ONE TOUGH GROUP
50 MILE RIDE AND TIE
Barb Mathews, Carrie Baris, Courtney Krueger,
Nico Restrepo, Samm Bartee, Janice Heltbriddle.
Horses: Reckless, Cruise and Pete
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A Tale of Two Races
or everything that is great about Ride and Tie
by Courtney Krueger

As I write this, I am 11 miles away from 1000 official Ride and Tie miles since I began competing in 2012. I have wonderful memories of every single one of the 43 races I have entered. But two stand out as my absolute favorites. What is fascinating is that the two races could not be more different yet together they embody everything I love about this sport.

This is a sport full of the thrill of victory in the face of challenging competition. Two years ago, Mark Landers and I ran the Tiger Tail race in Clemson in a chase for the 2015 Man-Man Team National Points Championship. We began the race ranked first in points in the Man-Man division. Jarvis Pickens and Perri Summers were second. We were separated by a razor thin 2 points. Whichever team came in ahead of the other would be the National Points Champions for 2015. Because teams are awarded five points for each team you beat, we would either win the points championship by 7 points or lose it by 3!

My horse Cruise isn’t very forward. Until that day I had never started a race in the front of the pack. It just didn’t really fit Cruise’s personality. But he could sense my excitement and when the trail opened we took off hell bent for leather. That’s us at the front of the pack on the flyer for this year’s World Championship Race. Late in the race, Mark started cramping, so I took on the bulk of the running. We got passed by a couple of the women-women teams as our efficiency faded. I kept imagining Jarvis and Perrie catching us at the very end. About a mile from the finish, Mark and I decided that he would ride to within sight of the finish line, tie Cruise and then get himself across the finish line. I would run as hard as I could and if the other team caught us, it would be up to me to make sure that Cruise and I crossed the line before their runner did. My fears of a last minute loss didn’t materialize, but that sense of competition kept us working hard every step of the race. All day long I was literally singing Templeton Thompson’s song “A Horse that Can Fly” which goes, “I need somewhere to run, somewhere to ride, a fresh pair of wings and a long stretch of sky...and a horse that can flyyyyyy!” That race was full of the thrill of victory and the exhilaration of competition.

But Ride and Tie is not a sport just about competition and victory. It is also about the thrill of partnership—partnership within a team, but also partnership between competing teams. I experienced this thrill at this year’s Take No Prisoners race at Kings Mountain National Park. This was my first attempt at a 50 mile race. I am turning 50 years old this year, so I decided to go for one mile per year at the first race of the season. It was, for me, an intimidating and daunting challenge. This was a race where “To finish is to win” was my entire objective. It turned out, that was the objective of all three teams in the race. We quickly realized our competition was the 50 mile mark and we were racing the sun much more than each other. Early in the race we decided to run the course together. Three 2 person/1 horse teams essentially became two 3 person/3 horse teams. The first team was Barb Mathews, Janice Heltibriddle and my partner Carrie Baris who ran and rode together. The second team was Nico Restrepo, Samm Bartee and me who ran and rode together for the entire course. It was a typical Ride and Tie race with ties, flying ties, lots of miles and a plenty of adventure. The only difference was, no one was jockeying for first place. “Take No Prisoners” became, “Don’t Let The Course Take Any Prisoners.” My threesome utilized our individual skills and gifts to pull us along. Cruise was the “braver” horse that day, so he led most of the way. Samm is an amazing ultra-runner and she led most of the running portions. She set a pace that was quick but not so fast we would burn out before the fifty was up. Nico was the constant encourager, finding ways to make us laugh as the miles ticked by. I am convinced that I finished that race in a faster time than I would have had I been racing other humans and horses instead of the sun. The ways that we used our individual strengths to carry the teams along helped us all.

So whether it is the thrill of victory and competition or the thrill of partnership between competitors, it just doesn’t get any better than Ride and Tie!
“The ultimate victory in competition is derived from the inner satisfaction of knowing that you have done your best and that you have gotten the most out of what you had to give.” Howard Cosel

Excited from the finish of the Rio Del Lago 100 miler and now qualified for the Western States 100-mile endurance run (WSER), my friend Melissa asked “How many people have finished both the Western States 100-mile trail run, and the Tevis 100-mile endurance ride. My instant reaction came with excitement and my immediate response was “More thought-provoking, how many have done the Tevis 100-mile endurance ride, the Levi’s Ride and Tie, (now known as the World Ride and Tie championships) and the Western States 100-mile run? That’s even more incredible.”

