

BASIC THINGS TO KNOW about the WORLD CHAMPIONSHIP RIDE AND TIE

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

What is an Equathon? An Equathon is a race where a rider does a course, comes back to the start point. When the horse comes down to veterinarian criteria, the human (can be the rider or a different human) completes the trail run. For the World Championship is a 12 mile horse ride and then a 8 mile trail run.

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

Rules (not many-only one page) of the Ride and Tie are on the Website at www.rideandtie.org. Helmet use is encouraged for everyone while mounted. Competitors under 16 years of age must wear approved safety helmets while mounted during a race (helmet approval by AHSA, PCA, ANSIZ90.4, or Snell). Management strongly recommends having a responsible adult ride/run within sight of junior contestants, not as a personal coach but more for safety. A team can stay together the whole race if they want.

Food and Water: Other than the Saturday awards banquet (see below) and a Potluck on Thursday evening (Ride Management is providing meat/vegan equivalent) you must bring ALL food and snacks for people and horses. Restaurants are available in Jamestown, about 15 minutes away. No meals or snacks will be provided for contestants, just ride staff. Ice is available at the stables. Horse water is also available. Natural and stock tank water is available on trail.

Awards ceremony/Saturday banquet will be at approximately 5:30 pm. Meal tickets are provided for the contestants and ride management staff. Extra tickets (for your crew) may be purchased on registration form. There will be a Best Conditioned Horse Award for the Saturday's Long Course Ride and Tie. There will be trophy buckles **FOR COMPLETION** for the following events only: Saturday Long Course Ride and Tie AND Saturday Equathon. There will also be the coveted "Turtle" award for all events. For all daily events, there will be division (M/M, M/W, W/W), Master and Century, pro/am, novice awards.

Weather: Average highs in the 80's, average lows in the 60's. Afternoon thunderstorms are possible. No telling about this year's weather.

Pre-Vet Inspection: Vetting of horses, ponies or mules will start at 10:00 AM on Friday for the Fun Ride and Tie. Will be checking horse temperature, metabolic and lameness. The fun ride and tie horses have dibs on the vets on Friday. All times will be **Central Daylight Savings Time**. Please send a current (within one year) copy of the horse's Coggins Test along with your registration form, even though East Fork Stables will require one also. If you are not arriving until race day, PLEASE LET MANAGEMENT KNOW in advance, so arrangements can be made for vetting in. People/paperwork can happen Thursday. Sunrise about 6:30am. Sunset about 7:30 pm. All Vet Checks are in camp. There will be no planned vet check-in on Saturday morning.

Distances/Courses: See Registration Form. The long course loops are marked with Red/White/Blue flagging tape. The Red course is 14.5 miles and is the most difficult due to terrain. The White (Black and White checkerboard tape) course is 12.3 miles involves some sunny areas. The Blue course is 8.3 miles is marked with blue and white striped flagging tape.

Facebook: Keep up to date on the East Coast Ride and Tie Folk Facebook page.

Ride and Tie Briefing will be at approximately 6:30 pm **CDST** on Friday August 16 for Saturday events. This meeting will inform riders of the up-to-date trail conditions, markings, available water and the logistics of check-points and holds. Questions from participants will be answered at this time. Please attend the briefing or at the very least send a representative from your team.

Start Times: The start times will be posted. The ride will run on **Central Daylight Savings Time**. Change your wind-up watch accordingly! A cell phone tends to bounce between central and eastern time-not a good thing.

Wine and Cheese: There will be a wine tasting by Highland Manor Winery (right up the road) at 4pm on Saturday. Highland Manor is Tennessee's oldest winery. You may purchase bottles and take home. Sweetwater Valley Cheese Factory is right up the highway from where the ride manager lives. I will donate a block of cheese IF you tell me which flavor (they have at least 33 different flavors) IF you notify me by e-mail by AUGUST 12! Ya'll bring the crackers.

Silent Auction and Saddle Raffle: There will be a silent auction and saddle raffle on Saturday. Anybody can donate anything. Benefits Ride and Tie. Association, a 501c3 corporation. Bring your checkbook!

Clothing (T-shirts or hats): Each competitor entered in an event offered during the World Championship Ride and Tie/Equathon will receive EITHER a t-shirt or a hat (not both). If you want a hat say "hat" in the shirt size box on registration form. The T-shirts are a wicking "technical" shirt.. We need to know sizes (Adult or children's) before August 1, 2019 to place the order. If you want extra shirts (\$10/shirt) or yellow hats (\$15/hat), for crew members or friends, please note on entry form.



Volunteers: If you can bring extra people to assist (take digital photos, pass out water, work checkpoints, ride drag, pick up trail markings), PLEASE note on entry form. Please note that all volunteers, riders and staff must make their own overnight camping/stabling and/or day rider arrangements with East Fork Stables.

Photographs: Sierra Holt Geringer will be shuttled around the course each day, taking digital pictures which will be available to anyone on the RideandTie.org website after the event.

