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

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

BUCKLES TO ALL LONG COURSE FINISHERS

mini (fun) RIDE & TIE ~ 7 mile
LONG & SHORT COURSE RIDE & TIE ~ 32 mile & 13 mile
LONG & SHORT COURSE Equathon ~ 15 ride/13 run & 7 ride/7 run

Ride Manager: Susan Smyth, 916-316-2096
susan@randsjackson.com
Co-Manager: Gunilla Pratt, gunilla.pratt@gmail.com

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

For more information visit www.rideandtie.org

Now on ultra sign up. Register online!

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

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

Specialized Eurolight saddle will be auctioned off
at the championship.
Retail value $1995.00.
Starting bid, $700.00
We are only 3 months away from the World championships to be held in Georgetown, Ca. There has been a lot of buzz and I believe this will be an epic event! This campground is beautifully wooded setting. There is water, out houses, 17 horse corrals, and picnic tables. Camp ground is open for $8.00 fee with no reservations required. Registration is now open. Registration is on Ultrasign up for your convenience. Ride and tie is blazing new territory with this on line registration tool. Participate 1 signs up, pays and participate 2 gets email to complete. If you have difficulties, contact Sue Smyth at 916-316-2096 so I can work out the glitches. We also accept snail mail. You will find the link to ultrasign up on the web site along with other information. Vets-Rob Lydon head vet. Cory Harms and Maria De Carlo. Kiddie Korral: We are looking for volunteers for the Kiddie Korral play area we are hoping to develop. Facebook: Ride and tie face book and Northern California Ride and tie face book will post updates and you are encouraged to ask questions here. Thursday June 28th we are having a potluck/BBQ. BBQ provided by Ride and tie. We will also have a talk on “Riding the bare foot horse” and Ride and tie mentor panel. Do you have a musical instrument or voice? Bring Thursday night. Friday afternoon: TBA we are planning a parent/child free Ride and tie around camp. Lead, carry, hold!Saturday night: Raffle and auction: We will again have an amazing Raffle and auction of New Ultra light Specialized saddle. Bill Gore will be taking pictures on race day and available at awards dinner. Any other ideas for an amazing event. Volunteers, want to donate a raffle contact Susan Smyth or Gunilla Pratt. This is going to be an epic event.

How to prevent muscle aches and pains

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

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

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

Thanks Don for sharing.
Presidential Address:

Dear Club Members,

It is a pleasure to address you today, and I thank you for attending this meeting of the Board of Directors. I sincerely appreciate your support, and I look forward to working with each of you to continue our tradition of high-quality equestrian events and educational programs.

As we move forward, I encourage everyone to be proactive in supporting our club and our activities. Whether it’s volunteering, attending events, or providing feedback, your participation is essential to our continued success.

I would like to acknowledge and thank our past president, <name>, for his dedicated service to our club. His leadership and contributions have been invaluable, and I am confident that our club will continue to thrive under the guidance of our new leaders.

I want to take this opportunity to introduce our new officers and board members. Each person brings a unique set of skills and experiences to our club, and I am confident that they will work tirelessly to achieve our goals.

I look forward to working with you all and continuing to build a strong, vibrant community of equestrians.

Thank you for your support, and I hope to see you all at our next meeting.

Sincerely,

<Your Name>

President
Race Schedule

Apr 7, 2018, April Daze: Spokane, WA - Contact: hadablondemoment@gmail.com
Apr 7-8, 2018, Giddyup and Run: East Fork Stables near Crossville, TN - Contact: jfgmhorser@gmail.com
Apr 7, 2018, Foxcatcher: Fair Hill, MD - Contact: foxcatcherendurance@gmail.com
Apr 20-21, 2018, Old Dominion No Frills: Star Tannery, VA - Contact: give2bute@aol.com
May 5, 2018, Cache Creek: Williams, CA - Contact: cachecreekridgeride.com
May 19-20, 2018, Rockmont Rendezvous: Black Mountain, NC - Contact: lightermountevents@gmail.com
May 19th, 2018, Redneck Spring: Shingletown CA- Contact Jana Lydon. janalydon@gmail.com
May 19th, Descanso, Descanso CA- contact:Terry Woolley Howe, 619-992-0084, terryhowe@hughes.net
Jun 3, 2018, Klickitat Trek R&T: Glenwood, WA - Contact: mmilestone@aol.com
Jun 8, 2018 - Jun 9, 2019, Old Dominion: Orkney Springs, VA - Contact: give2bute@aol.com
Jun 16, 2018, Mt. Adams R&T: Trout Lake, WA - Contact: wildhrse58@gmail.com
Jun 30, 2018, 48TH ANNUAL WORLD CHAMPIONSHIP RIDE & TIE: Georgetown, CA
Contact: Contact: susansmythjackson@gmail.com
Jun 30, 2018, Renegade: Selah, WA - Contact: hadablondemoment@gmail.com
Jul 7-8, 2018, Bandit Springs R&T: Ochoco National Forrest, OR - Contact: jwilde@wildevents.info
Jul 14, 2018, Mt Spokane: Selkirk, WA - Contact: thehondastore@yahoo.com
Jul 21-22, 2018, Old Dominion Ride and Tie Weekend: Orkney Springs, VA - Contact: give2bute@aol.com
Aug 4, 2018, Sand Canyon R&T: Colville, WA Contact: wldhrse58@gmail.com
Aug 24-25, 2018, EAST COAST CHAMPIONSHIP: Ivanhoe, VA Contact: bjmathews@gmail.com
Sep 1-2, 2018, Crazy Daze: Spokane, WA Contact: cwranchusa@hotmail.com
Sep 7-9, 2018, Big South Fork R&T: Onieda, TN Contact: jfgmhorser@gmail.com
Sep 21-23, 2018, Chesapeake Fall Ride and Tie: Fair Hill DNR, MD Contact: give2bute@aol.com, jheltibr@shentel.net
Sep 28, 2018, Ride the Loup: Brewster, WA Contact: kathleenmarie@charter.net
Oct 6, 2018, Coolest Ride and Tie & Equathon: Cool, CA Contact: susansmythjackson@gmail.com
Oct 19-20, 2018, Fort Valley - Contact:
Nov 2-3, 2018, Meadow Creek Mountain Mingle: Parrotsville, TN Contact: lightermountevents@gmail.com
This is the person who started R&T in the 70’s
Bud Johns