Each of these can be categorized as some of the earliest extreme sports and are interconnected by those who love the challenge, whether on horse or foot. These unique events involve the competitor’s personal determination and commitment to reach.

Who are the extraordinary athletes that have conquered all three of these events? In researching I found that only 35 people over the past forty years have completed this feat - 27 men and eight women.

The Grand Three aka Triple Cripple Crown

Some call these three events the Grand Three and others refer to them as the Triple Cripple Crown. Some might describe these events as “dusty, treacherous, hot, rocky and steep.” While others see them as an intimate experience with rugged terrain, unpredictable circumstances, and the spirit of challenge. Others speak of the social bonds and camaraderie, a family affair of sorts. Whatever, it is agreed that they bring you closer to an inner-spiritual, emotional and physical self. Each takes months of training, practice, and planning.

The Tevis:

The Tevis was started 1955 by a man known as Wendell Robie. Wendell loved the Sierra mountains and had the vision of riding his horse from Tahoe to Auburn in twenty-four hours. And on August 5, 1955 he made that dream come true. This legendary ride has been held annually ever since and maintains its popularity for endurance equine riders.

The Levi’s Ride and Tie (aka Ride and Tie Championships):

Bud Johns, known as the father of Ride and Tie, used the first Ride and Tie to promote an athletic line for Levi Strauss Company in 1971. Levi’s wanted a rugged sport and Bud, a PR person for Levi Strauss had just the idea. Bud conceived the Ride and Tie race after he had read various accounts of travel by means of pony express style in this country and in Europe. This mode of travel allows for the most efficient travel – with two people trading off on only one horse between them to cover some distance. Ride and Tie participants trade off riding and walking to optimize their ability to go the distance as well as the horse’s. The first event was held in June 1971 in St Helena, Ca. with 66 teams mixed of rough and tough cowboys and athletes competing for prize money. The sport grew in popularity, drawing actor Robert Redford to compete in 1978. This event maintains its popularity, being held across the United States and Europe. Most say that Ride and Tie was the bridge between the Tevis and the Western States Trail run as most people competed the Ride and Tie prior to the run.

The Western States 100-mile Endurance Run:

As the story goes in 1974, Gordy Ainsleigh set out to complete his third Tevis Ride, unfortunately his horse was unable to start. So, Gordy who had done the Ride and Tie the prior year and loved to run, was urged on by Drucilla Barner to set out on foot. He did so and finished the course in 23 hours and 42 minutes. He ran that hot August day amongst a pack of 200 horses. In 1976, Cowman (Ken Shirk) finished the event in 24:30. Each ensuing year interest in going 100 miles on foot grew. More daredevils took on the challenge. With increased interest, and inspired by a “gang of four,” Phil Gardner, Mo Livermore, Shannon Weil and Curt Sproul, an independent on-foot event took place one month prior to Tevis, and rest is history. continued:
Continued

The ordinary and not so ordinary people who conquered all three events did it because they could, to challenge themselves, and to master the trails. Many of them are still competing in one or more of the events and venturing on to other dares. With the extreme popularity of the Western States run, it has become incredibly difficult to add to this list. There are a few out there who still have hopes to join this remarkable group of thirty-five. So, as I said to my friend Melissa, “Who will be next to join this unique group?”

The Incredible 35:

Women: Mo Livermore, Cathy Behrendt Mason, Diane Lundy, Mo Bartley, Diane Dixon Johnson, Linda Rapposelli Rogers, Audrey Scott, Cherry Stockton.


Ride & Tie: [www.rideandtie.org](http://www.rideandtie.org)

Mark Richtman and Tom Johnson with Eli.

Photo by Vicki Rictman

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When Borrowing Horses

*by Gunilla Pratt*

As an owner of many rescue horses, I am always happy to have people help me out by riding and exercising them. I often loan out my horses for R&T races and endurance races. I love the fact that my babies are getting exercise and attention.

