, check out the trail, etc. If he isn’t in condition by this time, any stress work will be counter-productive.

PSYCHOLOGICAL: If your horse is extremely excitable, you have problems. He will burn out just being tied to a tree. He can also “tie up” (azoturia). Even the calmest competitive horse doesn’t like being tied while his competition gallops by. So practice ride & tie, if possible, with other trainees so that your horse gets accustomed to this strange routine.

Now go out there and enjoy your well conditioned horse!

St. Jo., Mo. Update

June/July of 2001 are the dates for this event: 40-fifty mile endurance races from St. Joseph, MO to Sacramento, CA. Ride & Tie will be included during the entire event. Joining Sydney Vale, Mary Tiscomia, Jim Steere, DVM as daring entrants are Dana Landale and Steve Anderson. Dana and Steve will Ride & Tie 50 miles on June 29 through a section of Wyoming. For more information contact Steve Shaw, 530-292-1902 or sshaw@pacbell.net.

Association fund raiser

Check out the books available now through the Ride & Tie website. Selected books on horse care, running, etc. are offered from Amazon.com. For every book purchased in this manner, the Ride & Tie Association will receive 15% of the sale.

This is a GREAT way to support the sport of Ride & Tie!

GO NOW..... www.rideandtie.org..... go to “other Resources” .....pick out a book!
MEMBERSHIP FORM
Mail to P.O. Box 697, Foresthill, CA 95631

Name(s) ____________________________________________

Address ____________________________________________

Phone __________________________ E-Mail address ________

☐ I am a Rider
☐ I am a Runner
☐ I need a teammate and a horse
☐ I have a horse, but need a teammate
☐ I have a horse to loan or lease

TYPE OF MEMBERSHIP
(check your choice of membership)

☐ Lifetime member ($500) Pay no more annual membership fees. Eligible for special savings as offered.

☐ Competitor Member ($500) Provides access to the membership database which can link up teammates with horse, riders and runners.

☐ Competitor Family Membership ($75) Immediate family residing at one address. Please list all names to be included.

☐ New Member-1st Year ($20) Offered at a reduced rate for those checking out the sport. Equivalent to a competitor membership.

☐ New Family Membership ($35) Immediate family residing at one address. Please list all names to be included.

☐ Supporter ($100 or more) Same benefits as a competitor member. Also eligible for special savings as offered.

Friend of the Ride & Tie ($20) Not an actual competitor but would like to show their support for ride & tie. Included in all Association mailings.

HORSE REGISTRATION FORM (ONE HORSE PER FORM)

REGISTERED NAME OF HORSE __________________________

NAME (NICK NAME) As you wish it to appear in future race results

☐ GELDING ☐ Mare ☐ Stallion ☐ BREED __________

OWNER (IF DIFFERENT FROM ABOVE) ___________________

Name __________________ Address ____________________

Phone __________________