Rachel Toor with Bud Johns

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

The Old Dominion Equitation Endurance Organization, Inc. mission is to support, fund, and sponsor endurance riding in the Commonwealth of Virginia, and to support the sport of endurance riding nationwide. Our three annual primary events are: Competition & Training Education; and Trail Advocacy.

Awards: In keeping with our philosophy that “To Finish is to Win”, each contestant that passes the final veterinary examination after crossing the finish line will receive a completion award.

Entries: Entries must be postmarked by Friday, June 1. A $25.00 non-refundable deposit will be accepted to hold your space until the day before the event. For paid entries, a full refund less $25.00 will be given until the horse is presented for the pre-ride video (please call if you know you cannot come). Include a copy of current (within 12 months) Coggins with entry. Please only bring horses that are entered in the ride and fee.

Ride is sanctioned by the Ride & Tie Association. All participants MUST be members of the Ride & Tie Association.

Dinner: There will be a POTLUCK dinner Thursday night. Please bring a DELE DISH at dinner. Friday night meal is included in your entry fee.

Ride Camp: Ride camp will be located at The Old Dominion base camp in Oakley Springs, VA. There may not be readily available water available for horse consumption, so please bring water with you to the ride camp for you and your horse. DOGS MUST REMAIN ON LEASH AND/OR CONFINE IN YOUR CAMP SITE AREA!

Directions to Base Camp:
From the North on I-81 (South), take Exit 273 (Mt. Jackson), turn right at the stop sign onto Mt. Jackson Rd.
Go to the 3rd turn left onto Va 614 for 1.1 miles, then a right onto Va 283 (Oakley Springs). Stay on 283 for about 11 miles, taking it slow an steady down grade as you enter Oakley Springs. At the grade levels out, take your first left onto Happy Valley Road. Go 3.6 miles, turn right at the high school band in road to reach the entrance of the Base Camp held about 200 yards down on the left.

From the South on I-81 North, take Exit 269 (to avoid traffic in Mount Jackson), turn right off exit ramp and then left onto Rt 283, continue about 2 miles, then turn left onto Rt 263. Follow this road about 11 miles. Follow the above directions from there.

Volun: Volunteers will be from 2:00 – 3:00 p.m. on Thursday, June 7th. There will be no morning volunteers.

Ride & Tie Briefing: A meeting will be held at approximately 7:00 p.m. Thursday and Friday for all participants to review up-to-date trail conditions, markings, and the location of water and other points of interest. Questions from participants will be answered at this time.

Riding the Trail: HELMETS ARE REQUIRED WHILE MOUNTED! Once the event has begun, the rider is free to choose his own pace as long as the veterinary committee has determined that the animal is comfortable at the rate parameters of temperature, route, and condition. Now, there are no more than 12 hours at the saddle per day. There are no ride interruptions for meals.

Send XCrossing: Susan Tindler, F.O. Box 6014, Lexington, VA 24454, or send mail to RDO#16450

Sanctioned by the Ride & Tie Association. Ride & Tie rules available on request or at www.rideandtie.org.

For information about the Old Dominion Equitation and Endurance Organization, Inc. and all we do, check out www.OldeDominionRide.org.

Dru Barner is where 2018 championship will be held.
Here are pictures from Dru Barner 2014. Beautiful trails and great camping. Don’t miss it. Sign up now.