However, everyone out there that borrows horses for races or just to ride for enjoyment should know that there are associated costs that go with the use of these horses. Speaking on behalf of all owner’s that loan out their horses, borrowers should help with travel costs such as gas, special feed, electrolytes and anything else that might come up on the way or during a race. When someone borrows a horse and puts the horse through vigorous training to prepare for a race, the borrower should help out with extra food and grain costs as well as shoes for the horse if the horse is shod. If the horse owner does not ask, it is always nice to offer. Often the borrower may have their own tack but in cases when they use the owners tack, please make sure the tack is put away clean. If the tack should break while being borrowed then it should be the responsibility of the borrower to repair or replace the tack. Never leave the barn a mess when you are done riding. Make sure the horses are cared for properly and put away clean. Owning a horse is quite expensive so be appreciative of owners that loan out their horses. Remember, this is a special treat for you as well as the owner so be thankful.
Yellowhammer - Fruithurst, Alabama  
by Carrie Baris

Yet again, we paired with an endurance ride in order to complete a weekend of ride and tie at Yellowhammer. Race director, Courtney Krueger, also happens to be my main partner, so he had helped mark trails prior to the race with his wife Lea Krueger, who we refer to as our ride mom. Lea volunteers, crews for us, as well as other teams that need a hand, and generally makes sure everyone is well taken care of during race weekends. Yellowhammer was another chilly weekend! Friday’s race began below freezing. There were two teams in the 25 mile race, Barb Mathews and Nicki Meuten on FYF Reckless, and myself (Carrie Baris) and Courtney Krueger on Davanna Tom Cat (Cruise). For most of the first loop, we stuck together, but after the vet check Nicki and Barb pulled out in front of us and won the race. Many of the areas we rode through have been logged, and though some trees remain, there are pretty clear sightlines throughout the race. Many times, I could see my partner coming up from behind, or my horse tied to a tree off in the distance. Very motivating. There have also been some forest fires and controlled burns in the woods, so several of the trees we tied to were charred. Cruise, a grey, often created his own black war paint as he scratched while waiting for his rider.

Saturday’s race was much warmer, but it was raining when the race began. It had stormed pretty heavily during the night, and there were several newly downed trees along the trails. We rode a slightly different course, and I changed partners. Michael Sullivan joined me on Cruise. This was Michael’s first long course in two seasons, since he suffered a back injury in a car accident. We hung on with Barb and Nicki for about 20 miles, but fell behind on the last bit of trail. Both teams had slower times because the rain overnight had created some pretty muddy conditions, though it did clear up during the race. At one point, while I was on foot, I was trapped on an uphill in the mud, running shoes stuck, grabbing weeds to pull myself upright. Both Cruise and Reckless were strong the whole weekend and completed both days. Also on Saturday, Lani Newcomb and Kathy Broaddus ran the 12 mile course on LB Brimstone. Another excellent weekend, but with only two weeks in between races (and I had finished a marathon the weekend before Take No Prisoners)

I was definitely feeling fatigued when we were done!

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Retail value on this saddle is $2,523.00

Contact Janice heltibridle if you are not able to be at the championship but would like to purchase tickets. 540-233-0710
Guess Who My Partner Is?

By Rick Noer

To begin with, my wife Nancy and I decided to move from Fountain Valley, CA to Chesapeake, VA this past June at the invitation of our daughter, Kimberly, her husband Tyler, and their four children. This also puts us a little closer to our son Jason and his son in Minneapolis, MN. Only have to fly to one location not two now. Still, it was a pretty big move. I was concerned how we would adapt to the lifestyle in southern Virginia including the weather. Well, I can tell you it is not Orange County, with the high and low temperatures and real seasons. In Fountain Valley, CA we could see the snow unlike in Chesapeake, VA where we had snow but it goes away quickly.

I also wanted to continue with Ride and Tie. Luckily, Dave and Rhonda Venable had participated in Ride and Tie Championships on the West Coast, where we briefly met one year. I contacted them since they live in Hampton, VA about one hour from me. They board their horses in the same area and put me in touch with Mary Gibbs, who stables her horses at the same facility and has let Penny, my 8-year-old granddaughter and myself use her horse, Shawnee. As a result I have been able to continue to compete thanks to them.