Farrier: There is no farrier on duty for the event. There is Roy Davis of Clarkrange at 423-494-2587 and the number on the EFS bulletin board is Randy at 931-510-6210.

Local Vets: There are local vets, but the University of Tennessee Vet school should be able to handle just about anything.

Entries & Cancellations: Late entries will be graciously accepted till 10:00 PM Monday night before the event with lots of mumbling. Late entries might not get buckles at the event, but in the mail later. Late entries will also be charged an extra \$50 late fee. Event Day entries are really discouraged but accepted anyway. If the Ride and Tie Manager is notified of a cancellation prior to 10:00 PM Monday night before the race, we will see what we can do about refunds-no promises. **If you compete on Friday or Saturday or Sunday with a different combination of riders or horses, please complete a different registration form for each day.** Each human must sign the release! (Parents or guardians sign for minors.)

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

Directions: All directions are from I-40. Take Exit 317 near Crossville, TN. Follow U.S. 127 North for 28 miles. East Fork Stables are on the left. Landmark is two grain silos on the left.

Ride and Tie Manager:

Joanne Mitchell • 570 Sunnyside Road • Sweetwater, TN 37874 (don't e-mail on cell phone)

ifgmhorse@gmail.com (best communication) • home/fax 423-337-6194 • cell 865-250-1645 (2nd best)

SPECIFIC THINGS TO KNOW ABOUT EAST FORK STABLES (EFS)

Waivers: EFS has their own waiver which ALL visitors must sign. It is located on their website under policy. The RAT waiver is located on page 2 of the Registration Form. Sign both (EFS and RAT's) front and back.

DAY USE FEE: EFS has a day use fee \$12.50 plus tax (\$13.69 total). For this World Championship Ride and Tie event, this will be one fee for all three event days, August 16, August 17 and August 18. This fee will not be included in the campsite charge. It is included in a season pass. Campsites are for 2 people. More than two people, it is \$5/night/per adults. There is no charge for children under 17.

LOCALS: If you are local and do not camp, you must either arrange for a season pass or pay the day use fee ahead of time. The office will NOT be open when the race starts soon after sunrise.

Trails/Camping Facilities: The East Fork Stables have about 100 miles of exclusively equestrian trails consisting of dirt/gravel roads, and some single-track trails. For more information, see <http://www.EastForkStables.com>. R&T paperwork headquarters will be NEAR CAMPGROUND D (as in dog) and Barn E (as in echo). Overnight camping or cabins are available through the stables at 1-800-97-TRAIL or 1-800-978-7245 or even 931-879-1176. The office is usually open M-S 8-4 Central Daylight Savings Time. On Sunday 8-12. Make your own arrangements with East Fork and sign their release form. People/horse accommodations charges are NOT included in entry fee. Most campsites have electricity and water nearby. Paddocks are available, just not very close. Wash rack is provided. Electric fencing is allowed underneath highlines. Participants may use other accommodations for horses or people if they so desire; just be near headquarters for the start of the race! EFS has flush toilets and HOT SHOWERS!!

Barn E: Barn E has 48 stalls. There are two rolls of stalls (back to back) separated by a concrete aisleway in the middle. Each stall comes with one bale of shavings. Extra shavings available at \$7/bag. There is a \$5/stall cleaning fee and worth every penny! The lights are dark to daylight on a timer that ride management has no control over. They are on all night long. Bring your own water and feed buckets, hay bags. The concrete aisle can be used for yoga stretching-bring your own mat.

Coggins: Will be required upon entry for every horse at East Fork Stables. If you only have it on your cell phone, please send it ahead of time to contact@EastForkStables.com.

For techi's-There is Wi-Fi at Campground D and it is not password protected. The Wi-Fi in the lobby is password protected.. We are working on finding an app that we can track you or your horse (who is carrying the PHONE) on each course. There is no AT&T service at EFS. Verizon works best.

Yellow Jackets (bees)—If you know you are allergic to yellow jackets or other stinging insects, please bring your own epi-pen or Benedryl and carry it on your person. The safety riders, following the last horse, may have a LONG time getting to your location.

EFS Gift Shop: There is a gift shop upstairs on the weekend for EFS brand items and some necessary items.

Other perks: There are tack stores in the area offering discounts. Check your goodie bag.

Gas/Diesel: Available at Gulf station less than 2 miles away. Not a 24 hour.

WalMart: less than 5 miles away.

Other: Recommend shoes on all 4 hooves. Fly mask on horse-maybe covering ears and neck. Horse and Human bug spray. There is propane, ice, firewood available. There is a plastic garbage can every other campsite.

People Hospitals: in Jamestown (5 minutes) and Crossville (45 minutes), TN. Nearest trauma center is UT in Knoxville, TN with heliport. Jamestown also has a new walk-in clinic.

Entrance Gate Combination: You get one when you register through EFS.

I know I've forgotten something.....

The Start of each distance will be the drop of a black cowboy hat in memory of founder Bud Johns. When it leaves my fingers the course is OPEN.