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

OPEN TO ALL EQUINES
Pony, Horse or Mule

YOUNGEST COMPETITOR
Age 4 (did it with Mom)

OLDEST COMPETITOR
Age 70 something (did it with granddaughter)

Saturday & Sunday, April 7 & 8, 2018
4, 7, 10, 15, 25 and 35 mile distances (as long as we can)
East Fork Stables near Alliston, TN

Entries: $15.00 per team
Competition fees and distance fees are required for insurance purposes. Go online at www.rideandtie.org for entry fees for June 7 & 8, 2018.

ENDS:
Rules and trail ride rules are available at East Fork Stables (http://www.eastforkstables.com). Trails are open to all horses and riders. The trail ride rules are posted on site. Rules must be followed or 5% of entry fee will be deducted from the entry fee.

FOOD: Food available on site, bring your own food.

Sponsorship: East Fork Stables & Endurance East is sponsoring the event, thanks to the generosity of each.

For more information please go to www.eastforkstables.org or contact Donna Mitchell at 423-337-6010 (East Fork Stable) or 423-490-4645 (Endurance East).
**FUN FACTS ABOUT THE HORSE.**
Horses have the largest eye of any land mammal. A horse can see 360 degrees at one time. Horses can see better at night than a human. Horses hooves are made up of the same protein as human nails and hair. Horses use their nostrils, eyes and ears to express their mood.
The first cloned horse was a Haflinger mare in Italy in 2003.
Horses produce about 10 gallons of saliva a day.
Horses drink about 25 gallons of water a day.
Horses will mourn the loss of a buddy horse.
Horses can rotate their ears 180 degrees.
The average horse heart weighs about 10 pounds.
The brain of a horse weighs about 22 ounces. Half the weight of a human brain.
Horses can sleep standing up and lying down.

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

Endurance Ride and
East Coast Championship Ride & Tie

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

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

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

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

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

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

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

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

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

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

DIRECTIONS:
From I-81 or I-77 from the North- Take Exit 80 off of I-81 (Ft. Chiswell/ Max Meadows). LAST FUEL. Take 52 South 1.2 miles, Turn RIGHT at light onto 94 South towards Fries & Ivanhoe. Go 9.7 miles and Turn LEFT onto Trestle Road (658). Go 0.5 miles and Bear RIGHT and go under trestle then LEFT to Camp.

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

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

October 6th 2018

All proceeds go to benefit WSTF and Local trails.

Ride and Tie: 22-mile Long course, 14-mile short course and 8-mile mini course.

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

Fun Ride

WHERE: Olinda Staging area, 7200 St. Francis Ct, Cool, CA 95614, Behind fire station. This is a $10.00 daily fee parking. Overnight parking $25.00 Friday only. Holiday Market (full service), restaurants, and feed store within walking distance. If you are coming from out of town and need overnight for Thursday contact ride manager. Start time: Ride & Tie and Equathon start time 9:00. 8:30 8-mile ride & tie and FUN RIDE. Fun Ride choose any distance. Vetting: Required for any distance greater than 10 miles PR and post vetting all horses. Pre-setting 5:30 pm Friday and 6:45 am Saturday am required for Ride & Tie and Equathon participates in 22 or 14 mile courses Important!

- All participants must be a member of Ride and Tie Association. This event is offering a free membership through 2019 for any one new to ride and tie with pre-registration only. Discount entries to any current member of ride and tie. Go to www.rideandtie.org to register or renew, or send membership form with entry.
- All Ride & Tie participants must be members. A private donor is donating BLM memberships. Must pre-register for offer. No membership required for FUN RIDE or Burt!
- All juniors must wear helmets.
- All dogs must be leashed.
- This ride is open to the public. You may see hikers, bikers, riders, dog walkers, etc.
- Please be courteous to other users – if the BLM receives complaints, we won’t be allowed back.

ENTRY: Pre-setting is required for participants.

WHAT IS IT?

RIDE AND TIE: The sport is a team event combining trail running, endurance riding, and a race of skill. The objective is to get all team members (two humans and one horse) across a cross-country course while maintaining running and racing. One team member starts the course running, the other starts on the horse and runs down the trail either as they think their partner can run (or walk) and still keep up a decent pace. At that strategic point the rider stops, dismounts, lets the horse be a dog or horse and then continues down the trail on foot. The team members who started on foot get to the horse, mount, dismount, and ride to catch their partner up ahead.

For specific information Call Alisa Shively Gladstone at 530-755-6880 or visit cachecreekrideride.com

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

For long course R&T, you have the opportunity to choose a buckle from the past in place of the current buckle.

Sanctioned by the Ride & Tie Association. Ride & Tie rules available on request or at www.rideandtie.org.

George Hall

Irish Mike and Gunilla
Your life is the fruit of your own doing.
You have no one to blame but yourself.
Joseph Campbell