This past October, Karin Sciater, Palmyra, VA who had a friend interested in doing a Ride and Tie race for the first time, contacted Rhonda. Karin said she would provide the horse for the race, the short course at the Fort Valley Ride and Tie. Karin and I soon were exchanging messages and talking on the phone. She indicated her friend was just starting to ride but was enthusiastic. She said he was about 6’4” and me being 5’4”, I said that is what double stirrups are for. She asked if I had heard of her friend, Chris McDougall, who had written the book, Born To Run. I said yes, of course, it is a great book, as many runners consider it the best book written about running. This is where my fears and lack of confidence started in creep in. I was thinking this guy is a super endurance runner and why would he do a race with me once he found out who I was which is:

1. Short (could not hide that)
2. Old (figure of speech but still 66 years old)
3. Slow (cannot run 30 miles at the drop of a hat, 10 miles pretty slow)

I know, it is SOS, meaning HELP! Although some would say it is more accurate for Chris to think SOL. Anyway, I took the high road. I was already doing a short course race the day before with Sara Boelt and two of her employees from her ranch. I was thinking, Chris, ultra runner, he can run most of it. So the Fort Valley Ride and Tie was October 29-30, 2016. I met Chris, Karin and Karin’s horse, Hank, the on 10/29. They rented a farmhouse a few miles away and rode Hank along with other horses over after I completed the race that day. Yep, Chris is as tall as advertised as was Hank who Karin explained was a gaited horse. I thought with double stirrups this could work out. Karin did a great job in adjusting the saddle and stirrups for us. I was feeling better all the time. Talking to Chris, he had been traveling quite a bit due to following up on articles he was writing for various publications so maybe I had overblown expectations. In addition, this was his third time riding.

Before I drift too far I have a couple things to mention. I did not tell anyone who I was partnering with the second day. Karin had not mentioned to Rhonda who she set me up with. I was riding with the Venables to the race so after we got started I said my partner for the second day was Chris McDougall and showed them my copy of the book. If looks could kill or if they could sic their dogs on me, well it was good we were moving and the dogs were sitting with Dave and could not quite reach me. In a composed manner Rhonda said they would have brought their copy to be signed. Pretty much the same reaction I got from others at the ride.

Anyway, when questioned by me, Karin said Hank had never been tied to a tree with a runner leaving and one coming up. There was no time to practice so the next day would be interesting, I thought. Karin also said Hank was pretty mellow, not too excited about anything. Well, the next day and the race began with me on Hank. My strategy was never get too far away so we could help each other. I rode half mile to a great looking ride and tie tree and tied Hank. I waited for the wrap around the tree or any other wild action. Hank just looked at me and he was just fine. I told him to turn around and look for Chris. Pretty soon Chris got to Hank (showed him how to tie and untie Hank the day before). He mounted smoothly, Hank stood perfectly still and Chris was smoking! With Hank being a gaited horse that really helped Chris, as he was not uncomfortable on Hank. Hank listened well allowing either one of us to slow up or speed up. continued…
without difficulty. Chris approached me and gave me the tie rope and we did all over again for 15 miles. It was a fun day. Chris has an adventurous spirit and the two of us were smiling the entire race. There was walking and talking the entire race. I had a good running and just enjoyed the day, as the weather was perfect, the sunny skies like all three of our dispositions. When we finished, Hank was tired but in good shape otherwise which made pleased Karin. He deserved all the treats she gave him. What is funny, our team won the short course, Hank was good and Chris had a smile on his face so it was really a good day.

Afterwards, Chris was really gracious as he been the day before. A number of people who read his book wanted to talk and have photos taken with him. He accommodated everyone.

After the race, I asked Chris why he wanted to try this sport. Chris explained Jan Sheldon, a friend from Tennessee, had competed in Ride and Tie races and it interested him enough to try. It took several months before he actually wanted to commit because he was competing in race series where donkeys are loaded with packs of mining gear and then the human runs while leading the donkeys. The races are in Colorado and Chris lives in Pennsylvania so he has transport his donkeys to Colorado for the races. He said that is how he met Karin Sciator as she transported his donkeys to Colorado.

Chris said the idea of Ride and Tie was a "slow burn, then marinated over time and finally an email to Rhonda Venable". When I talked to Chris at the race site we agreed there would be "no expectations, just fun".

We did have fun and Hank was a real trooper. We discussed future races and agreed that competing in the Ride and Tie Championships July 22-23, 2017 would be our goal. So, look for a really tall guy and a really short guy at the Championships with big smiles.
The East Coast started ride and tie season a month earlier than in the past with a one day event at Kings Mountain. Run in conjunction with an endurance ride, race director Barb Mathews organized three distances, 50, 25, and 15 miles. With 100% completion rate and six total teams, this an event that I hope will continue. Three teams attempted the 50 mile distance, Janice Heltbridle and Samm Bartee on Kestrel (Pete), Barb Mathews and Nico Restrepo on FYF Reckless, and myself (Carrie Baris) and Courtney Krueger on Davanna Tom Cat (Cruise). We quickly decided to run together all day to try and ensure that all three teams could get a completion. At the start, the temperature was in the mid 20’s! At our first tie, since I started on Cruise, I had a difficult time getting him tied to the tree because my fingers (even in gloves) were numb. The day did gradually warm up a bit, but the weather actually worked in our favor since we didn’t have to worry about overheating. The trails wind through both Kings Mountain State Park and Kings Mountain National Military Park. Gradual, soft, and gentle, these were the perfect trails for my first 50. We all had a blast, laughing and chatting as we went, and as we finished with our final vet check, we all cheered each other when the vet signed off on our completions. The 25 mile race was won by Karen Isaacs and Beth Brinkley. And in the 15, two teams ran, with Sarah Rodecker and Helena George winning, and Sara Bassett and Ella Davis (both Juniors!) coming in a second.

According to a recent study in the Journal of Allergy and Clinical Immunology, children growing up on farms with animals have fewer allergies, asthma and autoimmune issues then those who did not. Children who never spent any time on a farm were 3 times more likely to develop allergies then the children who grew up on farms.

Dr. James Gern, an allergy researcher at the University of Wisconsin, believes that for many years people grew up in the outdoors. As a result, the human immune system develops best in that kind of an environment. Researchers speculate that children who are exposed to certain microbes, dirt and dust (a very non-sterile environment), along with outdoor physical activity, developed much stronger immune sytems.

So according to the research, get your kids out in the yard. Let them get dirty and play with the animals.
Entries postmarked on/before May 15th are eligible for a drawing for a Riding Warehouse Gift Card!!

47th Annual World Championship Ride & Tie
“two people, a horse and one tough race…”
July 22 – 23, 2017
Orkney Springs, Virginia

6 MILE Fun Ride &Tie – Friday
CHAMPIONSHIP Ride &Tie (35 Mile) – Saturday
Short Course* (20 Mile) & Equathon (16 ride/6 run) – Sat & Sun
*Elevator option offered for Short Course on Saturday only.

Race Director: Janice Heltibridle (540-233-0710) jheltibr@shentel.net

Additional information available at www.rideandtie.org
Sanctioned by the Ride & Tie Association.

ALL COMPETITORS MUST BE MEMBERS OF THE RIDE & TIE ASSOCIATION
OBESITY
by Dr. Steven G. Pratt M.D., FACS, ABIHM

A few simple ways to keep your weight under control or to lose weight include: never skip breakfast and make this meal your largest calorie and protein meal, average 7-8 hours of sleep, shop like a cave man/women-skipping foods which such a person would NOT recognize, load up on fiber, load up on fruits, vegetables, and WHOLE GRAINS, journal all your food for a week-keeping track of total calories each day=OFTEN SURPRISING RESULTS, read labels and keep track of serving size, drink plenty of water, add one new SuperFood each week and eliminate one “junk food” each week, load up on omega 3’s (e.g. 3.5 ounces of Tuna, Sardines, Wild salmon, Arctic Char, Halibut, farmed or wild Trout, Mackerel) 2-4 servings weekly and omega-3 supplements daily, keep the “naughty” foods out of the house, avoid processed foods, treat yourself to a 100 calorie treat no more than once daily, be physically active for 45-60 minutes most days, lose weight at a 2-3 pounds/week pace, and “pump iron” 2-3 times weekly.

Being overweight or obese increases your risk for cancer, cataracts, macular degeneration, stroke, sleep apnea, osteoarthritis, GI reflux, diabetes type 2, heart disease, hypertension, non-alcoholic fatty liver disease, survival from previously treated cancer, infertility, and cognitive decline as we “mature”.

There is a definite relationship between being overweight or obese and an increased risk for certain cancers. Overweight is a BMI of 25-29.9 and obese is BMI of 30 or more. BMI charts and calculations can easily be found “on line”. Cancer of the breast, liver, stomach, pancreas, ovary, thyroid, endometrium, and colon/rectum are associated with elevated BMI’s. Obesity is associated with inflammation, which can lead to DNA damage and eventually cancer. Excess fat produces estrogen, which can play a role in hormone sensitive cancers such as breast and endometrial. (New England Journal of Medicine, August 25, 2016.)

Dr Pratt's books can be found all over the world.
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for vitamins and supplements
Ride & Tie Western Championships

TWO PEOPLE, A HORSE, & A CHALLENGING, EXCITING RACE

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Are you or do you know someone that is a trail runner?

This will be the most fun they will ever have!

Outback Station LLC 25 miles east of La Pine Oregon is hosting a 37 mile Championship along with a 16 mile short course.

— Saturday July 1, 2017 —

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FOR RACE INFORMATION
Chris Amaral 707-834-2343 or trots4long@yahoo.com

ENTRY INFORMATION AT
WWW.RIDEANDTIE.ORG

VISIT US ON FACEBOOK
Ride and Tie Race Schedule

**May 6-7, 2017, Cache Creek R&T and Equathon**
Location: Cache Creek CA - 25 mile R&T on Sat, 10 Mile R&T and Equathon on Sun - race manager: Pam Stalley
530-473-5882 Contacts: pstawley@yahoo.com

**May 20, 2017, Mt. Adams R&T**
location: Trout Lake, WA - 12 & 25 miles - race manager: Steph Irving 509.395.2065 Contacts: stephirving@gmail.com

**May 21, 2017, Descanso Ride&Tie**
location: 25077 Viejas Blvd., Descanso, CA 91916 - 15 & 25 miles - race managers: Rufus Schneider 619-244-1488 & Terry Woolley Howe 619-445-5443 Contacts: terryhowe@hughes.net

**Jun 4, 2017, Klickitat Trek R&T**
location: Glenwood, WA - distances: 12 & 25 miles - race manager: Marilyn Milestone Contacts: mmilestone@aol.com

**Jun 9, 2017, Old Dominion Ride & Tie**
location: Orkney Springs, VA - 25 miles - race director: Susan Trader 540-882-9721 Contacts: SusnTrader@loudounwireless.com

**Jul 1, 2017, WESTERN REGIONAL CHAMPIONSHIP**
location: La Pine, OR - distances: 20 & 35 miles - race manager: Chris Amaral 707-834-2343 Contacts: trots4long@yahoo.com

**Jul 8-9, 2017, Bandit Springs R&T**
location: Ochoco National Forrest, OR - 12 & 25 miles - race manager: Janelle Wilde 541-849-2460 Contacts: jwilde@wildevents.info

**Jul 22-23, 2017, 47TH ANNUAL WORLD CHAMPIONSHIP RIDE&TIE**
location: Orkney Springs, VA - 20 & 35 miles with elevator option - race manager: Janice Heltibridle, 540-459-8357
Contacts: jheltibr@shentel.net

**Jul 28-30, 2017, Bonecrusher R&T**
location: South Kettle Moraine Horseman's Park, Palmyra, WI - 30 & 12 miles - race manager: Amber Erickson
262-623-4714 Contacts: endurochiro3@gmail.com

**Aug 12, 2017, Santiam R&T**
location: Sister, OR - 12 & 25 miles - race manager: Anna Sampson (503) 829-6002 Contacts: sampson@molalla.net

location: Ivanhoe VA - distances: 15 & 30 miles - Race Director: Barbara Mathews 919-545-0034 Contacts: bjmathews@gmail.com

**Sep 2-3, 2017, Crazy Daze R&T**
location: Spokane, WA - 12 & 25 miles - race manager: Gail Williams (509) 952-1256 Contacts: hadablondemoment@gmail.com

**Sep 8-10, 2017, Big South Fork R&T**
location: Big South Fork National River and Recreation Are near Jamestown/Onieda, TN - distances: 4, 10, 15, 20, 30 and 50 miles - race manager: Joanne Mitchell 865-250-1645 Contacts: jfgmhorse@gmail.com

**Sep 16, 2017, Swiftwater R&T**
location: Cle Elum, WA - 12 & 25 miles - race manager: Shelby Edwards Contacts: eselby06@gmail.com

**Sep 22-24, 2017, Chesapeake Fall R&T**
Contacts: cpenguin57@aol.com

**Oct 7, 2017, Coolest Ride&Tie and Equathon**
Contacts: susansmythjackson@gmail.com

**Oct 14, 2017, Foothills of the Cascades R&T**
location: Molalla, OR - 12 & 25 miles - race manager: Anna Sampson (503) 829-6002 Contacts: sampson@molalla.net

**Oct 14, 2017, Run for the Horses Ride&Tie**
Location: Biltmore Estate, Asheville, NC - 15 & 25 miles - race manager: Sara Boelt 828-273-1627 Contacts: lightermountenevent@gmail.com

**Oct 20-21, 2017, Fort Valley Ride & Tie**
location: Fort Valley, VA - 50, 30 & 18 miles - race manager: Susan Trader 540-882-9721 Contacts: SusnTrader@loudounwireless.com
Candidates for the R&T board of directors

Carrie Baris

Hypothermic from the pouring rain, I finished my first marathon, in Death Valley, in 2008. In 2013 Janice Heltbriddle needed a partner for the Biltmore Ride and Tie, and since I live nearby, my sister Laney gave her my name. 30 eventful miles later I was hooked. Despite the fact that I don’t own a horse, but I’ve been riding for years, in 2016, I completed 401 miles of ride and tie. I enjoy running itself, but ride and tie offers many unique challenges that make it my favorite competition – teamwork and strategy are integral to success and completion. I have met so many wonderful people these last five years, and cherish my time with them. I am a high school English teacher, and therefore am well versed in herding uncooperative animals while completing seventeen other tasks at the same time. This skill set lends itself well to organization and communicating with others. The photo I am attaching perfectly sums up how I feel about ride and tie - goofy grin, sheer joy, an excellent horse, and beautiful trails.

Courtney Krueger

I began the sport in 2012 when my then 15 year old daughter Sarah told me that she would start running if I would learn to ride a horse and compete with her in Ride and Tie. No sane father turns down an offer like that, so we began our career together. Little did I know that the trajectory of my life had just changed! My wife Lea is my horse coach, crew chief, and East Coast “Ride and Tie mother” for all teams. It has become a family affair. My brother-in-law Mark Landers and I have been the Man-Man National Points Champions the past two years. My friend Carrie Baris and I were the Woman-Man National Points Champions in 2016. Lea and I have been Ride managers for three races (two in South Carolina and one in Alabama). We have also been “trail bosses” for three races in South Carolina. I am an avid promoter of Ride and Tie and recently managed to get interviewed on the radio show and podcast, “Horses in the Morning.” I am currently serving on the host committee for the 2017 World Championships. My time involved in Ride and Tie has been short, but my experience (over 1,000 competitive miles as well as the above mentioned race direction and volunteering) is rich.

I would like to give back to this sport that has given me so much. Specifically, I would like to help find ways the association can promote Ride and Tie to the wider horse and running communities. I have done some initial investigation on whether Ride and Tie could be a “demonstration sport” at the World Equestrian Games which will be held in Tryon, NC in 2018 and would like to continue AERC. R&T has become more than a sport to me, it is a way of life.

Janice Heltbriddle

I have been a member of Ride & Tie since 1994 and have completed 3,650 competitive R&T miles. Each event is a new adventure and I love recruiting and introducing new folks to the sport…and encouraging my seasoned partners to step up to try the longer distances (wink, wink). I’ve learned a lot serving on the board of directors the past three years, with a mega dose this year, serving as both the Vice President and as the race director for the World Championship. I love giving back to the sport that has been such a huge part of my life over the past 22 years and plan on continuing to take (AND MAKE) every opportunity to promote the sport and recruit new members. I would be honored to serve on the Board for another term and represent the organization and members’ interests to the best of my abilities.

Please vote on-line:  http://www.rideandtie.org/vote/
He who is not courageous enough to take risks will accomplish nothing in life.

Muhammad Ali